



UPPERVILLE HORSE SHOW

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MIDDLEBURG
HUMANE
FOUNDATION
GALA

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BUDGETS, BEARS AND SALAMANDER

DANIEL MORROW

At its regular June meeting Middleburg Town Council formally adopted a budget totaling nearly \$3,000,000 for fiscal year 2013. At the same meeting Police Chief A.J. Panebianco confirmed that a black bear had been sighted within the Town limits.

The Budget

The new budget ordinance sets tax rates, and projects income and expenses for the Town through June 30, 2013 of \$2,970,820. General Fund expenses, covering normal operations of the

town including its Police Force, totaled \$1,956,949. Just over \$892,671 will be spent to operate and maintain the Town's utility system. Costs for the operation of the Health Center, a town-owned building that serves as both Police Headquarters and a source of rental income from other tenants, ac-

counted for the remaining \$121,200.

Projected expenses are \$479,000 higher than last year.

Most of the increase, according to the Town Administrator, covers improvements in the intersection of Marshall and Madison Streets, and the completion of the Middleburg Meandering Trail, a long awaited scenic and safe pedestrian path circumnavigating the village.

Real Estate Taxes were increased to \$0.20 per \$100 of assessed value, a rate designed to produce roughly the same amount of revenue as last year in the face of declining real estate values. All other taxes and fees were left unchanged.

The Town projects a 6% increase in water and sewer revenues for the new fiscal year. The timing and amount of a projected increase in water/sewer rates awaits completion of a new study, designed to determine how much water actually flows through the town's purification and treatment systems over the course of a year.

Bears

After several sightings of black bear on the outskirts of Middleburg, Police Chief A. J. Panebianco confirmed that one had been sighted within Town limits.

Black bears are generally shy creatures, but can be dangerous if approached or confronted.

They are also very smart, and quickly learn to associate human housing with food: most often in the form of bird feeders (they love suet), garbage, food for pets and livestock, compost piles, and, of course, beehives.

The Chief urged all citizens to report

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HUNTLAND HORSES VICTORIOUS AT DEVON AND UPPERVILLE

When Dr. Betsee Parker left to see her string of horses perform at the Devon Horse Show this year she probably had no idea that she was about to break a record for the number of Championships won by one owner in the history of the Devon Horse Show. This marvelous team of horses, riders and trainers accumulated five Championships, one Reserve Championship and two Grand Championships! The list included High Performance Working Hunter Championship, Regular Conformation Hunter Championship, Large Pony Hunter Championship, Grand Champion Pony Hunter, Grand Small Junior Working Hunter, Small Junior Working Hunter Champion younger rider, and Large Junior Working Hunter Champion younger rider.

"It was very gratifying," said Dr. Parker. "I'm so grateful to my team, they couldn't have performed any better."

What was her reaction when told by the media that this had never been done before? "We really try to focus on the task at hand. Of course we want to do the very best we can do. In a way it's an academic exercise for me. I do realize that it was an unusual accomplishment

and I feel very gratified that all my horses performed at their peak. It's everything you can hope for. You certainly can never count on anything in this game. There are so many variables. When it all comes together like it did for us at Devon it really is very thrilling..."

"None of this would be possible without a great team. Tim Boulton, Tori Colvin, Brigid Colvin, Scott Stewart, Hunt Tosh and Mandy Tosh. A special thanks to Tim for seeing to it that each horse is fit and ready to compete at their absolute best."

The Huntland Horse Show then moved on to the Upperville Colt and Horse Show and more or less did the same thing all over again: Six championships, one Reserve Championship and two Grand Championships. Dr. Parker's Green working Hunter Listen was overall Grand Hunter Champion with Victoria Colvin and Inclusive won the Hunter Derby also with Victoria Colvin. It just doesn't get any better.

NEWS OF NOTE

STARTING A REVOLUTION

THE NEW AGRARIANS

"There is another way to live and think: it's called agrarianism. It is not so much a philosophy as a practice, an attitude, a loyalty and a passion – all based in close connection with the land. It results in a sound local economy in which producers and consumers are neighbors and in which nature herself becomes the standard for work and production."

Wendell Berry, famed author, poet, 2012 Jefferson Lecturer, and farmer

On the very outskirts of Aldie, right down Route 50 from Middleburg, in the middle of Virginia's famed hunt country and the Pied-

mont, lies The Virginia Center for Health and Wellness, owned and operated by Dr. Andrew Heyman.

And while Dr. Heyman may not be a farmer, he very much understands and embraces the ideal of the new agrarian.

"What makes the philosophy of the new agrarian so exciting for me," says Heyman, "is the underlying concept of interconnectedness, not only the idea that are we what we put in our bodies, but that our actions and lifestyles have a direct and measurable impact on everything we touch. It's one of the reasons I first came to Virginia to practice. And it's one of the things that I think will transform not only how we think about medicine, but how we, lo-

cally, regionally, nationally and, hopefully, globally, think about and interact with the community around us."

Just as a growing segment of the population is beginning to look more closely at the impact and consequences of industrial agriculture, Dr. Heyman has for years advocated, and practiced, a more integrated, interconnected approach to medicine and patient care.

"Our mission as doctors should never simply be: treat disease. That's incredibly reactionary, and leads us all down a path defined and built by the very things we're trying to prevent. Our mission must be more proactive than that, working to main-

tain and sustain health and well-being, to work with our patients toward personal empowerment and lifestyle enrichment."

And in the Virginia Piedmont, Dr. Heyman believes he's found an area that can, and should, serve as a model for the rest of the country, in terms of personal wellness, an awareness of ones environment, and an understanding of the direct relationship between the two.

"We work with a wide array of patients. Many are from the local area. Several come from other parts of the country. Some are very sick when we first meet them, and some are quite well. But our goal for all of them is the same: to help them achieve op-



timal health and, in the process, show them what a large role they can play in their own wellbeing. One of the things that's so remarkable about this area is that we can show them, in no uncertain terms, the value of awareness, the value of caring about where your food comes from, the value of supporting others in your community."

As people begin to better understand the importance of personal health and wellbeing, they naturally begin to look for ways to better make those lifestyle choices a reality. As with many exercises that involve introspection, at a certain point people begin to wonder how they can take greater control over their own lives. And, as more and more Americans are finding, greater control over their own lives often starts with what they put in their mouths.

In recent years, as farmers markets and Community Supported Agriculture (CSA) programs have proliferated throughout the area, residents have increasingly grabbed hold of the opportunity to cut out the middle man, to forego the industrial agriculture model, to embrace the farm-to-fork blueprint, to support their local farmer and, in a way, embrace some of the traditions that, really, last prevailed in a time most of us have forgotten.

"We have a remarkable opportunity here," Heyman continues, his enthusiasm and commitment evident. "From the land itself to the local farmer to the small business owner to the actual consumer, it's all part of one larger puzzle. All those pieces fit together. Just as we like to showcase the value and the impact of an integrated approach to medical care, this area of the world, almost without consciously thinking about it, has begun to showcase the value and impact of this interconnected ecosystem. It's remarkable."

"The Virginia Piedmont, home to a revolution over 230 years ago, may well be leading an entirely new revolution as we move further into the 21st century."

In fact, Andy is convinced that the 30-mile radius of spectacular countryside around Middleburg, Virginia can become a center of 21st century health for the country.

"There are real visionaries and dedicated preservationists here," he emphasized. "Individuals who have devoted their lives to protecting, sustaining and creating the foundation required for true health and wellness."

"If we all work together, with a clear vision in mind, we can create a destination in our area that will rival any in the world as a center of new agrarianism. By doing so, we will make a major contribution to the health of our families, our community, our country and the world."

MADISON APPOINTMENT OPPOSED

Loudoun County Supervisor Ken Reid's efforts to appoint Waterford resident Milari Madison to the County's Historic District Review Committee have met with opposition from Board Chairman Scott York and several of the County's leading historic preservation and educational organizations.

The Historic District Review Committee is a seven-member panel appointed by the Board of Supervisors and charged with maintaining the architectural and historic integrity of Loudoun County's Historic Districts.

Malari Madison and her husband, Paul, are arguably best known for their ultimately unsuccessful efforts to have the Village of Waterford removed from the list of Virginia Historic landmarks and stripped of its Historic District designation.

The Madisons, after a multi-year court and PR struggle, also razed the historic Simms House on Janney Street in Waterford and replaced it with a modern brick structure.

Asked about Reid's nomination of Madison, Board Chairman Scott York told the Eccentric, "I will not support this proposed nomination. I do not believe an individual who worked to end the historic designation of Waterford meets the qualifications of serving on this body."

When asked if she had heard of the appointment, Cate Magennis Wyatt, President of the Journey Through Hallowed Ground Partnership, characterized the news as "Sad but true."

Childs Burden, President of the Mosby Heritage Area Associa-

tion, observed that Reid's nomination of Madison to the county's Historic District Review "is more than troubling."

"Why," he said, "would a lady who has made a questionable career of being a critic of anything concerning historic preservation be put in this important committee? Ms. Madison is well known for her tactics of disruption and her appointment to the HDRC is like appointing an atheist to the monastery."

Historian Marc Leepson, also a member of the Mosby Board, said, "There's no better way to say this: Putting Ms. Madison on the HDRC board is akin to the fox guarding the hen house--maybe even worse than that. Based on her past actions, she would be trying to destroy everything the Committee stands for."

At press time the only supervisor who had responded to email queries about the nomination was Board Co-Chair and Blue Ridge District representative Janet Clarke. She wrote: "I was not aware of Malari Madison's nomination until Supervisor Reid made the nomination. I have never met nor conversed with Ms. Madison and have not had an opportunity to speak with Supervisor Higgins regarding the nomination since Ms. Madison resides in his district."

