Middleburg Eccentric™
MIDDLEBURG'S COMMUNITY NEWSPAPER
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THE MYSTERY CHAIR ON ICE

PAGE 6

CRYSTAL RITENOUR CARES FOR AYRSHIRE'S ANIMALS

LAUREN R. GIANNINI

Ayrshire Farm looks after its heritage breed livestock with the highest, most responsible standards, producing good-for-you food that is USDA Organic, Non-GMO Project Verified, and Certified Humane Raised and Handled.

After Sandy Lerner bought Ayrshire in 1996, she set her sights on establishing a sustainable, profitable farm that earned a sterling reputation for locally produced, humanely raised and handled meats and organic produce. The products are sold online and at The Home Store in Middleburg, and served at Lerner's Hunter's Head Restaurant in Upperville.

As Large Livestock and Equine Manager, Crystal Ritenour leads the topnotch farm staff. She has worked for Lerner for 9 years in varying capacities and knows all aspects of the farm. She is responsible for 980 Scottish Highland, Ancient White Park and Beef Shorthorn cattle, 280 Gloucestershire Old Spot hogs and 13 Shire horses. She's also in charge of 10 full-time employees on two properties: Ayrshire's 800 acres and a nearby farm of 300 acres.

"There's never a dull moment at Ayrshire and I have an incredible crew — it would be impossible to handle everything without them," said Ritenour, striding out happily one gray day to show off several new litters of Old Spot hogs. "My absolute favorite part of caring for the animals is calving and farrowing season. There's nothing better than seeing the miracle of life and watching those little ones grow."

Ritenour stops to check on a sow and her day-old litter by raising a special flap at the back of a farrowing (pig birthing) hut. She seems to know each Old Spot sow by sight, which is amazing because, at first sight, they look so much alike. Then again, she's in charge of their wellbeing, day in and day out. Whipping out her smartphone, she types rapidly — high tech for hogs — then moves on to the next sow, heavily pregnant, but not quite ready to farrow. We continue up the field where a five-month old boy hog has escaped his family to gallop around and play with a group of youngsters half his size. It seems he's a well-known escape artist.

"One of the other things I love about what I do is being outdoors so much," said Ritenour. "I do have desk time, to keep our extensive records in order and up to date, but I'm outside a lot more than I'm in the office." She checks on another sow whose farrowing hut teems with amazingly nimble and active piglets. From the hogs, we drive a short way and enter a field of cattle.

"The cow herd has sit-ins when they want to move to a new field," she said. "They congregate at the gate and scream all day. We put out hay for them, but when they're ready to move to a new field, they really let you know it."

Ritenour checks out every cow and then we're on our way again, stopping where two Ayrshire staff are involved in swapping harness from one pair of Shires to another. They have been chain-harrowing the field. Grazing rotation is imperative for organic farming, because you can't put down chemicals to kill parasites. The Shires pull the chain harrow (although Ayrshire does have all the requisite farm equipment) which breaks up the manure from whatever livestock was grazing that area, allowing the birds and sun to do their jobs.

"I don't have a typical day on the farm. I have so many areas to oversee that I can be pulled in many directions each day," said Ritenour. "I do rounds, checking on all of the animals. I help the crew in any area they need help with — feeding, watering, moving, health checks, medication and so on. I also drive and ride the horses and check on them, groom them and do any treatments that they need. I help in the training of young horses. I schedule vet visits and communicate with our veterinarians when needed and refer information to the crew. I make sure our supplies are stocked."

That isn't all: Ritenour is a licensed vet tech. She grew up in the country and always loved animals. At 18, she went to work for a boarding stable and about a year or so later joined the internship program for horses at Ayrshire Farm where she fell head over heels in love with the Shires. Learning everything she could, Ritenour moved up from being an intern with no driving experience to Assistant Equine Manager and Head Coachman. She worked at Ayrshire for three

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FQ8470391 $4,300,000

10000 MOUNT AIRY RD, UPPERVILLE - Extraordinary brick colonial on 50+ gorgeous acres in prestigious Greystone. Over 9000 sq.ft.of spectacular living space featuring 3 beautifully finished levels. Heated pool, tennis court and brilliant gardens overlook a picturesque pond with fabulous mtn views,in a private & secluded location!
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LO8563669 $1,595,000

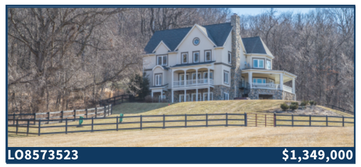
LANCER CIR, PURCELLVILLE - Montrose Estate w/ 9000+ sq. ft. of living space w/ 3 finished lvls. Grand foyer leads to elegant sunroom, conservatory, dining room, gourmet kitchen & lvng spaces. Dual staircase leads to 5 BRs, media room, rec room w/ kitchenette/bar. Invisible fence. Award winning hard scape waterfalls & back yard dreamland!
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LO8441685 $1,499,000

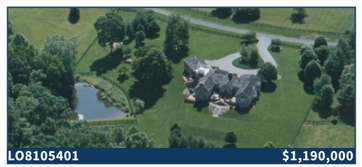
Majestic is the only way to describe Stonebrook Farm! Main house c.1750 w/ Stone Addition c. 1793 & recent total renovation has charm of a period home coupled w/ modern amenities. riding arena, 8+ stall barn/lvng space on 22+ acres. Terraced Gardens, patios & stream. Also avail. on 38+ acres & two more homes at $1,999,000
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LO8573523 $1,349,000

MANOR VIEW LN, PURCELLVILLE, VA -Stunning custom home in the heart of Loudoun County's Wine Country next-door to Hillsborough Vineyards. Beautiful sunset views! The grand foyer with hardwood floors opens into the living room and formal dining room. Enjoy the views from the gourmet kitchen!
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LO8105401 $1,190,000

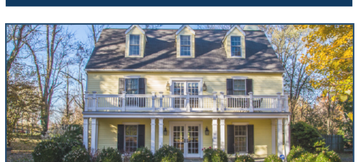
MIDDLEBURG - Spacious brick house w/roop top observatory in private setting. Large master wuite w/ lots of closets. Family room w/fireplace connects to open kitchen. Large mud room, 4 car garage. Finished lower level w/ in-law suite: bedrom media room, living room. Pond and 10 gorgeous acres.
Scott Buzzelli 540.454.1399 | Peter Pejacsevich 540.270.3835


LO8549874 $669,000

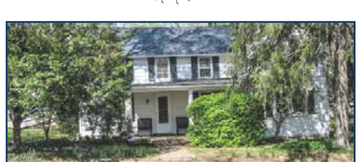
DOVER RD, MIDDLEBURG - Charming Cape has been fully renovated. ideally situated on quiet cul-de-sac street. Remodeled kitchen & baths. Hardwood & marble floors throughout first floor. 4 fireplaces, large great room & pool - ideal for entertaining. The grounds are mature with large oaks & extensive landscaping. A Must see.
Scott Buzzelli 540.454.1399 | Peter Pejacsevich 540.270.3835


FQ8482311 $649,000

RECTORS RD, MARSHALL - private & convenient turn key 4 br 3.5 ba just off of Atoka Rd in between Upperville and Middleburg! Great kitchen with upgraded appliances, new first floor master and gleaming HW floors. a new deck and patio, separate 2 car garage with loft space! A rare find outside of "town" in the epicenter of hunt country.
Ted Zimmerman 540.905.5874


FQ8503814 $595,000

3085 RECTORTOWN RD, MARSHALL - Charming cottage in historic Rectortown. 3 bdrm/2.5 bath home works well as a weekend retreat or full-time living. Viking range, soapstone countertops, exquisite HW floors, restful porches on 1st/2nd lvls, wood-burning fireplace, French doors on 1st/2nd lvls. Within 10 mins of Middleburg, Marshall.
Walter Woodson 703-499-4961


FQ8415944 $425,000

Charming 4 bedroom house in a prime Upperville location! Built in 1840, & tastefully updated w/ new HW floors throughout,great bathrooms and kitchen, & a working fire place! Freshly painted, bright & clean. Turn-key! Huge, partly finished space w/ concrete floors that can be used as a workshop, or finished to fit the buyer's needs.
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Please Consider us for all your Real Estate Needs!!

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News of Note

Frederick Turner Reuter, MD

1920-2015

Frederick Turner Reuter, MD died February 28 at the age of 95. Dr. Reuter was born on March 25, 1920 in Washington, D.C. to Frederick August Reuter, MD and Martha Rousseau Turner.

Known to his family and friends affectionately as Tony, he graduated in 1939 from Landon School for Boys in Bethesda, Maryland and completed his pre med degree from the University of Virginia.

As a Captain in the U.S. Amy, he was stationed at Fort Meade near Washington, D.C. during World War II and he received his graduate degree in medicine from The George Washington University in 1944. He continued his army service at Walter Reed Army Military Hospital under

Colonel James Claude Kimbrough, until 1948 when he began his residency in urology at the University of Pennsylvania. After completing the program at the Elmer Hess Clinic in Erie, Pennsylvania he returned to Washington, D.C. to join his father Dr. Frederick Reuter, in his urology practice, in 1951. They practiced at George Washington University Hospital, Sibley Memorial Hospital in Washington, D.C. and Loudoun Memorial Hospital in Leesburg , Virginia where they had established a clinic in the 1940's which was to become its urology department.

Among many life long interests for Tony was his passion for photography, which enabled his association with the The National Geographic. A safari with his family to East Africa in 1967 resulted in the inclusion of many of his photographs in the Geographic's book, The Animals of East Africa. His photograph of a cheetah hung for years in Explorers' Hall. His macro photography of spiders, snakes and birds became his trademark.

Tony and his family divided their time between Washington, D.C and Aldie, Virginia where they moved permanently to Glenstone, the farm his family settled in the 1700's.

A fifth generation of Loudoun County, Tony spent his weekends and summers as a young boy there with his first cousin Frederick (Fritz) Lyttleton Hutchison. He was a dedicated outdoorsman with interests in equestrian sports, which was nurtured early on by his parents who bred thoroughbreds and showed pointers on the bench. Huckleberry Finn and Becky Thatcher were two of his favorite ponies; with them he won many championships throughout Loudoun, Fauquier and Fairfax Counties, often showing with his life long friends Robbie Palmer and Ellwood Keith. Rufus Humphrey and Joe Rogers were among those close friends of a bygone era.

Tony oversaw the master planning of Glenstone's horticulture which his parents began in the 1920's when the bones of the formal gardens were grafted from cuttings from the "mother box". He and his wife Nancy began their own perennial gardens within these bones in the early 1980's. The topiaries of Foster hollies, cuttings of which were grown in his greenhouse, frame the entrance to the garden and are a testament to his acumen as a skilled horticulturalist. One of Tony's many lasting legacies will be his rhododendron and azalea gardens on the eastern slope of the Bull Run Mountain.

In the 1940's he and his father established a pure bred herd of angus cattle at Bull Run Farm, adjacent to Glenstone, which was maintained for fifty years. The annual joint auction with John Rucker of Hill Crest Farm, Delaplane, Virginia became an institution which provided an opportunity for farms to add foundation cattle to their herds.

He was a member of the American Medical Association, The American College of Surgeons , The American Urological Association, The Cosmos Club, The Third Monday Group, and The Catoctin Farmers' Club.

Tony is survived by his wife of 67 years, Nancy Rogerson Brown Reuter, and his three children; Frederick Turner Reuter, Jr., Diana Reuter Twining, and John (Jock) Adams Reuter, his three grandchildren, Matilda Reuter Engle, Hannah Pascoe Reuter, and Frederick (Fritz) Turner Reuter III, and by his daughter in law Dana Casey Reuter, son in law Edmund S. Twining III and grand son in law Jonathan Aaron Engle.



A memorial service will be held in the spring in his beloved gardens at Glenstone. In lieu of flowers donations may be made to the National Audubon Society.



News of Note

Frederick Allen Zimmer, Jr.



Frederick "Fred" Allen Zimmer, Jr., 92, of Winchester, Virginia, died Friday, February 6, 2015, at the Shenandoah Valley Westminster Canterbury.

Mr. Zimmer was born in 1923 in Pataskala, Ohio, the son of Dr. Frederick A. and Nellie Mae Zimmer. He served in the U. S. Army Air Force during World War II. Mr. Zimmer was a graduate of Ohio State University in Columbus, Ohio, and the Pratt Institute of Art in New York City. He worked as an artist in New York and then became one of the founding professors in the Design Department at Ohio State University. He received a Senior Fulbright Research grant to India and a Fulbright Fellowship to teach Design in Lahore, Pakistan. After retiring, he moved to Upperville, Virginia, where he continued his career as an artist. He received numerous awards for photography and graphic arts and had many one-man shows of his paintings.

He is survived by his wife of 61 years, Anne Carter, and their daughter, Susan Carter Vogel, with her husband Paul, of Essen, Germany. He also leaves behind one grandson, Christopher Vogel, of Dallas, Texas.

A Tribute to Fred Zimmer is scheduled for 4:30 pm on Friday, March 27, at Shenandoah Valley Westminster Canterbury. On Saturday, March 28, there will be a private family interment at Ivy Hill Cemetery and a reception for friends and family from 3:30-5:30 pm at Nordley, 1277 Kerfoot Lane, Upperville, Virginia.

In lieu of flowers, memorial contributions may be made to the ACLU, 125 Broad Street, 18th Floor, New York, New York, 10004 or Shenandoah Valley Westminster Canterbury Fellowship Fund, 300 Westminster Canterbury Drive, Winchester, Virginia, 22603.

Dorothy Kingston & Reuben Moore Share Their Generosity and Compassion with Seven Loaves

The many friends, colleagues and relations who will want to congratulate Reuben Moore and Dorothy Kingston on their May 9th wedding plans will be asked by the couple to do so by making a donation to Seven Loaves as their wedding gift.

"We are so grateful for their generosity," emphasized President of Seven Loaves Stephen Plescow. " We wish the bride and bridegroom the best of everything. Their compassion and empathy is commendable.

Dorothy Kingston, the Music Director of the Middleburg Baptist Church, will soon assume additional responsibilities as Acting Pastor of the church when Reverend Dr. J.T. Moger is deployed overseas as a U.S. Navy Chaplain.

"The couple's decision to ask for donations to Seven Loaves in lieu of wedding gifts was announced on their wedding invitations," Plescow continued. "It was a wonderful surprise to us, and it will certainly benefit the many families and individuals who depend on Seven Loaves."

Seven Loaves is an all-volunteer, ecumenical, faith-based ministry dedicated to providing food, to those in need in Middleburg, Virginia and the surrounding area.

Established in 1994, as a non-profit organization, they are funded by charitable gifts from generous people, churches, organizations and businesses.

Seven Loaves provides food to all who are in need, regardless of income or place of residence. By simply requesting assistance, every patron will receives help. Those served include the elderly with inadequate income; the sick, injured, or disabled, who are unable to work; the able-bodied but unemployed, of which there are many in this difficult economy; and the working poor, whose wages are insufficient to meet their needs.

Open Monday, Wednesday and Friday from 10 a.m. until noon, the organization is located in the rear basement of the Middleburg United Methodist Church at 15 West Washington Street.

In 2014, Seven Loaves Services:

- Registered 677 separate households that include approximately 2,600 persons as patrons.
- These households came from 25 counties and incorporated cities in Virginia (and a few others in surrounding states). Loudoun and Fauquier Counties accounted for 51% of households served; Warren, Frederick (including Winchester) and Clarke Counties accounted for another 32% of the total.
- These households made a combined total of over 4,600 visits for food assistance.
- Distributed approximately 313,000 pounds of food, of which
- 208,000 pounds were received from five grocery stores and 15,400 pounds were received from five farmers' markets; 2,700 pounds of cat & dog food were received from local animal welfare organizations and other donors;

It is easy to understand why the compassionate generosity Dorothy Kingston and Reuben Moore was so deeply appreciated by Seven Loaves.

"We depend entirely on local support for our mission, concluded President Plescow, we are blessed to have Dorothy and Reuben in our community.

For more information about Seven Loaves, please visit http://www.sevenloavesmiddleburg.org.



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Apr. 23th Issue

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Ad Deadline
May 12th for
May 28thIssue

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Jun. 25thIssue
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Salamander: Forward Progress

Dan Morrow

At precisely 6:00 PM, Thomas Hess of Boy Scout Troop 2950led Town Council and yet another standing room crowd in the Pledge of Allegiance at the Thursday, March 12, Town Council Meeting.

They were there for the second session of a prolonged public hearing on rezoning necessary to accommodate the street plans for Salamander Development's new luxury housing development on the north side of Middleburg, between the old town and the new Salamander Inn and Spa.

Key points of contention, left unresolved after last month's hearings were: 1) whether of not the streets in the new development were to be privately owned or, like the vast majority of Middleburg's streets, the property (and responsibility) of the Virginia Department of Transportation (VDOT); and 2) if, and where, two entrance roads connecting the new development to the town's existing street grid should be located.

According to Town Planner and Zoning Administrator Bill Moore, " . . . a lot of progress has been made . . . in particular with regard to the issue of public versus private streets."

With the help of Commonwealth Transportation Board Member Scott Kasprowicz, Moore reported, he was able to arrange an "expedited review" of the situation with VDOT.

After two face to face meetings and a telephone conference call follow up, he continued, it appeared that " . . . Salamander could accomplish what it wanted design wise, with a few minor alterations."

More important, Moore noted, it also appeared that Salamander would be able to conclude enter a private maintenance agreement with VDOT that would allow the new roads to be publicly owned, and yet still allow the Salmander Home Owners' Association to perform maintenance work, such as filling potholes and removing snow, key issues in Salamander's initial proposal make the roads private.

As a result, Moore reported, the Town has received an updated proffer statement from Salamander, dated March 6th

In it, only two driveways, both connecting the new development to the Salamander Inn and Spa itself, would be private connections.

The new proffer, Moore continued, addressed concerns about police enforcement of traffic violations and included a formal agreement that Salamander "would not gate or otherwise obstruct access into the residential area" from the town, though it could, if necessary, gate the connections between the new residential area and the Inn and Spa to "preclude cut-through traffic."

Though further refinement of the formal relationship with VDOT and the details of the Salamander proffer to the Town are required, Moore and the Town's Planning Commission appear to have given the new plans, in principle , in the words of the Town Planner, "a soft endorsement."

Council member Bundles Murdock noted that she particularly liked the four-way stops included in the new proffers, "particularly the one at Pendleton and Marshall Streets."

Stephen Plescow, on behalf of Salamander Development, reported that the organization "was comfortable dropping their request for private roads and would work closely with VDOT to achieve their goals, which were to have a great plan, to be responsive to the Town's ordinances and to have a good level of maintenance."

Salamander's Prem Devadas, added that his group was " . . . delighted that they were able to do public roads and noted that although they had great concerns, they have been able to get to where they wanted to go."

Mark Thompson, who lives on Stonewall Avenue, expressed concern about size of the buffer zones between new development and the town and suggested that gravel shoulders be considered for the new roads, rather than concrete curbs and gutters.

Patty Thomas, a resident of Chestnut Street, expressed concerns about street design and safety and asked that tCouncil " . . . have an independent traffic impact analysis done before voting on the proffer amendments."

Philip Boyle, who lives on Stonewall Avenue, expressed concern about increased traffic and noise.

Julie Martin noted that, in her view, abandoning the town traditional grid structure for the new development should be questioned as well.

Steve Plescow pointed out that the new plans included thirty-five to fifty-foot noise buffers not included in older versions, and noted that VDOT standards now required concrete curb and gutter for publicly owned roads. Most of the roads in Middleburg, he noted "contained concrete curb and gutter."

A new traffic study, he continued, would also be done when Salamander formally submitted its preliminary plat for the new project, assuring Council that " . . . Salamander would be happy to run an analysis that showed the Chestnut and/or Reed Street connections as being used for emergency vehicles, bicycles or pedestrians only."

At Council member Mark Snyder's suggestion a formal Council vote on Salamander's new proffer was deferred pending Town Staff, Planning Commission and Council review of the new paperwork incorporating these changes.

New National Retail Chain Store

Philip Miller of Middleburg asked Council if there was anything the Town could do to address reports that " a national retail chain would be moving to Middleburg shortly" which he found to be "distressing news."

