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# CONSTRUCTION, IMPACTS AND IMPROVEMENTS

## MIDDLEBURG TOWN COUNCIL REPORT

DAN MORROW

**Construction Zone**

Construction on major improvements along Washington Street, aka Route 50, aka the Lee-Jackson Memorial Highway, aka Middleburg's main street has begun in earnest.

On October 8 Town Administrator Martha Semmes reported to Town Council on plans and progress to date, following her return from a VDOT "Route 50 Project Meeting" attended by at least forty people, "not including staff."

Parking dislocation for both business and town residents appear to have been high on the list of concerns.

In response Semmes has developed a list of parking lots available for public use and spoke with the National Sporting Library and Museum, which agreed to put much of its parking space at the Town's disposal for the duration, at no cost.

Updates to both VDOT's construction schedule and parking alternatives may be found on the Town's website (now at www.middleburgva.gov), its Facebook Pages, and those of the Middleburg Police Department.

Middleburtg Police Chief A.J. Panebianco announced his Department's Facebook page had attracted well over 1,200 visits within the first day of its posting.

**Police**

Middleburg Police Chief A.J. Panebianco expressed his appreciation for the hard work of his officers and staff in preparing for what all hoped would be a relatively short period of serious VDOT construction-related inconvenience and the Salamander Film Festival.

The Middleburg Police Department will also be providing support for the filming of a documentary film "about a bicyclist," the Chief told Council.

Panebianco also reported that an intensive training course for Federal Air Marshalls held in Middleburg over the course of the past several months has been completed. The town, arguably, had more armed protection per capita during that period than any other town in the country, all of it, of course, probably unnoticed given the nature of the Air Marshal program.

The Chief also reviewed for Council the work of the Alcohol Safety Action Program (ASAP), which he described as " . . . an organization that offered lessons when an individual received a DUI or under the influence charge so they would not do it again. "

After presenting a copy of their annual report noted that the organization was self-funded, and thus operated " . . . at no cost to Middleburg other than a bit of his time."

*Continued page 12*

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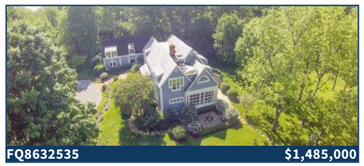
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LO8765234 $795,000

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# News of Note

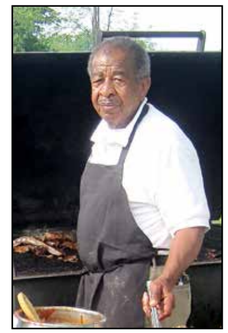
## Mike Brown



Mike Brown, whose broad smile and delicious food fed the Foxcroft community body and spirit for nearly three decades as the School's Director of Dining Services, lost his battle with cancer recently in Winchester, Virginia. He was 71.

In her letter to the Foxcroft Community, Head of School Catherine. S. McGehee said, "For more than 30 years, as a cook and then as Director of Dining Services, Mike fed thousands of girls, faculty, and staff with skill, dedication and care. Parents, alumnae and friends, too, came to know the man with the big smile who was behind every special event – be it a buffet dinner for 200 at Covert, a served banquet for 400 in the Engelhard Gym, or a pig roast on the front lawn of Brick House. None of us will soon forget the wonderful combination of wry wit and practical wisdom, nor the friendship and love that he shared with us. The students put it well last spring when they dedicated the yearbook (for the second time) to "Mr. B" and his staff: "Thank you for When Pigs Fly, root beer floats, awesome breakfasts and banquets, and for always being there for all of us."

Isaiah "Mike" Brown, Jr, was born in Baltimore and grew up in Harrisonburg, VA. He attended Johnson & Wales University-Miami and held several positions in the food and hospitality industry before coming



to Foxcroft in 1984 with Chartwells, the School's dining services provider. Three years later, Mike became Director of Dining Services, a position he relished and which he only reluctantly relinquished last year as his health deteriorated.

Since 1985, Mike also owned and operated "Mr. B's" barbecue in three different Clarke County locations and catered scores of events, including faculty and alumnae weddings, graduation parties for faculty children, and celebrations of all kinds.

Funeral arrangements are pending and are being handled by Enders & Shirley Funeral Home in Berryville, Virginia.



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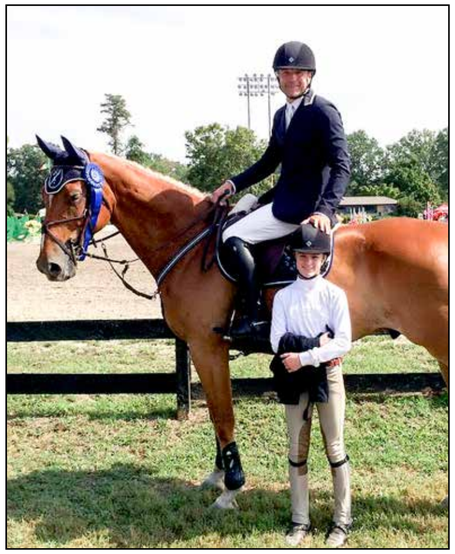
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# News of Note

## Shelby Bonnie "re-Masters" Show Jumping



Lauren R. Giannini

Shelby Bonnie, joint-Master of Piedmont Fox Hounds, returned to show jumping after an absence of more than 25 years, thanks to Joe Fargis, Middleburg-based horseman whose long and successful international jumper career includes partnership with Touch of Class that harvested individual and team gold medals at the 1984 Los Angeles Olympics.

"Joe, who I rode with many years ago, called me in the spring and said he had a really good horse, Forever Z, owned by one of his clients, Tiffany Avon," said Bonnie. "I have a great team at my farm, Lissa Green and Jenn Strickland, and the horse sounded like a good fit. The first show I picked was Upperville — literally, my home show — I crashed in my first round. We ended up doing pretty well and had some good fun during the summer."

Actually, the rosettes began at Upperville when Forever Z and Bonnie pinned fourth in Low Adult Amateurs and placed third in the Low Adult Amateur Jumper Classic. They were also third in the Low Adult Amateur Jumper Classic at Loudoun Benefit Horse Show.

In addition to his support team of Green and Strickland, who bring along foxhunters and show horses that are for sale at Clifton Stables, Bonnie began training later in the summer with Matt Holmberg, based in Middleburg. He competed in shows in the Virginia area, including two Twilight Jumpers, invitational events at Great Meadow that raise funds for Gavin and Alden Moylan's non-profit High Performance Equestrian Foundation, which offers financial aid to capable but underfunded riders.

At HITS Culpeper, two weeks after placing fourth in his first High Adult Jumper Classic, Bonnie piloted Forever Z to first place among 35 entries in the $2000 High Adult Jumper Classic. When he returned to San Francisco, he took two horses with him, including an ex-fox-hunter named Gunther, which he has been riding in 1.0-meter classes. He planned to show on the west coast until he returned home to Virginia to pick up where he left off.

Granted, Bonnie has ridden to hounds most of his life, especially with Piedmont, known worldwide for fast runs and plentiful jumping. The pace is swift and fences stout. Horsemanship is vital in the field and the ring, but navigating fences without incurring jump or time faults makes show jumping a different challenge.

Bonnie showed as a boy and young adult, but show jumping days came to a halt when he graduated from the University of Virginia. Before earning his MBA at Harvard Business School, he worked as an analyst with Morgan Stanley. His career path moved steadily upwards. He co-founded and also served as Chairman and CEO of CNET, served as CEO of Whiskey Media and, in 2012, joined Allen & Company as their one-person representative in San Francisco.

Bonnie divides his time between California and Oakley Farm in Upperville where he spent time during his formative years in the company of his grandmother, Theodora A. Randolph, the legendary Master of Piedmont. Even after Randolph stopped riding, she continued to run the farm and the hunt until her passing in 1996 at the age of 93.

"I grew up in Kentucky and, when I was 14, my parents sent me to Hotchkiss School in Connecticut where I had a really tough time. Every spring, I spent the two week break in Virginia with my grandmother," recalled Bonnie whose very horsey parents, Ned and Nina Bonnie, have a history of active involvement in foxhunting, showing and racing. "We developed a special bond. She drove a four-door blue Jaguar and we would go round the farm so she could survey what was going on. I really connected with the farm. I came back often over the years and hunted with her. She had a very strong personality. She was a good, committed horseman and horse owner. Although an infamously tough woman, she was a really good grandmother to me."

Randolph's father was Master of Myopia Hunt in Massachusetts. She was riding at three and grew up in the hunt field. During her years at Foxcroft School, she sought out her uncle, General George S. Patton, a daredevil horseman, for advanced jumping lessons. With such a genetic endowment, how could anyone field a call from a horseman like Fargis and not leap at the opportunity to show-jump again?