There will be an opportunity for public comment on Monday night, July 2nd, beginning at 5:00 PM.

The nomination currently is scheduled to be acted on at the July 3rd business meeting of the Board of Supervisors.

TOURISM AMBASSADOR RECEIVES REGIONAL AWARD

JOURNEY THROUGH HALLOWED GROUND PARTNERSHIP PRESENTS AWARD AT ANNUAL CONFERENCE

At its sixth annual conference, held on May 23 in Frederick, Maryland, The Journey Through Hallowed Ground Partnership (JTHG Partnership) presented its 2012 Certified Tourism Ambassador (CTA) Star Award to Aldie, Virginia, resident Steve Hines.

Hines is Loudoun County's biggest tourism advocate, working on behalf of governmental, marketing and customer service needs and issues. He is single-handedly responsible for organizing a CTA class in Aldie that included several influential Loudoun County tourism professionals. He is a champion for the CTA program and believes in providing the best customer service while also educating the tourism industry on the value and importance of the entire Journey Through Hallowed Ground.

As a founding member of the Visit Loudoun board of directors, Hines' institutional knowledge of the organization coupled with his passion for tourism and the destination have made him an invaluable resource to the organization and Loudoun County. He attends countless meetings and functions, and is prepared to take up the cause when needed to communicate with government and tourism officials on topics and issues that impact growth and

the overall tourism experience to the destination. Hines regularly participates in Visit Loudoun activities, including familiarization tours and educational workshops. His local involvement includes board positions with the Loudoun County Preservation and Conservation Coalition, Aldie Heritage Association and Mosby Heritage Area Association. Outside of Loudoun County, Hines is also involved with the San Juan Mountain Association and the Ward Museum. His philanthropic affiliation is also tied to Ducks Unlimited and GRREAT, the Golden Retriever Rescue Education and Training.

"Steve works to turn every visitor encounter into a positive experience. In my eyes, Steve Hines is the tourism and CTA hero of Loudoun County," said Patrick Kaler, President and CEO of Visit Loudoun.

The CTA Star Award is presented annually to a Certified Tourism Ambassador who exemplifies excellence in hospitality and customer service. This year, nine individuals from throughout the Journey Through Hallowed Ground National Heritage Area were nominated. Since tourism is one of the largest employers within the JTHG National Heritage Area, the Partnership developed the Certified Tourism Ambassador (CTA) Program to train those who



interact with visitors to our National Parks, Civil War battlefields, charming Main Street communities, and historic sites. Graduates of the program are well versed in the professional standards of customer service as well as the many unique features of the JTHG National Heritage Area. These experienced and engaging Certified Tourism Ambassadors provide quality service and top-flight hospitality to visitors, leading them to stay longer, visit more sites, tell their friends about their terrific experience, and even return to the region.

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NEWS OF NOTE

AREA STUDENTS WIN ACCOLADES



Arezu Hadjililoo Graduates from GU magna cum laude

Arezu Hadjililoo, daughter of Mr. & Mrs. Paul Aliloo of Aliloo Oriental Rugsin Middleburg, recently graduated from George Washington University's School of Columbian Arts and Sciences with a Bachelor of Arts magna cum laude, specifically with a major in English and minor in Communications. Ms. Hadjililoo is a member of the Phi Beta Kappa Honors Fraternity, Sigma Kappa Sorority, and the Pre-Law Student Association. With the Pre-Law Student Association, Ms. Hadjililoo was the Law Review Director and Editor-in-Chief of our Undergraduate Law Review during her junior and senior years. The last published edition can be found in the Library of Congress by

the end of the summer! During her last year at The George Washington University, she was a part-time student while interning at Berk Law PC, a boutique law firm located in the heart of Dupont Circle. With her undergraduate college years over, Ms. Hadjililoo is now a Teach for America corps member and will be placed in Oahu, Hawaii for two years to teach underprivileged elementary school students in low-income areas. Ms. Hadjililoo plans to attend law school when I return to the mainland!

Horkan Makes Dean's List at Shenandoah University

George Horkan of Upperville, VA, a Environmental Studies major the College of Arts and Sciences at Shenandoah University, was named to the Spring Dean's List.

Wakefield sophomore makes second trip to History Day nationals



For the second year in a row, Wakefield School sophomore Eleanor Ligon, 16, of Sterling, has advanced to the National History Day competition at the University of Maryland beginning on June 10.

A self-proclaimed "Titanic fanatic," Ligon's project is titled, "It Was Sad When the Great Ship Went Down."

"This year's topic was Revolution, Reaction and Reform, and so I was excited because I could do something on the Titanic," Ligon said. "This amazing ship full of luxuries was built as the next big thing, but the unsinkable ship sunk. From that sinking, there were a lot of new reforms, from developing the ice patrol to requiring all ships have enough lifeboats for every person on board."

Ligon's history teacher Carolyn Wyrsh said with 2012 being the 100th anniversary of the sinking of the Titanic, her project was very well-timed.

"Having been successful at regional and state levels in the competition, she now advances to the national level with her single individual exhibit for the round of stiff competition, which is scheduled for the second week in June at the University of Maryland," Wyrsh said. "Ellie's detailed research and enthusiasm for History Day really shine through with the recognitions that have come her way."

Ligon said she is fascinated by the Titanic, but was surprised to learn from her research on this project the actual amount of reform that came from its sinking.

"It's ironic that the ship was made in Europe, but Americans enacted more reforms because of the sinking," she said.

She is excited for the national competition and said she is less nervous this time around.

"I know what I'm getting into this time," she said. "It's a wonderful feeling to walk in, present everything you've researched about this one topic, and answer all the questions the judges ask. It's very scary, but it makes you feel really smart."

Ligon advanced to the National History Day last year as well. Her project, titled "Your Cause Is Just, but I Can Do Nothing for You," centered on the 1837 conflict between the federal government and the Mormon Church.

Ligon is the daughter of Steven and Sheryl Ligon.

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2011

NEWS OF NOTE

FOXCROFT GRADUATES HEADED TO OUTSTANDING COLLEGES



The 37 members of Foxcroft School's graduating Class of 2012 have been offered 133 acceptances and nearly \$1.1 million in merit scholarship by 93 colleges and universities around the United States. The entire list of acceptances for the Class of 2011:

- The University of Alabama
- Albright College
- Babson College (2)
- Basque Culinary Center, Spain
- Baylor University
- Becker College
- Belmont University
- Boston University (3)
- Brandeis University
- Bridgewater College
- Bryn Mawr College
- University of California at Berkeley
- University of California at Davis
- University of California at

- Irvine (2)
- University of California at San Diego (2)
- University of California at Santa Barbara
- University of California at Santa Cruz
- Centenary College
- College of Charleston (4)
- Christopher Newport University
- University of Colorado at Boulder (4)
- Columbia University
- Connecticut College
- University of Delaware
- University of Denver
- Dickinson College
- Dominican University of California
- Eckerd College
- Elizabethtown College
- Elon University (2)
- Emory & Henry College
- Escuela Superior de Hosteleria de Sevilla

- The University of Findlay
- Florida Southern College
- Franklin and Marshall College
- Furman University (2)
- George Mason University (2)
- Gettysburg College (3)
- Guilford College (2)
- High Point University (3)
- University of Illinois at Urbana-Champaign (2)
- Indiana University at Bloomington
- James Madison University (3)
- University of Kentucky
- The King's College
- Kutztown University of Pennsylvania
- La Salle University
- Lake Erie College
- Loyola University New Orleans
- Lynchburg College (4)
- Manhattanville College

- Mary Baldwin College
- University of Mary Washington
- Marymount Manhattan College
- Miami University, Oxford
- University of Miami
- Middlebury College
- The University of Montana, Missoula
- Mount Holyoke College
- Northeastern University (2)
- Northern Virginia Community College (Loudoun County)
- Northwestern University
- Pace University
- University of Pittsburgh
- Post University
- Radford University
- Rhodes College
- Rollins College (4)
- Saint Leo University
- Sewanee: The University of the South (3)
- Southern Methodist

- University
- St. John's College
- St. John's University
- St. Mary's University of San Antonio
- Stevenson University
- Morrisville State College
- Susquehanna University (2)
- Sweet Briar College
- Texas A&M International University
- Texas A&M University
- Trinity College
- Tulane University
- University of Vermont (4)
- Virginia Commonwealth University
- Virginia Polytechnic Institute and State University (2)
- Virginia Wesleyan College (2)
- University of Virginia (2)
- Washington College
- Washington and Lee University
- West Virginia University
- Wheaton College
- The College of William & Mary
- Wofford College (2)
- Xavier University

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CLASS OF 2012 RECEIVES DIPLOMAS AND SPECIAL AWARD AT FOXCROFT'S 98TH COMMENCEMENT

SPEAKER LISA KUDROW TELLS GRADS TO REMEMBER "THE GIRL DECIDES"



Foxcroft School celebrated its 98th Commencement Friday morning by awarding 36 diplomas and a special "Head's Prize" for courage and character to the Class of 2012 in Miss Charlotte's Garden on the School's Middleburg campus.

Head of School Mary Louise Leipheimer praised the Class for making a difference with its inclusive leadership. After noting that their kind style epitomizes Foxcroft's unofficial motto "Friends to the end," she introduced the featured speaker who – appropriately – is best known for her work on a TV show called, "Friends."