"If national retailers started to come to Middleburg," he noted, "it would be detrimental to the character of the town and to the small businesses that were the back bone of the economy."

Miller suggested that Middleburg perhaps emulate San Francisco, which, he said, " . . . has done a great job of preserving its historic neighborhoods and keeping formula retailers from certain neighborhoods or regulating how they could locate there."

Mr. Miller recommended this type of regulation be looked into for Middleburg.

In response, Town Attorney Angela Plowman briefly outlined a legal precedent known as "Dillon's Rule," which, in a nutshell, means that a governing body, like the Town of Middleburg, may only exercise powers expressly granted to it by the General Assembly.

California was not a Dillon Rule state, she noted therefore, " . . . its localities could do whatever they wanted unless there was something in their state code that said they could not."

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News of Note

The Mystery Chair on Ice



During the last great freeze in Middleburg Police Lieutenant Mike Prince swung by the lake behind the cemetery, south Middleburg Baptist Church, on Federal Street.

On top of the ice covering the lake, in some places eight inches thick, lay a dark object.

A closer look revealed it was an overturned wheel chair.

Next to it, a dark indentation in the ice.

Fearing the worst Middleburg called in the Sheriff's Department.

Fully equipped for cold water search and rescue, the Loudoun Country team ventured out on the ice.

There was no evidence of anyone having fallen through: just the chair and the strange dentin the ice.

A serial number on the chair indicated that it had been sold to the Veterans' Administration.

To date, no one knows who was using it.

Speculation about the mystery chair is rampant.

A prank? An effort at deep-lake disposal via melting ice?

No one seems to know.

If you do, please contact the Middleburg Police Department . . . and the Eccentric.



An Enchanted Evening of Rodgers & Hammerstein in Waterford Saturday



Join the Waterford Foundation and the National Broadway Chorus for a program that celebrates the beloved music of Richard Rodgers and Oscar Hammerstein II at 8 p.m. Saturday, March 28th.

Repertoire includes familiar selections from, "The Sound of Music" "The King and I" "South Pacific" and "Cinderella" and others.

Tickets are $20 in advance and $25 at the door of the Waterford Old School, 40222 Fairfax Street, Waterford, Virginia 20197.

To reserve your tickets, please visit www.waterfordfoundation.org.

Appleton Campbell Earns 2014 Angie's List Super Service Award

Appleton Campbell earned the service industry's coveted Angie's List Super Service Award in Heating & Air Conditioning for the fourth consecutive year. This award reflects Appleton Campbell's exemplary year of service to the local and regional marketplace and members of Angie's List.

Mike Appleton, president of Appleton Campbell, said, "We are honored to receive this award. Exceptional service is the cornerstone of Appleton Campbell's business and what the Appleton Campbell team strives for every day."

"Only about five percent of the heating and air conditioning companies in the Greater Piedmont and Northern Virginia Region perform consistently well enough to earn our Super Service Award," said Angie Hicks, founder of Angie's List.

Angie's List Super Service Award 2014 winners have met strict eligibility requirements that include an "A" rating in overall grade, recent grade, and review period grade. The company must be in good standing with Angie's List, pass a background check, and abide by Angie's List operational guidelines.

Please visit appletoncampbell.com for additional information.



Middleburg Bank Announces Joseph L. Boling Scholarship

A Partnership with The Loudoun Laurels

When Middleburg Bank's Chairman Joe Boling was recognized for his stewardship and community service by The Loudoun Laurels, Bank President Gary Shook announced that, in Boling's honor, the bank would establish a four-year scholarship in his name for a Loudoun County high school senior.

"Joe's commitment to the Loudoun County community is well known, widely admired and, some would say, without parallel," Shook explained. "It is Middleburg Bank's honor to make an investment of $40,000 in a Loudoun County high school senior who plans to carry on Joe's legacy of stewardship and community service."

The Middleburg Bank Joseph L. Boling Scholarship will provide $10,000 per year to a graduating senior for a four-year period beginning with the 2015 fall term.

"The Loudoun Laurels program focuses on leadership by example and commitment to community," Shook continued, " Joe has provided an exceptional example for future community leaders and it is our hope that the recipient of this scholarship in his name will be inspired to continue to set such an example."

Middleburg Bank is a founding member of The Loudoun Laurels, an initiative that recognizes and honors outstanding individuals whose contributions to Loudoun County deserve emulation and a place in the county's history.

The Loudoun Laurels Stewardship Trust is the initiative's scholarship program. It provides four-year, $10,000 per year scholarships to two Loudoun County high school seniors each year through the CAMPUS and AVID programs.

"By recording and archiving the life stories of our honorees, we hope to preserve a record that explains the powerful sense of community that so enriches the life of Loudoun County citizens," noted Loudoun Laurels Board Chairman Joe May.

"It is our great pleasure to welcome Middleburg Bank's commitment to our Loudoun Laurels Scholarship program in honor of Chairman Joe Boling. The young scholar who receives this support will undoubtedly be inspired to continue Joe's commitment to community that is so critically important to the health and welfare of our society."

Applications for the Middleburg Bank Joe Boling scholarship will be available April 2nd on the Bank's website, www.middleburgbank.com; on the Loudoun Laurels website, www.loudounlaurels.com; and at Middleburg Bank's headquarters in Middleburg, Virginia. The deadline for applications is April 30th.

For more information, please contact: Daniel Morrow, 703 787 7807

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News of Note

HIGH SCHOOL GIRLS TACKLE MENTAL ILLNESS

Powder Puff Football between Woodgrove and Loudoun Valley Raises $1,191

When most people think of high school powder puff football games, they think of high school girls wearing war paint on their faces, sporting their school colors, and participating in fun rally chants on the sidelines – all in good friendly, comraderie leading up to Homecoming celebrations.

However, last November, the young ladies from Woodgrove High School and Loudoun Valley High School changed the game. They wanted this opportunity to count by helping a nonprofit that addresses an issue that hits home for many people – mental illness.

Several Woodgrove High School students approached Stephanie Butler, Powder Puff Coordinator at Woodgrove, about using the Powder Puff football game as a tool to raise awareness and funds for mental health issues. After brief conversations with William Shipp, Principal, Woodgrove High School, and Sue Ross, Principal, Loudoun Valley High School, and Jamie Phillips, Powder Puff Coordinator, Loudoun Valley High School, everyone was on board to support a great cause and to begin a new tradition.

Stephanie Butler explained saying, "I've been organizing Powder Puff football games in Loudoun County for over 16 years, and I brought this tradition with me to Woodgrove High School. This is the first group of girls that have approached me about wanting to make their mark. So, it brought tears of pride to my eyes when these girls approached me about wanting to change up the Powder Puff experience to benefit something bigger than school spirit."

It was Woodgrove seniors Grace Hayba, Kara Nordgren, Jocelyn Lathono-Gordon, and Ashley Morris that led the promotion for this effort. They helped organize the event, designed and distributed flyers, ensured that students from both schools were on board and were excited to support this cause. The kicker though is that these young ladies made this event a huge success in just eight days!

Like any other Powder Puff game, there was plenty of excitement, school spirit, tension, and suspense. This game was no different. Loudoun Valley led the contest 20-0 at halftime, but Woodgrove would not let that lead deter them. As the game clock ran out, and, the contest between the two sister schools was decided by only two points, in Woodgrove's favor, it wasn't only about which school won the game and who had bragging rights for the next year, but it was about the comradery and a united community that truly won the night.

In a final tally, both teams had raised a total of $1,191 for Friends of Loudoun Mental Health. There may have been one game winner, but there were two winners that night. And, the young ladies of Woodgrove High School and Loudoun Valley High School demonstrated what truly happens when a community rallies together to tackle issues that matter most.

For additional information on Friends of Loudoun Mental Health, please visit www.loudounfriends.org.

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Fabulous 2015 Season Opens at Oatlands

Oatlands' Executive Director Andrea McGimsey recently announced that Oatlands will officially open for the 2015 season on Saturday, March 28. To help celebrate the opening of the 2015 season, Oatlands has invited We4, a flute quartet, to play in the Carriage House. Guests will enjoy the music and self-guided tours from 1-4 p.m. The Loudoun Archaeological Foundation will also have an exhibit.

The "Tunes & Tours" event will be free and open to the public and is a perfect family outing.

Some of the new and exciting events taking place at Oatlands this year include Strawberry Tea in the Emmett House, the Oatlands Strawberry Festival, tea in Oatlands historic Greenhouse, and much more! Spring special events include the Loudoun Lyric Opera on April 10. Visit www.oatlands.org or call 703-777-3174 for additional information.

Oatlands is offering guided tours of its spectacular garden during Historic Garden Week in Virginia, April 19 and 20. This is a chance to walk Oatlands' garden with one of Oatlands garden guides. Tickets for this special tour are $12 for adults and $8 for children under 16. Oatlands historic Greenhouse, the second oldest in the United States, will also be open to the public.

Oatlands' 50th Anniversary Spring Gala will take place on April 25. This black tie event features a live band, exquisite cuisine and many wonderful auction items. Proceeds generated from this event benefit Oatlands' preservation and education mission.

Oatlands will also host the annual Harvest Festival at the Barn on October 18 to raise funds to support Oatlands' upkeep and programming.

Oatlands Summer Camps for children this year will run in June, July and August. Choose from Arts & Crafts, Time Traveler, Drama, Archaeology, Brownie Badge, or Junior Badge camp. Call 703-777-3174 for more information.

A perennial tradition, afternoon teas at Oatlands include special teas such as Mother's Day Teas on May 9 and May 10. Afternoon teas are also held regularly throughout the year.

Fall tea is served on Fridays, Saturdays and Sundays from Nov. 1 through Nov. 29. Holiday tea is available on Thursdays, Fridays, Saturdays and Sundays, from Dec. 3 through Dec. 27.

Teas are priced at $28.95 per person, not including tax. Tea service begins at 1 p.m. Reservations are required. Mansion tour fees are discounted with the purchase of a tea. Visit www.oatlands.org or call 703-777-3174 for a full tea schedule and additional information.

Favorite annual special events at Oatlands include the Loudoun Hunt Point-to-Point on April 12 and The Four Seasons of Oatlands Art Show & Sale from June 29 until July 31.

In addition, the annual Christmas at Oatlands' tours will begin on Nov. 30 until Dec. 30. Please visit www.oatlands.org for a full schedule of events.

Oatlands is open to the public daily. Mansion tours are offered between 10 a.m. and 4 p.m. on Monday through Saturday, and from 1 p.m. and 4 p.m. on Sunday. Cost is $12 for adults, $10 for seniors, $8 for students (6 yrs. old.-16 yrs. old) and free for children five and younger. Mansion tours are conducted on the hour. The Oatlands Carriage House Museum Shop is open for business from 10 a.m. to 5 p.m., Monday through Saturday and 1 p.m. to 5 p.m. on Sunday.

Oatlands, a 360-acre, self-supporting National Trust Historic Site, is located six miles south of Leesburg on US Route 15. Call 703-777-3174 for additional information or visit the web at www.oatlands.org.



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News of Note

Reiss Mobile Vet Opens Its Doors, And Starts Its Engine, March 16, 2015!

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Reiss Mobile Vet is proud to announce its Grand Opening for March 16, 2015. Owner and chief veterinarian, Jonathan Reiss, has seen over his years working in Northern Virginia the increasing need for house call services for our pets. Reiss Mobile Vet has been established to provide the complete and compassionate care of a veterinary hospital along with the convenience of door-to-door service. We bring directly to the patient the necessary wellness and sick examinations, vaccinations, routine laboratory work, digital radiography, emergency services, soft tissue surgery, hospitalization and more. Reiss Mobile Vet is the only full service mobile veterinary hospital providing care to the animals in our 25 mile radius territory that includes areas from Leesburg to Winchester and from Lovettsville to Middleburg.

This unique business offers a valuable convenience to people with busy lives, multiple pets or those with mobility limitations. House calls allow for more individualized and personal care. Animals that do not travel well, or those that fear veterinary hospitals, benefit from being treated in the comfort of their home. For these reasons, Reiss Mobile Vet can greatly reduce stress for our patients and for our clients.

Doctor Jonathan Reiss graduated cum laude from Cornell University in 2000 and returned to complete his veterinary degree in 2008. He then interned at one of the nation's biggest animal shelters before moving to Round Hill, VA where he lives with his wife, two children, and many pets. He has worked at Caring Hands Animal Hospital in Ashburn and at Loudoun Veterinary Service in Purcellville. Doctor Reiss volunteers with numerous animal welfare organizations, both locally and abroad.



Blue Ridge Hospice Plans Spring Forum in Middleburg

Blue Ridge Hospice plans a spring luncheon program for the community on Wednesday, April 22, in the Parish Hall of Emmanuel Episcopal Church, 105 E. Washington Street in Middleburg. The event begins at 11:30 a.m.

Entitled "When Evening Comes," the forum features noted author and longtime Blue Ridge Hospice supporter, Christine Andreae. She will speak on her work as a hospice patient care volunteer and how the experience opened doorways to life's passages for her. For reservations call Blue Ridge Hospice, 540-313-9267 or email dmank@blueridgehospice.org.

A writer and artist, Andreae lives in the Shenandoah Valley where she and her architect husband hand-built their home and raised their two sons. She is an award-winning author of four crime novels, all set in Montana where Christine and her family spent summer vacations hiking and riding in the back country.

A committed community volunteer, Andreae worked as a hospice volunteer for 10 years. In the hope of bringing hospice work to more public recognition, she wrote about her experiences with her patients in When Evening Comes. Her memoir was a Library of Virginia Award finalist for 2001. Andreae is also actively involved with land preservation and is a founding director of the Scenic 340 Project, Inc., an environmental advocacy group.

Blue Ridge Hospice's spring event is being offered at no charge. It begins with a reception at 11:30 a.m., and a buffet lunch will be served at noon, followed by Andreae's talk.

Blue Ridge Hospice, a not-for-profit hospice organization, opened a location in Middleburg several years ago in collaboration with Emmanuel Episcopal Church. It is celebrating 34 years of service to the counties of Loudoun, Fauquier, Frederick, Clarke, Warren, Shenandoah, Rappahannock, and the City of Winchester. Blue Ridge Hospice also maintains an eight-bed inpatient hospice center in downtown Winchester.

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90 Looks Great on Virginia Gold Cup, DC's Premier Spring Racing Event

One of the nation's largest steeplechase race meets celebrates its 90th anniversary this year on Saturday, May 2, 2015. After great success with pari-mutuel betting, the perk returns for race goers to enjoy at Great Meadow in The Plains, Va.

Since the Virginia Horsemen's Benevolent and Protective Association (VHBPA) elected not to extend their contract with Colonial Downs, a race track in New Kent, Va., the Virginia Gold Cup (and the International Gold Cup in October) has now become the only venue in Virginia to offer sanctioned betting.

As one of the Washington, D.C. region's largest and oldest outdoor events, approximately 50,000 people arrive in their race-day finest to socialize and entertain. Women relish the opportunity to show off spring sundresses and accessorize with colorful hats and fascinators.

The gentlemen don't miss their chance to dress dapper, and sport seersucker suits, madras pants and sport coats. Celebrity judges will decide whose hats are the most impressive in the day's hat contest. There is also a very competitive tailgate contest.

The Gold Cup's longstanding tradition beckons to national celebrities, local VIPs, DC politicians as well as visitors from around the world. Characterized by lavish tailgate spreads, sleek thoroughbreds and exciting hoof-pounding competition, many companies have capitalized on what the day has to offer by getting involved with sponsorships, purchasing tents to entertain, and some actually end up doing business there.

Steeplechase racing offers the fast-action sport in a refined social setting, and at Gold Cup, some of the best horses and jockeys compete over hurdles, timber and on the flat. Held every year on the first Saturday in May, the Virginia Gold Cup enjoys a spectacular setting in the heart of Virginia's horse country with the Blue Ridge Mountains serving as the backdrop. It is Virginia's answer to the Kentucky Derby.

The 90th Annual Running of the Virginia Gold Cup will take place on Saturday, May 2 at Great Meadow in The Plains. Gates open at 10 a.m. with pre-race entertainment starting at 11 a.m. including the Jack Russell Terrier Races. The first of nine horse races will be underway at 12:30 p.m. General admission car passes are $85 (allows entry of car and up to 6 occupants). Tickets are available at area Harris Teeter stores and discounted with a Harris Teeter VIC card.

Great Meadow is located just 45 minutes west of Washington, DC and is in close proximity to Dulles International Airport. To get there from Washington, DC, take I-66 west to The Plains exit. Turn left at the end of the ramp onto The Plains Road (Route 245 south), follow signs to Great Meadow which will be on your left. Telephone 540-347-2612 for additional information or visit the web site at www.vagoldcup.com.

The 2015 Virginia Gold Cup Races are presented by Infinitive, Rutherfoord, M.C. Dean, Hogan Lovells, Marriott Ranch, VHBPA and the Virginia Thoroughbred Association.

National Sporting Library & Museum Announces Summer Concert Series 'Open Late'

The National Sporting Library & Museum (NSLM) is pleased to announce 'Open Late,' a free summer concert series that will take place every fourth Friday from April through September.

The event series features regional performers, craft beers, and local wineries; guests are invited to stroll through the Art Museum to enjoy changing exhibitions and permanent collections or to spread out picnic blankets and lawn chairs for the open-air concert. During the Open Late events, the Museum will be open until 8:00 p.m.

Melanie Mathewes, Executive Director of the National Sporting Library & Museum explained, "We're very excited to announce that this year, on the first Friday of April, May, June, July, August and September, our facilities and our campus will be open late to allow the public to visit and enjoy our treasures. All are invited to picnic and relax on our campus lawn, enjoy music concerts, and try regional wines and craft beers. We've planned these events with young families in mind and with the hope that those passing through Middleburg heading east or west after work will join us.

"Knowing how difficult it is to take time out of busy schedules during the day, we thought staying open late would give people more opportunities to explore the exhibitions and collections on view in the Museum," continued Mathewes. "When I discussed it with our board and staff and members of the Middleburg community, I was delighted that everyone was excited to make the idea a reality. We decided to encourage the community to spend a couple of hours here each month this summer."

'Open Late' events are free and open to the public; picnics are welcome and a cash bar will be available. The events will take place rain or shine, and no outside alcohol will be permitted on premises.

Open Late Calendar

April 24
Middleburg Hunt
Point-to-Point Night
featuring
Difficult Run Jazz Band
South Street Brewing | Three Fox Vineyards

May 22
featuring
Tara Mills Band
3 Brothers Brewing
Naked Mountain Winery

June 26
Virginia Tech Alumni Night
featuring
Piedmont Symphony Orchestra
Forge Brew Works
Cana Winery

July 24
George Mason Alumni Night
featuring
George Mason University Jazz Ensemble
Hardywood Park Craft Brewery
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August 28
featuring
Reckless Island
Mad Fox Brewing Compay
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September 25
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News of Note

BALANCING ACTS: FOXCROFT SPORTS HALL OF FAME 2015 INDUCTEES LIVE THE SCHOOL MOTTO

Second class of Hall of Famers, Equestrian Alison Firestone Robitaille and collegiate All-America Jacy Edelman, share mind-body juggle

Foxcroft School inducted its second class of Sport Hall of Famers Saturday and it turns out the two newest members -- world-class equestrian Alison Firestone Robitaille and collegiate All-America Jacy Edelman -- have a lot in common.

They are classmates (Foxcroft '95), grew up in the Middleburg area and attended the Hill School before entering Foxcroft. They are both mothers of young children and have demanding careers. And they are both terrific athletes who know a lot about the delicate balance between mind and body -- and credit Foxcroft for teaching them that.

"Whether you are a soccer player, a tennis player, a yogi, a swimmer or equestrian -- each of you knows the unique flow when your body and mind are working so exquisitely as one," Edelman said to the large crowd filling the Mary Louise Leipheimer Gymnasium for the induction held during the annual Fox/Hound basketball game. "I want to thank Foxcroft for nurturing this balance of mind and body, of sports and academics, of an understanding heart and an inquisitive mind. And the only advice I want to share with you is to encourage you to let this motto carry you through all walks of life."