With his wife Carol, Bonnie has three children whom he has encouraged to find their own enthusiasms. "I've spent years driving a mini-van to my kids' sporting events and shows, and I've turned into a good amateur photographer and videographer," he said. "My sons, 17 and 15, play lacrosse and my 11-year-old daughter loves horses, hunting and showing.

"When I'm in Virginia, I get up early in the morning to ride, then I go to work," continued Bonnie. "At this level, the competition is fun. It's also mentally challenging and analytical. I've enjoyed the riding and the people. It also gives me an opportunity to show with my daughter, Virginia."

Bonnie has shared the reins of the Mastership at Piedmont for 15 years with Tad Zimmerman and, since 2009, with Gregg Ryan. He believes that fox hunting is a great community activity.

"In a world where neighbors put up fences and automatic gates and don't know each other, fox hunting has the ability to bring people together in something that honors the land and is about sharing and respect between neighbors," Bonnie said. "I'm a big believer in supporting the local horse community. At Oakley, we have the show grounds, annual point-to-point and Piedmont's opening meet. A stronger horse industry creates a need for more horse farms and less likelihood for housing developments. I hope to see the farm used for more things like the Piedmont Hunter Trials.

"I was blessed when my grandmother left her farm with me," continued Bonnie. "Besides the summer, I come back as often as I can during cubbing in October and regular season in November and December. We always spend a week in Virginia for Thanksgiving. My grandmother respected you if you rode well and you and your horse were turned out well. She didn't care if you had money or a fancy last name. She shaped the hunt to respect good sport, good riding and good horsemanship. She set a good example. I've really tried to carry on with that same spirit."










## Local Pastor Also Serves Military in Africa

Rev. Travis Moger wears two hats: pastor of Middleburg Baptist Church and chaplain in the US Navy Reserve. On June 19 he left Middleburg for a yearlong mobilization and deployment to Camp Lemonnier in Djibouti, Africa.

Located in the "Horn of Africa" at the southern end of the Red Sea, Djibouti is surrounded by the countries of Somalia, Ethiopia, and Eritrea. Over 94% of the local population is Muslim in this arid, desert country.

"It's more like the Middle East than what you typically think of as Africa," said Moger. "There aren't any elephants or giraffes here, only crows and the occasional poisonous snake."

Summertime temperatures top 100° F daily, occasionally reaching 120° F or more.

Camp Lemonnier is a US Navy base with over 4,000 personnel aboard, including all branches of the US military, foreign military personnel, and civilians.

"Despite the harsh environmental conditions, camp life is not too bad," Moger explained. "We live in small but air conditioned Containerized Living Units or CLUs (pronounced 'clues') and work in Containerized Working Units or CWUs (pronounced 'chews'), which look like metal shipping containers."

The "galley" (dining facility) provides copious amounts of delicious food and even serves hand-dipped ice cream on the weekends. There are barber shops, coffee shops, a movie theater, a general store ("The Navy Exchange"), a post office, a credit union, medical facility with operating rooms, fitness center, swimming pool, and, of course, a chapel. There's even a Subway sandwich shop, and a Pizza Hut Express is coming soon.

As the senior US military chaplain in the region, Moger leads worship, provides pastoral counseling to the troops, supervises junior chaplains and enlisted support personnel, and advises his commander concerning the impact of religion on military operations. It requires travel to outstations where there are often a small number of US military personnel.

So far Moger has visited Somalia and Kenya as part of his duties.

According to the website for Moger's unit, "Combined Joint Task Force Horn of Africa is a dynamic, operational, United States Military headquarters countering violent extremist organizations in East Africa, helping ensure the protection of the homeland, American citizens, and American interests."

According to reports from major news outlets, one of those violent extremist organizations, Somalia-based Al Shabaab killed 147 people at Garissa University College in Kenya on April 2 of this year.

"As long as there are terrorists attacking innocent people, the US will help our partner nations combat them," Moger explained. "That's why we're here."

He is scheduled to return to Middleburg in June 2016.







# News of Note

## Mosby Heritage to Host Living History Program at Sky Meadows State Park





The Mosby Heritage Area Association (MHAA) is teaming with Virginia State Parks to produce the next rendition of the well-known *Cavaliers, Courage, and Coffee* living history program on Saturday evening November 7 at 7:30 p.m. at Sky Meadows State Park, located at 11012 Edmonds Lane, Delaplane, VA.

Sky Meadows shows off a beautiful piece of the Virginia piedmont landscape and features Mount Bleak, a Civil War-era Mosby safe house, as its architectural centerpiece. Using this home and its outbuildings, MHAA's Gray Ghost Interpretive Group will bring alive the latter part of the Civil War era in the Paris-Delaplane-Upperville-Bloomfield-Rectortown area of Fauquier and Loudoun counties.

The Gray Ghost Interpretive Group members tell their Civil War tales in period dress by lantern-light, in the first person, as civilians and soldiers that passed through this war-torn region.

Mount Bleak was the home of Isaac Settle, and his son Tommy was the Medical Examiner who pronounced John Brown dead at the gallows, December 2, 1859.

When the Civil War came, Tommy became a Confederate surgeon in the cavalry.

When the "Gray Ghost" arrived on the scene to conduct guerilla warfare in 1863, the Settle home became a Mosby safe house where Mosby Rangers clandestinely boarded. While Mosby's detachment started as a simple ten cavalrymen on temporary detail to operate out of the Loudoun Valley west of Washington, his 43rd Virginia Cavalry grew into the hundreds by the summer of 1864.

Mosby became legendary on both sides, and federal cavalry searched constantly for this nimble nemesis. Sitting as it does in the Crooked Run Valley of northwestern Fauquier, Mount Bleak was in the heart of this cat and mouse game. This edition of *Cavaliers, Courage, and Coffee entitled An Autumn Night at a Mosby Safe House* will begin at 7:30 p.m. Part of the program will be conducted inside, but most of it will be outside on the grounds of Mount Bleak. Participants are urged to dress warmly and wear comfortable shoes, as walking from scene to scene will be involved.

Admission is $10 for adults, and $5 for students, which helps fund the Mosby Heritage Area Association's intensive school programming (*visit www.mosbyheritagearea.org*) and adult education. Sky Meadows State Parks collects $4 per vehicle for parking. For more information, please telephone (540) 687-5188.

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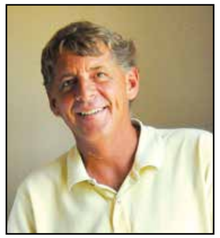
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## Indoor Air Quality Impacts Your Health and Comfort



Mike Appleton

The air you breathe inside your home could be the most polluted air you breathe all day. The Environmental Protection Agency cited indoor air pollution as one of the top five environmental risks to public health. One cubic foot of air in your home can have more than 30 million pollutants—that's 100 times more pollutants than are contained in outside air. Polluted indoor air causes 94% of all respiratory problems.

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*Mike Appleton is President of Appleton Campbell, a local, family owned heating, air conditioning, plumbing, and electrical services business. Appleton Campbell has been providing customers throughout the Greater Piedmont Region and Northern Virginia with honesty, integrity, and experience since 1976. Contact Appleton Campbell at 540.347.0765 or at appletoncampbell.com.*

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# News of Note

## Highland for the Holidays

### Bazaar Offers Superb Shop Local Opportunity




Area residents will have a great opportunity to shop for the upcoming holidays and support local charities at the Highland For the Holidays shopping bazaar from 11 a.m. to 4 p.m. on Sunday, November 22, at Highland School, 597 Broadview Avenue, Warrenton.

More than 40 regional merchants will offer their goods at the third annual bazaar, plus three Food Trucks. Bad to the Bone, Bavarian Chef, and SoBoMobile will be there to help you fuel up for shopping, keep the family busy outside while you play "Santa" inside, or make it easy to take dinner home with you after your acquisition expedition.





"We have an incredible array of vendors this year," said co-chairman Wendy Rodgers. "There is truly something for everyone! From custom-designed jewelry and clothing for men and women, to gifts for teachers, teens and children, to beautiful holiday decorations, you can take care of all your holiday shopping needs in one day."

Some of the 40 merchants participating this year include Carter & Spence, Mystique Jewelers, and Vallie's Vintage Jewelry; J. Hilburn Clothiers (men) and J. McLaughlin of Middleburg (women); A Pea in the Pot and Dianne's Rum Cakes (gourmet foods for take-home or special order); Piccadilly Ltd of Warrenton and Harriet's General of Culpeper (gifts galore); and Waterford Run Farm & Forge and Live Wreaths (locally made wreaths and decorations).