Lisa Kudrow, a biology major and erstwhile scientific researcher turned comedic actress, played Phoebe Buffay for 10 years on the hit sit-com. But she didn't mention that show once in her speech. Instead, the 48-year-old shared personal stories of her high school years, as the smart girl who did not fit in, and her difficult beginning at Vassar College.

"I was figuring out who I was and all I had for my guideposts were my comfort zones, my instincts about what I could handle and what I wasn't ready for yet," she said, noting that eventually she did move beyond those limits. "I stepped way out of my comfort zone. For the love of God, I went from a brown-haired bio major to a blonde actress who's mostly known for playing idiots! The girl decided when she was ready and stayed true to herself all along the way."

Kudrow, the mother of a 14-year-old son, urged the Foxcroft graduates to take heed their comfort levels and have adventures, take risks only when they are ready.

"Over the next four years as you step into adulthood," she said. "You decide who you are. While you are having experiences and exploring things, pay close attention to who you are and what your comfort levels are. And please remember, the girl decides. The girl always decides."

Kudrow mingled with members of the Class of 2012, who come from nine states and six countries, their families and friends before the ceremony, held under overcast but dry skies. Unlike many commencement speakers, she arrived a day ahead and

attended all the activities running up to the graduation – the 90-minute Awards Assembly in a sunny courtyard, buffet dinner in the gym and a beautiful baccalaureate service at Trinity Church in Upperville – and even stayed on campus.

No doubt Kudrow's presence was a treat but the day belonged to the graduates, an impressive group that has been offered 133 acceptances and more than \$1.1 million in merit scholarship from 93 colleges and universities, including Columbia, Middlebury, Northwestern, Tulane, Washington and Lee, William & Mary, and the universities of Colorado, Illinois, Virginia, and California at Berkeley.

Senior Class Speaker Alexis Hall, an Atlanta native who is headed to St. John's University in New York, recounted some of the class's triumphs and adventures, especially since august. "We took everything we learned from the last three years and applied it to our senior year," she said. "We became doers: we used our bond, our voice, and our leadership to better the School."

And then there were awards and in an unusual move, Leipheimer gave her special "Head's Award" to the entire class. Hall re-

ceived the coveted Charlotte Haxall Noland Award for best combining the qualities that Foxcroft's founder valued: high purpose, leadership, integrity, accomplishment, and understanding; Su Won Jung of South Korea earned class valedictorian/Pillsbury Prize honors; and Kimberly Kluwe of Seal Beach, CA, was the salutatorian. Jung will attend Columbia University and Kluwe is head to the University of California at Berkeley.

Shenandoah and Rebecca Dudley presented Senior Class President Maevie Couzens (Middleburg, VA, Gettysburg College) with the Dudley Prize as the senior most willing in her unselfish efforts for the good of the school. Student head of School Sam Nelson (Oak Hill, VA, Boston University) received the Ida Applegate Award, for courtesy, from Foxcroft Board Chair Stewart D. Thayer and Elizabeth Wilford (Oxford, MD; Dickinson College) collected the Josie Betner Mallowe Prize, for courage and humor. Junior Miranda Raschid (Purcellville, VA), sophomore Katelin Eagen (Middleburg, VA), and freshman Lillian Potter (Middleburg, VA) received the top prizes for their respective classes.

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NEWS OF NOTE

FOX CHASE FARM'S \$5,000 MINI-PRIX JUMPER SHOW HELPS LOCAL CHARITY

The biggest and brightest local riders in the world of show jumping were in attendance at Fox Chase Farm in Middleburg, VA last weekend at the 2-day June Jumper show where a portion of the proceeds went to help children around the world.

Many horses and riders competed in the 2-day show which included 17 local riders and horses competing in Sunday's \$5,000 Mini-Prix, graciously sponsored by Luciana Duvall as a surprise and gift to her husband, actor Robert Duvall. This is "in appreciation for the friendship of the Fox Chase Farm community and in honor of his love of equestrian life," Mrs. Duvall said.

Olympic Gold Medalist and show jumping legend, Joe Fargis, was the course designer for Sunday's show and delighted many locals with his expertise in the sport.

Silvio Mazzoni of KR, Inc from Leesburg, Virginia and "You Too", found their way to the head of the class to win the top prize and the "Robert Duvall Award" trophy.

"It was a great horse show with a good cause and Joe Fargis built a nice course. My horses are young but handled some tricky questions. It was also really nice to get a special award from Luciana Duvall, who is from my home country of Argentina," Mazzoni stated after his victory.

Maureen Hanley, Director of Fox Chase Farm said, "We are always thrilled to offer good quality horse shows at a great location in horse country at Fox Chase Farm. It was a special weekend of friends and we are thrilled to be able to donate a portion of the proceeds from the show to The Robert Duvall Children's Fund who help so many around the world!"

The Robert Duvall Children's Fund (RDCF) is a 501 c(3) committed to improving the living conditions of children throughout Latin America, India, and the United States. Since its establishment in 2001, RDCF has expanded its reach by assisting many reputable organizations in meeting the

needs of children through educational, developmental or medical assistance programs. Some of these organizations include the Henry and William Evans Home for Children, local hospitals, schools, and more.

Other winners at the Mini-Prix on Sunday were:

- 2nd place and \$1,000 "Luca Toni" owned by Dara Brandt and ridden by Silvio Mazzoni

- 3rd place and \$500 "Coco" owned by Anne Quanbeck and ridden by Scott Keach

- 4th place and \$350 "Fuerst Aphrodisia R" owned by Gail Dady and ridden by Tracy Magness

- 5th place and \$300 "F.I.S. Prince Charming" owned and

ridden by Lisa Barry

- 6th place and \$260 "Ackas" owned and ridden by Tracey Weinberg

- 7th place and \$250 "Anna-B" owned by and ridden by Caroline Quanbeck

- 8th place and \$200 "Lord Lancer 003" owned by Winfields Farm and ridden by Tim Harmon

- 9th place and \$160 "Henry Jetta Romano" owned by Caroline Quanbeck and ridden by Scott Keach

- 10th place and \$160 "Woodwork" owned and ridden by Kurt Martin

- 11th place and \$160 "Charlotte" owned by Toni Egger and ridden by Charlotte Gerstenfeld

- 12th place and \$160 "Windsor's Quale" owned by Windsor Farm

For information on The Robert Duvall Children's fund, please go to their website: www.rdchildrensfund.org

For more information on show schedules at Fox Chase Farm can be found on their website: www.foxchasefarm.net or call (540) 687-5255.

DELICIOUS LOUDOUN COUNTY DINING AT FARM-TO-FORK CELEBRATION

There are many culinary treats in store for gourmands in Loudoun County when the eleven-day "Farm to Fork" celebration begins July 26th.

The best-of-the-best chefs, fine farms and restaurant owners will purvey truly exceptional menus during the celebration in which 70% of the items on their special Farm-to-Fork menus are created with locally sourced produce, wine and spirits.

Inspired by the national "Where does my food come from?" movement, Loudoun's Farm-to-Fork initiative has been spearheaded by entrepreneur Miriam Nausito who emphasizes that "... Loudoun County produces some of the best food in the nation."

"We are so fortunate to live in a region that is home to farmers and restaurateurs who respect the land and enthusiastically produce truly superb materials that inspire chefs and please customers."

Participating Middleburg restaurants include The French Hound, Goodstone Inn & Estate, Market Salamander and The Red Fox Inn.

The Farm-to-Fork initiative is a true collaboration between representatives of every level of the local food chain from farms to fine dishes on restaurant menus.

Farm-to-Fork invites organizations and institutions to participate in and promote the celebration by creating special dishes for their menus during the June 26th to July 11th period.

Prior to the actual celebration, Nausiti organized many opportunities for participating farmers and chefs to meet each other, discuss their inspirations and make plans to create dishes that will delight customers during the Farm-to-Fork events.

"The collaboration was wonderful," Nausiti said. "The sparks that were created in these conversations will ignite fresh ideas and recipes that will contribute to tremendous locally-sourced fare during Farm-to-Fork."

Customers will find a complete list of participating Loudoun County restaurants on the website: FarmtoForkLoudoun.com. Tickets and Reservations:

Please call The Little River Inn (703) 327-6742

BUDGETS, BEARS AND SALAMANDER

CONTINUED FROM PAGE 1

any bear sightings to the Police Department and to stay well away from any bear spotted.

A limited supply of the Virginia Department of Game and Inland Fisheries pamphlet, "Living With Bears in Virginia" was made available, free, at the Town offices.

Salamander

On June 20 Salamander Hotels and Resorts CEO Sheila Johnson announced that an August 2013, date had been set for the opening of her company's long-awaited Middleburg luxury resort and spa.

Johnson made the announcement at a ribbon cutting ceremony marking the formal transfer of state-of-the-art water treatment facilities built by Salamander to Town ownership.

The water treatment facilities were built by Salamander and given to the town as part of a proffer/exchange, in which Middleburg brought all the land on which the Resort and Spa are located within Town limits. The proffer and annexation arrangement saved the town from having to replace its own aging water and sewer plants (a project fiscally beyond the town's reach at the time of the arrangement), and made it possible for Salamander to open without having to develop and maintain an environmentally less desirable well-and-septic based system

Real estate taxes already paid by Salamander over the years since annexation have already been credited with saving the Middleburg from either serious cutbacks in services or large increases in taxes, rates, and fees.

Once the 168-room Resort and Spa is open, revenues paid to the Town should increase substantially, according to Johnson, lowering the burden on other Middleburg tax and ratepayers.

Guests from the Hotel and Spa are also expected to generate a lot of new business for the town's retailers, restaurants, and other businesses.