Robitaille, a consistent force in show jumping for two decades, also pointed to Foxcroft for helping her master that mind-body juggle. As the first participant in Foxcroft's unique Exceptional Proficiency Program, she spent the winter training in Florida while still meeting all the School's academic requirements and being very much a part of the community. A rising star on the Grand Prix show jumping circuit, Robitaille was competing internationally by the time she graduated – with an acceptance to the University of Virginia in hand.

"Being a student while pursuing my goals as a rider taught me a lot about time management, about balancing academics and riding," said Robitaille, who decided to forego college in favor or riding and, two years later, was named the U.S. Olympic Committee Equestrian of the Year. "I never would have been able to accomplish what I did as quickly as I did if it weren't for Foxcroft's program."

What she accomplished is, as Foxcroft Head of School Catherine S. McGehee put it during the induction, "exemplary." In 1997, Robitaille helped the U.S. Equestrian Team win the inaugural Samsung Nations' Cup World Series; both she and her horse, Gustl P, led the series. Robitaille was the top-placed U.S. rider at 1998 World Equestrian Games and competed for the U.S. team that won a silver medal at the Pan American Games.



She has continued to be a strong and consistent force on the U.S. Grand Prix circuit ever since, even as marriage and motherhood (daughters Ava and Zoe are 5 and 3, respectively) have cut down on her travel. In 2004, Alison was an alternate for the Olympic Games and in 2012, helped the U.S. win the FEI Nations Cup in Argentina.

Edelman won the Theresa E. Shook Award (Foxcroft's highest athletic honor) in 1995 and then became the first player at Wellesley to be named New England Women and Men's Athletic Conference (NEWMAC) Rookie of the Year in two sports. She did it in field hockey and lacrosse during the 1995-96 school year.

A truly remarkable athlete, Edelman also achieved national small college All-America status in both sports – third team in field hockey (1998) and honorable mention in lacrosse (1997). She was named to NEWMAC all-conference teams seven times (four in field hockey and three in lacrosse).



Fulltime work and 20-month-old Oliver have made it more difficult but Edelman still plays field hockey when she can. On the field and in in her job as Project Coordinator of a program to put student-centered technology into a economically-diverse elementary school, she uses what she learned on Foxcroft's athletic fields daily -- and encouraged Foxcroft students to do likewise.

"It's the traits of perseverance, grit, cooperation, leadership, problem solving, focus, and grace under pressure that developed through playing here at Foxcroft, that carried me through my college career and that I still count on every single day in my professional life," said Edelman. "I hope you'll each let that unique flow you cultivate in sports -- or whatever your creative outlet -- let that flow be your glow, your mojo, your every 'inner day 'Go, go go!'"



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News of Note

MBPA packs the house at Middleburg Arts Project

March 12, 2015

The Middleburg Business and Professional Association welcomed a packed house at its monthly Biz Buzz on March 10, crowding the Middleburg Arts Project, which co-sponsored the event along with SonaBank and Popcorn Monkey.

MBPA Treasurer Mimi Dale Stein reported that the association currently has 96 members on its rolls–up from 76 last month–and more businesses continue to join. Those interested in becoming a member can find out more about membership privileges here.

The meeting also highlighted the charitable aspects of the business association, with Middleburg Police Chief A.J. Panebianco presenting MBPA with a plaque commemorating MBPA's role in raising money for his wife Amy, who died last year of breast cancer. Panebianco announced that any remaining funds had been used to fund a scholarship at Unionville Elementary School in Orange, Va., where Amy worked as a nurse. Those interested in making a donation to the cholarship fund should contact Unionville Elementary at 540-661-4540.

Cindy Pearson, Economic Development Coordinator for the Town of Middleburg, also announced that another Middleburg community member is in need of funds to offset medical costs. Middleburg native and former Council Member David Stewart needs a heart transplant, but he can't even get on the transplant list until he can prove he has secondary insurance to cover the costs not covered by traditional insurance. Those interested in making a donation can do so here or at Middleburg Bank.

Christina Naramore, who serves as MBPA's secretary, also noted that the Middleburg Young Professionals Association held its first Pre-Buzz event at Julien's before the Biz Buzz. The event is expected to be held monthly starting at 4:30 p.m. as a way for young professionals to connect in advance of the Biz Buzz meeting.

Also of note: chain store J. McLaughlin has signed a lease for a store in Middleburg. While MBPA President Punkin Lee noted that the business organization has not officially taken a position on the store's opening, MBPA Board Member Phil Miller encouraged interested members to attend the next Town Council meeting at 6 p.m. on March 12, when the council will be accepting public comments on the issue of chain stores in Middleburg.

The meeting also highlighted several important upcoming community events including:

Middleburg Concert Series (March 22): The inaugural performance of the Middleburg Concert Series will be held at 4 p.m. at Middleburg United Methodist Church. The spring concert will be a journey through chamber music featuring internationally recognized artists including the Vitali

String Quartet, organists Larry Correll and Karen Chase, and pianist Anna Nizhegorodtseva. Additional concerts are planned for the summer, fall and winter. For more information, contact Alan Saucedo at alansa99@yahoo.com or call 540.303.7127.

Shakespeare in the 'Burg (March 27-29): The annual festival features performances by the American Shakespeare Center actors, as well as stagecraft and acting workshops and a One Act Playwriting Competition. Other features include special menus at local restaurants, wine tastings, a movie night with hors d' oeuvres, and more! Visit shakespeareintheburg.com for more details about the event.

Jump Into Spring: MBPA's annual cleanup event encourages businesses to spruce up the town for Spring. With winter weather (hopefully) behind us, it's time to sweep away the signs of winter, plant flowers and spruce up your windows to make the town even more inviting for our spring visitors and shoppers. The cleanup effort will include MBPA's annual window competition, with the winners announced at the May Biz Buzz.

Spring Cleanup (April 11): Keep Loudoun Beautiful and the Middleburg Go Green Committee is hosting a spring cleanup effort on April 11 from 8 am-noon and encouraging those interested in participating to pick up trash and recycling bags at the Middleburg Community Center.

The Prayer of Heart and Body (April 18): Father Tom Ryan, a contemplative author and Director of the Office of Interfaith & Ecumenical Relations at the North American Paulist Center in Washington, D.C., will lead an experiential workshop including meditation, prayer, yoga and reflection. Lunch is included in the $50 per person cost. Contact the parish office at 540.687.6297 to register.

Open Late (Fourth Fridays in April-September): The Open Late series will take place on the fourth Friday of the months of April-September at the National Sporting Library and Museum, which will keep its galleries open until 8 p.m. and host an open-air concert on its lawn. NSLM is seeking to partner with local businesses for the event. Those interested in learning more or getting involved should contact Alex McKay at amckay@nsl.org. The series will kick off on April 24, with an event hosted by South Street Brewery, Three Fox Vineyards and Middleburg Hunt on the NSLM lawn featuring the Difficult Run Jazz Band.

Prescription Drug Take Back Day (April 25): Middleburg Go Green and the Loudoun County Sheriff's Office will be holding a prescription drug take back event on April 25 at the Middleburg Community Center. Prescriptions for animals, including horses and cattle, will also be accepted at the event.

Middleburg Hunt's Point-to-Point (April 28): The steeplechase race at Glenwood Park includes racing over the timber course, the hurdle course and on the flat. Businesses interested in advertising in the Point-to-Point program should contact Cathy Spicer at 703.728.0545 (cell), 703.327.3935 (home) or cspicer@trisept.com.

Visit Loudoun's 19th Annual Meeting & Tourism Awards Luncheon (May 4): Visit Loudoun will hold its annual meeting honoring Loudoun's Tourism Industry at Salamander Resort from 11:30 a.m.- 2 p.m. Nominees for the awards are due March 12.



National Sporting Library & Museum AnnouncesRound Table on Lady Masters of Foxhounds

The National Sporting Library & Museum (NSLM) is pleased to announce a round table discussion titled A Challenging Role: Lady Masters of Foxhounds. The event will be held at the Library on May 23, the Saturday before the Virginia Foxhound Club Show and will feature a candid roundtable discussion with Lady Masters of Foxhounds.

The discussion will focus on experiences from the field told by women with years of hunting leadership. Moderated by Dr. John W. D. McDonald, Master of the London Hunt and past president of the MFHA, the program asks provocative questions that address the challenges of women in a traditionally male role. The program also explores the history of "Three Legends," Miss Charlotte Haxall Noland, Mrs. Theodora Ayer Randolph and Mrs. Nancy Penn Smith Hannum, the three women who pioneered the role of Lady Master.

The program begins with refreshments and mingling with panelists, and includes a moderated discussion with time for questions from the audience. The program is from 1:00-3:00 pm. Admission is free for NSLM members and $10.00 for non-members.

Crystal Ritenour Cares For Ayrshire's Animals

Continued from Page 1

years and had the opportunity to work with UC Davis with a study on a condition that affects the lower limbs of Shire horses and how Lyme disease affects horses. She was also getting her Business Management degree at night school.

"After Ayrshire I worked at a Morgan horse farm and then moved to Texas for a couple years. I lost my horse who was a huge part of my world and like my child," said Ritenour. "I was deciding what my next step would be when I got a phone call offering me a job at a veterinary practice in Virginia with the agreement that I go back to school and earn a degree in Veterinary Technology. I decided to do this, because maybe if I knew more I could have done something to help my horse and maybe save her."

Ritenour moved back to Virginia, working full time for the vet practice and taking vet tech courses in the three-year program. She passed the Board exam and became a Licensed Veterinary Technician and continued working for the practice for two more years, spending a lot of time in the hospital with the worst cases. She needed more "good times" and, one day, stopped by Ayrshire to say hello.

"They asked if I would ever be interested in coming back there to work and I said maybe," recalled Ritenour. "A couple months went by with some serious discussions and, although I had a heavy heart about leaving Rose Hill, I decided to move back to Ayrshire to work in the food side of the production. I love my job. I love taking care of the animals. I get excited about every baby that's born. The difficult part is when a baby doesn't make it or an animal gets sick or injured. We do everything we can to help the animal, but sometimes there is nothing we can do and sometimes you think that all is lost, but the animal keeps fighting and makes it. It's very hard to have the responsibility of deciding when to let the animal go."

Ritenour communicates regularly with Lerner, works with the property manager and supervises the financial side of her departments. Most of all, she oversees the health and wellbeing of the animals.

"To me, every life is precious," said Ritenour. "Yes, we're raising these animals for food, but they live freely and naturally — you saw the young hogs playing. They enjoy their lives. That's really important. We work on a certified humane farm, producing food for people who care where their food comes from and who want to know that they are buying products that they can feel good about. That's what we do at Ayrshire — we raise happy, healthy animals."

To learn more about Ayrshire Farm, please visit: www.ayrshirefarm.com





News of Note

Shenandoah Summer Music Theatre Founding Director Harold Herman Announces Retirement

Shenandoah Conservatory Distinguished Professor Emeritus of Theatre Harold "Hal" Herman, B.A., founder and producing artistic director of Shenandoah Summer Music Theatre (SSMT), has announced his retirement, accepting the new position of artistic director emeritus. Long-time SSMT Music Director Thomas Albert, D.M.A., has been named artistic director.

"I am honored to accept the position of artistic director emeritus, and am delighted that Tom [Albert] will be taking over the leadership of SSMT," said Herman.

"There's a magic to doing theatre, and I always look forward to the summer and our SSMT productions," said Dr. Albert. "I am honored to become artistic director of this unique company and can only hope to continue to thrill audiences in the same way that Hal has throughout the years."

Since the early 1960s, Herman, himself an accomplished actor, dreamt of a summer stock theatre company that would provide Shenandoah students opportunities to work in a professional settings before venturing out to pursue their careers. His dream became a reality in 1984, when SSMT presented its first season of four fully staged musicals: "Shenandoah," "George M!," "How to Succeed in Business Without Really Trying" and "Sugar."

That first season was staffed largely by Shenandoah Conservatory faculty and students, and three current faculty members have been part of every SSMT season since: Albert, who also serves as Charles B. Levitin Chair in Music Theatre and Professor of Composition and Musical Theatre Direction; Scenic and Lighting Designer William "Mac" Bozman, M.F.A. (Harold Herman Endowed Chair in Musical Theatre and Professor of Theatre); and Choreographer Robyn Hart Schroth, M.A. (Auxiliary Adjunct Assistant Professor of Dance). Until 1998, all theatre productions were staged in Armstrong. The theatre program moved to Ruebush Hall and the Ohrstrom-Bryant Theatre when that building opened in 1998.

Herman is rightfully proud of the summer theatre company's growth and the experiences it provides for the actors, stage technicians, costumers, musicians and, most especially, the audience.

"For the actors, [SSMT] gives them the opportunity to prove their skill, knowledge and talent in a full-scale production before an audience that may not know them and will judge their quality based on what it sees," he said. "For the audience, it gives them a full-scale musical production with live orchestra – which many summer music theatres do not have – at affordable prices."

Under Herman's 31 years of leadership, SSMT mounted 124 productions, drawing enthusiastic audiences from an increasingly wide geographical area. During its 25th anniversary season in 2009, SSMT presented its 100th show, "The Producers," at a time when it was among the very first companies to be given rights to perform the Tony Award-winning hit.

Herman himself is no stranger to the SSMT stage. One of his notable roles was his portrayal of "Tevye" in "Fiddler on the Roof" in the 1985 production; he reprised this role in 1995, 2001 and 2008.

With such a long history, some tall tales have circulated about SSMT, and Herman has previously confirmed that at least one – the blackboard story – is true. "We had a blackboard just off stage, near my office in Armstrong," he said. "When actors made mistakes, I would write notes during shows. And, when I was on stage one night in 'Fiddler on the Roof,' I forgot my lines. While still on stage, I heard the distinctive sound of notes being written on my chalkboard."

Dean of Shenandoah Conservatory Michael Stepniak, Ed.D., expressed his "deep gratitude for the extraordinary venture Hal shaped through his tremendous vision."

"SSMT is now one of the most significant conservatory and university-based summer musical theatre seasons in the country," said Dr. Stepniak. "I join the legion of colleagues and friends who have come to understand not only the scope and depth of Hal's passion but also the integrity of his work. Shenandoah Conservatory is grateful for his artistry, mentorship and vision."

Shenandoah Conservatory and the SSMT community will have the opportunity to honor Herman, his vision, and his legacy during the upcoming 2015 season, which marks SSMT's 32nd year. The season features three musicals new to the SSMT stage: Stephen Sondheim's classic musical farce, "A Funny Thing Happened on the Way to the Forum," "The Addams Family," featuring Charles Addams' spooky cartoon family, and "The Wiz," a rock, gospel and soul-infused retelling of Dorothy's adventures in the Land of Oz. Concluding the season is an SSMT favorite, "The Music Man."

Subscription packages and single tickets for SSMT's 2015 season are currently available at www.ssmtva.com and at the Ohrstrom-Bryant Theatre Box Office (540-665-4569), located on the campus of Shenandoah University in Winchester, Virginia.

Contributions may also be made to Shenandoah University endowments that honor Herman including the Harold Herman SSMT Endowment Fund and/or the Harold Herman Chair in Music Theatre. To give online, visit www.su.edu/give and choose "Click here for here for a list of other giving priorities" to select either of these funds under "Programs/Special Initiatives."

Donations may also be given directly to "Shenandoah Summer Music Theatre (SSMT)" under the list of gift designations on the giving page. To donate by check, please note your designation in the memo area and mail to: Shenandoah University, Office of Advancement, 1460 University Drive, Winchester, VA 22601. For questions, email give@su.edu or call (888) 697-2111.

More information and reflections on Herman's lasting legacy with Shenandoah Summer Music Theatre will be detailed in the June 2015 issue of the university's Shenandoah magazine.

Loudoun Wildlife Conservancy Events

Morven Park Nature Walk — Sunday, April 5, 8:00 – 10:00 a.m. Join Loudoun Wildlife Conservancy for a free family nature walk as we explore some of the diverse habitats at Morven Park and encounter the interesting wildlife that use them. This time of year, certain frogs and salamanders are just starting to stir and winter bird species are still present. If you own binoculars, please bring them. Registration required: Sign Up Online. Questions: Contact info@loudounwildlife.org.

Thursday, April 9, 7:00 – 8:00 p.m., Loudoun Wildlife Conservancy's Monarch Butterflies: The Great Migration Underway, North Gate Vineyards, Purcellville. Monarch Butterflies make an epic migration each year – right through Loudoun County. With the Monarch population reaching unprecedented lows, this migration is in peril. Join Loudoun Wildlife to hear tales from the Monarch sanctuaries, updates on the status of the Monarch population and predictions on when they'll reach Virginia on their journey from Mexico to Canada. Learn how you can help. Handouts will be available as will staff from North Gate if you would like to purchase a glass of wine to enjoy during the talk. Registration required. Sign up at loudounwildlife.org. Contact info@loudounwildlife.org.

Loudoun Wildlife Conservancy's Spring Native Plant Sale — Saturday, April 18, 9:00 a.m. – 3:00 p.m., Morven Park. Native plants are beautiful and grow better because they are adapted for our weather conditions and soils; they also provide greater benefit to our native wildlife because plants and animals evolved together. Local vendors will have a wide variety of native plants to offer: Janet Davis of Hill House Farm and Nursery in Castleton, Virginia (www.hillhousenativeplants.com); Julie Borneman of Watermark Woods Nursery in Hamilton, Virginia (www.watermarkwoods.com); and Randee Wilson of Nature by Design in Alexandria, Virginia

OpenTable Diner's Choice Award: 100 Most Romantic Restaurants USA 2014 / TripAdvisor: 2014 Certificate of Excellence
Condé Nast Johansens: Most Excellent Inn Finalist 2014 / American Historic Inns: Top Ten Best Inns in America 2014



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CORPORATE MEETINGS • WEDDINGS • SPECIAL EVENTS

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to benefit
Middleburg Humane Foundation





HOUNDSTOOTH







KITTEN HEELS

ACCESSORY SALE

Middleburg Community Center
Sunday, April 19, 2015
Noon-5 pm
See MiddleburgHumane.org
To Donate Items before April 11th
Linda.Baker@middleburghumane.org





News of Note

Bridges of Unity in Middleburg

There are many places of unity and nourishment that exist in our little village of Middleburg, Virginia. You will find people with incredible hearts for others within the community. These people give their time, talents and passions to serve those around them.

A place of refreshment is called A Place To Be, a nonprofit establishment. The mission is helping people face, navigate and overcome life's challenges through the therapeutic arts. Music therapy uses the expressive arts to break through barriers, limitations and challenges that come along in life. A core of incredibly talented people come together to share their love, gifts and music therapy training with over 160 families a week. At A Place To Be, there is an energy that is growing and expanding exponentially every time a new person steps into this safe space of unity. Tom Sweitzer(Director) and Kim Tapper(Associate Director) share their passion and encourage us to find purpose. In this process they are gifting people with focus, mission and a renewed life path. If you would like to find out more please contact: aplacetobeva.org or call 540-687-6740 and speak with Angelle Cook.

Another place of nourishment is Shakespeare in The Burg which comes from the inspiration of Genie Ford. This event offers special theater showings, workshops in stage craft and acting as well as Shakespeare plays. Genie also offers writing workshops that will inspire anyone interested in learning more about expression through words or publishing. To receive further information for these interests: www.shakespeareintheburg.com or 540-687-3449.

This oasis will stimulate creativity, imagination and confidence that will flourish and be shared with others.

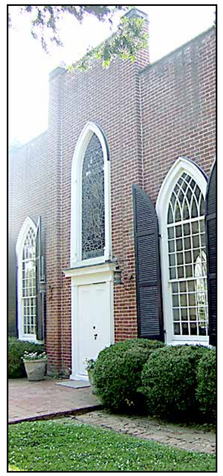
More refreshment will be found at Meadowkirk Retreat Center in Middleburg. This is a gathering spot for many who are in need of contemplation, quiet and restoration from the busyness of life. Meadowkirk's primary outreach is faith based, educational, environmental retreats and programs. You will find lots of meadows, birds, flowers, deer, woods, creeks and many moments of contentment on these 358 acres. I have run retreats at this center and rank them at the top for this kind of experience.

Being approximately an hour outside of Washington, we are offered a variety of ways to quench our thirst during times of challenge and chaos in life.