Merchandise offerings include children's books, fine, antique and costume jewelry, specialty clothing, home décor, holiday decorations, gardening items, local original art, antique linens, fine handmade woodcrafts, delicious foods, personal chef services, personalized stationery, kitchen wares, holidays plants and wreathes, gifts for pets and pet lovers, and so much more.

The $5 admission fee, with children under 12 free, will go directly to the Fauquier Family Shelter and the Fauquier Free Clinic.

"We are especially excited to help raise funds for two worthy local causes. Highland will split the proceeds of the entrance fee between these two great organizations, who always need extra help for families and children who are struggling during the holiday season," Rodgers said.

*For more information, contact Wendy Rodgers at wrodgers@infionline.net, or visit them on Facebook at HighlandFortheHolidays.*








## "Whale Wisdom Dolphin Joy" & More From Rectortown Resident

Lauren R. Giannini

June Sananjaleen Hughes lives in the historic village of Rectortown where she tends the Garden of Sananda and offers workshops in Energy Healing, Animal Communications, Flower Essences, the Bulgarian circle dance called Paneurhythmy, and Cetaceans and Us – the Sacred Trust.

The author of several books, including her most recent, "Whale Wisdom Dolphin Joy," a joyous collection of meditative communications, Hughes recently attended the Cetacean Summit as a breakout speaker in Dana Point, California.

"It was an amazing gathering of people, a wonderful conference, and we went out on a boat for several hours and were surrounded by hundreds of dolphins," said Hughes. ""They were swimming with the boat, around and under it. There were individual groups and pods coming from all different directions — exhilarating, inspirational and totally awesome."

British-born and raised, she traveled around the world several times as an equestrian professional whenever possible, but also took jobs harvesting crops and waitressing. She was one of the first females to work in an Irish racing stable and as a Jilleroo on an Australian cattle station. She competed in point-to-points, eventing and show jumping, and taught riding in Israel. In 1962, she served as flight attendant for a cargo of horses being shipped to the U.S., which resulted in making horse country Virginia her home.

After hanging up her tack, Hughes began a series of joyous adventures with the cetaceans, which inspired her to write "The Dolphin Ones" in 1991. "These were meditational experiences in which the dolphins took me into their world to show and tell — amazing things," said Hughes.

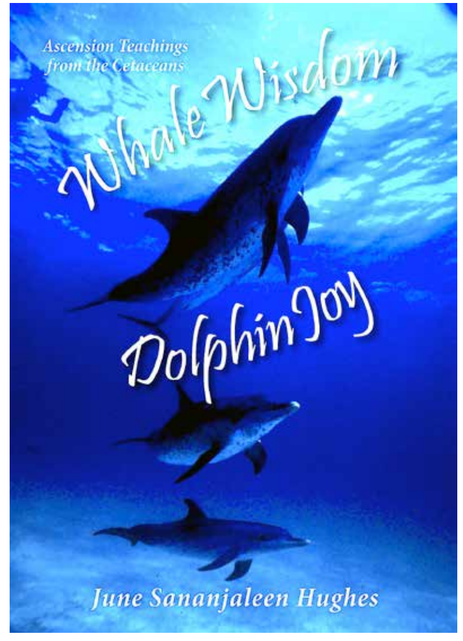
"Whale Wisdom Dolphin Joy" is comprised of messages or lessons received in a deep meditative state. Each one takes only a few minutes to read, providing a relaxing time-out during busy days or at night.

"Whale Wisdom Dolphin Joy" offers help to anyone hoping for a more light-filled, joyous existence and greater harmony in today's frenetic world. At the simplest level, the messages from these highly evolved marine mammals bring comfort, stress relief and peace of mind.

In addition to meditative experiences, Hughes has swum with dolphins in the Bahamas and Hawaii and with whales off the north coast of the Dominican Republic, and way out in the Caribbean off Salt Cay Island.

"There are many places around the world where you can swim with dolphins — off the coast of Spain and with pink dolphins in the Amazon River," said Hughes. "I'd like to go back to the Bahamas where the water is warmer and because I'm very partial to the Spotted Dolphins, which are big and very playful. Also, I want to visit the Humpbacks of Panama and the Grey Whales of Baja, California."

*For more information and to order books, please contact Hughes via email: sananda@erols.com or visit her website: www.gardenofsananda.com*




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# News of Note

## Artists Unite to Support Boulder Crest Retreat for Military and Veteran Wellness





Boulder Crest Retreat for Military and Veteran Wellness (Boulder Crest Retreat) will host the 11th annual regional art event, "Art in the Foothills," October 24-25, at A. James Clark Lodge in the historic village of Bluemont, Virginia.

Nestled in the foothills of the Blue Ridge Mountains, Bluemont is unique - one of the only old villages off Route 7 that still retains the rich character of the late 19th century.

"Over the years Art in the Foothills has worked to raise funds for the restoration of the Snickersville Academy," says Betty Potter, founder of the show. The Academy was built in 1825 to serve as a church, school and community meeting hall in Bluemont.

This year, current Chair, artist Jill Perla and Co-Chair, Bluemont resident Betty Potter, are delighted that Boulder Crest Retreat is hosting Art in the Foothills. The rural setting of the Retreat is critical to the rest, reconnection and recharging process, and holds a special connection to our nation's service members and veterans, many of whom hail from rural settings.

Pastoral views and lovely buildings are the perfect backdrop to highlight Art in the Foothills' dual mission of showcasing the depth of artistic talent in our region while offering support to a wonderful organization. Proceeds from the show will help our combat veterans rest and reconnect with their families in a peaceful environment.

The event features thirty-nine juried artists with works to include painting, drawing, graphics, sculpture, photography and mixed media. The event is free and open to the public, children are welcome. October 24-25, 10:00 am to 5:00 pm. For details please visit, www.ArtInTheFoothills.org.


Christmas In Middleburg

A full season of Joy! Dozens of events and activities in Middleburg, Virginia from November through December!
Our special Family Festival Day, Saturday, December 5th
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Photos Dee Dee Hubbard






## What You Don't Know About Propane – but Should

### Answers and Insights that could save you $1,000s

Dale Schulz

**Where Does Propane Come From?**

Propane is a by-product of drilling for Natural Gas (Methane). All propane in our area comes from North America. The U.S. is a net exporter of propane, primarily to Central and South America. The propane is separated from the methane, butane, and ethane at the refinery. Propane is transported to our area via rail and pipelines. If propane did not exist, someone would have invent a similar product. It is that useful.

**Is Propane less costly than home heating oil and diesel fuel?**

Adjusted for BTUs, propane is about $1.00/gallon less than either home heating oil or diesel. This why school districts around the Country are converting their school bus fleets to operate on propane. It is not only saving them money, but equally important propane burns cleaner than diesel. Hunt Country Propane only sells clean burning propane.

**We recently purchased a new home and were told that the tank was owned by the propane company. How did this happen?**

Your builder, typically a production builder, struck a deal with the propane company where the propane company would provide the tank free of charge to the builder and the propane company would own the tank and lease it to you. It was a good deal for the propane company and the builder, but not for you. The problem is people who don't own their tank pay significantly more than those who own their tank -in some cases, $2.00/gallon more. In effect, people who don't own their tanks are subsidizing the price of those who do own their tank. In building custom homes for nearly 28-years in our area we never built a home that the owner did not own the tank when they moved in. Our clients would never have accepted such an arrangement. Over the lifetime of homeownership, you could pay $15,000 - $20,000 more for propane if you don't own your tank than your neighbors who do own their tank.

**Question 4. What is a Minimum Usage Fee?**

If you are leasing tank and don't use what the propane company has projected you should use, you will be charge a Minimum Usage Fee ("Muffie") at the end of the Winter season. The #1 reason for your not using the minimum is typically due to a warmer than normal Winter. This fee can be $200-$300. The Winter was milder than usual in 2011-2012 and thousands of propane users were billed for a Minimum Usage Fees in April. Hunt Country Propane does not have a MUF. Never has. Read your contract and see if you have a Minimum Usage Fee. It's not reasonable – you don't control the weather.

**What areas does Hunt Country Propane deliver to?**

We are small, local propane company who currently only delivers in Loudoun, Fauquier, Prince William, Clarke and Frederick Counties in Virginia. We are growing rapidly in this limited market area. We have no plans to expand beyond this area at this time. Every day we get calls from people wanting to become Hunt Country Propane members and save on propane. It only takes a 5-minute call to switch. It couldn't be easier.

**Does your Hunt Country Propane provide other services?**

We are one of the largest KOHLER generator installers in the area. As a propane company, we can provide a 500 and 1,000 gallon tanks for the generator which will allow the KOHLER generator to operate up to 8-16 days continuously should you lose power at your home. Our KOHLER generators are fully automatic. Being a propane company we can provide a turn-key solution. If there was a better standby-generator for residential use, we'd be selling it. Unlike others, KOHLER generators have commercial-rated engines.