Mayor Betsy Davis expressed the Town's great pleasure and appreciation to Mrs. Johnson and the Salamander organization.

Johnson's confidence in Middleburg and the economy is high.

The Middleburg Resort & Spa, so far, is the only luxury resort scheduled to open anywhere in the United States in 2013, and

Johnson is demanding nothing less of her own team than achieving Forbes Five Star and AAA Five Diamond ratings for the Middleburg facilities.

At the ribbon cutting ceremonies Johnson thanked the town and town staff for all its hard work to make the openings possible, and promised, "I will not let you down."

Praise for New Police Chief

Middleburg Town Council Member and Public Safety Chair Bundles Murdock was joined by the Mayor and her fellow Council members in praising the ongoing community outreach efforts of the town's new Police Chief, A. J. Panebianco and his officers.

The Chief had "gone out of his way," Murdock reported, to organize a Middleburg celebration of what has become a national public safety event, the "National Night Out."

Set for Tuesday, August 7, the event will feature exhibits of police and fire equipment from Middleburg and several other jurisdictions, demonstrations by police canine teams, a "moon bounce" and other games for children.

Council responded by appropriating \$1,000 in support of the

event.

Panebianco has been systematically visiting local schools and business since his arrival, and told council that he had volunteered for service on a ducking stool for at least one fund-raiser.

Panebianco, a strong proponent of what he describes as an "open door" policy for the force, is also taking steps to literally open the door to the Town's Police "Health Center Building" Police Headquarters.

"Even when we're in the office," he told Council, "the department looks like it is closed," shuttered in behind a thick, steel, windowless, reinforced door

He's looking into changing the door, ideally installing something like an old-fashioned "Dutch Door"

that could be open at the top while still locked at the bottom for security while officers are in the office.

"People could see us," he said, "and more important, we could see immediately they were waiting to see us."

All agreed it was a change long overdue.

Swearing In

At press time Loudoun County Circuit Court Clerk Gary M. Clemens was scheduled to administer the oath of office to Mayor Betsy Davis and three members of Town Council re-elected in May

All ran unopposed, with Mayor Davis receiving a total of 35 votes. Trowbridge Littleton topped the list of vote getters with 36, followed

closely by Bundles Murdock with 33 and Kathy Jo Shea with 32.

Council member Mark Snyder expressed concern at the low turnout, and at the low interest in either voting or serving at the local level. Among the ideas being considered is raising the pay of Council members.

Contributions Needed for Library Expansion

Fund-raising continues for the expansion of the Middleburg Public Library.

The library's Advisory Board reports a combination of generous private supports and local foundations have already contributed roughly 70% of the \$775,000 necessary to begin construction.

Contributions are now being

sought from willing corporate donors and local businesses.

All contributions are fully tax-deductible and may be made on line at http://www.middleburglibrary-friends.org/?page_id=15

Pledges may also be paid over time.

Once pledges reach the required level, Middleburg Bank has agreed to provide a bridge loan to allow the project to begin, using the pledges as collateral.

To make your donation payable over time (or to contribute the roughly \$232,000 left to raise!) please contact Denis Cotter, President of the Friends of the Middleburg Library at 540) 687-5680 or email him at denisjcotter@msn.com

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*Regulations for the Virginia Military Institute
20 December 2011*

While Christian's friend and classmate William M. Morris continued to do his best to convince Christian to call Blackburn out more or less formally, for a duel, William Robert Winn, continued to suggest alternative approaches to saving face.

His suggestions befitted one of John Brockenbrough's law students. If Mary Anderson "had heard from a reliable source anything derogatory" to Christian's "character as a gentleman," Winn suggested "she could not be blamed" for writing the note that Christian found so humiliating.

And if Blackburn had heard from "any credible source" that Christian was an inappropriate companion" for his cousin, "Winn reasoned, as "a near relation, he might be excused" for advising her not to be seen with him.

And, he continued, if either or both those things were true, if Blackburn were the gentleman he claimed to be "justice to Christian and himself" would compel him to give up the name of "Christian's calumniator."

There was absolutely no need, Winn insisted, for another face-to-face confrontation. Why not simply write a note, he suggested, "asking Mr. Blackburn for his information."

Christian, still leery of confronting Blackburn directly, immediately asked Winn and Morris to draft just such a note for him..

Winn demurred, insisting Morris was much the better writer, whereupon Morris, no doubt flattered, retired pen-in-hand to his room.

While waiting for Morris to return with his draft, Winn reiterated what seemed to him to be the critical question in the affair: Did Blackburn's remarks indicate that had said something negative about Christian based "upon a mere rumor" or was Blackburn "responsible for the slander himself?"

Christian admitted he wasn't sure and went back to his own room to think about it.

In the meantime Morris had finished his draft. Leaving the freshly inked document on his desk to dry, he headed back to Winn's room to let everyone know.

Morris and Christian arrived back at Winn's room at about the same time.

Upon hearing that the draft was finished, Christian immediately set off to Morris's room to read the still wet letter.

With Christian out of the room, Winn then asked Morris, the same question he'd put to Christian: whether Blackburn had defamed Christian on his own, or was merely repeating something he'd heard from someone else.

While they were discussing the matter, Christian returned, praising Morris's draft land insisting that his two friends deliver it immediately to Blackburn.

After talking to Winn, however, Morris was now having second thoughts.

He put Winn's critical question once more to Christian and heard for himself that Christian really had no idea whether Blackburn, or someone else, was the original source of the slander.

When Christian admitted once more that he really didn't know, Morris immediately retracted his draft.

"If you understand Blackburn to be responsible for the slander, that is not the note," Morris said. "It would be a farce to carry it."

Christian, still doing his best to avoid having to face Blackburn again, suggested that, in any case " . . . it would be best to have Blackburn's statements in writing."

Winn, by that point, was having none of it.

He repeated the advice he had given Christian earlier.

Christian, he said, "had better go to Blackburn and ascertain the fact whether he was as responsible for communicating the slander."

As for the slanderous remarks themselves, Morris noted, if Blackburn insisted that he was only passing on things that he'd heard others say, "then he would be honor bound to give up the name" of their author.

That said, Christian's alternatives could not be clearer, Morris continued.

"If Blackburn should say he was responsible for the calumny itself" then Christian had only three choices: 1. "to challenge him;" 2. to "tell him what he thought of him and take the consequences;" or 3. "to back out and prove himself a coward."

Backed into a corner, Christian surrendered, promising Winn and Morris that he would go to Blackburn and put to him precisely those questions.

"If Blackburn said he was the author of the slander," Christian promised, "he would tell him that he was no gentleman; and if Blackburn assailed him, he would defend himself as circumstances required."

According to Winn, Christian also swore he would not initiate an attack on Blackburn, but would only defend himself "as best he might under the circumstances."

At that, Winn and Morris, no doubt much relieved that they would not have to see Blackburn, went for a walk, leaving Christian to his thoughts.

As they walked, they were joined by a VMI Cadet, William C. Mason of the class of '56, who had himself reportedly "had some difficulty with Blackburn."



JOHN BROWN'S BOWIE KNIFE - 1859

At around 7:00 PM, just before sundown, Winn, Morris and Mason stopped by the room occupied by another of Judge Brockenbrough's law students, Taliaferro Stribling.

Christian was there closely examining percussion caps for the two pistols he was now carrying: his new pepper-box and an older, more accurate, single-shot, rifled-barrel weapon.

When Christian noticed Winn in the room, he asked if he could borrow his knife.

Winn, Christian knew, was the proud owner of an extraordinary blade, and one he's sworn never lend to anyone.

"It belonged to my brother," Winn told the group in Stribling's room. "It was a Bowie knife that he carried with him in traveling through the Western States."

When the group heard Winn's description of the knife several of the boys immediately asked to see it. Winn agreed, and the entire group trooped off to his room.

There he opened his trunk, removed the Bowie knife, and laid it on his table for everyone to admire.

The boys took turns handling it, examining its inch-and-a-half-wide blade, feeling its edge and weight.

Christian, according to Winn, was the last to hold it.

"I told him to hand it [back] to me," Winn said, "but he remarked in a careless tone, 'Why, Winn! I believe I will keep it anyway,' whereupon he

slipped the weapon "into the waistband of his pants and walked out of the room."

Later that evening Christian stopped by Winn's room yet again, this time concerned about rumors he had heard of Blackburn's behavior since the fateful "interview" at McDowell's Hotel.

"Winn, what do you reckon?" Christian complained, "that rascal is adding insult to injury. He is going about the street calling me a coward."

Christian did not, however, reveal his sources..

When pressed by Winn, he would only go so far as to say he'd heard the rumors from "a friend,"

At that point Winn asked for his Bowie knife again.

Instead of giving it back, however, Christian talked Winn into letting him keep it.

"He said he did not intend to use it except in extremis," Winn said. "He was afraid when he should meet Blackburn that he would have a crowd of Cadets about him, and if he had no weapons to defend himself, and none of his friends were present, the Cadets would beat him to death -- that he wanted to keep the knife to protect himself against numbers."

Christian probably clinched the argument, however, by simply asking Winn to go with him into the street.

Winn "declined on the plea of business" . . . but let Christian keep the knife.