April 18, 2015 Father Tom Ryan will be coming to another place of unity. Emmanuel Episcopal Parish Hall, in Middleburg, to offer a workshop called The Prayer of Heart and Body. His kind, calm, contemplative and humorous manner is inspirational and infectious.

When Anne Hallmark, the pastor of Emmanuel, asked if I might inquire and see if Tom would present a workshop in Middleburg, I was overjoyed to contact him. We are very fortunate to have this gentle soul come to feed the hearts of those who will attend this event.

The workshop will be 9am-4pm. We will be listening to wisdom from Father Tom, be blessed with experiences of yoga movements integrated with prayer, going into breakout groups for discussion, have a luscious healthful lunch and experience some deep listening exercises. We will dive into different ways to unify ourselves through prayer, meditation, music, learn about service and embrace the day by coming together as a community. This will be an experience that you will not want to miss. The charge is $50.00 per person for the full day (including lunch). The space is limited so please contact us as soon as possible to reserve your spot. This will be an opportunity to splash into meaningful human exchange that can be very transformational.



If you are interested or would like further information on this remarkable event please contact: parishsecretary@emmanuelmiddleburg.org, rector@emmanuelmiddleburg.org or call 540-687-6297.

Some Resources are Renewable

Waterworld

Richard A. Engberg

Natural resources are produced by the Earth on which we are guests for the years allotted to us. These resources are not all the same, however. Some are renewable, that is, in a very short period of real time, they are reproducible. Some are non-renewable.

Wood is a renewable resource. Trees may be cut down and used but if replacement trees are planted, the resource is renewed often within 20 to 30 years. Likewise, a corn crop is a renewable resource. Corn is planted and harvested the same year. The next year corn, planted again is renewable in one year. Another example of a renewable resource, although thought to be a threatened by contamination and overuse, is our fishery resource.

Water also can be considered a renewable resource. The same amount of water is present now as was here early in Earth's existence. Yes, some water may become contaminated and unusable but the amount of water doesn't change.

So what is a non-renewable resource? Coal is one. It is comprised of organic material that, over eons, was subject to heat and pressure within the earth leading to its formation. When coal is mined it is not renewed in real time. It may be renewed in geologic time but not in a year, 20 years, or even 10,000 years. Oil and natural gas are other non-renewables.

The Renewable Natural Resources Association (RNRF) headquartered in Maryland is an organization whose purpose is to advance the science for managing and conserving renewable natural resources. It is a consortium of eight nonprofit organizations that deal at least in part with various renewable resources. These widely diverse organizations are the American Meteorological Society, the Geological Society of America, the American Society of Landscape Architects, the American Water Resources Association (AWRA), the American Society of Civil Engineers, the American Geophysical Union, the Society of Environmental Toxicology and Chemistry, and the Society of Wood Science and Technology. The common thread between these organizations is their recognition that sustaining the Earth's renewable natural resources requires a collaborative approach by not only the disciplines they represent but also other disciplines including social sciences. Each member organization has a seat on the RNRF Board of Directors.

These RNRF members, as stewards of our renewable natural resources, recognize that management of these resources must be sustainable. They support the RNRF mission which is to educate policy makers and the public not only on the science of renewable resources but also on the stewardship of these resources and the recognition that sustaining these resources is vital to the Earths future.

I'm a water guy. I've been a steward of our water resources for my entire working career, the last 16 years as Technical Director, AWRA. Since 2006, I've been the AWRA representative on the RNRF Board of Directors. I believe that RNRF does provide a vital link between its member organizations and policy makers, through its journal, its national conferences, its congressional forums and its policy briefings.

I also believe that most Americans support what RNRF stands for, the responsible management of renewable resources. Our livelihood and well being now and in the future depend on these resources. Sustainable management assures that these resources will be available in the future even if non-renewable resources are no longer available.

You may check out RNRF at www.rnrf.org.

Get the Biz Buzz!

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

Tuesday, April 14
5:30-7:30 p.m.

Hosted by
Boxwood Winery
2042 Burrland Lane

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

Non-members will be charged $5.00.



Please RSVP by email to:
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Middleburg Eccentric
Advertising Deadline
Apr. 9th
for
Apr. 23rd Issue
540.687.3200

Richmond's Poe Museum Vows to Find the Next Edgar Allan Poe

In recent years, violence has become far too much of the American scene, and there is no escaping the fact that something needs to change. Communities throughout the nation are concerned, not only about safety in general, but particularly about school safety. Parents are especially concerned about a proper and productive climate which promotes school achievement and their students' personal development on all levels.

The trend in educational philosophy is toward an inclusive and supportive atmosphere that produces a positive school climate, and this theoretical direction is backed by extensive empirical research. Students everywhere need a safe and secure school environment where they have a sense of belonging, one of their strongest basic needs. A strongly-positive school climate can give them that sense of belonging.

Dr. Maurice Elias is a professor of Psychology at Rutgers University, Coordinator of the "Improving School Climate for Academic and Life Success" program at the Rutgers' Center for Applied Psychology. He co-authored a reference guide entitled "School Climate" and wrote the book, Emotionally Intelligent Parenting and is an Edutopia blogger. He is a nationally recognized expert in the areas of social-emotional learning and building a positive school culture, and he visited a local school recently to work with that school's faculty.

Dr. Elias is becoming the nation's foremost authority in the field as he is frequently called upon by local, state and national educational forums, policy writers and governing bodies, as well as the major media, for his research-based insights and expertise in helping schools correct and improve its student relationships. His theory is based on two studies. According to Dr. Elias, "The first study showed that students receiving intentional and comprehensive instruction in 'Social Decision Making/Social Problem Solving' (an evidence-based program to promote children's social-emotional and character development) in elementary school were more likely to have good academics, a more positive view of themselves and fewer problem behaviors in high school. 1 The more recent study showed that unless this work is done properly, even the best designed program will not succeed. 2 It is the culture and climate of the school that matters, and we have to build into that culture and climate with the staff practices and infrastructure to allow the teachings of the program to find their way into all aspects of school life."

1 Elias, M.J.Gara, M., Schuyler, T., Branden-Muller, L., & Sayette, M. (1991). The promotion of social competence: Longitudinal study of a preventive-school- based program. American Journal of Orthopsychiatry, 61, 409-417.

2 Elias, M. J. (2010). Sustainability of social-emotional learning and related programs: Lesson from a field study. The International Journal of Emotional Education.2 (1), 17-33.

Dr. Elias explains his theory:

Question: What is your philosophy regarding positive school climate and how does it work?

Dr. Elias: The basis of our work is that children are good and want to do good things, not only for themselves but for those around them and for the larger society and world. To do this, they need proper adult modeling and guidance about how to be a person of good character and how to develop the essential skills needed for success in school and life. These skills include understanding your emotions and those of others, being empathic, and knowing how to regulate your emotions, how to set goals and how to be organized and persistent in overcoming obstacles -- working effectively in groups, sometimes as a team member, sometimes as a leader -- and how to be a responsible, ethical decision maker and problem solver. These are indeed all skills that can be learned. In addition, they need to be around adults who model human decency, respect and caring and who understand that schools must be safe places for all children, and all means all. It is the actions of the adults toward the children and toward each other as well as toward the parents and other visitors in the school that define and transmit the culture and climate of the school and the kind of character the children in that school will develop.

Question: Almost everyone is aware of the bullying that is a problem in many of the schools across the nation. What best describes a bully and what are your recommendations regarding confronting this sort of behavior?

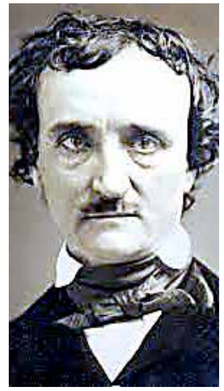
Dr. Elias: Bullies are those who harass, intimidate, exclude, or physically or verbally abuse someone who is less powerful than themselves. They tend to pick on other students who are isolated, have physical or learning challenges, or are deemed different and less valuable in a school culture. Bullies can be very popular or very isolated; so, it's not easy to pick up the signs. Clearly, students who engage in lower levels of bullying behavior are more likely to escalate it, and they are also more likely to transfer that behavior to cyberbullying. Often, individuals turn to bullying because they feel a lack of power, control and positive meaning and purpose in their own lives. They are likely to be picked on by other kids, maybe by siblings or even by parents, and then take it out on those with less power and advantage than themselves.

Question: Adults are subjected to this same type of negative family/peer/associate/neighbor influence at times. Since schools reflect the attitudes and cultures of their school's community, what can adults do to promote a positive climate in their neighborhoods, communities and schools?

Dr. Elias: Again, adults should model human decency with respect and caring for others. We must always focus on our children's genuine strengths. We must help them see that the glass is 10% full even if it is 90% empty. We must ensure that all children in a school have one adult with whom they have a positive relationship and can approach when in difficulty. Many schools find that "buddying" students is protective, i. e., older students mentoring/buddying younger ones. Having 12th graders matched with 10th graders and 11th graders matched with 9th graders can transform a high school when done with care. Schools may reflect the culture of their community but just as there are oases in deserts, schools can be positive resources or beacons in the fog. When children attend these schools for multiple years, they emerge as beacons themselves, shedding light on their next destinations.

According to Dr. Elias, there is light at the end of the tunnel; school's can become the beacons in the fog. Dr. Elias' research and theories are being used in a great number of school systems throughout the nation.

Billie Van Pay, B.S. Literature and Composition; M.Ed. Guidance and Counseling; Specialist Ed., Administration



Loudoun Laurels



Joseph L. Boling
A Lifetime of Service

Middleburg Bank Announces
Call for Applications
for the
Loudoun Laurels
Joseph L. Boling Scholarship

Loudoun County High School Seniors are invited to apply for The Loudoun Laurels Joseph L. Boling Scholarship, a four-year, $10,000 per year scholarship that begins with the 2015 fall term.

Established to honor the life and service of Joe Boling, Middleburg Bank Chairman since 2008, the scholarship will go to a student who meets the academic requirements and exemplifies the ideals of community, stewardship and civic responsibility. The scholarship recipient's biography and achievements will also become part of the Loudoun Laurels Archive at the Thomas Balch Library in Leesburg, Virginia.

High school seniors who wish to apply will find the scholarship application form and eligibility details on the Middleburg Bank website, www.middleburgbank.com and The Loudoun Laurels website, www.loudounlaurels.org, or it may be picked-up at Middleburg Bank corporate headquarters in Middleburg. Applications must be received before April 30th. The recipient will be announced at Loudoun County Prize Day.

For more information, please contact Marybeth Muir
at mmuir@middleburgbank.com.

Seniors who are related to Middleburg Bank employees are not eligible for the Loudoun Laurels Joseph Boling scholarship.

The Loudoun Laurels
www.loudounlaurels.org

Middleburg Financial Corporation



MIDDLEBURG COMMUNITY CENTER
300 W. WASHINGTON STREET

MARCH 27-29, 2015

West Side Story, Wine And Hors D'oeuvres, Friday March 27, 6:30 Pm, The Hill School

Tatoos, Gourmet Lunch, Music By The Crooked Angels, Saturday, Noon At The Middleburg Community Center

Workshops In Stagecraft And Acting Throughout The Weekend



GO TO WWW.SHAKESPEAREINTHEBURG.COM TO BUY TICKETS!

News of Note

Salamander: Forward Progress

Continued From page 5

Noting that "big box retailers have been fought by many jurisdictions" Plowman observed that " . . . jurisdictions could require them to go in certain areas as a result of their zoning ordinances; however, they could not outlaw them."

Unless the town could convince the General Assembly to pass special legislation, it would appear that the Middleburg's zoning regulations, its Planning Commission, the Historic District Review Commission, and the physical realities of building size in the Town will, in the near future, provide the Town's best tools to control the "look and feel" of its retail community.

Middleburg Charter School

Dave Quanbeck, President of the Middleburg Community Charter School's Board of Directors, appeared before Council to give them a progress reported to Council of the state of the new school.

Overall, he said, he and his Board, were " . . . pleased with the school's progress to date . . . " noting " . . . that they have performed extensive surveys that showed high student and parent satisfaction."

The school expects to retain ninety of its current students next year, he continued, noting that " . . . attendance at the charter school was by choice; therefore, attracting and retaining students was imperative.

Enrollment at the school currently stands at one hundred nine, including ten fifth graders who would move onto the sixth grade next year.

Enrollment for next year is projected to be one hundred twenty-two, with ninety-two students returning and nine siblings of current students entering kindergarten.

Currently, he said, there were seventy-nine applications for the twenty-one openings at the school. The twenty-one winners were to be selected by lottery on Saint Patrick'sDay.

Half of those would be Middleburg students.

Only four openings were for kindergarten students.

The school is also keeping most of its teachers, Quanbeck confirmed. That was particularly good news, he said, because "in charter schools even first year teachers had the opportunity to leave."

Noting that there have been conversations about having the Town take over ownership of the school building from the County, Councilmember Mark Snyder asked whether this would help the Charter School.

Quanbeck replied that "the School Board has been a good landlord."

The school, he noted is currently on a three-year contract.

As long as Middleburg Charter has "a full school of satisfied parents, the School Board would be hard pressed not to renew the lease," Quanbeck told Council, while noting "that it still required their vote."

Shenandoah Conservatory
PERFORMANCES

April 2015

Shenandoah Chorus and Cantus Singers
Music by Women Composers
Friday, April 10 at 8 pm

Spring Dance Concert
April 10-12

Wind Ensemble
Aeolian Hall Today
Saturday, April 11 at 8 pm

Rhymes with Opera: *Cantata for a Loop Trail*
Saturday, April 11

Jazz Ensemble
Original Music by Alan Baylock
Friday, April 17 at 8 pm

Marat/Sade
Play directed by Carolyn Coulson
April 17-19

Silvan Negruțiu, piano
Sunday, April 19 at 3 pm

Johann Strauss II's *Die Fledermaus*
Opera directed by Nic Muni
April 24-26



ConservatoryPerforms.org

540 665 4569 | Winchester, VA

Shenandoah University
Shenandoah Conservatory

Places & Faces

The James Bland Contest Sponsored by The Middleburg Lions Club

The Hill School, Photos By E Dee Dee Hubbard





































MIDDLEBURG ACADEMY

LEARN LEAD SERVE

An Independent School Serving Grades 9-12

Admission Open House

Saturday, April 18

2 p.m. - 4 p.m.

Boys' Varsity Lacrosse Game

Middleburg Academy vs. Randolph Macon Academy

4 p.m. - 6 p.m.

This lacrosse game is a Military Appreciation Game.

Daily Bus Service to and from six counties

Middleburg Academy 35321 Notre Dame Lane, Middleburg, Virginia 20117

www.middleburgacademy.org | (540) 687-5581

School's Outside *for Summer*

Children may be out of the classroom, but that doesn't mean they have to stop learning. Each day offers a lesson in exploration, adventure, inclusion and self-confidence. Campers at The Hill School are exposed to a mix of arts, sciences, sports and the natural environment, all designed to strengthen their skills, interests and character. You'll be amazed when you see how much a child can grow over one summer.



Explore our CAMPus 137 Acres in beautiful Middleburg, VA | Outdoor amphitheater

Library | Walking and running trails | Sports fields | Indoor Athletic center

performing arts center | Playground | Science center | Ponds, wetlands, woods and more

THE HILL SCHOOL

AD ASTRA PER ASPERA

Our Summer Program is a six-week day camp open to all rising 1st through 8th graders.
To learn more, or to register your child for camp, visit TheHillSchool.org.

Places & Faces

6th Annual Senior Luncheon

Middleburg Community Center, Photos By Dee Dee Hubbard









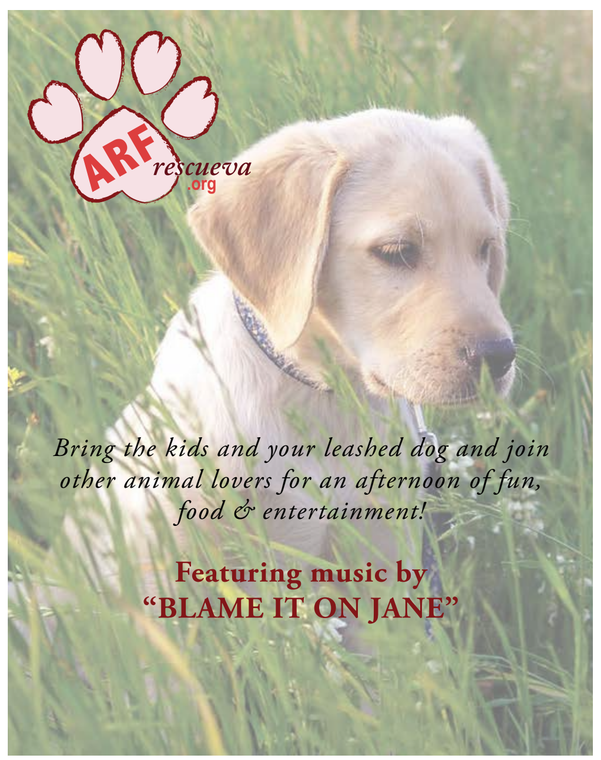












Save the Date

Sunday, May 17, 2015

The ANIMAL RESCUE FUND (ARF)

invites you to our 5th annual

DOG FEST & BAZAAR

12 Noon to 4 PM

Fox Hall Farm, Delaplane, VA

Rain or shine

Invitations to follow…

as we help those who "help animals in need"

The Dog Fest and Bazaar will include a BBQ lunch, wine, beer, soft drinks, dog walks, dog costume contest, face painting, pony rides, classic cars, raffles, silent auction AND much more!

Animal photographer Kathy Durand will be on hand to take photos of your animals.

www.arfrescueva.org

www.facebook.com/ARFrescueva

Places & Faces

Second Annual Irish Cocktail Reception

Salamander Resort, Photos By Alan Schlaifer, Elite Images.

On Feb. 28, renowned Irish tenor and PBS superstar Anthony Kearns kicked off the Irish season at the second annual Irish-inspired cocktail reception to support U.S. military families at Middleburg's luxurious Salamander Resort and Spa. Kearns, who hails from County Wexford, Ireland, sang two sets at the musical reception which shined a light on two national Virginia non-profit charities supporting military families.

Featuring delightful wines from Greenhill Winery and Vineyards, owned by Air Force veteran David Greenhill and Irish-inspired cocktails, hors d'oeuvres and specialty desserts, the cocktail reception was co-chaired by Virginia's former First Lady Susan Allen and Martha-Ann Alito, both daughters of military fathers, with Larry Michael, the voice of the Washington Redskins, serving as Master of Ceremonies.

VIP guests included former Gov. George Allen, president of The Washington Redskins Bruce Allen, Rep. Barbara Comstock, state Delegate Tom Rust and his wife, Anne Rust, representative for Senator Mark Warner, Fox News Anchor Shannon Bream, and top military brass including Col. James B. Hickey and Vice Admiral Tony Less. Also attending were former U.S. Army Captain Jaspen Boothe, founder of Final Salute, Inc., who told her story of helping homeless female combat vets to PEOPLE Magazine and Oprah Winfrey; and Linda Davidson, co-founder and executive director of Our Military Kids.

"Salamander Resort & Spa was honored to co-host this powerful event featuring Anthony Kearns, one of the world's most beloved tenors, to recognize the work of our military," said Reggie Cooper, General Manager of Salamander Resort. "It was an evening of breathtaking music and fine food, and we're proud to be a part of its creation."

The evening supported Our Military Kids, a McLean, Virginia-based charity that supports military families including those war wounded. "Their needs are so often overlooked," said Davidson.

Kearns, now a resident of the U.S., has become a favorite among top American military, government and entertainment circles. In 2014, he was a featured guest entertainer for PBS' National Memorial Day Concert, and in 2013, he was a guest of General Martin Dempsey, Chairman of the Joint Chiefs of Staff, at a tribute to Medal of Honor recipients. Kearns also performed at the Friends of Ireland lunch hosted by Speaker John Boehner for President Barack Obama and other dignitaries.