**What can I do to make my home significantly safer at minimal cost?**



The number #1 thing you can do to improve the safety of your home is to purchase and install a combination CO/Propane detectors in areas of the home you have gas appliances, for example, the basement. These Carbon Monoxide/Propane detectors can be purchased local or online from Home Depot and Lowes. They cost approximately $40/each. Have a CO/Propane detector is as important, maybe even more important, than having smoke detectors in the home. If you have gas appliances in multiple locations purchase detectors for all these locations. They could save your life!




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— Dale Schulz

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# News of Note

## Construction, Impacts and Improvements

### Middleburg Town Council Report

Continued from Page 1



BEFORE



BEFORE



PENDLETON & WASHINGTON STREET AFTER



MADISON & WASHINGTON STREET AFTER

**VISUALIZATION OF TRAFFIC CALMING CONSEPT**

**INOVA Loudoun**

INOVA Loudoun CEO Patrick Walters appeared before Council on October 8 to provide an update the organization's new programs and master plan. Walters, a 40-year veteran with INOVA Loudoun has served as CEO for the last four years.

INOVA Loudoun, he said, employs roughly 1,400 people directly and has working relationships with around 700 physicians. It serves seventeen thousand patients admitted for overnight stays each year and serves some 70,000 people per year in its emergency rooms.

Walters noted that " . . . while Loudoun County was a very wealthy county, there were also a lot people with no insurance or who had Medicaid. He reported that last year, sixteen percent of their emergency room patients did not have insurance and twelve percent had Medicaid."

In the Middleburg area, Walters, said, INOVA Loudoun had "a long-term partnership with Glenwood Park," left in trust by Daniel Sands with revenues designated for use by the hospital "to support patients without care insurance." The Park had recently hosted the Fall Races and a Southern BBQ. Health/wellness presentations are regularly scheduled at the Middleburg Community Center, and INOVA Loudoun often teams with A Place To Be for music therapy.

Noting that the hospital INVOVA Loudoun's Lansdowne facilty "was undersized from the day it opened," Walters reported that redevelopment of the Cornwell Campus in Leesburg was a first priority

A new health flex facility opens this month at the intersection of the Loudoun County Parkway and the Greenway, "with twenty-four hour emergency room services, as well as imaging and physician services."

In November construction begins on a new bed tower, a new birthing unit and an Intensive Care Unit double it current size. Walters noted, "they hoped to have the facility complete in 2019 and open in 2020. "

**Water and Sewer**

Terry Inboden, of IES reported that the Town's new water treatment facilities had processed some 4.6 million gallons of water last year, and that water retuned to local streams by the facility was "cleaner than the stream itself."

Imboden also confirmed IES was not keeping as large an inventory of water in the system as before, and by doing so were better able to handle heavy rainfall events.

Currently Imboden is working with his team's night shift in order to flush the Town's water lines. According to Imboden IES was using a lot of water and "flushing the lines long and hard in order to scrub "stuff" from the mains."

**Snow Removal**

As a sure sign of Winter, Town Administrator Martha Semmes reported that Tilton Enterprises had been awarded the Town's snow removal contract for the upcoming season. Tilton had helped the former contractor, Bart Wines, in the past. Wines, she reported, "was not available this year as he was having shoulder surgery. "

**Building Heights**

Councilmember Kevin Hazard noted that the Town's Planning Commission is currently "exploring changes to the Town's building height restrictions."

A few years ago, Hazard pointed out, the Town had reduced the height limit in the R-2 District from thirty-five to thirty feet. In anticipation of changes in the Town's R-3 District, Hazard said, the Commission "believed it should look at changing the height limit there as well."

He confirmed that the Commission's main goal was "to keep development in conformance with what the remainder of the town was like on a scale basis."

**Credit Card Limit Raised**

Middleburg's official Town Credit Cards are currently are currently limited to no more than $1,000 in charges each. According to Town Administrator Semmes, that sometimes creates problems "when purchasing large items, such as the new television for the Council Chambers."

In response to her request, Council voted to increase the limit on both the Town Administrator's and Economic Development Coordinator's credits cards to $2,500 each.




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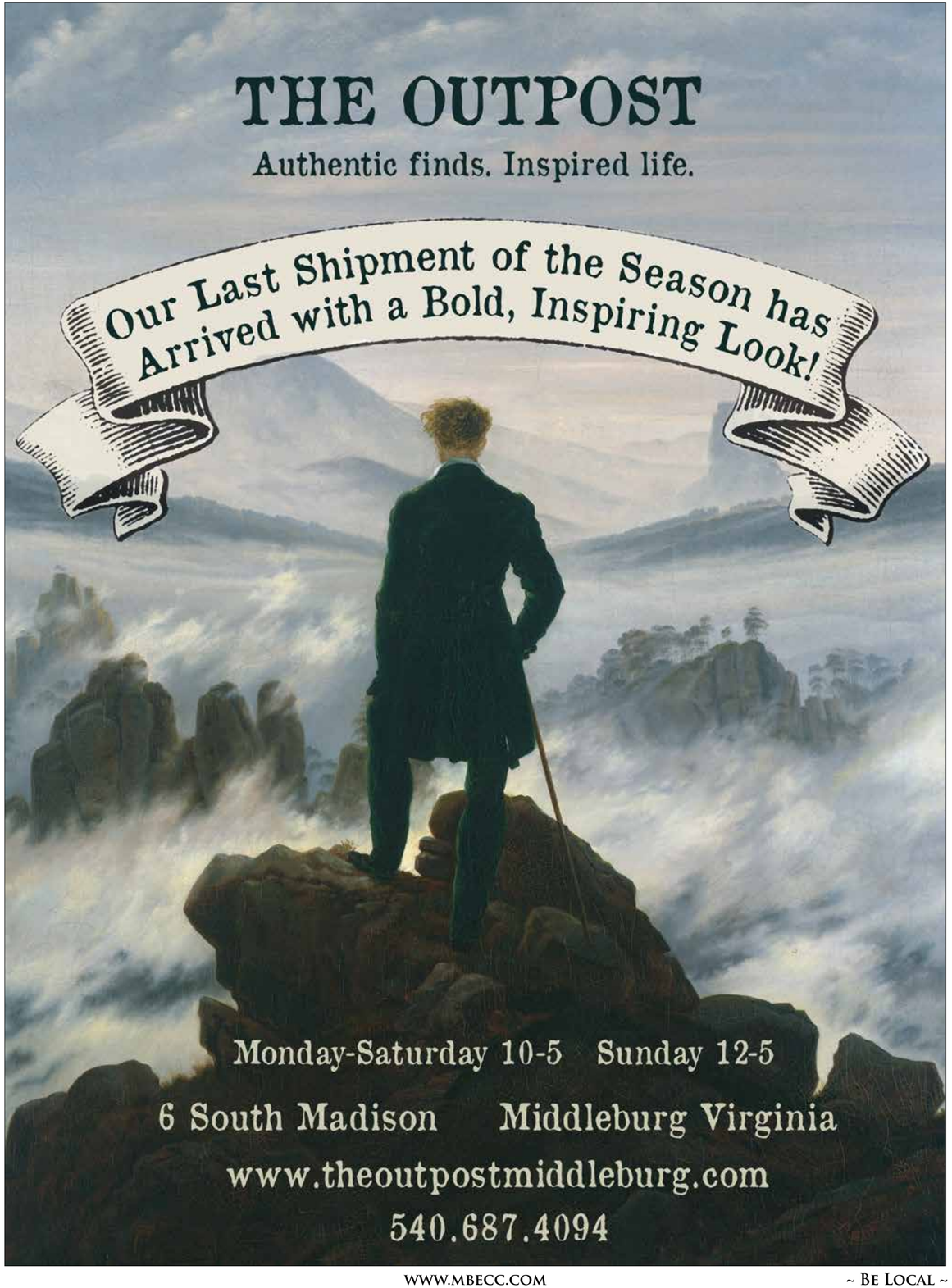
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# News of Note

## Kathy Kusner's Inspiring Clinic



Photos by Teresa Ramsay

Dorna Taintor, (Waterford, VA), Alison Wichman, (MD), Iris, (Windsor Farm, Upperville, VA), Kathy Kusner, (Los Angeles, CA), Miranda Scott, Jessica Matelis, (Washington, DC, Zone 3 Finals Champion), Lizzy Traband, (State College, PA),Bailey Doloff (MD).

Miranda Scott

Kathy Kusner has done clinics for me for over 15 years. I Learn something new every time. She is my teacher, my mentor and my best friend. I have accomplished things I never thought possible because of her teaching and her encouragement.