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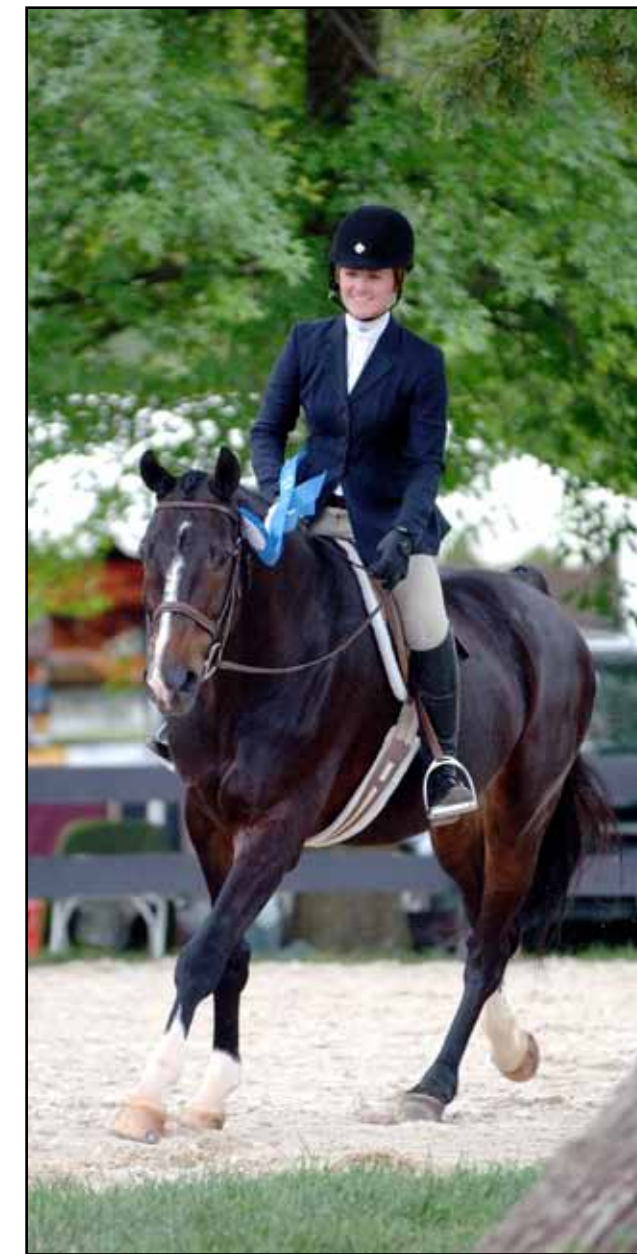
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7:30pm Presentation of Flag
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SILVIO MAZZONI



SILVIO MAZZONI



LISA BERRY

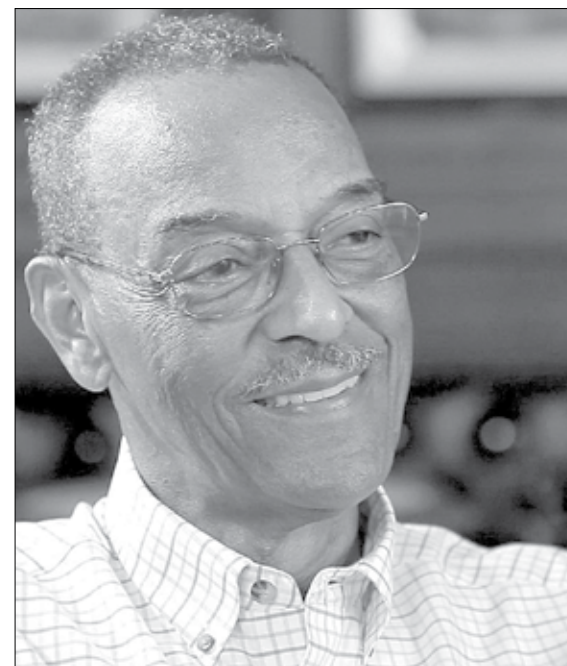


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AYRSHIRE FARM, UPPERVILLE, VA, PHOTOS BY DEE DEE HUBBARD



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PASTIMES

WHAT EVIL LURKS IN THE HEARTS OF MEN?

7TH INNING STRETCH

ALEX CUDABACK

I'll never forget hearing the first whisperings of something amiss in State College, PA, over a year ago, when the Harrisburg Patriot-News reported that a grand jury had been convened to look into allegations that Jerry Sandusky, onetime assistant football coach at Penn State, had indecently assaulted a teenage boy.

I'll never forget the first squirms of that uncomfortable coiling in my gut that always accompanies the phrase "indecent assault." Particularly on a child. Especially by an adult upon whom near godlike status had been conferred.

But the story faded away, too quickly and too easily, popping up only once and again, and really only if I remembered to go looking for it.

I'll never forget the squirms getting worse, tighter, nastier as time kept ticking by. Nothing good could come of an investigation with legs like these, with leaked allegations dribbling out day by day, sometimes hour by hour.

I'll never forget the pieces falling into place, the picture that began to emerge, as a seemingly unstoppable avalanche of allegations continued to tear out of central Pennsylvania, as a nation's eyes were slowly, inexorably pulled, then focused, then glued to just what sort of hell was being uncovered in Happy Valley.

But even then, people somehow seemed oblivious, or worse, willfully blinded to the horror that was resolving itself before us all. A neighbor, in passing, asked what I thought of "all that silliness" going on in State College; why was the government investigating some "good-old-fashioned" "horseplay" going on in the locker rooms and showers of Penn State. Boys will be boys, right?

I'll never forget reading, in horror and rage, the eventual indictment released by that original grand jury in November of last year. The rumors, the news reports, that had built over the weeks and months couldn't have adequately prepared anyone for what the grand jury had found, and recommended, that Sandusky, Joe Paterno's onetime second-in-command, and founder of The Second Mile, a nonprofit foundation committed "to helping young people achieve their potential as individuals and as community members", be charged with 52 counts of child molestation, dating from 1994 to 2009.

I'll never forget the trial, earlier this month, of Jerry Sandusky on all 52 of those recommended charges of sexual assault against children. The total number of charges was eventually dropped to 48. The number of charges on which Sandusky was found guilty eventually totaled 45. According to various news reports, the maximum sentence faced by Sandusky is 442

years; the minimum is 60.

No matter. For a man of Sandusky's age, even half the minimum amounts to a life sentence.

But even now, whispers have started that Sandusky's defense team tried to resign from the case on the grounds that the judge had set a calendar far too fast for a case of this magnitude. The judge refused, both the motion to resign and the motion to postpone the trial, thereby establishing at least two complaints to be brought up on the inevitable appeal.

No matter. Jerry Sandusky has been found guilty by a jury of his peers, and in short order. Justice, for once, was swift, and righteous.

Maybe I'd feel differently if Sandusky was a family member, my father let's say. But maybe I wouldn't. One of the people who came forward too late to testify this time around, but surely emboldened by the courage of others, was one of Sandusky's six adopted children, a son, who was prepared to testify, under oath, that he as well was a victim of Sandusky deprivations.

My son is only three, hasn't even begun to complain of monsters in his closet, or under his bed, or outside his window. But he will.

And I, for one, won't be able to tell him there's no such thing as monsters. Not now. Not ever.

I'll have to tell him there are monsters, there are. And that worse, they don't hide under the bed, or in the closet, or outside the window. They hide in plain sight. Where everybody can see them. Where everybody can know them. And touch them and feel them and smell them. Out in the open. In the light, smiling and laughing and playing and teaching and coaching and praying and parenting.

All the better to see you. All the better find you. All the better to catch you.

All this, I'll have to tell my son.

But I'll also tell my son, and this is important, so important, I'll have to make him understand he can always tell me anything, no matter how bad or how scary or how wrong it may feel, and that I'll always believe him and trust him and love him. That I'll always be there for him, no matter what.

Because that's the only way to keep the monsters at bay, to drive them back when they come too close.

Belief. And trust. And love.

I'll never forget.

Nor should you.

Alex can be reached at
cud24@yahoo.com



LILY LOVE

THE PLANT LADY

KAREN REXRODE



The lilies are blooming and the garden is intoxicatingly fragrant. The asiatic lilies are almost done, usually the first to bloom with flowers that face upwards or out. Non-fragrant, this pool of hybrids comes in many colors, sometimes two-toned or speckled. I consider them the shortest of the lilies and good when partnered with salvias, nepeta, achillea and/or coreopsis. Lilies are socially graceful, looking their best in the com-

pany of perennials, this is especially true with asiatic lilies.

The next to flower are the trumpets, followed closely by tiger, oriental and finally rubrum lilies. The playing field has changed dramatically in recent years with lily hybridization. Interspecific hybrids are replacing old standbys, this is when hybridizers cross pollinate two subcategories to come up with an entirely new one that brings out the best in the two. One example are the L.A. hybrids, a cross between Lilium longiflorum, better known as the Easter lily and Lilium asiatic, resulting in a hardier Easter lily and sometimes fragrant asiatic lily. Incredible colors that have never seen in Lilium longiflorum also make this a superior match. The inclusion of L. longiflorum and asiatic give them the name L.A. hybrids.

Another new area of interspecific breeding are the O.T. hybrids, sometimes called the orienpets. In this case it stands for oriental with trumpet. Both fragrant parents result in intensely fragrant offspring. Another trait the two share is height, often towering so high that you need a ladder to photograph them. My Lilium 'Yel-

loween' are 87" tall. Shown in the photograph, I am standing on a garden bench and holding a 72" ruler. Now that's a fabulous hybrid but finding them to purchase from local suppliers is nearly impossible. With their tall stems and top heavy flowers, the containers at nurseries tend to fall over. The wholesale suppliers limit their choices to short lilies with names like 'Tiny Bee', 'Tiny Ghost' and 'Tiny Todd', all asiatics and great when grown in a pot. Cut flower growers order their bulbs directly from Holland, something you will have to do if you like them tall. One on-line supplier had 26 different O.T. hybrids, each and every one of them GORGEOUS!