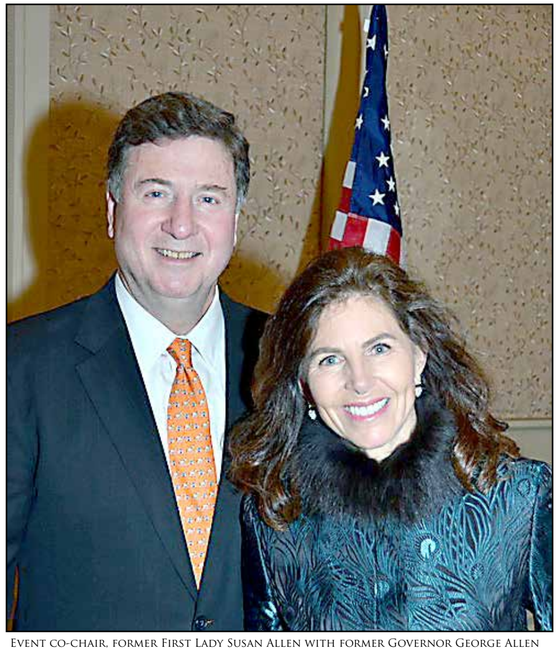
In 2012, he headlined the Veterans Day Special with American Idol winner Ruben Studdard and the U.S. Air Force Band on Maryland Public Television. Recently he sang at the World War II Memorial to honor America's "Greatest Generation" and at the 137th Preakness.



Tenor Anthony Kearns with accompanist Jon Laird



Newly-elected Congresswoman Barbara Comstock with Anne Rust of Senator Warner's office, with State Delegate Tom Rust



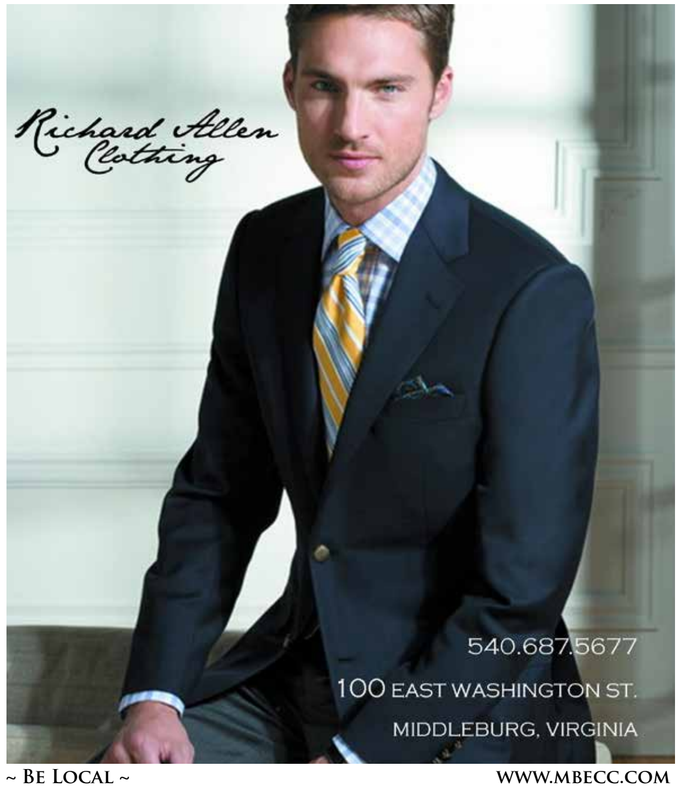
Event co-chair, former First Lady Susan Allen with former Governor George Allen



Washington Redskins' Larry Michael with children recipients of Our Military Kids



Marine Color Guard





Daniel Knight of Winchester playing bagpipes at the reception



Jennifer Colon of Greenhill Winery and Vineyards with guest



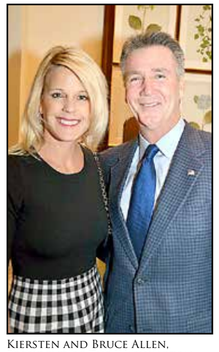
General Manager of Salamander, Reggie Cooper



Co-Chair Martha-Ann Alito with husband, Supreme Court Justice Sam Alito



Event organizers Kirsten Fedewa and Martha-Ann-Alito



Kiersten and Bruce Allen, President of The Washington Redskins



Speakers Army Captain Jas Boothe of Finale Salute Inc. and Linda Davidson, Our Military Kids founder and executive director

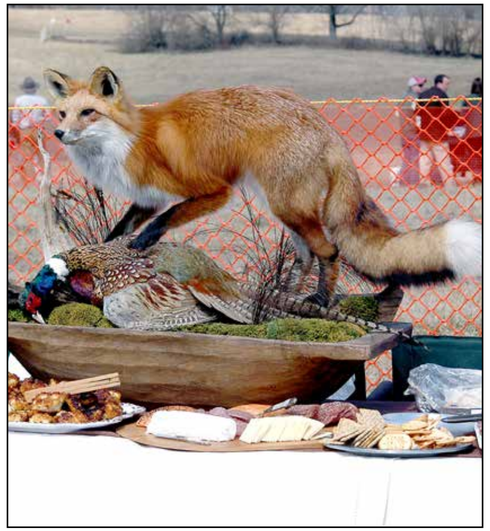


Places & Faces

Piedmont Races

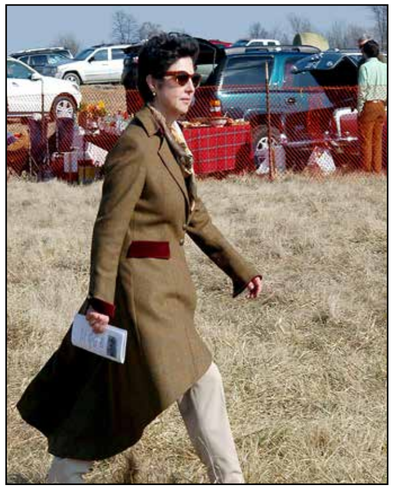
Upperville, VA Photos By Nancy Kleck















Kay Chewning and Troye Plaskitt











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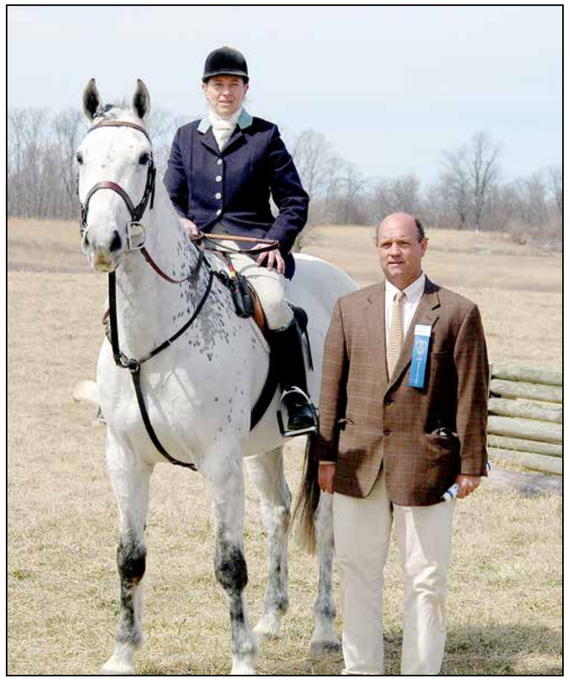
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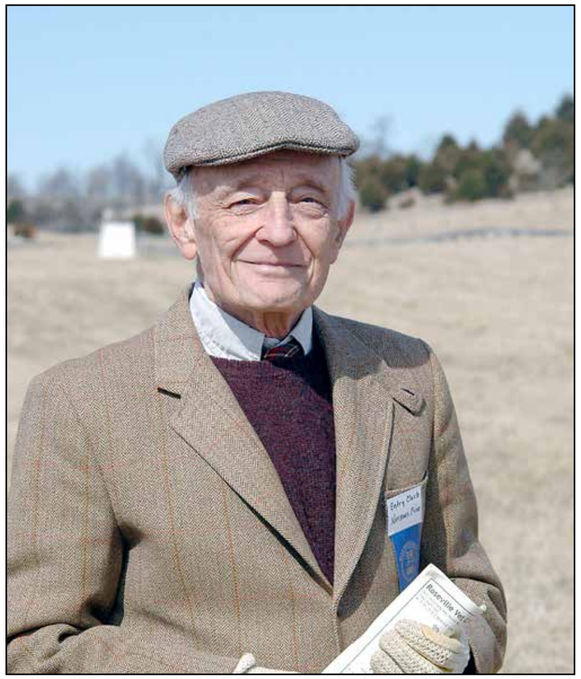
Places & Faces

Blue Ridge Races

Clarke County, VA Photos By Nancy Kleck



BRH Joint Master Anne McIntosh as Outrider



Entry Clerk Norm Finer



Good Going Dad!





Denya Dee



BRH Huntsman Guy allman



Fran, Olivia and Angus Allman with friends

Derby Winner Ryan Buttner











Spring Events at Middleburg Community Center

Mark your calendars for upcoming spring events!

Though the cold winter months have kept us indoors the last few months, there has not been a shortage of activity happening inside the Middleburg Community Center. Visit our website www.midddleburgcommunitycenter.com, sign up for our new e-newsletter, and like us on Facebook to stay up to date on upcoming activities.

Shakespeare in the Burg

March 27th-29th | Friday—Sunday

Enjoy performances by the American Shakespeare Center including Hamlet & Much Ado About Nothing, plus the one act play writing competition. Buy tickets and learn more about all of the weekend's events at http://shakespeareintheburg.com/

Concert on the Steps

April 10th | Friday 5pm—8pm

Gary Smallwood will be playing on our front steps, Market Salamander will cater, & Hunt Country Parties will provide the decor. All are invited to this free community event celebrating local artists, businesses, friends & neighbors!



PRCS Events

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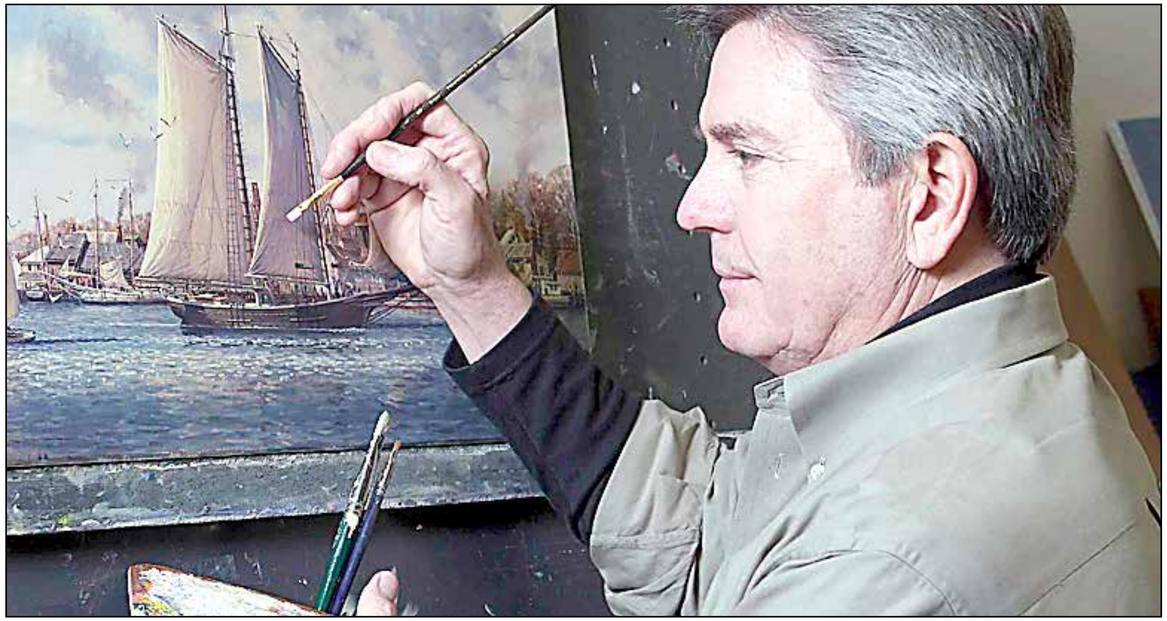
Progeny

Harry Buchanan V, earns his Eagle Scout Rank



Harry Buchanan V, from Waterford, Virginia earned his Boy Scout Eagle Rank three days before his 18th birthday. The Eagle Rank is the highest rank from the Boy Scouts of America to award. Less than 2% of all Boy Scouts receive this honored ranking. Harry finishes up his boy scout endeavors with 33 Merit Badges, countless community service hours, successfully completed the Northern Tier Canadian Boy Scout wilderness adventure program and the Florida Sea Base, Key West Sailing Program. Harry began Cub Scouts at the age of 6 completing this level of scouting earning the Arrow of Light and advancing to the Boy Scouts. He Earned his Rank of Eagle by completing, among other tasks, his Eagle Service Project". Harry selected a worthy and substantial construction project of designing and building exterior stairs to benefit the Waterford Foundation. These stairs benefit the Village of Waterford as well as the many visitors who visit Waterford each year for the great Waterford Fair. In addition to this construction project, Harry donated $1,060 to the Waterford Foundation to use as they wish. Harry will continue his Scouting service through assisting and mentoring other scouts to reach their goals. Harry plans to attend an Engineering College and pursue a profession in Civil/ Mechanical Engineering.

Acclaimed Artist John M. Barber to be Powhatan School Artist in Residence



The Powhatan School in Boyce, Virginia recently announce that John M. Barber, a nationally and internationally acclaimed American artist, will be the Artist in Residence at Powhatan School, working with their young artists on March 10th, 11th and 31st.

Over his three-decade career, Barber has painted commissioned works of art for noteworthy collectors including President Ronald Reagan, Walter Cronkite and Bunny Mellon.

A Fellow of the American Society of Marine Artists, Barber painted the official paintings for both the World War II Memorial: 'Tribute to a Generation,' and the White House Bicentennial Commemoration: 'White House Sunset' in Washington DC, and his artwork hangs in embassies around the world as a participant in the Department of State American Artists program.

"Having an artist the caliber of John Barber support and contribute to our Arts Program at Powhatan School will be an amazing experience for all of our students, and demonstrates our commitment to artistic development in addition to our Science, Technology, Engineering and Mathematics (STEM) curriculum," remarked Head of School Sue Scarborough.

Although he has painted internationally, and throughout the United States, he is best known for his paintings of the Chesapeake Bay and its' local culture. A member of the Board of Trustees of the Chesapeake Bay Foundation, much of his portfolio is dedicated to the working watermen of the Chesapeake Bay, and their vessels.

Many thanks to the Bessette Family for working to bring this talented artist to Powhatan.

Powhatan's educational philosophy views elementary and middle school as important steps in a life -ong learning process that is to be cherished in and of itself. With an emphasis on a literature-based curriculum, the school offers opportunities for intellectual enrichment and personal growth through study that crosses the academic disciplines. Instruction in music, art, drama, public speaking, athletics, and computer technology as well as participation in extra-curricular activities augment the traditional challenges of our program. www.powhatanschool.org

Nationally acclaimed American artist John M. Barber has painted the Chesapeake Bay and the eastern seaboard for nearly three decades. A meticulous chronicler of its watermen, vessels, and lifestyles, Barber is one of the few maritime artists who doesn't just paint scenes, but the stories behind them — always invoking the magic of light to provide texture to his subjects and the Chesapeake's vanishing way of life. www.johnbarberart.com

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Highland Players Prepare for the Largest Performance in School History

A dedicated and ambitious theater and music director for many years, Michael Hughes, Chair of the Fine and Performing Arts Department at Highland School in Warrenton, believes in bringing classical theater to students and the community. And each year, he bases his choice of productions on the talent that he sees and helps to develop over the years. He has chosen Rodgers and Hammerstein's 'The King and I' to fit this spring's musical bill.

"*The King and I* is one of my favorite musicals, including a great story line and wonderful music," said Hughes. "Given the talent pool at Highland, and wanting to direct a cross-divisional production, this show was an obvious choice."

"With a cast of 50 students, ranging in age from three and a half to eighteen, this is the largest production ever attempted at Highland School, and perhaps in the area. The pit orchestra will feature 28 performers, many from the Piedmont Symphony Orchestra, but including some very talented student players."

With a total of close to 100 involved in bringing the musical to life, Highland School has never before produced anything for the stage on this scale. Spanning the width of the stage in The Rice Theater, the backdrop alone is made of 16 sheets of 4' x 8' plywood. This enormous canvas, which measures 32 feet wide and 16 feet tall, has been meticulously designed and hand-painted by Senior Julia Granato '15 and a small crew including Tanya Bopp '15 and Caitlin Parz '18.

Set in Siam (now Thailand) in 1862, *The King and I* tells the extraordinary and true story of the relationship between the King of Siam and the British governess hired to teach his royal children and bring a bit of the modern, western world to Siam. Tapped to play the iconic role of the domineering and charismatic King of Siam is Highland senior Oliver Schwartz. Active in Highland School productions since Lower School, Oliver has the enormous task of bringing the King to life with every deliberate step and every bellowing etcetera, etcetera, etcetera. Unassuming and polite, Oliver jokingly reasons, "Well, nobody does short and tan better than I."

Highland students will perform *The King and I* in the school's 380-seat Rice Theater in the Performing Arts Center. Tickets will be available at the door for five performances: Friday, March 6 and Saturday, March 7 at 7 p.m. and Sunday, March 8 at 3 p.m. with half price tickets for seniors, and Friday, March 13 and Saturday, March 14 at 7 p.m.

The evening performance on Friday, March 13 will be preceded by the annual "Empty Bowls" dinner. All year long, students in ceramics classes make bowls in preparation for the event. The Empty Bowls Soup Dinner is an annual benefit sponsored by Highland Key Club and ceramics students to combat hunger in our local community. Guests enjoy a simple meal of soup and bread donated by local restaurants in their handmade bowls, and take them home as a reminder that every day there are empty bowls in the world. Proceeds benefit three local emergency food programs: The Fauquier Food Bank, The Fauquier Food Distribution Coalition, and the FISH summer meals for kids initiative.

For more information on The King and I, visit the Highland web site at www.highland-school.org.

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$50,000 Grant for Wakefield School

Redesign Classrooms, Start Teaching Fellowship

Wakefield School was recently awarded a $50,000 grant to redesign four of its middle school classrooms for active learning and to develop a Teaching Fellowship.

The grant proposal was titled "Active Learning and Teaching it Forward: Full Adoption at Wakefield School."

Using research on adolescent learning styles, Wakefield School previously redesigned two middle school classrooms for a more active learning environment, funded by an earlier grant.

These classrooms now feature whiteboard walls, node chairs, and standing desks. Redesign was partnered with faculty training in project-based and experiential learning and the creation of a designated innovation period in which these classroom tools and training play the main part.

Receiving the grant will fund redesign in the remaining four Middle School classrooms as well as establish a teaching internship program.

Through the Teaching Fellowship program, Wakefield will recruit educators, train them in active learning and engagement techniques, partner them with a lead teacher and a mentor and allow them to teach a few sections while observing and learning from their lead teacher.

In addition to the classroom redesign, this grant funds a one-year position designed to provide an educator with knowledge of and experience in active learning.

Wakefield School's Middle School program is dedicated to providing a cutting-edge educational experience centered around active learning. Classroom learning is supplemented by an advisory program, experiential learning, sports, visual art, performing art, and theater.

Wakefield School News

Wakefield Equestrian Team Heads to IEA Zone 3 Finals

Wakefield's equestrian team recently pulled off a win in regionals to qualify for the Interscholastic Equestrian Association Zone 3 finals.

In the regional finals, junior Casey Hinchman won one of her individual classes to proceed to the Zone 3 finals, and the upper school team won the regional competition. Now the team heads to Zone 3 finals at Garrison on March 28 and 29, both with Casey Hinchman as an individual and as a team.

The Wakefield Equestrian team's league, the IEA, is broken down into zones. Wakefield is in Zone 3, which includes Delaware, Maryland, North Carolina, West Virginia, and Virginia. Zone 3 is one of the largest zones in IEA with more than 150 middle and upper school teams. Zone 3 is further broken into regions. There are 7 regions in Zone 3 and Wakefield is Region 3, as well as other local high schools Foxcroft, Madeira, and Middleburg Academy.

The team's last regular season game was at Madeira in mid-February. By that time, riders Kendall Walsh and Casey Hinchman had qualified as individuals for regional finals. But, in order for the team to qualify, Wakefield needed a total of 20 team points from placings at regular season shows.