Kathy Kusner and Miranda Scott

Dorna Taintor hosted our October clinic at her historic Belmont Farm in Waterford, VA. We had a morning session and afternoon session Saturday 10/10 and Sunday 10/11. Participants brought their young horses from Maryland and Virginia. Windsor Farm brought a few of their young horses from Upperville, VA and Lizzy Traband from State College, PA, who Kathy named "Lizzy the Fierce" rode in every session. Kathy's longtime great friend, Joe Fargis, sent some of his students Emily Day, Alison Wichman and Allen Richards. Dorna Taunter rode in every session as well as her students, such as Bailey Doloff from Maryland. Teresa Ramsay came to photograph the fun.

Every person who rode in the clinic seemed to walk away with a new change for the better. Kathy's teaching style is definitely unique; all sorts of doors to possibilities open, and things that seemed impossible to do are easily accomplished! A big lesson we learn from her is to not limit ourselves, and to believe "it can be done!" I grew up with limited funds, I never thought I would be able to compete and place, in the jumper division, much less, show and place in Grand Prixs and International 1.40 - 1.50 m classes in Wellington, FL, but I have!!! It is because of what I have learned from Kathy.

Dorna Taintor has offered to have Kathy back in the spring. I encourage anyone who can, to be a part of this learning, inspiring and fun experience.



Miranda Scott

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- Legislator of the Year by the Virginia Treasurers Association
- Legislator of the Year by the Virginia Court Clerks Association
- Legislator of the Year by Commissioners of the Revenue State Association
- In 2014, only Senator to receive a 100% score from the Northern Virginia Chamber Partnership
- Scored 100% on League of Conservation Voters Legislative ranking for 2015 session
- "A+" rating by the NRA
- Endorsed by the Virginia Farm Bureau
- Legislative Champion Award by the Virginia Education Association
- Endorsed by the Virginia Education Association

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- Senate Finance Committee
- Courts of Justice Committee
- General Laws and Technology Committee
- Chairman, Privileges and Elections Committee
- Rules Committee
- Chairman, Finance Subcommittee on General Government
- Board Trustee of the Land Conservation Foundation
- Co-chair, Joint Subcommittee to Evaluate Tax Preferences
- Prison Re-Entry Commission
- Governor's Transportation Workgroup
- Domestic Violence Prevention and Response Advisory Board
- Co-chair, Joint Subcommittee to Study Development and Land Use Tools
- Governor's Commission on Parole Review

### LEGISLATIVE ACCOMPLISHMENT

During her time in the Senate, Senator Jill Vogel has patroned critical legislation addressing jobs and business expansion, tax reform, agriculture, land use, education, energy, healthcare, insurance reform, autism, women's health, science and technology, veterans services and government reorganization.

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# Places & Faces

## Windy Hill Fashion Show

Salamander Resort & Spa, Photos By TDee Dee Hubbard and Jay Hubbard



Right On Band presented Shiela Johnson with her very own Glittery Gold Go Go Boots



Nerissa Brown and Melissa DeMouche Lamb



Michele Kaplan and Bob Foosaner



Lisa Patterson, Matt Cahir and Randy Beeman



Kim Hart, Ann Northrup and Barbara Wilson



Prem Devadas, Bethann Beeman, Donna Devadas and Reggie Cooper







Kim Hart



Shiela Johnson



Bethann Beeman, and Beth Ann Mascatello



Teresa Thomas and Judy Washburn



Holder & Heather Trumbo and Tim & Melanie Burch



Tara Wegdam, Birgette Wilson and Juanita Craun



Helen Wiley, Ann Macleod, Bethann Beeman, Beth Ann Mascatello



Laura Vermillion & "Juno"



Forest Allen

# Places & Faces

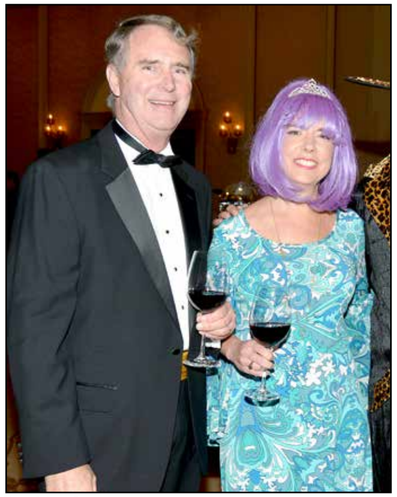
## Windy Hill Fashion Show

Salamander Resort & Spa, Photos By Dee Dee Hubbard and Jay Hubbard



Alyn Beauchamp, Narissa Brown, Bethann Beeman, Jay Hubbard, Beth Ann Mascatello, Melissa DeMouche Lamb and Donna Barkley







Tom & Lisa Patterson



Tom Northrup andSheila Johnson & Bill Newman



Cindy Pearson, Jamie Person, Alyn Beauchamp, Junita Canard, Sylvia Fleming



Mr. & Mrs. Thomas Garnette



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# Places & Faces

## Blue Ridge Wild Life Center Creatures of the Night Soirée

On the grounds of "Woodside" in Millwood, Virginia ~ Photos By Nancy Kleck and Dee Dee Hubbard



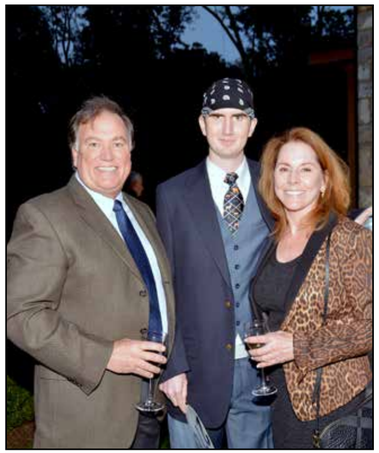

Linda Armbruster & Barbara Batterton



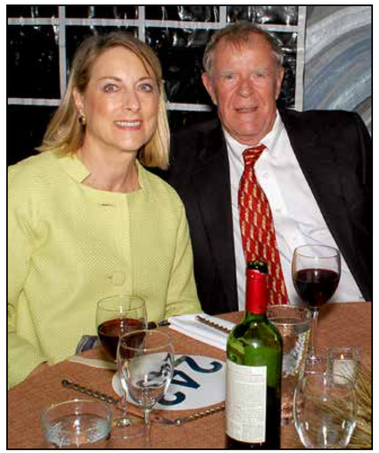
Brad & Bailey Davis



Brian Lichorwic & Lauri Addis



Kent Allen, Forest Allen & Rae Stone




Tressa & Hank Reuling



Phil & Anne Marstiller

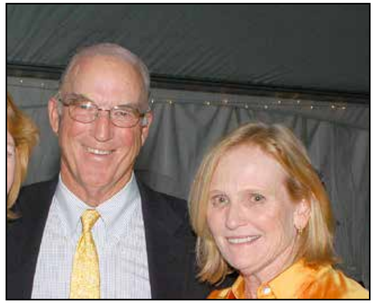
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Blue Ridge Wild Life Center's Creatures of the Night



Andrew Shiffler and Laurie Volk




Bundles Murdock, Frannie Crawford and Anne McIntosh



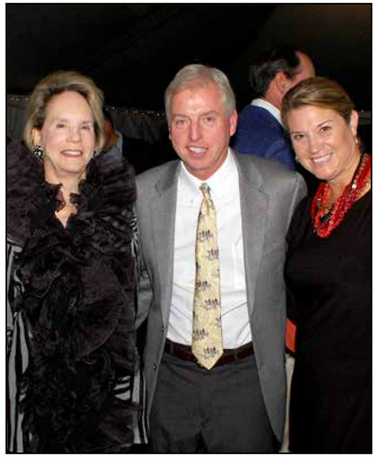

Linden Ryan




Charles Ellison and Barbara Batterton



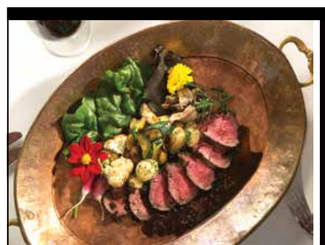
Melanie & Peter Hitchen



Mimi Abel Smith, Jeff & Sondra LeJew



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# Places & Faces

## Loudoun Laurels Honor Wyatt and Lambert

Photos By Sarah Huntington

Hundreds of Loudoun County VIP's, friends and colleagues met recently at River Creek Club in Leesburg to honor Cate Magennis Wyatt and J. Hamilton Lambert. Wyatt, founder of The Journey Through Hallowed Ground, is a state and local civic leader. J. Lambert who had a distinguished career in Northern Virginia government service, now leads the Claude Moore Charitable Foundation. "Both these individuals exemplify the qualities of stewardship and leadership our organization was founded to serve," noted Loudoun Laurels Chairman Joe May.