We still have the tiger and rubrum lilies to look forward to, not to mention the little lily groups like auratum and the towering Lilium henryi. The latest flowering lilies are downfacing, tall enough for you to walk under and look up at their beautiful lily faces. You may have thought that May was good, but June and July can be outstanding as well, at least for those of us that suffer from lily love.



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Juicing some of these colorful fruits and vegetables is a great way to start your day. A green juice of kale, celery, ginger, lemon, and apples will be surprisingly sweet and nutritious too. Lunch time can be met with crusty bread adorned with sliced avocados, a little lemon juice, topped off with sprouts. Dinner can be gorgeous beet pasta with ricotta. It is surprisingly easy to eat healthy when you have the right ingredients on hand. In fact, it is fun and rewarding to eat this way. Your body will thank you and your energy will soar. Stop the package food route and give your body what it truly craves. Maybe it is lean protein with a colorful salad. It is not hard to find colorful lettuces, cabbage, tomatoes or many other colorful fruits and vegetables to add in. Have fun with creating your meal. In fact the less complicated you make it the better it will be. I like to get the family involved, it is a fun way to bond and share in the cooking process.

Farmers markets are overflowing with beautiful bright colorful fruits and vegetables now. You will be making healthy food

for your family and also supporting our local farmers. From the garden to your table, farmers markets are loaded with fresh produce. Fresh means the nutrients are still alive and well and ready for your consumption. Living foods really pack a punch for our immune system as well as our overall wellbe-

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I hope to see you at a farmers market soon. For more information about health and fitness, please contact Kay Colgan, at Middleburg Pilates and Personal Training at K's, 14 S. Madison Street, Middleburg, Va. 20106 or call 540-687-6995.

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PASTIMES

THE ARTIST’S PERSPECTIVE

TOM NEEL

So, you’re that busy working Mom who used to be creative, but raising your kids seemingly consumes your every minute and now you wait patiently for that block of time when the freedom to create your masterpiece will open up. Or you’re the working guy, and a Dad and on the run and you dream of a creative outlet, but when?

If I have your attention, let me just say this. Don’t wait until old age sets in. As an artist, I talk to people just like you all the time and I tell them all the same thing I’m about to share with you. Doodle. That’s right, doodle. But this is story about to get better, even if you are a pro. So stay with me.

First, doodling or random sketching, is one of the best ways to be create. It requires very little of anything. Little time, no real talent, just a piece of paper, anything that will write and of course - you! It is helpful to anyone who does it because

the act of doodling is basically just getting random thoughts and ideas out of your head and often they are unconscious thoughts. There are no doodling police to arrest you and no critics to tell you your stick figure riding a pony won’t pass anatomy class. My greatest piece of advice on how to start though, is don’t think about it. Just drop your hand on the paper and let it go.

Creating something big is exactly like running a marathon. It takes exercise, training and lots of short runs to even start the marathon, much less finish it. But most of all, it takes dedication and often dedication is not only about passion, it’s about having fun. Heck, even the word doodling is fun and if doodling seems like work, trust me, creating that masterpiece will be hell. But if it is fun, you’ll want to do it again and thus, dedicate more and more time to taking the next step of really sketching something more accurately and growing as an artist.

Now, if you think this story is

all about doodling, boy are you in for some more potential fun. We - good or bad - are living in a digital world and new tools for creativity are literally at our finger tips. Most still reading this story, are crunched for time. I know this because the whole population seems to be feeling this second by second starvation. So you’re asking: even if I find the time to doodle, when will I find the time to expand on it? Well my friends, time is about priority and allocation or management and many of you already own a very powerful creative tool to help with this. The rest may want to consider it as I move along. It’s called the iPad.

The artist in me can hear the sound of simultaneous cheers and cries! Some saying, “I love my iPad” and others firing off purity projectiles saying, “down with digital!” If you’re a purist, I will only say this; I’ll bet if Monet was alive today, he would very likely own an iPad. I’m speculating of course, but it’s well known that Monet broke

from tradition and was criticized for it and just because tools didn’t exist, doesn’t mean those we call masters wouldn’t have owned and used them.

The iPad is not a traditional tool for creativity, but it is a powerful creative tool none the less. A big problem the creatively stifled have - is time. It’s not just time to actually create. It’s time to go buy materials, time to even find out what materials to start with or which medium to express yourself with. So, the sprint becomes a marathon and many are defeated before they begin and so they never begin. But what if there was an app that would at least let you doodle, then sketch or begin to understand color theory, even paint with an endless supply of materials? Wouldn’t you be more likely to try? I think so and it should not be thought of as a replacement or competing with standard mediums and forms of expression, but rather another form and tool altogether. As an artist, I say, “Make the create tools work for you, not the other way around.”

LiveAnArtfullLife.com, Tom



Cryin’ - Roy Orbison
Cry - Johnny Ray
River Song - Dennis Wilson
Rainy Night in Georgia - Brook Benton
Singin’ in the Rain - Gene Kelly
Mississippi Mud - Bing Crosby
Let it Snow - Dean Martin
White Christmas - Bing Crosby
Pop/Rock:
Purple Rain - Prince
Black Water - Doobie Brothers
Smoke on the Water-Deep Purple
Water Runs Dry- Boyz II Men
Who’ll Stop the Rain - Creedence Clearwater Revival
Ferry Cross the Mersey - Gerry and the Pacemakers
Sittin’ on the Dock of the Bay - Otis Redding

Classical
Auf dem See (On the Lake) - Franz Schubert
Erlafsee (Lake Erlauf) - Franz Schubert
Auf der Danube - Franz Schubert
Water Music - George Fridric Handel
La Mer - Claude Debussy
Blue Danube Waltz - Johann Strauss
Over the Waves - Juventino Rosas
Easy Listening
Moon River - Andy Williams
Cry Me a River - Julie London

REINVENT YOUR “No”

TRANSFORMATIONAL HEALING

CINDY BATTINO

Do you have difficulty saying “no”? Do you want everyone to be happy? Yet, underneath it all, do you feel tired, trod upon, worn out, and stressed? Do you want everyone and their needs to go away and leave you alone?

Your “Yes” is a Gift

To reinvent your “no” you must look at your “yes.” Your “yes” is a powerful gift. You are gifting others with your time, energy, love, money, etc. Your

“yes” should make you and the other person feel good.

When you say “yes” when you really mean “no”, you are telling yourself that you don’t matter, that the other person and their needs are more important than yours. It will feel good to them as they are getting their needs met, but you are left feeling resentful, and unhappy. Worse, they don’t have a clue about your disgruntled feelings.

You Matter

Your feelings, time, plans,



“No, with compassion, is essential to keep balance in your life.”

The healthy “No” involves no whining, excuses, or anger. A teacher once told me: “No one listens to screaming or whining.” If you believe that you are important and matter remember: “No” is a full sentence.

The healthy “no” engages your heart and holds compassion for the other person. The key ingredients to a healthy “no” are a pause and choices. The pause gives you time and space to release your guilt and your instinctual reaction. In this creative process, solutions are found through choices. Choices that allow you and the other to get your needs met at the same time. It is possible.

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ble. Warning: this solution might take time.

Here’s an example:

You are at work, and it is 4:45 pm. Tonight is your daughter’s play at school. Your boss tells you he needs you to stay and work on a proposal. You might say: “Okay. I’ll stay.” You cancel your plans and are angry, but you want the next promotion. You don’t feel you have a choice. But this only makes one person feel good and doesn’t create balance. You might say: “I guess I could stay, but I want to see my daughter’s play.” Do you hear the whine? Most likely your boss will insist that you stay. Again, this makes them feel good, but

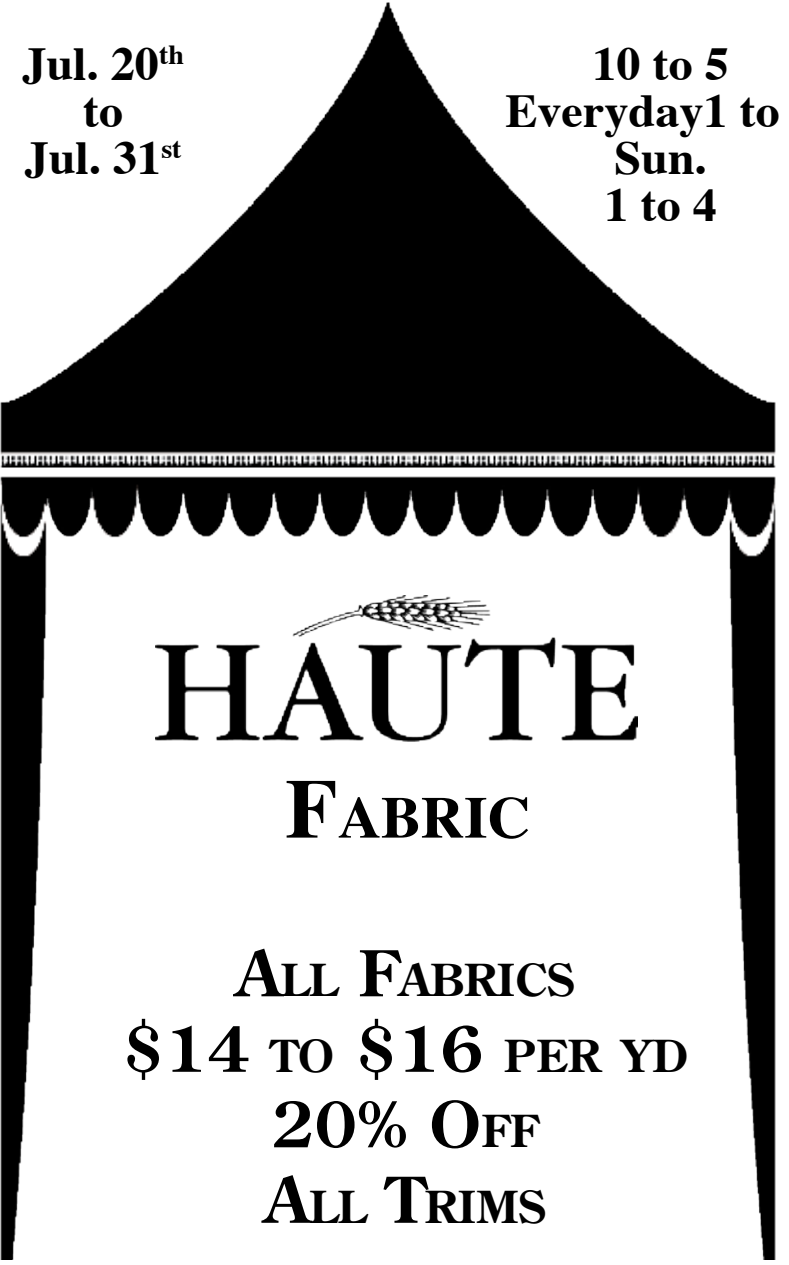
You have said “no” without saying “no!” You aren’t angry, whining, or betraying your desire for balance by automatically saying “yes.” If this is the first time you are using your “no”, you might be leaving behind a frustrated and confused boss. For future clarity, schedule a meeting to explain your dilemma of doing your job well and finding balance with your family.