WESP pulled out a win at this last regular season game, providing enough points for our upper school team to compete at regionals, win, and advance to the finals.

Wakefield's Equestrian team is carried out at Beverly Equestrian and is coached by Kristin Campbell.

Wakefield Students Win Model UN Awards

Eleven students represented Wakefield School at the Harvard Model Congress in Boston and, building on their successes last year returned with four coveted Delegate Awards.

Nearly 1,500 high school students attended this year's Harvard Model Congress in Boston and only 133 individuals win award.

The award recognition is not just for the performance while at the conference, it also reflects work prior to the conference in the preparation of position papers, knowledge of the committee topics and research into the background of the "real world" delegate they are representing.

Winners include: Junior Anthony Del Rosso earned Outstanding Delegate SP Lobbyist Committee; senior Lani Wolf earned Outstanding Delegate Committee; senior Ben Weimer earned Outstanding Delegate SP Lobbyist Committee; and senior James Wroe earned Outstanding Delegate House Appropriations Committee.

Fauquier County Regional Science Fair Win for Wakefield Students

Several Wakefield students attended the Fauquier County Science Fair on Saturday, March 14, after placing in Wakefield's own schoolwide science fair.

Junior Division (Middle School)

4th Place (Honorable Mention): Chandler Brown, Clay Sailor & Bobby Guiney, Effect of Fertilizer and Foliar Spray on Plant Growth; this team, along with the 1st, 2nd and 3rd place projects, is elibible to enter national level competition.

Special Award: ASM Materials Education Foundation Award: Audrey Brown, Kristen Guiney & Katie Russell, Which Sunscreens Protect Skin from the Sun More?

Senior Division (Upper School): 3rd Place and qualifiying for all expense paid trip to compete at the state level competition at VMI: Jeongwon (Sam) Seo, Making an Affordable Computer for Countries which have GDP Under $15,000

Special Award: Yale Science & Engineering Association, Inc. Award: Jeongwon (Sam) Seo, Making an Affordable Computer for Countries which have GDP Under $15,000

Special Award: Virginia Dental Association Award, Anya Parks, The Effects of Biological Benefits on Human Physical Attraction



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Middleburg Academy crowned VISSA State Champions



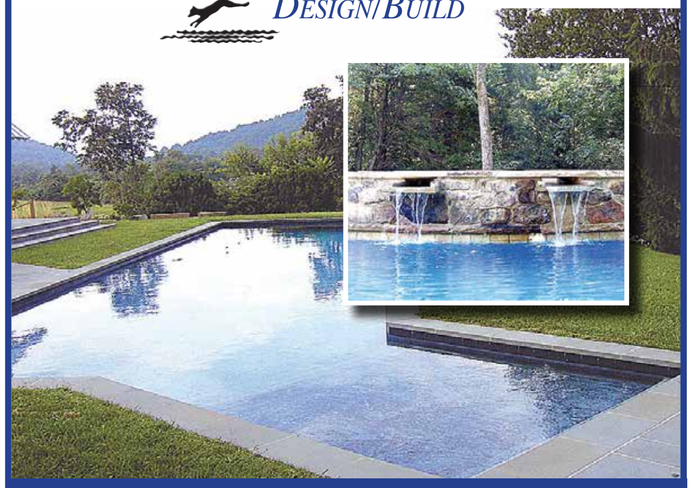
Congratulations to the Dragons, Middleburg Academy's Boys Varsity Basketball Team for being crowned VISSA State Champions with a 65-61 win over a talented Christ Chapel Academy.

Ianca Klepper, (Bee), finished 7th overall at the U14 Eastern Finals



Bianca Klepper, (Bee), finished 7th overall at the U14 Eastern Finals in Stowe, Vt. She will be moving on to the CanAms in Mont Tremblant in Quebec next weekend. Having spent a winter term at Carrabassett Valley Academy she is a student at Blue Ridge MS. Bee has been on the Liberty Mt. Race Team in Pa for the past 5 years until joining CVA this year. To our knowledge no one from Virginia has ever gotten this far in Alpine racing. Not bad for a Virginia farm girl! Bee lives with her mother Isobel Ziluca and her father Danny Klepper on Oakley Farm in Upperville, Virginia.

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General James L. Jones Speaks to Highland Upper School Students on Leadership, Justice and America's Role

Recently, General James L. Jones, Former National Security Advisor to the President of the United States, Former Supreme Allied Commander Europe and Combatant Commander USUECOM, and 32nd Commandant of the Marine Corps, addressed Highland's Upper School students and faculty, sharing his perspectives on leadership, social justice, and America's role in the global community.

Born in Kansas City, but raised in France post-World War II, Jones attended the NATO school and the American School in Paris, surrounded by children of foreign diplomats.

He credits his upbringing with giving him an appreciation for others' perspectives on the U.S. and American culture and urged students to travel abroad and learn foreign languages when given the opportunity.

"A fundamental aspect of building consensus and interpersonal relationships is the ability to respect other's viewpoints even when they differ from your own. In doing so, you protect their dignity," remarked Jones.

After moving back to Alexandria, Virginia for his senior year, Jones attended the Georgetown University School of Foreign Service while playing basketball for the Hoyas. After college he volunteered to serve in Vietnam, following in the footsteps of his father's military career.

"Where you come from matters because it, in part, determines the values you will adopt and experiences you will have. A fundamental value of mine, influenced strongly by my family, is that of public service."

Following Vietnam, Jones attended the Amphibious Warfare School and the National War College, and served as Marine Corps liaison officer to the US Senate.

Jones helped lead humanitarian efforts as a commanding officer in Northern Iraq and Turkey for Operation Provide Comfort, and as chief of staff of the Joint Task Force for Provide Promise in Bosnia and Macedonia.

After his appointment as Commandant of the Marine Corps, Jones led all military operations for NATO from 2003-2006. He then became president and CEO of the US Chamber of Commerce's Institute for 21st Century Energy, working to unite energy consumers and producers on national and global energy issues.

After serving as the State Department's Special Envoy for Middle East Regional Security, Jones was selected as President Obama's National Security Advisor from 2009-2010.

Jones now runs Jones International Group, lending his expertise in national security, international affairs, energy security and leadership to firms and clients around the world. While Jones states he did not plan to spend his entire adult career in the military, years turned into decades with several promotions along the way.

While recounting his work with various world leaders, Jones noted that he has encountered effective leaders with both positive and negative influence, noting the role of listening, relationship building and persuasion in effective leadership.

"When, as a leader you're focused on the vertical pronoun 'I,' you're leading for the wrong reasons. Make your emphasis about the pronoun 'We.' Over the course of my career, I've come to realize that my role as a leader is to primarily build consensus; to engage others in identifying the problem and creating the solution."

Asked what traits and strengths he possesses that have enabled him to be a successful leader, Jones humbly remarked, "I don't consider the things I've or done or experiences I've had to be the result of anything remarkable that I've done. Rather I'm grateful for the opportunities and credit those whose work enabled me to have those experiences."

Jones fielded questions from students about his perspectives on topics ranging from US-Russia relations, Netanyahu's address to Congress, the rise of radicalism in the Middle East, and social justice and dignity in leadership.

"The formula for peace and prosperity is simple: security + economic development + effective governance." Addressing students, Jones asserted, "The solution to combating radicalism in your generation's world will not be a military one exclusively. It will come from all of you, working in a variety of sectors to create economic development and opportunity for all people around the globe."

General Jones was invited to speak by Highland junior Julia Massimiamo, a student in the school's Leadership Seminar. Massimiamo, whose family has been longtime friends with the General, studied and analyzed Jones for her Leadership Research Project.

She remarked, "In class we were challenged to choose a person who possesses all the qualities of a great leader. As we studied the effective practices of exemplary leadership, I realized that I knew someone who fits this role perfectly. General Jones has spent his life serving and protecting America and American ideals."



Highland Key Club Receives $1,000 for The Dignity Project

Highland's Key Club has been awarded a grant of $1,000 by the Forward Turn program to support the implementation of a new long-term service project conducting outreach to low income families with insecure housing, living in local low-rent motels.

Volunteers will provide some basic supplies like paper products, easy prep food, baby care supplies, and toiletries. The Dignity Project, named to highlight the foundational principle in Highland's Social Justice elective, will emphasize relationship building and understanding as the most meaningful outcomes that can develop from youth and residents interacting. Supplies will be distributed to meet basic needs.

Highland is partnering with Teens Opposing Poverty, a non-profit based in Berryville, VA that has been working with student groups across the state of Virginia and DC for 27 years to conduct outreach in their local communities, and the Bethel United Methodist Church youth group that is currently conducting a monthly outreach at one of Warrenton's low rent motels.

Forward Turn is funded by the S. Murray and Mary H.C. Rust Student Philanthropy Project of the Community Foundation for Loudoun and Northern Fauquier Counties. The Forward Turn program trains and utilizes "student grantmakers who fund youth-led charitable projects that take a "forward turn" to benefit communities in Fauquier and Loudoun Counties."


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Model UN at Old Dominion University

Doug Ferguson, Upper School History and Model United Nations Sponsor



Fourteen Highland students enjoyed a very successful weekend at the 38th annual Old Dominion University model United Nations Conference.

Students served as ambassadors from Tunisia, Costa Rica, and Iran, and served on UN committees for: 1. Disarmament and International Security, 2. Social, Humanitarian, and Cultural Issues 3. Political and Decolonization Issues 4. The United Nations World Conference on Indigenous People 5. The Economic and Social Council 6. The Human Rights Council, and 7. The 1606 Powatan Tribal Chiefdom.

Prior to the conference, delegates met on weekends to research the stances and politics of their countries, and draft position papers outlining how they planned to deal with the issues to be raised at the conference.

When the conference convened, delegates were called on to deal with issues such as cyberterrorism, recognition of rebel governments and breakaway provinces, the application of indigenous law, the arrival of European settlers in Virginia, the rights of migrant workers, the weaponization of space, child labor laws, protections for journalists, and refugee rights.

Delegations sought to pass resolutions that served their countries' best interests while defeating those that their governments would oppose.

The conference gave them good practice in reading for comprehension, negotiations, writing under extreme time pressures, and compromise.

This was the second year that Highland has attended this conference. Attending this year were seniors Philip Mulford and Philip von Feilitzsch, juniors Tianze Han, Julia Harris, Iris Wang, and Xiasong Xiao, sophomores Jacob Daum, Rohan Mainali, Drew Marino, Preston Mulford, Emily Schulz, Ryan Weber, and Cece Zugel, and freshman Angelina Martella.

While every delegation from Highland received praise from their committee chairs, three received official awards: Philip von Feilitzsch and Preston Mulford received an Honorable Mention for their work as the Iranian delegation in the Disarmament and International Security Committee, and Philip Mulford was named Outstanding Delegate in the 1606 Powhatan Chiefdom.

The Model UN club will now focus on selecting and preparing for next year's conferences.

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7:30 pm Holy Eucharist & Stripping of the Altar
Friday, April 3—Good Friday
12:00 pm Good Friday Liturgy
7:30p "The Seven Last Words of Christ" by Haydn
Sunday, April 5—Easter Day
6:15 am Community Sunrise Service
(Outdoor Chapel at Trinity Church)
8:00 am & 10:30 am Holy Eucharist
12:00 pm Easter Egg Hunt
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Pastimes

What are the Facts about Oral and Pharyngeal Cancer

Dr. Robert A. Gallegos

Routine, careful examination for oral and pharyngeal cancer, in addition to an updated health history, can easily be achieved during a regular dental visit. Visual and manual palpation of tissues along with some new technologies can aid in early detection. Your dentist and/or dental hygienist should do an oral cancer exam on your regular hygiene visits. This exam should be done visually and with manual palpation of the tissues of the mouth. Often new technologies like lights can be used to assist in detection. The stage at which an oral or pharyngeal cancer is diagnosed is critical to the course of the disease. When detected at its earliest stage, these cancers are more easily treated.

Facts About Oral Cancer

Incidence and Mortality

- Oral and pharyngeal cancer strikes an estimated 39,000 Americans each year. An estimated 8,000 people die of these cancers annually.
- The disease occurs more than twice as often in men as in women.
- The difference between races in oral and pharyngeal cancer is negligible
- An estimated 1 in 92 adults will be diagnosed with oral or pharyngeal cancer in their lifetime.
- The median age at diagnosis is 62 years (that figure may drop to 52 to 58 years for people who have oral or pharyngeal cancer associated with human papillomavirus (HPV) infection.)

Risk Factors

- Tobacco use
- Alcohol consumption
- Heavy use of tobacco and alcohol together greatly increases the risk of developing oral and pharyngeal cancer
- HPV (human papilloma virus) infection is associated with oropharyngeal cancer
- Age: the risk greatly increases after 44 years
- Gender: men are twice as likely to develop oral and pharyngeal cancer
- Ultraviolet (UV) light exposure is a particular risk factor for lip cancer
- Nutrition: a diet rich in vegetables and fruits is associated with a lower incidence of oral and pharyngeal cancer

Signs and Symptoms

- Leukoplakia (white patch) or erythroplakia (red patch)
- A lump or thickening of the oral soft tissues, or swelling that affects the fit and comfort of dentures
- Patients may complain of: difficulty chewing or swallowing, or moving the jaw or tongue; a sore throat or feeling that something is caught in the throat; numbness; hoarseness or a change in the voice.
- Signs and symptoms that persist for two weeks or more merit further investigation, such as a biopsy



or referral to a specialist.

It is important to have regular visits with your dentist and hygienist to check your oral health including an oral cancer examination. Early detection and treatment is the biggest factor in survival.

The statistics in his article are from the American Dental Association website (www.ada.org).

Dr. Robert A. Gallegos is a Fellow in the Academy of General Dentistry, he is on the faculty of Spear Education, a member the American Academy of Cosmetic Dentistry, the American Academy of Dental Sleep Medicine and the American Dental Association. Dr. Gallegos practices dentistry in Middleburg, VA. www.MiddleburgSmiles.com.

Volunteer Opportunities Abound at Local Virginia Wineries

Clythie Clarken

"Virginia is producing seriously astonishing wines." - Ray Isle, Editor, Food & Wine

Named one of the top ten wine travel destinations by Wine Enthusiast magazine, Virginia is known as a destination for oenophiles and wine hobbyists alike. Whether the winery tour is based around a beautiful ride through the countryside, or a hunt for that perfect Bordeaux blend, both tourists and residents spend a lot of time visiting local wineries.

But what's it like to be on the other side of the tasting room bar? What goes on in the Barrel Room? What's happening in the vineyard? There are many volunteer opportunities at Virginia wineries that allow those who are interested to find out what life is like inside a winery and out amongst the grape vines.

While California has instated some restrictions regarding the use of volunteers, Virginia has continued to embrace this practice. Each spring, summer and fall, many Virginia wineries encourage customers to become volunteers for these small businesses that support one of the state's largest tourism fields and one of the original agricultural fields in the state.

Depending on interests, local wineries offer volunteers a chance to pour wine tastings, represent the winery at special events, help at harvest time in the vineyard, work with the grapes in the barrel room during "punch down," or on the bottling line.

While some wineries prefer some knowledge of wine, most are happy to teach volunteers about the craft of growing grapes, making wine from them and how to beautifully present the wines to customers.

"We love volunteers," says Brian Roeder, owner of Barrel Oak Winery in Delaplane. "We're thrilled to have folks come out and learn about living the dream." Roeder mentioned that Barrel Oak is hiring part time employees as well. At Barrel Oak, both paid employees and volunteers work in the tasting room as well as have the chance to experience production through working in the barrel room, at bottling or in the vineyards. Barrel Oak does not require any industry experience, rather they look for individuals with a passion for and a desire to learn about wine. Volunteer commitment can be flexible, though Roeder pointed out that the majority of the work for volunteers occurs on Saturdays and Sundays, which are typically the busiest days in the tasting room.

Boxwood Estate Winery in Middleburg has an intern program that immerses volunteers into an environment where they learn about all aspects of wine making and harvest. The program typically hosts university students but has also included various individuals with interests in the industry. Internships begin in early September and run through harvest. For those who are interested in a shorter time commitment, Boxwood utilizes extra hands on an as needed basis during harvest season as well.

"Our interns learn about wine making operations, harvest, picking, sorting, wine making and lab analysis," notes Rachel Martin, Executive Vice President of Boxwood. "We're looking for solid interns who want to spend time at the winery on a regular basis throughout the harvest season."

According to their web site, at Three Fox Vineyards in Delaplane, when the Tasting Room is busy, "the pace is fast, exciting and it's never boring." And at the end of the day, volunteers and paid staff relax together over a glass of Three Fox wine. Volunteers receive a discount on Three Fox wines and merchandise. Three Fox asks for a volunteer commitment of at least one weekend day per month, with six weeks advanced notice. "We're looking for people who love wine and love to interact with other people," stated Holly Todhunter, Vintner and Proprietor at Three Fox. Todhunter mentioned that volunteers and employees need to be 21 years old or older. Three Fox is hiring part time employees as well, with a 3-day per month commitment that consists of weekend work.

As with many of the local wineries, volunteer needs are seasonal and weather driven. By late April, most of the wineries will start to become busier and the need for volunteers will grow. The work can be informative and fun as well as physically and mentally challenging. For those with a passion for wine, volunteering at a winery is a great way to become involved in the industry and support a local business. Contact information for several wineries is located below:

Barrel Oak Winery
Delaplane, VA
www.barreloak.com
Brian Roeder brian@barreloak.com

Boxwood Estate Winery
Middleburg, VA
www.boxwoodwinery.com
contact@boxwoodwinery.com

Cana Vineyards & Winery
Middleburg, VA
www.canavineyards.com

Chrysallis Vineyards
Middleburg, VA
www.chrysalliswine.com
bmarsten@chrysalliswine.com

Delaplane Cellars
Delaplane, VA
www.delaplanecellars.com

Greenhill Winery & Vineyards
Middleburg, VA
www.greenhillvineyards.com

Three Fox Vineyards
Delaplane, VA
www.threefoxvineyards.com
tod@threefoxvineyards.com

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Tia and Bruno

Girls and Their Dogs



"When my kids and friends knew I was getting Bruno, they all sent me texts – a dog, dog? Is this a joke? Everyone was shocked when they saw my first puppy posting.

I have never had a dog, except when I was a little kid – our family had dachshunds. I gravitated toward a dachshund because the breed was somewhat familiar to me. I have asthma and am actually allergic to dogs and cats, but when my kids were still young we had a couple of cats, but never dogs. This past year I had been doing yoga with Carolyn Connell in her apartment. I felt like it was never going to work, because she has two pugs and no matter how much you clean, there is still going to be dog hair. I was concerned since I was down on the floor and practicing deep breathing. However, that whole year I did not have any asthmatic issues. Granted if I pet the dogs and brought my fingers to my eyes, my eye will itch. If I do the same with Bruno my eyes will itch, but I just make sure to wash my hands and so far there haven't been any asthma issues.

Carolyn, determined that I should have a dog, sent me an ad. There was a woman in town that had some puppies. I called her and she told me she just had one puppy left out of the three. I was a bit apprehensive, but my friend, Sari Farouki, and I had been talking about getting a dog together – one we could share. So we went to the breeder's home – an incredible farm. She had a bazillion dogs, or at least it felt like that to me. The second I got there I felt like I did when I was told I was pregnant; are you sure we're going to do this? It was chaos. The dogs came running out of the house and it's like when you don't have children and you see three-year-olds having a tantrum. I was getting really panicky, whereas Sari was really calm and excited. We both decided we were just looking – no commitment. But, the second he saw the puppy and held him, Sari decided Bruno was perfect and we had to get him. So, we did. Then, of course, who do you think cleans up after Bruno and takes care of all of the stuff?

Before we got Bruno we were thinking of very funny names, like Gandhi or Napoleon – because he is so little. But when we met him he just seemed like a Bruno 'cause for such a little guy, he is quite fearless. The name just seemed to fit. He is black with really pretty beige markings and his ears are kind of curly. He follows me around like a little shadow which is really cute.