The Laureates, 1008-2015. Front row (l to r) Judy Washburn, Su Webb, J. Hamilton Lambert, Cate Magennis Wyatt, Stanley Caulkins. Back row (l to r) Joe May, Childs Burden, Eugene Scheel, Joe Boling, Jack Cook, Karen Russell, Kim Hart, Jim Robert, Bob Sevila. Absent Ed Hatrick and Paul Ziluca. Absent 2012 Laureate Fred Drummond



2008 Laureate Kim Hart and 2010 Laureate Judy Washburn



Gen. and Mrs. Charles Williams



2014 Laureate Joe Boling and Debby Boling



Laureate Joe May and 2014 Laureate Joe Boling



Laureate Dr. Jack and Di Cook



Christine and Christian Fabian



2015 Laureate Cate Magennis Wyatt and 2008 Laureate Childs Burden



2009 Laureate Karen Russell, Doug Whitesell and 2011 Laureate Jim Roberts



Ford Wyatt, 2015 Laureate Cate Magennis Wyatt, Cat Wyatt



2015 Laureate J. Hamilton Lambert and Cathy Lambert



L to R. 2009 Laureate Karen Russell, Susan Styer, Norman Styer, Tom Jewell, and 2013 Laureate Su Webb



Bobby May, Joe May, Cate Magennis Wyatt and Scott York

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# Places & Faces

## Virginia Fall Races Calcutta

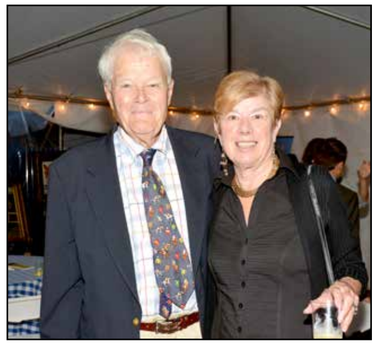
Glenwood Park, Middleburg, VA ~ Photos by Val Durban and Dee Dee Hubbard




Photo by: Val Durban



Pippy McCormack, Diane & Will Russell and Julie Matheson



Bruce Smart and Barbara Burian



L to R : Kim Capper, A Place to Be; Christmas in Middleburg Organizer Jim Herbert, Inova Loudoun Hospital CEO H. Patrick Walters; Tom Sweitzer, A Place to Be



Margaret & Trowbridge Littleton



The Band!!



Suzy Quinn, Kimm Tapper and Tom Sweitzer







Medical Director of Emergency Services at Inova Loudoun Hospital Dr. Ed Puccio, Cricket Bedford.



L to R: Inova Loudoun Hospital PR Manager Renee Brohard; Medical Director of Emergency Services at Inova Loudoun Hospital Dr. Ed Puccio; Marketing Executive, Inova Loudoun Hospital Melanie Allen



Perry & Melanie Mathewes, Jim Herbert



L to R: Inova Loudoun Hospital Foundation Trustee David Bosserman and wife Amy; Inova Loudoun Hospital Foundation Chair Steve Frederickson; Virginia Fall Races and Inova Loudoun Hospital Foundation Trustee Cricket Bedford.

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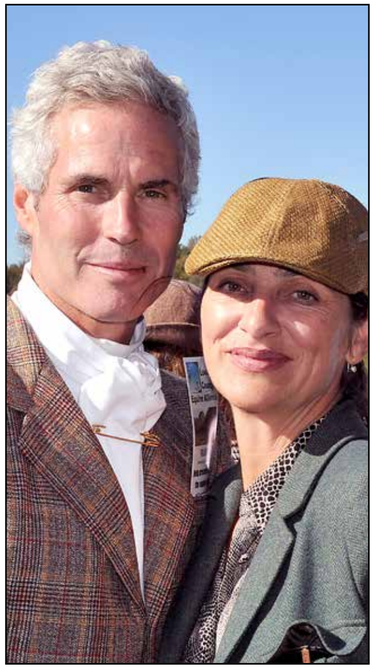
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# Places & Faces

## Virginia Fall Races

Glenwood Park, Middleburg, VA ~ Photos by Lauren Gianinni



Marta & Larry Campbell




Trophy presentation to Straight To It, owned by Sheila Williams & Andre Brewster, ridden by Sean McDermott, winner of the National Sporting Library & Musum Cup, in honor of George L. Ohrstrom Jr.



Doug Kemmerer, Jazz Napravnik, Queenie Kemmerer



Hill School Tail Gate



Jack Fisher and Douglas Less



David Hartley, Middleburg Bank & Middleburg Trust Company, presents the Daniel C. Sands Cup, won by Dunluce Castle (IRE), Mrs. Irvin Naylor, Paddy Young



Jacqueline Ohrstrom, David Blake, Bob Heggestad, Rose Marie Bogley and Jim Green







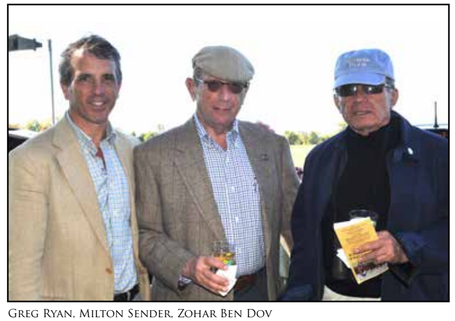
Celtic Venture ladies racing syndicate



Robert Bonnie presents the Theodora A. Randolph Cup, won by Paris Vegas, ridden by Jack Doyle, trained by Elizabeth Voss



Ann MacLeod, Mary Kay Garwood - going into 25th year as Director of the Pink Box, Middleburg's visitor center, Gordon Keys



Greg Ryan, Milton Sender, Zohar Ben Dov

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# Places & Faces

## Cherry Blossom Raises Over $50,000

Foxcroft School, Middleburg, Virginia

Middleburg Bank Associates Help Cherry Blossom Raise Over $50,000

James Atkins, Chairman of the Cherry Blossom Breast Cancer Foundation, conveyed his sincere gratitude and appreciation to the many Middleburg Bank Associates who helped the organization raise over $50,000 in their Ashburn and Middleburg walks.

Middleburg Bank Associates who participated in the Foundations 2015 Walk initiatives included Gary Shook, David Hartley, Joe Boling, Brittany Harshman, Jamie Pearson, Jenna Jones, Tammy Frazier, Teresa Stine, Aliaa Green Finnegan, Sharon Legg, Tamma Payne, Karen Kasen, Elizabeth Sharples, Sarah Burman, Sheila Nix, Melana Ross, mgrooms, Annette Morgan, James Whirly, Aurea Doust.

"Middleburg Bank is a great asset to the Loudoun Community," explained Atkins. "We could not be as effective in our mission of helping local women with breast cancer without you."

"On behalf of our Board, I thank each one of you," Atkins continued.



Stephanie Knapp and Cathy McGehee









Middleburg Bank Volunteers






Kay Colgan, herry Blossom Foundation Board.








Middleburg Maryor Betsy Davis and Vice Mayor Darlene Kirk







Get the Biz Buzz!

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

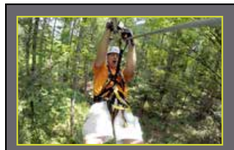
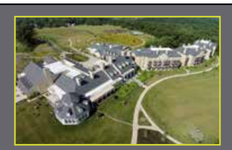
Tuesday, November 10
5:30-7:30 p.m.

Middleburg Bank
111 West Washington Street



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

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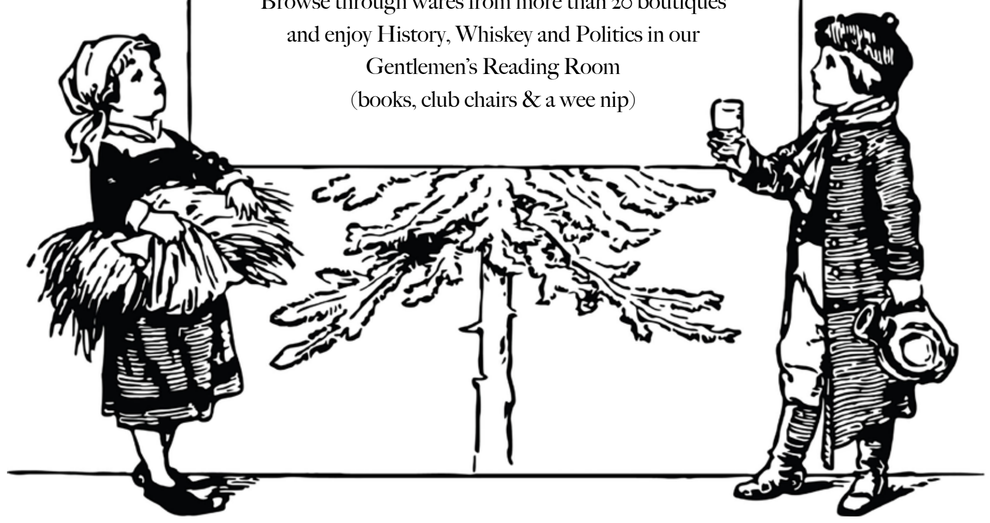
# The Christmas Shop