Speaking your healthy “no” will be uncomfortable at first. It will take creativity, courage and strength – all of which you have inside of you. It makes your “yes” clean and leaves you with more joy in your life. Yes, you matter.

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Adele is a cute Retriever mix born Dec. 2011. She is very sweet, gets along with other dogs, cats, & kids. She is very playful but also likes to lounge around with you. She is housetrained & would be a perfect addition to your family.



Puppies!!! We have 7 adorable Shepherd mix puppies. So far they have been very laid-back & have enjoyed their socialization time with people as well as other animals.



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Lulu is an adorable 8-9 yr Chihuahua. She is timid of new people, but she loves attention. This little lady has had a tough life & was living outside tied to a car. She deserves to spend the rest of her life being pampered!



Leo lived a long life on a chain so he is still learning lots of new things. He has a very kind temperament & likes to please. He enjoys attention & loves to give hugs! He has come a long way & truly deserves a second chance.

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ALBERT'S CORNER

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

ALBERT P. CLARK

Every now and then, I like to give a bark out to a local animal-related company or organization that impresses me. This time, I've got two to write about: the Prince William Emergency Veterinary Clinic and Blue Ridge Wildlife Center.

I discovered the first one when my family had an urgent medical situation very late on a Friday evening. One of the other dogs in the family, Tucker, went outside for a few minutes and came back in with a huge gash on his side. My people started running around really fast, scooped him up, jumped in the car, and drove off into the night.

I was really nervous and confused, so I tore up a couple of toys. (I've got some issues with the toy thing, but I'm working through them.) Anyway, I found out later that my people and Tucker had gone to the Prince William Emergency Veterinary Clinic (princewilliamevc.com). His wound required anesthesia and surgery, and he came home with lots of stitches.

It turns out that the vet did a really great job. My people said it was a wonderful experience. The staff was incredibly caring and friendly, treating Tucker like royalty and tending to his every need. As a result, Tucker wasn't scared or upset. I actually think he might have enjoyed all of the attention. And, even

though the clinic was full of people with sick or injured pets, the vet took lots of time with Tucker. To top it all off, the bill was very reasonable.

Now, I don't name names about companies I don't like, but I will say that there are some emergency vets that don't quite measure up to this one. My people liked the fact that they were treated well despite never having been there before. They liked the fact that the clinic didn't look like the lobby of an expensive hotel (some do, these days). And they loved that the staff was in no way arrogant, hurried, or dismissive. They admired the kindness and respect the staff gave to all people and pets. And they appreciated not being overcharged despite the late hour and critical nature of the visit. Four paws way up!

The second organization is the Blue Ridge Wildlife Center (blueridgewildlife.org). This charity is located in Boyce and is dedicated to wildlife rescue and conservation.

Last Sunday, my people were working in their store in Middleburg. Suddenly, worried customers started coming in and telling them that there was an injured bird outside one of the front doors. Sure enough, there was a very small bird who was breathing but not moving.

My people called the Blue Ridge Wildlife Center. To their surprise, someone answered the phone

right away (on a Sunday afternoon!). She gave specific instructions about how to bring the bird to the center and assured my people that someone would be there when the bird arrived. They were there as promised and the bird found itself nursed back to health in very capable hands. How fortunate

we are to have an organization like this in our region!

Thank you to the Prince William Emergency Vet and the Blue Ridge Wildlife Center. They work when no one else wants to work, doing things that few people are willing or trained to do. Moreover, they do it with a fabulous

attitude, passion for animals, and compassion for people. Thank you from the bottom of my heart!

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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Robert E. L. Krick - Chancellorsville in Print: A Survey of the Literature on the Great Battle
Frank O'Reilly - Dark Woods and Improbable Victory: Decisions at Chancellorsville

Saturday

Speakers, Lunch, Panel Discussion, Book Signing, Banquet

Robert K. Krick - Lee and Jackson at Chancellorsville

Gary Ecelbarger - "What Will the Country Say?": Chancellorsville's Impact on Lincoln and the North

Eric Wittenberg - "Like a Bombshell Bursting": Major General George Stoneman's Raid

Frank O'Reilly "A Wild Scene of Triumph!": Stonewall Jackson's Flank Attack

Scott Patchan - "Myth and Reality: The 11th Corps at Chancellorsville

Jeff Wert - "We Ought to be Invincible": The Army of the Potomac from the "Mud March" to Chancellorsville

Kim Holien - Old Joe Hooker Comes Out of the Wilderness: Is He Still Fighting?

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EDITOR’S DESK

GOOD NEWS

Sheila Johnson’s announcement that the long-awaited Salamander Inn and Spa would open in Middleburg in August of next year is welcome news for Middleburg, the region, and we’re sure, for the Salamander organization as well.

Begun after years of careful negotiation and legal work, the project was blindsided (as were most of us) by the onset of the Great Recession and a truly worldwide decline in the resort business.

Johnson and her organization not only soldiered on, but prevailed.

In the process they saved Middleburg from a financial crisis of its own, while providing the village with world class wa-

ter and sewer treatment facilities at a time when we would have been hard-pressed to afford repair, much less replacement, of our aging facilities and systems.

Many thanks and best wishes for a successful grand opening in 2013 from all of us.

And many thanks to the Mayors, Town Council members, Town Staff, and citizens who worked so hard to make this project possible.

It will be . . . transformative.

And because of all that hard work, transformative in the best senses of the word.

THE PICK THREE PROGRAM

Bootstraps are great, but a little help from a friend (or two, or three, or more) is even better.

One of Middleburg’s newest business owners recently suggested that we each adopt three local businesses we would REALLY like to see succeed . . . and make a commitment to shop there at least once a month and spend at least \$50 with each . . .

and more if you can.

For those of us who can’t bear to pick just three, just change the list every month.

We’re a small town, and it helps us all if we support each other: both by shopping locally and by knowing where to send people who love the town but may not know just where to find what they’re looking for.

There must be a better way.

IT’S HIGH TIME TO GET SERIOUS PURPLE

BRUCE SMART

The 2012 Presidential candidates are now decided. Most of those running for Congress have been nominated. Our nation, nay, our world is at a critical juncture in civilization’s history. The campaigns, however, continue to be negative, trading insults based on falsehoods, half-truths and innuendo. Purple sees this approach as an offense to the American voter, who desperately needs to understand and consider unbiased factual information and policy options.

Perhaps you have read Citizens of London, a marvelous recent book describing the 1936-1945 period, as Hitler gobbled up neighboring countries while Britain slept, unprepared for the war that engulfed them in 1939-40. And as England suffered during the Blitz of 1940, America stood apart, controlled by isolationist sentiments that claimed “it can’t happen here - it’s not our problem.” So America was also unprepared when the Japanese hit Pearl Harbor on December 7th, 1941.

Purple was young in those days, but old enough to question the isolationists and to recognize that his generation would soon have to pay the price of helping to save the world as we knew it. Of his two best friends, one was killed in combat a month before VE Day, and the other was shot down over Germany and spent 17 months in a prison camp.

Reading Citizens of London Purple finds alarming parallels with today. We also face dangerous threats to our civilization; and we, too, are failing to address them. You know the menu:

- Widespread Unemployment
- Climate Disruption
- Unprecedented Demographic Changes
- Civil Wars in the Middle East and Africa
- Proliferation of Nuclear Weapons
- Political Power Based on Money

The list goes on, and our political system is ignoring it, telling us not to worry, or finding blame, rather than analyzing the true causes and proposing solutions. We should demand that both parties abandon attack ads and propose constructive solutions to the America’s and the world’s illnesses. Obviously such solutions will entail costs – higher taxes, less generous entitlements, changes in lifestyles among them. The profligate past requires a more Spartan future.

We will shortly be celebrating the 236th anniversary of American Independence. That July 4th, 1776, ushered in seven years of war, with sacrifices such as the winter at Valley Forge facing those Americans. But their courage and sacrifices created a nation that

became the best hope of the world. Now we of today must maintain that promise.