Bruno is very funny and I have a lot to learn about the whole dog thing. Cats you just throw outside and they know what to do, but with a dog it's truly like raising a child. You're going to keep them even when they poop on the floor! Since Sari and I bought Bruno together it's even like co-parenting. Bruno stays primarily at Sari's house, but during the day Bruno goes to Sari's parent's home for doggie daycare. They have a golden lab and the two dogs tumble and play together. Of course, Bruno thinks he is the alpha – which is funny because he is the size of a rat.

Before getting Bruno, I never really understood the whole dog thing. I guess my co-worker, Tina, summed it up best. Tina told me that whenever she came home to her dog she always felt like a million dollars; her dog was always waiting for her, happy to see her. It is so true. Bruno licks me and kisses me and tells me about his day (Tia making barking noises.) and it is so cute. I never really knew why people made such a big deal over dogs. Now I know."

Pastimes

The Artist's Perspective

Tom Neel



I am writing this month's column on March 4th. Right on the verge of yet another accumulative snow and hopefully as you read this, we will all be experiencing those desired signs of spring. The crocus, robins, the green tips of emerging daffodil and if we're real lucky the sounds of peepers! Our average temps this year have been non existent, meaning some of the activities we cherish have been too. Be glad we are not in Boston and I am happy for the sanctuary of my studio.

The winter though, can bring a creative cramping and I will admit to at least of bit of winter depression myself. Still, I am painting for a show on May 9th, which also happens to be my 60th birthday … oh, that must be what I'm feeling! In any event, this show is in conjunction with and in benefit of A Place To Be and their Spring Recital. So, my heart is in it and my mind has to be too.

This is a time when winter paintings would be so easy. I'm surrounded with every sign of it, but I also have to keep my eye on the ball. If I painted winter right now, would it pull me deeper into the funk of a season I'm more than ready to say goodbye to? Also, would those wintery images suit a spring recital or the recital's theme of "What A Wonderful World"? As important, would my would be collectors, who have survived winter too, be in any mood for a beautifully framed reminder of the chill? I think not. The only thought of chill they want right now is ice in their tea, a frosty mug of beer or the meditative state from a sunlit lounge-chair, as in to chill-out.

Any creative expression must be a reflection of the artist and their state of mind. But the artist has to understand and care about what they wish to express. The state of mind they are in, or the state of mind they wish to be in. Winter is about hibernation, dormancy, a healthy cold freeze. Spring is about life a new, blossoming and hope. I'm especially focusing on hope. Along with winter, the daily news has been dismantling to the soul of humanity. We've taken a world that is not getting along, a media driven, divided government and people, packed the whole thing in ice and we're trying to remain happy. Well guest what? Daylight savings and the spring is here to save us.

So, while I could paint winter, I'm saturating myself and my paintings in painting life. I'm painting the opposite of the six o'clock news. I'm painting the Piedmont as the verdant heaven it is, not the frozen tundra it's been. I'm painting tranquility, majestic skies, the bliss of open space, intimate rivers and steams and life here as not just part of the world, but our world. Sound lofty? Oh, I hope so. The winter has delivered a challenge and I'm rising to the occasion.

Artists and the art they create, have the ability to affect a change in mood from their viewing public. We can bring them down, reflect the worst in the world or we can be uplifting, even angelic. There is a time and purpose for both.

I've always felt that art has the power to heal. I think artists that create dark painful things to look at are trying desperately to heal themselves and those that paint light, motivative things are trying to heal others. And if not outright heal, then certainly promote a change in attitude and thought. That is the purest purpose of art.

Live An Artful Life, Tom

Wear the Hat, Don't Let the Hat Wear You

Sincerely, Me

Brandy Greenwell



The races are coming, the races are coming!! The Virginia countryside will soon be dappled with ladies sporting their finest hats at steeplechase meets statewide. Ladies obsessed with their headwear are likely pulling inspiration from Downton Abbey, as the popular show has influenced many aspects of current fashion, including hats. The acclaimed series has very strong characters, particularly the female cast, full of wit, strength, intellect, beauty, and of course personal style. If you were a Downton character, whom would you be and what kind of hat would you sport?

The Dowager Countess of Grantham Violet Crawley, played impeccably by Maggie Smith, needn't use a hat to make her character colorful when her scripts are full of unforgettable one-liners. Always dressed appropriately, the Countess generally wears her Edwardian toque style hat at a 45 degree angle which sharpens her aristocratic facial features and adds extra edge to her words. A toque style hat was very appropriate for "mature" ladies of that era and the lavish, yet subtly decorated collection of the Countess defines her social status and trademarks her style.

The Countess of Grantham, Cora Crawley, speaks softly and infrequently but when she feels strongly about something her quips can sometimes overshadow those of her mother in law. Her typical cartwheel styled picture hats often overshadow her face and are quite wide for her narrow frame, but they are always beautiful, very flowery, and soft, just like Cora. If Violet could comment on Cora's hats, I'd suspect she'd remark that they were slightly ostentatious and not entirely proper….perhaps a little too "new money." But what could she expect from an American?

Lady Mary Crawley is a multi faceted trendsetter as well as that catty bitch we love to hate. Sometimes a promiscuous lover, devoted wife, attentive mother, shrewd business woman and sportsman that likes to outshine the boys, her layers evolve with every episode- as does her fashion. Lady Mary can be seen in many hat styles from picture hats to cloches, top hats to elaborate, formal headpieces. Always stylish and impeccably put together, Mary's confidence in personality makes her a widely loved fan favorite. She really could wear a paper bag and look amazing, but she would only wear a paper bag if someone else wore it first.

Lady Edith's character is as homely and lost as her wardrobe. An intellect who is begging for attention and in desperate need of a "barbaric yawp", she doesn't bother with style because she will never overshadow Mary. This middle-child sibling tension is the English, upperclass version of "Marsha, Marsha, Marsha" sans center part and polyester. Edith generally wears an unremarkable cloche because she is desperately wanting someone to appreciate her without decoration.

Though a character of only a few seasons, Lady Sybil was a refreshing burst of progressive energy in a politically stagnant culture. She wore flattering cloches and bonnets suitable for her age and spirit. Mary is the oldest, most beautiful, sometimes tawdry and adored sister, but Sybil wore the pants, married the chauffeur and was 100% true to herself- no hat necessary.

Regardless of which character resonates with YOUR inner aristocrat, remember the cardinal rule: wear the hat, don't let the hat wear you.

Albert's Corner

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



Albert P. Clark

My person recently overheard two visitors talking about Middleburg's "obsession" with animals. They were not being disparaging, but they were wondering if all of the animal-themed merchandise and signage in the town might be a bit manufactured for show. I would like to set the record straight. The love of animals is 100% real. The truth is that the people in our town embrace animals the way that people in beach towns embrace the sea. Middleburg would not be Middleburg without four-legged friends.

It would be easy to assume that the desire for a quiet and refined life is what most often attracts residents. And, of course, that is a significant draw for many who live here. But in truth, the hearts of Middleburg's people beat loudest for animals.

Here, domestic animals play in the pastures, take shelter in the barns, and sleep by cozy firesides. Wild animals enjoy life as it should be, in safe environs away from the crush of the city.

Additionally, there are depictions of horses, foxes, dogs, cats, and cows as far as the eye can see. They show up in estate, boutique, and restaurant names – as well as in all manner of housewares and furnishings. It is not because Middleburg is trying to create a brand. Four-legged friends are the foundation of the town.

Animal stories here are legendary, and everyone has one. If you want to start a conversation with people from Middleburg, it's a safe bet to ask about the pets in their lives. Most likely, the conversation will be lively and long -- and eventually joined by others eager to contribute their own anecdotes.

Unparalleled estates, pristine pastures, and fieldstone walls surround Middleburg. The village is brimming with stunning art and antiques, gorgeous clothes, epicurean delights, and both a bespoke tailor and a bespoke shoemaker. Some of the finest wines in the country are coaxed from our native grapes. And yet, the true abundance in this town has nothing to do with material things. The real wealth of the village is a rare and overwhelming appreciation for animals. To have so many neighbors sharing such a kind mindset is a luxury, indeed.

If you are reading this during a visit to Middleburg, I hope you will long remember its history and tranquility. I hope you will try the food and explore the shops and vineyards. I hope you will venture into the countryside to enjoy the pastoral peace. But most of all, I hope you will be inspired by the deep love and respect for creatures great and small. That is the most beautiful thing about this place I call home.

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, Arlington, and Woodley Park.

A New Primrose for Spring

The Plant Lady





Karen Rexrode

Somewhere in the countryside surrounding Cambridge, Great Britain lives a husband and wife who spend their days (and most nights) breeding new plants. Fifteen years ago they introduced a new double petunia named 'Priscilla' after Priscilla Kerley, half of the hybridizing team. Husband David is the mastermind behind the operation, having worked from 1969 to 1999 for two different seed companies before striking out on his own. Even as he spent his last years as the managing director of Unwins Seeds mail order division, he was making crosses and experimenting.

Their primary claim to fame are petunias with 62 new introductions to the plant world. David also worked with spinach, flowering sweet peas and snapdragons. Recent work is with cape fuchsias (phygelius), trailing pansies sold under the trademarked name of Balconita and the Belarina primrose. It was the primrose that caught my attention last spring. The trademarked Belarina series are described as rosette types. A leafy collar surrounds each flower, a throw back to the use of Primula vulgaris or the English primrose for breeding. Each flower is fully double which makes them look like small carnations or roses.

As a lover of primrose, I can't help but be enchanted with these new varieties. Tougher than many of the showy primrose, plant them facing east or north with midday shade. Even better, in a trough or container that's elevated so you can see them up close and personal.

Exercise with Knee Osteoarthritis

Kay Colgan, Certified Fitness Professional and Health Coach

This is a reprint of an article I did last year. I have notice an increase in individuals with osteoarthritis specifically of the knee, so I thought it would be a good opportunity to reprint this article as it pertains to knee osteoarthritis.

In our lifetime, many of us will have osteoarthritis in one or more joints. While this sounds bleak, it does not have to be. Several studies have shown that exercise done in the correct way can offer impressive results, most specifically with knee osteoarthritis. Before starting any exercise program it is always advisable to check with your doctor. Proper form is so important, so take the time to learn the exercises before beginning the program. Also, invest in a good pair of shoes that is made for the particular exercise you are doing.

First, aerobic exercise is so important for our heart, lungs and overall well being. The goal should be at least 30 minutes, 3 days a week. Doing aerobic exercise warms up the muscles and joints. Try walking at a comfortable pace around your neighborhood. Riding a regular bike, stationary bike or swimming is good choices for aerobic exercise. The best program would include all three, because when you cross train it allows the muscles and joints to load differently. At first you might feel stiff and sore but in most cases as you move you will loosen up. Remember speed at this point is not important, only do what is comfortable for you that day. Every day our bodies are in a different place, which is true with osteoarthritis. Sometimes the knees don t feel so bad, but the next day they could be stiffer.

Second, strength training is upmost important as the muscles are the shock absorbers of the body. Remember, the stronger the muscles are around the joints especially the hip and knee, the better the impact absorption and overall stability. This means there possibly will be less pain. Strength training exercises such as knee extension work the quadriceps which help to stabilize the knee. Sit in a chair and extending the leg out in front of you and hold for three seconds, repeat twelve times on each side. The use of a chair to do squats are excellent for strengthening the quadriceps and gluteus. Use a sturdy chair and arms in front of you squat as if your going to sit down, knees pointing toward your second and third toes, then stand up again. Repeat twelve times. If in the beginning this feels like too much, only do six times and work up to twelve. Step ups are excellent. Use a stair step with a handrail. Face the stairs. Ankles and feet are in alignment with one another. Lift your left leg up and step up on the step. Do not lean your body forward. Your knees do not go past your toes. Keep your abdominal engaged for core support and stability.

Third, flexibility training will help relieve stiff and aching joints. Also, over time doing stretching exercises will improve your range of motion. The most difficult part of stretching is holding the stretch long enough to make a difference. Holding stretches for 20 to 30 seconds is optimum. Remember when stretching it should not hurt. Always you should feel a slight pull, but never should you feel pain. If you feel pain back off of the stretch and do it again and only go where there is no pain. Quadriceps stretch is done standing by a sturdy chair with one hand on the chair. Bend your knee and grab your ankle and pull your heel toward your buttocks. Your knees should stay in line with one another. Standing tall with abdominal engaged is important. This stretch should be felt in the front of your thigh, the quadriceps. The calf stretch is done by standing behind the sturdy chair, both hands on the back of a chair. Take a step back with the right leg, keeping the left leg bent. Make sure your toe and heel are inline with each other. Press your heel toward the floor of the back leg, feeling the stretch up the back of the lower leg. Finally the hamstring stretch is done by lying on your back, one knee bent foot flat on the floor. Take a towel and put it around the bottom of your foot of the other leg and straighten the leg. Slowly do this exercise until a stretch is felt in the back of the upper leg which is the hamstring muscle.

Don t let osteoarthritis keep you from living the active life you want. Being consistent with exercising will help you to loosen up stiff joints and be able to do the things you want to do. If you need further help with this or any other fitness or health needs please contact: Kay Colgan, at Middleburg Pilates and Personal training at 14 S. Madison Street, Middleburg, Virginia or call 540-687-6995.

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Friends for Life

Middleburg Humane Foundation
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Future is a 10 yr old, 13.2H, red roan paint mare. She has been used as a lesson pony & in summer camps. She loves to jump but can get quick so she would need a quiet rider. She stands for the farrier & vet. She is very attractive & is a great prospect pony.



Livia is an amazing 7 yr old girl. Sadly, she had a poor start in life & lived as a breeding dog. Now that she's spayed & has been able to put her past behind her, she has excelled in training with our volunteers & even knows how to do a little dance!



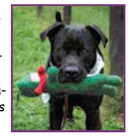


Cricket is a Hackney Pony X that is approximately 12H. She is in her 30's but would make a great light lead line pony.



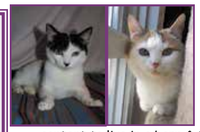
Roberta is a 9 yr old, 14.2h healthy & sound Paint mare who is very affectionate with people & is good with other horses. She & her weanling were rescued in October 2013. Roberta has good ground manners & would make a great companion.

Bobby is a large & goofy mastiff/boxer? looking for a companion that is calm & patient. He is a smart boy that does well with consistent training & direction. He does well with other dogs but they should be comparable in size as he is large boy & likes to play. He would do best in a home with children 12+ due to his size.



Zara is a 2 year old tripod (lost a hind leg due to a knee injury). She loves to play and is housebroken. She requires a home with a secure fenced yard as she needs to be able to get adequate exercise





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2:00pm – Rendezvous at Marshall Baptist Church, 4127 Winchester Road, Marshall, VA 20115 with historian BOB SINCLAIR - "Mosby's Rangers in Salem & their Operations in Northern Fauquier"

2:45pm – Adjourn to the DISBANDMENT SITE, off Frost Avenue, Downtown Marshall, VA by Caravan or on Foot (your choice) to hear from Historian and Author David Goetz, as MAJOR ADOLPHUS "DOLLY" RICHARDS, about April 10-20, 1865 and from COL. JOHN SINGLETON MOSBY himself, on the Disbandment of Mosby's Rangers, on this site 150 years ago

3:45pm – Final Remarks from Historian and Author Eric W. Buckland, at the Disbandment Site

4:00-5:00pm – The John K. Gott Library will be Open for you to Peruse Their Mosby Artifacts and Other Historical Collections

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Editors Desk

True Believers: Religion, Reason and the Future of the USA

Blue

Daniel Morrow

Given the Sermon on the Mount and most of what we think we know about the life of Jesus of Nazareth, one would think that all true Christians would be liberals, or progressives, or at the very least, spiritually, Democrats.

They aren't.

Why?

The best answers I've read lately (and I just finished a guided reading of the Old and New Testaments) comes from Jonathan Haidt, *The Righteous Mind: Why Good People Are Divided by Politics and Religion* (New York: Pantheon Books, 2012)

Haidt's an experimental psychologist whose life and work have been devoted to understanding how and why people make decisions about what's right and wrong . . . and how they explain those decisions to others and to themselves.

He makes a convincing case that people all over the world are more or less hard wired by their DNA into certain ethical predispositions. That doesn't mean they are bound and determined to think and act in specific ways, but only that their natural inclinations are to lean in those directions.

Sometimes, though more rarely than we might expect, those inclinations can be changed.

Haidt compares reason's efforts to affect our natural ethical instincts to driving an elephant with a mind of its own.

Most of the time the elephant wins, and reason's job is reduced to making up stories about why that was the direction we wanted to go in the first place.

In *The Righteous Mind* he cites convincing experimental evidence that we nearly always make decisions about what's right and wrong well before we start thinking about them, much less explaining to ourselves (and to others) why we made those decisions.

The stories we tell ourselves and others about those decisions, he continues, then confirm and reinforce our own behavior, and that of the people we in turn affect.

Because the vast majority of human beings act in this way (psychopaths, for example, don't), he argues, we have survived and thrived as a species of highly developed social animals.

Liberals, Haidt has discovered, are disproportionately driven by two of what one could describe as the six double-sided pillars of ethical decision making: justice and injustice; harm and mitigation of harm

Self-identified liberals' ethical decisions, the laws they want to pass, and the stories they tell about why they want to do and do those things are nearly always disproportionately driven by those two double-sided considerations.

Conservatives are also driven by those things. They really do care, deeply, about justice and harm.

But they are also driven by at least four more considerations that liberals don't handle very well: group loyalty, respect for authority, an instinctive sense of awe (or disgust), and a profound reverence for what they describe as liberty.

Liberals, as a rule, just don't understand why conservatives aren't totally convinced they are wrong about something important to those of us on the left when we make an air-tight and perfectly logical case that justice and mitigating harm are unquestionably served by whatever it is we have done or want to do.

We forget that for conservatives loyalty, respect, liberty and a sense of reverence are just as important, not to mention certain innate reactions to things they see as disgusting.

Hence the appeal of religion to conservatives . . . the broad appeal of conservative arguments . . . and the difficulty liberals have in convincing conservatives that we are good and ethical people too.

Though conservatives tend to be true believers in a variety of religious faiths, in a larger sense makes no difference whether this or that religious dogma is objectively true.

What counts is the religion's role in identifying and reinforcing ethical decision making and ethical behavior, not when it comes to mitigating harm or fighting injustice, but in all six areas.

Religion also serves an innate human need for belonging.

When it works for good, religion is magnificent.

When it's not insisting that one believe and act on clearly irrational and sometimes evil principles, it is unquestionably a force for good.

When it doesn't it can be shameful, or worse.

Liberals, to their detriment, just don't seem to understand the better angels of our conservative fellow citizens, especially those who are religious, or if we do, we don't communicate it very well.

Take this passage from one of the most famous left-wing people in history:

"Religious suffering is, at one and the same time, the expression of real suffering and a protest against real suffering. Religion is the sigh of the oppressed creature, the heart of a heartless world, and the soul of soulless conditions."

Beautiful, is it not?

And a classic example of Haidt's points about liberals' unerring focus on insuring justice and mitigating harm

The next line in that paragraph about religion?

"It is the opium of the people."

The quote belongs to Karl Marx.

Not a phrase designed to win friends or influence Christians. . . but, irony of irony, a phrase many of them would happily apply to religions different from their own.

Liberals need to do a better job of both understanding and speaking to religion and religious people.

In many if not most areas we are on the same side.

And when it comes to reason, the better angels of our natures don't necessarily need wings to fly.

FIDES ET RATIO

RED

James Morgan

"Faith and reason are like two wings on which the human spirit rises to the contemplation of truth" – Pope John Paul II

There are both religious and non-religious people who insist that faith and reason are at war with each other. Christian "fideists" reject the idea that reason may be used to help us better understand God. Modern secularist-atheists dismiss all religious faith as superstition.

Whether called "faith vs reason," "religion vs science," or "spiritual vs material," the dispute essentially involves trying to understand what truth is and how much of it is knowable through reason versus how much through faith. Two wings.

There aren't too many "fideists" around anymore so most critics today are the secularists who trace their ideas back to the misnamed "Enlightenment." The 16th century supposedly was the time when man's reason began to replace his dependence on religious dogma, especially as manifested by the Catholic Church. The rallying cry for such people is "Galileo!"