Emmanuel Episcopal Church
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November 5th, 6th & 7th
Daily from 9:30am - 5pm

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Middleburg, Virginia

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and enjoy History, Whiskey and Politics in our
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(books, club chairs & a wee nip)







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## Friday December 4th at 6:30 pm

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Don't miss the tree-lighting at the Pink Box in town at 5:00

(Tree-Lighting sponsored by the Middleburg Business and Professional Association)

# Pastimes

## Ornamental Kale and Cabbage



Karen Rexrode

Once cold weather settles in, choices for containers and seasonal displays are not overwhelming. Pansies and violas come to mind, a few choice perennials like euphorbia, heucheras and carex are also popular. One cold season vegetable seems to get no respect, yet give amazing color and cold tolerance, I'm referring to the ornamental kale and cabbage. Technically known as Brassica oleracae var. acephala, or simply brassica, which is the classical Latin name for cabbage. Members of the family produce flowers, although we refer to them as flowering kale and cabbage, in reference to the pretty foliage. In the mustard family, brassicaceae contain almost 4,000 species of plants, with a few ornamental members, actually grown for their flowers, like iberis or candytuft and honesty or the money plant (Lunaria annua).

The cabbage family originated in the Mediterranean region. Travelers and explorers carried seed to other parts of the world and records show that varieties of kale have been grown for thousands of years. The word kale is Scottish, adapted from the Roman name "cole". Popular in Scotland and China, a staple in their diet.

It is the Japanese that hybridized solely for ornament. Howard Dorsett, an astute employee of the U.S. Department of Agriculture discovered the ornamental kales in Japan in 1929. Plants first appeared in catalogs in 1936, their initial introduction into this country and first opportunity for garden testing. Not intended to be used as vegetables, if they do make it to the plate, it is simply as a garnish. Out of doors, in pot or garden, they do best when temperatures fall below 50 degrees. The foliage becomes more colorful with centers of white, pink, or purple. In protected areas, where temperatures do not fall below 15 degrees, they can remain all winter, particularly the kale.

Certainly not perfect, before a killing frost or freeze they can be eaten by the cabbage looper, a small green worm that can skeletonize the leaves. I generally pick them off, it's the simplest way. Warm temperatures will cause the stems to elongate, another reason to buy them when cool temperatures are the norm. Growers spray them with a growth retardant, not something the home owner can or will do.

The arrival of 'Redbor' kale elevated the whole group to new heights. Purple foliage gets darker as temperatures drop and it's highly likely that it will over winter, even putting up a nice display of yellow flowers in spring. I love to plant them with peonies since they flower together. The ornamental cabbage can be stunning as the centers turn bright colors while more tender plants go dormant or fade away. Matching them with pansies really is the perfect solution when you want just a bit more for fall and early winter.



## The Artist's Perspective

Tom Neel



My dearly departed Aunt Dottie was a professional photographer. There was never a shortage of wonderful framed portrait photographs around, especially of my beautiful mother and my brother David and me. Later in life she took up painting and I must admit, while her talent as a photographer never translated to her paintings, she certainly enjoyed herself.

Then I can remember my brother then taking up photography. You have to think back on a time when cameras were expensive, as was film and processing. We also had Polaroid cameras and other Instamatic type cameras, but his was a real 35mm. If not for my brother, my early days of motorcycling would just be mental memories. But because of his hobby, I can trace it back to the first new motorcycle I bought in 1973. Pretty cool.

My turn came next, when I purchased a Canon AE-1 around 1978. It was the latest greatest thing from Canon back then, because it was the first SLR camera with a microprocessor and several other technological advances. One memory I have with this, my first real camera, was holding it and a bee landing on my hand, startling me and dropping it. Thankfully it landed on the edge of the lends which had a filter on it, saving me from disaster.

The bug had bitten me though and I was a crazed young man who fell in love with photography. Over the next three or four years I dropped north of $10,000. on purchasing two Canon F-1s, a Mamiya 6X7 large format and many lenses. I developed my own color transparencies too. One must think back on this being both over 30 years ago and single focal length lenses were still the thing. Zooms were more or less a new thing and not thought of as quality.

Time marched on, as have cameras and digital came to be. I can recall when Linda and I worked for a fine art publisher, seeing my first digital camera. It was such new technology and could only be used in a studio. The camera itself was the size of an old video camera. It was on a tripod with a cable coming out the back and it made its way across the floor to the memory banks that would fill up a living room. It makes me chuckle how far we've come.

My last trip to Europe with film, about 15 years ago, netted me a processing bill of $900. and soon after, I purchased my first digital camera, a 3 mega pixel Fuji with some memory and an extra battery, all for $1,200. Since, I've purchased about 10 digital cameras and it's amazing most of all, how inexpensive memory cards have become.

Today the proliferation of cameras is much like radios of years ago, only they're way better. Who would have ever thought the phone would have been the catalyst to a photo crazy world, and not just photos, video too! It's amazing today that you can buy a state-of-the-art camera for $400., which not only includes a state-of-the-art video camera, but it also has a phone and a computer included. Anyone who looks at these devises as expensive is not comprehending how incredibly inexpensive they really are.

Artistically though, what I love today is how people are so freely communicating with a camera. The old principle of a picture being worth a thousand words is not being lost on Facebook, that's for sure. One posted photo can brighten someone's [or hundreds of someone's] day. One photo or video can tell us a story, tell us the truth, make a point, expand our minds, start a dialog or debate, make us feel love, or hate, or hungry. Photography was always important from its inception, but today I dare to say, photography is easily the number one form of artist expression.

The one thing that hasn't changed, is you must alway focus on the story. Think of the thousand words you are replacing with every shot you take. Your photos will mean even more.

*Live An Artful Life, Tom*





## Liz & Cooper

A girl and their dogs



## Should you workout harder?

Kay Colgan
Certified Fitness Professional

Being a fitness professional for more than twenty-five plus years has allowed me the opportunity to see fitness trends come and go. When I was in the early stages of my career in fitness, the rage was high impact aerobics. Then, came low impact aerobics, step aerobics, cross training, and so on. But now it seems more hybrid programs are popping up such as extreme boot camp classes, power yoga, power pilates, etc. It appears the higher the intensity, the better. But, is harder or higher intensity the best choice for you?

First, we must acknowledge that not all exercise programs are the right fit for all individuals. Elite athletes do extreme workouts that are appropriate for their sport, but not the average fitness client. Some times, we get confused in what our goals are and what we are looking to achieve. Many variables have to be considered when developing a fitness program. Clients need to have concrete health and fitness goals. Ask yourself a few questions before beginning any training program. Such as; what is the goal of my working out? To lose weight, get healthy or train for an iron man. Maybe you want to try body building. As you can see, each of these fitness goals require a different training approach. Athletes from all walks of life train differently depending on what season they are in. The off season training is very different then when they are in season. But for most of us, being fit does not equate to extreme training programs.

Second, your joints need to last a life time. Grinding away on a regular basis of extreme training just might lead you to the orthopedist and physical therapist. Baby boomers, yes I am one, tend to push the envelope in all areas of life including fitness. I agree that we are at a time in our lives that age really does not limit what we can do. People of all ages are doing amazing things. Running marathons at 100! I bet they train smarter, not harder. Because exercising smart is a much safer bet to protect soft tissues and joints so exercise can continue to be a part of life. One major injury can really put a halt to the best intended exercise program. Remember the "no pain, no gain" motto, well we put that to rest decades ago. Exercise and pain do not go hand in hand. A good fitness program should not be painful. Yes you should feel the work, but not to the point of pain. Pain is an indicator that something is wrong.

Many certified fitness professionals from all walks of life are suspicious of workouts that are of extreme intensity. Research continues to be ongoing and the injuries from some of these types of workouts are being reported. For now, make sure fitness goals are clear and your workout is not compromising your ability to continue to live an active and healthy life. After all, working out should replenish you, not deplete you. The best indicator of a workout is how you feel doing it and afterwards. If you can't walk the next day, then reevaluate. Exercise should always be a part of your life, soreness should not. Some people believe if they are not sore, then they did not work hard enough. In all actuality they worked too hard and injured their muscles. But it seems, we some how keep going back to that slogan "no pain, no gain". It did not work decades ago, and it really is counter productive today. Replenish yourself with your exercise program and forget about restrictive exercising and diets. A whole foods diet with plenty of valuable nutrients coupled with an exercise program that fits you is a win-win formula. Top it off with a circle of family and friends that support you in your healthy lifestyle. In other words, enjoy your life.