It is high time that we asked those who would govern our Country to outline their plans for its future. In coming pre-election columns Purple will offer some suggestions. Not all will be pleasant, but he has no desire to have his grandchildren experience what his generation did in 1941 because the politicians then, and those that elected them, avoided facing up to the dangers ahead.

OUR LIBRARY

Dear Editors:

Mary and I are most enthusiastic about the proposed addition to the Middleburg Libraray. As avid readers and advocates of books on tape when we travel we find that our library is a fantastic resource. This is why we enthusiastically support the Advisory Board’s efforts to fund this project. It is important to us but it is also important to our entire community, and although it would be nice to have tax dollars support this effort it is our hope that the entire community will rally around the Board’s efforts, realize that this is an imperative community resource, and help make it a reality.

In a recent New York Review of Books there was an article about saving the

vast expanse of the New York Public Library, which technologists said was underused and outmoded. The reality IS that the New York Public Library has shown a steady and varied increase in its use, and thus the issue was put to rest.

It has come to our attention that some people in Middleburg agree with the New York technologists, that people will not take advantage of what is being tendered, and that it is therefore a waste of our resources. Allow me to assure these doubters that this library is well used, that it will continue to be a resource for young and old, and that there are so many good uses for those interested and involved in literacy.

One only has to visit

the current facility to realize that it is bursting at the seams. Young people come there to do research in books as well as via technology, adults come to use the wi-fi resources available, and seasoned citizens find it a quiet respite in which indulge in reading of magazines, books, and newspapers.

Our library is an important community resource, and though technology may grow, the need to provide a library is of paramount importance to us and to our community. This is a cause which is important to all of us and one we should all support for the benefit of current and future generations.

Respectfully,
Mary and Don Woodruff

UVA BLUE NOTES

DANIEL MORROW

On June 26, the University of Virginia Board of Visitors voted unanimously to “reinstate” Teresa A. Sullivan as President of the University.”

The reinstatement followed 16 days of protest, following a June 10 announcement by the Board’s Chair, University Rector, Helen E. Dragas, that Sullivan had resigned.

Events soon revealed that Dragas had convinced Sullivan that she had lost the confidence of the Board, an impression that soon proved to be untrue.

After her reinstatement, President Sullivan graciously “called on the University community to work together to craft solutions to the challenges facing U.Va. and higher education and to quickly move beyond philosophical differences that have emerged.”

She also pledged “to set aside any differences we might have, and to work hand-in-hand with Rector Dragas and all members of the Board of Visitors as we face the challenges that have been articulated - and find solutions that will further distinguish the University.”

Those Visitors who supported Sullivan and stood by for 16 days as their Chairperson drove out a President on the basis of hearsay, without formal review, discussion by the Board or a recorded formal vote should be ashamed of themselves.

The Visitors who thought she should be replaced and allowed their Chairperson to drive her out by telling her she had lost the support of the entire Board disgraced themselves as well.

The man tapped to replace Sullivan, Carl P. Zeithami, Dean of the University’s undergraduate Business School, to his credit, spoken openly of his disagreement with the Board’s treatment of Sullivan, removed himself as a candidate to succeed her, and then pledged to take no action as interim President until the Board reconsidered its actions.

In that announcement he singled out “trust” as the core community value he believed to have been undermined by the Sullivan affair.

He might have added to the list: the general principle of not inflicting gratuitous harm; courtesy; loyalty; respect; and telling the truth.

There was a time when the act of deliberately leading President Sullivan to believe what events later proved to be patently untrue would have been deemed an intolerable offense against honor

Sullivan, falsely believing she had lost the confidence of the Board of Visitors, had the good grace, the sense of honor if you will, to resign.

Those who led her to do so, should do the same.

Wineries

The opponents and proponents of placing heavy restrictions on the operations and promotional activities of Virginia’s growing wine industry would be well to bear in mind the late Rodney King’s plea for us all to do our best to “get along.”

We like wine.

We much prefer vineyards to strip malls; green to concrete; and blossoms to hillside condos.

We like the tax revenue wineries represent and the payrolls they create.

We don’t like pesticide pollution, or big noisy parties that last ‘til all hours, or light pollution, or giant tour buses, or any number of other things all too sadly necessary to keep grapes growing and make wineries successful businesses.

Somehow, we must find a way to work together, in an open and honest way, to optimize the mix.

Perhaps a start would be for the most active and dedicated organizations of preservationists to meet with their counterparts among the wine growers to talk and plan . . . maybe over a glass of wine.



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Wonderfully maintained; open floor plan; first-floor master suite • 4BRs, 3.5BAs, fireplace, well-appointed kitchen • Perfect full-time or weekend home across from historic Goose Creek • Minutes from Leesburg, Middleburg, major DC routes

Walter Woodson (703) 499-4961

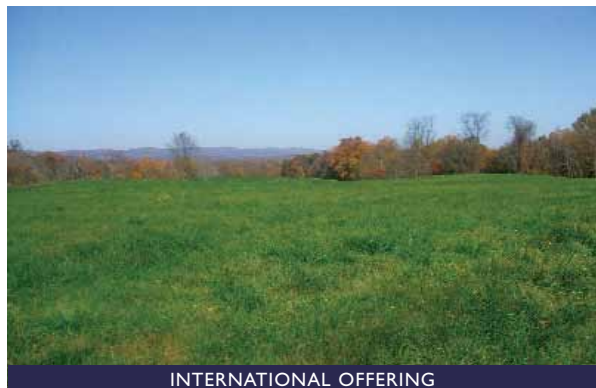
110 East Washington Street
P.O. Box 1380
Middleburg, Virginia 20118
(540) 687-5588

In the Virginia Countryside

Armfield, Miller & Ripley

FINE PROPERTIES, LLC

In the Capital Region



INTERNATIONAL OFFERING

WINTER FARM, MIDDLEBURG, VA

302 acres of paradise, close to town. Perfect mix of flat open land, woodland and Beaverdam Creek frontage as well. West views of the Blue Ridge. Incredible dairy barn ready for stalls, 3 tenant houses, multiple building sites for your dream home. This property is not in Conservation easement. \$4,900,000.

Kevin Keane

540-687-2221



INTERNATIONAL OFFERING

BURR RIDGE, LEESBURG, VA

Stately, elegant home, formal gardens, views of 3 states from private hilltop. Just outside of Leesburg. Convenient to Dulles Greenway & Dulles Airport. 50 acres, tenant house, pool, pool house. \$2,700,000.

Kevin Keane
Babette Scully

540-687-2221
540-687-2220



ELMWOOD FARM, UPPERVILLE, VA

Beautiful historic brick home on 22 scenic acres with mountain & pastoral views. Well maintained & updated 4BR/ 5 BA home with 6 FP, hardwood floors, & detailed millwork. Phenomenal landscaping & hardscaping. Pool, ponds, spring house, & barn. \$1,950,000.

Gloria Armfield
Jim Thompson
Kathryn Harrell

540-687-2223
540-687-2224
540-687-2215



CHESTNUT OAKS, UPPERVILLE, VA

Chestnut Oaks, located in Greystone just west of Upperville, VA. Charming custom built brick colonial on 52+ acres, 4 bedrooms, 3.55 baths, lovely pine floors and stately wood moldings. Partially fenced, 3 run-in sheds, lovely landscaped setting, total privacy offering spectacular views. \$1,650,000.

Jud & Page Glascock

540-592-3238



THE WOODS, MIDDLEBURG, VA

Located on prestigious Zulla Road near Middleburg. The perfect country retreat. 5.2 acres. Delightful house. Large LR has one wall of glass looking into well groomed woods and large pond. First floor master BR, stone terraces. 3 additional BRs. Gallery connects house to 3 car garage with lovely office and guest quarters above. Pool, landscaping. Everything in mint condition. Priced to sell. \$1,200,000.

Ruth Ripley
Carole Miller

540-687-2222
540-687-2233



ATOKA CHASE, MIDDLEBURG, VA

Great Middleburg home with 5 bedrooms including 2 master suites, 4.5 baths, large eat in kitchen, family room, rec room, office, terraces and deck. Ten acres of beautiful landscaping and privacy. \$990,000.

Gloria Armfield
Jim Thompson

540-687-2223
540-687-2224



JOHN MOSBY HWY, UPPERVILLE, VA

54 wooded acres comprising a total of seven parcels with a small cottage in need of restoration on Paris Mt. Frontage on Rt. 50. Lovely views of Crooked Run Valley below. Close proximity to Sky Meadows State Park and the Appalachian Trail. To be sold in the entirety. Great weekend retreat! \$625,000.

Carole Miller

540-729-7896



MEETING HOUSE, PARIS, VA

This property offers a real sense of history with all the modern day amenities. The Meeting House, circa 1790 in the hamlet of Paris, VA is situated with a view of the Crooked Run Valley. The Original brick structure has been renovated to include an open kitchen with generous sitting room, large bedroom and well appointed bath all with old wood floors. Terraces are framed in mature landscaping. \$435,000.

Lynn Wiley

540-454-1527



WEST PROPERTY, UPPERVILLE, VA

NEW PRICE! Located in a quaint charming village, this lovely historic house (c. 1833) is in a superb setting with a large back lawn and garden with pretty plantings. The house offers 2 kitchens, solarium/ sunroom with brick floor. There is a separate second house. Needs TLC, priced below assessed value. To be sold "AS IS." \$385,000.

Ruth Ripley

540-687-2222

MIDDLEBURG 540.687.6395
WASHINGTON, VA 540.675.1488
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