But, aside from the fact that the Galileo story is usually told incorrectly and incompletely, there is the rather odd idea that reason, meaning science, just appeared out of nowhere, unrelated to Christian religious practices (though perhaps with a nod to the ancients) when, in fact, modern science would not and could not have developed without the support of medieval religion.

Science is expensive. As historian J.L Heilbron has written, "The Roman Catholic Church gave more financial and social support to the study of astronomy for over six centuries … than any other, and probably all other, institutions." This support was done largely for religious, not scientific, reasons. It involved trying to firmly establish the date for Easter that meant figuring out the passage of time; sorting out days, months, and years by studying celestial movements. Indeed, astronomy was long known as "the Jesuit science" because so many astronomers were Jesuits. But the point is not why religion supported science but that it consistently (faithfully?) did so during the so-called "dark ages."

And not just astronomy. Note that support for astronomy also included, indeed required, support for other disciplines such as mathematics, physics, optics, architecture (for building observatories), and the manufacture of chronometers, all of which developed within the earliest universities, beginning around 1200 A.D., which themselves were created and sponsored by the Church. It was within these Catholic universities that the intellectual foundations of modern science were laid down. This support existed precisely because of what Alfred North Whitehead later called "the medieval insistence on the rationality of God," i.e., that human reason was a gift from God that should be used to try to bring man closer to God by studying his creation, the universe. That is why so many medieval scientists were clerics, a tradition continued later by men like the Augustinian monk, Gregor Mendel, the father of modern genetics.

All of this implies not a war, but a very close alliance, between faith and reason during the Middle Ages. Yet it was a particular conceit of Enlightenment scholars that they were enlightened because they had jettisoned the primitive superstitions of religion.

Then came Darwin and these men thought they had a "gotcha" moment. But, except for hard core biblical literalists, Christianity looked at evolution and shrugged, recognizing that Darwin's idea might help explain what happened after Creation but could say nothing about Creation itself. After all, Christians said, God created evolution too.

Next came the Big Bang which, secularists say, surely knocks Creation on the head. But the Big Bang theory was first promulgated by Father Georges Lemaître, a Belgian priest who saw it as an expression of God's power, not of his demise. Thus, the dispute between Evolution-Science and Creation-Faith is a phony one.

You can't fly on one wing. Despite the shrill sneers of secularists from Voltaire to Richard Dawkins, there is no contradiction between faith and reason. Pope John Paul II was right.

Letter to the Editor

Elaine Broadhead

A return of the elks in Virginia is in the spirit of a world wide movement called "Rewilding", where keystone species like beavers in England and vultures in India restore a landscape that existed when nature was in charge.

A spectacular success was the re introduction of wolves to Yellowstone where the absence of predators led to an over population of elk whose grazing was destroying the steams and river banks.

When the wolves were re introduced in 1995, elk behavior changed as they moved to high ground allowing aspens and willows regrowth to help stop erosion and also re forming a canopy where songbirds like yellow warblers and willow flycatchers returned. Even the rivers changed restoring the aquatic life of beavers, fish and otters. Man the highest predator cannot keep the balance of a keystone species like wolves. So welcome the elks but welcome also the wolves so both can exist in a true rewinding.

Hypocrisy

Tom Pratt

The Obama administration recently called Venezuela an "Extraordinary Threat" and it may be but not for the reasons given by the administration. The reason Venezuela has been a threat to the U.S. is that ever since Hugo Chavez was elected he made it a top priority of his government to offer Central and South America as well as Caribbean countries (mainly Cuba) an alternative to the hegemonic North, mostly the U.S.

Without the exploitation (some would call it raping) of the South the North could never have become so affluent. U.S. corporations have made billions at the expense of Latin countries and in the process have decimated lands of Indigenous People throughout the continent, many times fighting law suits intended to make those companies pay for cleaning up their mess.

Chavez used his country's oil wealth to help establish alternative financing to the World Bank and I.M.F. The thought that Latin America could become independent of U.S. influence deeply troubled the powers in the U.S. government and in corporate offices throughout the United States. And as far as the Obama administration being concerned about human rights abuses in Venezuela it should be but the abuses have been of the wealthy Venezuelans not getting wealthier.

I find it extremely hypocritical of the U.S. to worry about human rights abuses in one country when it is not at all concerned about abuses in countries that we need as allies, such as Bahrain, Saudi Arabia, Israel and many more.

President Maduro of Venezuela accused the United States of meddling in its affairs and trying to promote regime change as it has done in countless countries around the world going back many years. He is absolutely correct to worry about that issue if you only look back to 2002 when the U.S. backed a very short lived coup against Chavez.

At a recent press briefing State Department Jen Psaki outright lied, when she was questioned by reporter Matt Lee about the U.S. meddling in the affairs of other countries. She said "As a matter of long standing policy the United States does not support political transitions by non constitutional means" Mr. Lee then asked what her definition of "long standing" was and she of course evaded the question.

Here are only the well known and well documented interferences that Ms. Psaki did not refer to:

1953 U.S. and Britain foment and successfully cause a coup that deposes democratically elected President Mossaddeq of Iran and installs the puppet Shaw.

1954 U.S backed military again supports a coup that unseats President Jacobo Arbenz of Guatemala

1973 U.S. supports the Chilean military which not only deposes democratically elected President Salvador Allende but kills him in the process and installs dictator Pinochet

2002 Supports a coup against Chavez which is over in a matter of hours because of the huge outpouring of support by a majority of the Venezuelan people

2004 United States illegally kidnaps President Aristide of Haiti and flies him to South Africa where he remains for several years.

2007 A failed coup supported again by the U.S. against the Laotian government

2011 Did not engage in the coup against Mohammed Nasheed of the Maldives, but recognized the illegal replacement government because corporate America was threatened by President Nasheed's extreme stance on Climate Change.

This list does not even include the many, many, many attempts to not only remove Fidel Castro but to assassinate him

And shall we talk about Iraq?? What was that all about? And Viet Nam as well. I would call those two disastrous wars extreme interference.

Our worldwide hypocrisy is staggering when you think that no matter how despotic a leader is if he is an asset to the United States and United States business we willingly turn a blind eye when it comes to human rights but if a country seeks independence from the U.S and god forbid facilitates other countries to do the same, we then vilify the leaders of those countries and usually cry human rights abuses.

Fortunately in this age of instant communication the U.S. cannot get away with as much skullduggery as it has in the past.

There is a saying in many countries that the only reason there has never been a coup in America is that there is no American embassy here.

DOMINION'S 550 MILE TOXIC GAS PIPELINE

John P. Flannery

We all resent the fact that Dominion Power owns the elected officials and pols in both parties in the Commonwealth of Virginia, rather than having our elected "representatives" represent "our" interests.

Dominion Power dictates legislation that favors its unrestrained exploitation of our natural resources in derogation of our individual rights and liberties.

Only days ago, our leaders in both parties told us that it was a good deal for us to have a floor on electricity rates and to exempt Dominion from regulatory oversight for seven years.

Last year, the General Assembly gave Dominion a $400 million corporate welfare write-off for a plant that Dominion may never build.

A particularly obvious example of personal excess is a million dollar state grant to Dominion's CEO, Thomas Farell, to make a civil war movie.

Unsurprisingly, Dominion has no hesitation about planning a 550 mile 42-inch wide pipeline, called the Atlantic Pipeline, from Harrison County, WV, through Virginia, and on to North Carolina, full of fracked and toxic liquid natural gas, 1.5 billion cubic feet a day, at a pressure of 1,440 psig, extracted from the Marcellus shale fields in Ohio, West Virginia, and Pennsylvania.

In order to build this pipeline, Dominion shall destroy swaths of forests and private property, compromise wildlife and historic venues, and, when they're done, if we don't stop this juggernaut now, there will be toxic liquid natural gas (LNG) spills and leaks.

The leaks have happened before. Indeed, Dominion was cited for 13 water pollution violations by the WV Department of Environmental Protection (DEP) just a couple of months ago including Dominion's 42-inch natural gas pipeline through Pocahontas County. DEP fined Dominion, the $52 Billion company, a grand total of $55,470, so meager as to be fairly characterized as the cost of doing business indifferently.

Dominion is now set to march onto private property in Virginia without the permission of land owners to survey where the toxic liquid natural gas line will go.

Our Governor and our Attorney General are just fine with that.

One legislator offered a bill in the General Assembly requiring express permission to enter a person's land; the bill never got out of Committee.

Land owners in Nelson County, Virginia, in the path of Dominion's march, are challenging a state statute that denies them the right to object to Dominion trespassing on their land.

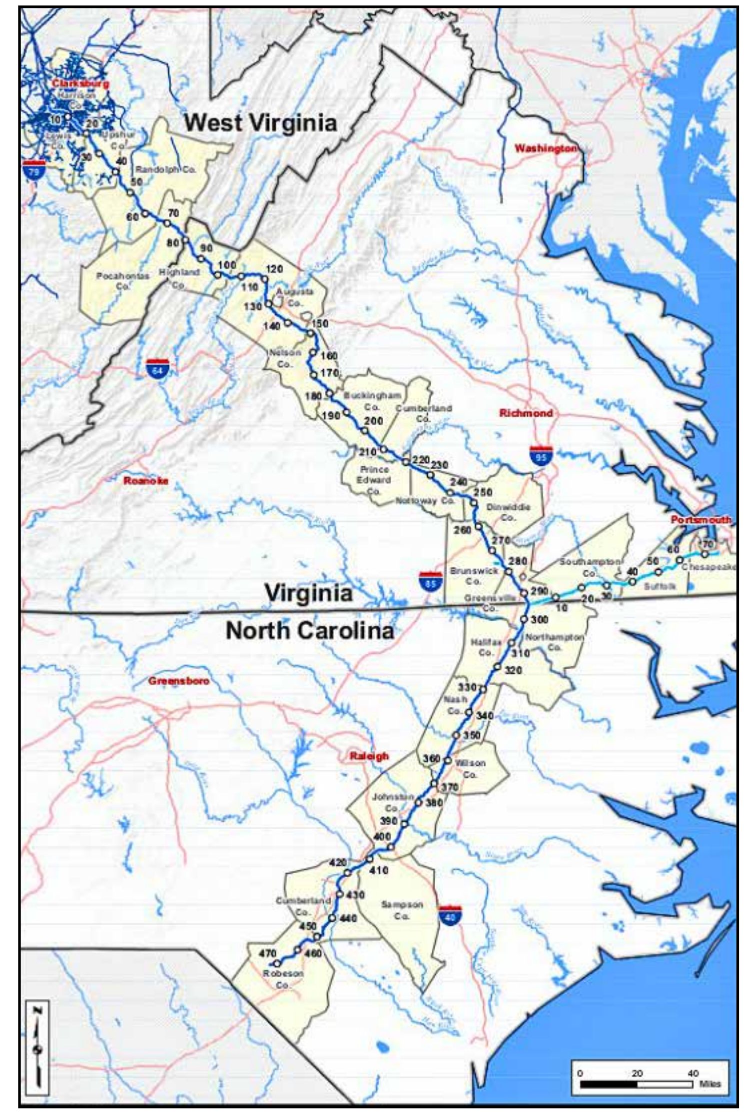
Dominion and our Attorney General insist that, while the Virginia Code contemplates Dominion requesting permission, Dominion doesn't actually have to get permission.

This Alice-in-wonderland fossil-fuel-fiction that our Attorney General has embraced, defending Dominion's intent to trespass, in the absence of any right of way, when each landowner has withheld permission for Dominion to enter on his land, violates the personal land-owner's constitutional right to be let alone.

Landowners have rightly objected that the statute is, at best, vague, but they may also object that these trespassing surveyors are conducting unreasonable searches, depriving the landowners of their personal liberty and the use and enjoyment of their real property, and applying law unequally, when allowing Dominion to enjoy the unconsented right to trespass, a crime for virtually anyone else.

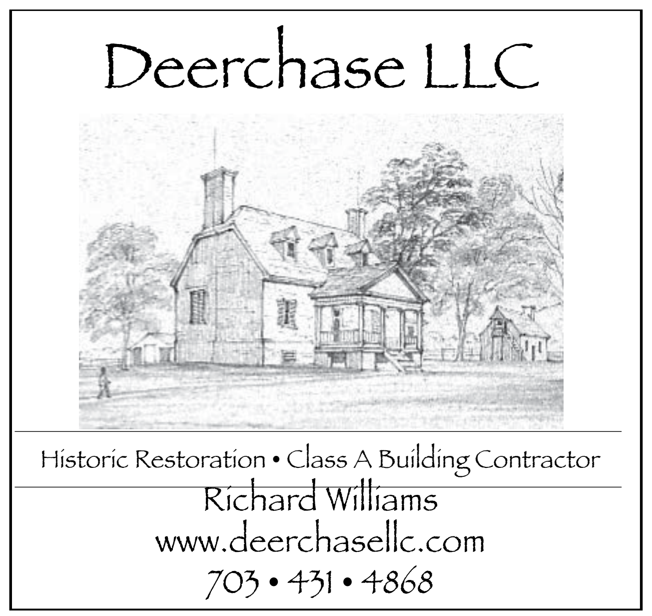
It's high time that all Virginians, as well as the several states, tell their "elected" reps that Dominion's political reach has gone too far, or our neighborhoods may be the next toxic fossil fuel highway.

Incidentally, Dominion intends to enhance its Loudoun County compressor station so that more liquid natural gas may pass through Loudoun County to Cove Point, the only pipe terminal on the East Coast, re-purposed to export this toxic gas off-shore.

















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Flint Hill Farm
Delaplane, Virginia • $3,350,000

Family compound includes 8,800 sf main house built in 1789 • 3 BR guest house • 2 BR carriage house • Repurposed airplane hanger now a complete home gym • Exquisite $4M renovation completed in 2005 includes exposed beams, solid mahogany doors & windows, imported antique fireplaces & spectacular floors of re-claimed choice hardwoods • Stately limestone foyer • Stunning kitchen • Excellent Views

Ann MacMahon (540) 687-5588



Buck Run Farm
Hume, Virginia • $1,925,000

Stone & stucco cottage overlooking 2 ponds & amazing mountain views • 72 acres with minimal maintenance & maximum quality throughout shows in every detail • 4 BR • 2 1/2 BA • 3 fireplaces • Copper roof • Antique floors & beams • Charming library & multi-ple french doors open to massive stone terrace

Helen MacMahon (540) 454-1930



Liberty Hill
Boyce, Virginia • $1,900,000

Mountain top retreat with 60 mile panoramic views of the Shenandoah Valley • 215 acres • 1/3 pasture • Main house circa 1787 • 3 BR, 1 BA • 2 fireplaces • Random width pine floors • 2 BR, 1 BA guest cottage • Stone & frame barn circa 1787 • Remnants of formal garden • Old cemetery • Spring fed pond • Gazebo

Paul MacMahon (703) 609-1905 Helen MacMahon (540) 454-1930



Pohick Farm
Delaplane, Virginia • $1,850,000

78-acre farm in sought after Fauquier County • One-of-a-kind pastoral hill-top setting • Dramatic private postcard valley views of Cobbler Mountains • 4 bedroom home • Pool • Poolhouse • Guest/tenant cottage and pond • Ideal for horses, cattle, hay, row crops, vineyards • Additional land available

Helen MacMahon (540) 454-1930



Echo Hill
The Plains, Virginia • $1,500,000

Stone English country home in top location between Middleburg & The Plains on 13 acres • Large boxwoods & classically planted gardens • 4 BR home with new kitchen & main level master suite • Hardwood floors, built-in book cases, fireplaces & bright open family room • Bluestone terrace overlooks new pool & entertaining area • Separate guest cottage/pool house & garage • Whole-house generator

Helen MacMahon (540) 454-1930



Blue Ridge Springs
Bluemont, Virginia • $1,275,000

Pristine condition • Idyllic setting • Pond • 27 acres • 5BR, 4 BA, 2 HB, 2 FP • 6000+ sq ft • Newly built custom timber frame barn with state of the art dog kennel (6 runs) • 100 yard underground shooting range w/video monitors from LL • Security gates • Video security system • Whole house generator • Extensive decks and landscaping • Low Clarke County taxes • 1 mile to Loudoun County

Tom Cammack (540) 247-5408



Stonewood
Middleburg, Virginia • $970,000

Charming stucco, log and frame home • 10 acres • 3-4 bedrooms • 3 1/2 baths • 2 fireplaces (one in the kitchen with antique brick floor) • Beautiful reclaimed pine flooring • Bright and sunny family room opens to bluestone terrace • Master bedroom opens to private balcony • 2 car garage • 4 stall barn with tack room with 2 paddocks • 2 recorded lots

Paul MacMahon (703) 609-1905



Upperville Church
Upperville, Virginia • $799,000

Live & work in the Old Upperville Baptist Church (circa 1825) & meeting hall • Church provides many options with Village Commercial zoning • Bring your creativity • Stunning renovation provides 2 buildings & many uses • Ample parking • Excellent views of the countryside from the large back yard • Church also for Lease

Helen MacMahon (540) 454-1930



Washington Street
Middleburg, Virginia • $785,000

Classic Virginia colonial • Circa 1926 • Stone and frame construction • 3 bedrooms, 2 1/2 baths • Hardwood floors • High ceilings • Screened side porch on .65 acre in town • 2-car garage with apart-ment • Beautiful gardens and rear terrace

Paul MacMahon (703) 609-1905



Bluebird Lane
Boyce, Virginia • $435,000

Peaceful Shenandoah Retreat • Well maintained & full of light • 3 bedrooms, 2 baths on 22+ protected acres • Lovely architectural details, exposed beams & pine floors • Beautiful stone fireplaces • Fully finished basement

Alix Coolidge (703) 625-1724

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INTERNATIONAL OFFERING

RALLYWOOD, MIDDLEBURG, VIRGINIA

Architectural masterpiece: 54 acre equestrian estate. Private A+ location. Magnificent stable, indoor & outdoor arenas, house, apartments, river & more. Orange County Hunt. More land available. 1 hour to DC. $4,500,000

Cindy Polk 703-966-9480



INTERNATIONAL OFFERING

CLIFTON, VIRGINIA

Elegant estate on 7.5 acres backing to parkland features over 14,000 SF of living space + separate pavilion, ideal for outdoor entertaining! Finest finishes throughout, 7BR/9.5BA. Short drive to downtown DC. $3,795,000

Joe O'Hara 703-350-1234



FEATHERBED, MIDDLEBURG, VIRGINIA

NEW PRICE! 1750 stucco farmhouse with wood floors, exposed beams, fpls & expansive rooms. Guest cottage, apartment, great bank barn, center aisle stable & arena. Idyllic setting, mature trees & views. 20AC. $1,495,000

Cindy Polk 703-966-9480



THE PLAINS, VIRGINIA

Bright beautiful 4 bedroom home with wood floors, 2 fireplaces & walk out lower level on nearly 9 lush acres. 3 stall stable, pool, pond & stream. Views! 1 hour to DC. $1,250,000

Cindy Polk 703-966-9480



HALFWAY & COON TREE, THE PLAINS, VIRGINIA

Prime location just north of Halfway on The Plains Rd, 82+ acres with elevated potential house site, rock walls & stream. $1,241,400

Lynn Wiley 540-454-1527
Jim Thompson 540-687-2224



MIDDLEBURG LAND PARCELS

Land parcels within minutes of town ranging in size from 3-48 acres. Parcels are both wooded and wide open with permitted septic approvals. Parcels range from $225,000 to $675,000.

Jim Thompson 540-687-2224



ST LOUIS CORNER, MIDDLEBURG, VIRGINIA

Model now available for inspection. 3BR, 2.5BA. Priced for opening special; 4 additional models available with 9 lots, great location, min to Middleburg. All models have first floor master. Hardwoods, granite kitchen counters. $389,500

Lynn Wiley 540-454-1527



THE PLAINS, VIRGINIA

Charming like new home. Green built - low E windows, high efficiency heat pump, superior insulation package, on demand H2O, top appliances, granite. Walk to restaurants & shops. $385,000

Lynn Wiley 540-454-1527



MIDDLEBURG, VIRGINIA

Lovely open 3 acre parcel in Middleburg Downs set well back from Rt. 50. Five bedroom perc. Very convenient location. Three minutes from Middleburg. $210,000

Carole Miller 540-729-7896
Kevin Keane 540-687-2221

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