For more information about fitness, please contact Kay Colgan at Middleb

*For more information about health and fitness, please contact Kay Colgan, at Middleburg Pilates and Personal Training, 14 S. Madison Street, Middleburg, Va. or call 540-687-6995.*



# Pastimes

## Happy Anniversary Nick

### Sincerely, Me

Brandy Greenwell

On November 6, 2010 my husband and I got married and this year we celebrate 5 years of marital bliss. My husband loves cheese so here is the ultimate cheesy gesture and PDA: Happy Anniversary, Mr. Greenwell!

Our courtship was very short though we had been the best of friends for several years. On February 3 he told me he was in love with me, on July 3 he asked me to marry him and November 6 of the same year, we said "I do". No, it wasn't a shotgun scenario, just love. True love.

Anyone who is married or has been married knows it isn't always rainbows and unicorns but they say if you can make it 5 years, you have a better chance of reaching 'till death do us part. So with that are a few pieces of martial advice, Greenwell style.

Arguments happen. Some are big, some are small, and some can cause you not to speak for a few days. In our first year, we had a silent period over what I honestly cannot remember. I do, however, remember making up and how it shaped all future spats. Upon entering our home, I saw a beautiful bouquet of flowers and my husband wearing the most amusing glasses. The special glasses broke the silence and framed the apology. They were Buddy Holly style with eyebrows and a giant (insert word that rhymes with Nick and starts with a D) as a nose. You can imagine the sight! Our apologies from then on consisted of simply one of us putting on the glasses to admit we were being a (insert above word)-head which brought laughter and quick resolution. Last year we passed along those glasses to newlywed friends with the advice of always finding humor and humility in fighting.

Cherish tradition. Since being married, we have given homemade Christmas presents to keep the theme more on the thought, rather than the gift. My husband's home-mades always trump mine despite my best efforts, but one of these years I will outdo him. Traditions are bonds that grow stronger each year.

Be friends. Life is so much sweeter when you have common interests and actually like to hang out with your spouse. Friendship was the origin of our relationship so we had a plutonic love and understanding prior to that first, awkward smooch when my best friend stuck his tongue down my throat.

Be physical every day. Ok, not that what you just thought of isn't important, but it is not quite what I mean. I mean, hold hands, hug, kiss,



put a hand on a knee, and go to sleep with a leg intertwined just to connect. It does make a difference and let's be honest, it feels great to simply feel the fingerprint of someone who loves you.

And lastly, never forget to say "I love you". Do it often and with meaning. Nick Greenwell, I love you and look forward to our forever.

## The Loudoun Laurels

### Waterworld

Richard A. Engberg

For the first time since I began writing about water for the Eccentric, I'm going to write about something else. This article is about an organization in Loudoun County that I've developed enormous respect for over the last several years, The Loudoun Laurels Foundation.

On Friday, October 9th, I was privileged to attend my 6th Loudoun Laurels Banquet and Program. This annual event which is the culmination of a year's work by the






Foundation has two purposes, 1) to honor Loudoun County residents, role models whose leadership and stewardship contributes to the quality of life in the County, and 2) to provide scholarships for worthy high school seniors.

A little background about the Foundation: it was founded in 2008 and is an independent, non-profit honorary Foundation supported by a large number of organizations and individuals. Those persons honored each year by the Foundation are given the title, "Loudoun Laureate" and become members of the Founders Committee from which nominations for laureate in subsequent years are received.

The Foundation's college scholarship program began in 2013l It provides up to $10,000 per year of financial support to two or more needy graduates from Loudoun County High Schools. These scholarships are renewable each year for four years.

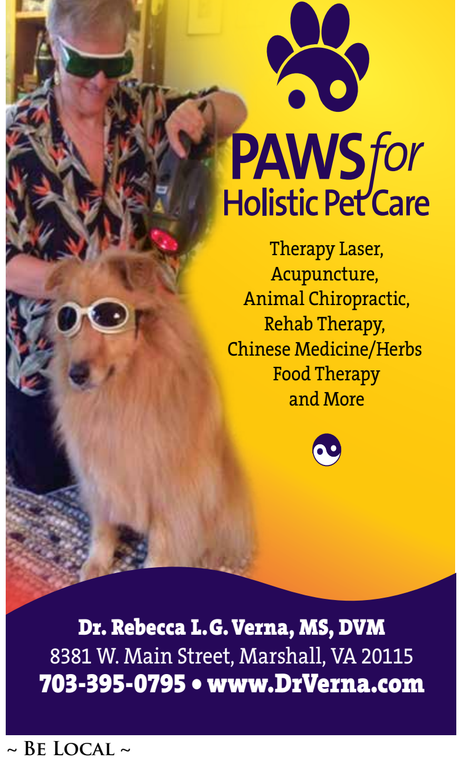
At this year's banquet, two outstanding citizens of the county, Cate Magennis Wyatt and J. Hamilton Lambert were honored, and presented as the Loudoun Laureates of 2015. Three students were awarded scholarships. Joe May, recognized as a Laureate in 2010, and Dan Morrow, publisher of the Eccentric, served as Masters of Ceremonies.

Why am I writing about this organization and this event when it will be well covered by the Eccentric and other Loudoun outlets? Because it gives me the opportunity to editorialize. To me, the Loudoun Laureates and other people like them represent the best our Nation has to offer and it is right to honor them. While people like the Laureates elsewhere in the state and the nation may not make national or even state headlines, they are the glue that holds our nation together. In Loudoun County and elsewhere, they provide leadership and stewardship on a level that everyone in the county can observe and recognize, and I might add, appreciate.

For example, 2015 Laureate Cate Wyatt in 2005 founded the organization, Journey Through Hallowed Ground, an organization dedicated to preserving and protecting historic and national treasures in the area between Gettysburg and Monticello. Journey's headquarters is located in Loudoun County. J. Lambert in 1990 became Executive Director of the Claude Moore Charitable Foundation. Originally endowed with $17 million, under his leadership, it has given grants amounting to three times the original endowment. Wyatt and Lambert truly deserve the honor.

Earlier Laureates have been recognized for a variety of contributions to the county. History, education, volunteerism all are recognized as part of their legacies. Without the dedication of Loudoun Laureates and the leadership of similar dedicated individuals throughout the long history of Loudoun County, I daresay that the County would not be the wonderful place to live that it is now. I applaud the Loudoun Laurels Foundation and its Stewardship Trust for recognizing outstanding leadership in the county and for assisting through the scholarship program, our future leaders.

*PS. I've got to say something about water. Did you know that humans can survive for only about three days without water? It's true!*








## Are Alternative Forms of Tobacco and E-Cigarettes Harmful?



Dr. Robert A. Gallegos

Since the 1964 Surgeon General's Report on Smoking and Health linked smoking to increased risks for cardiovascular, respiratory diseases and cancer, the overall adult smoking population declined from 42% in 1964 to 17.8% in 2012. However, smoking among the younger generation is alarmingly on the rise due to the successful promotion of alternate tobacco products. The use of electronic cigarettes (e-cig), smokeless tobacco, hookah and dissolvables has phenomenally increased. Terms like "healthier," "mild," and "natural" are used to market these alternatives but as described below, they all have their harmful elements.

Sellers of e-cigs advertise that their devices can be utilized in tobacco reduction and subsequent cessation in which the nicotine-addicted person can replace higher nicotine concentration cartridges with cartridges containing lower and lower levels of nicotine and, eventually, the person can switch to nicotine-free cartridges. Researchers from the Roswell Park Cancer Institute analyzed the nicotine content of 32 e-cigarette cartridges and found that one out of 4 cartridges differed by more than 20% from the labeled amount. They also found nicotine in "nicotine-free" e-cigarettes. Most devices also contain other harmful ingredients including formaldehyde, a known carcinogen.

Young people perceive some popular flavored tobacco products such as "herbal" or "natural" to be safe. Clove cigarettes (kreteks) contain 60-70% tobacco, 30-40% cloves, clove oil and other additives. These tend to be less irritating because of the clove oil, this may lead to smokers inhaling deeper into the lungs. Bidi is hand-rolled tobacco and comes in different flavors. Bidis are cheaper than a pack of cigarettes, do not have filters and they concentrate the smoke increasing the amount of tar and carcinogens inhaled by the smoker and in second hand smoke. The CDC says bidi smoke contains 3-5 times more nicotine than regular cigarettes. Both kreteks and bidis contain tobacco and deliver more nicotine, tar, and carbon monoxide than regular cigarettes and carry similar health risks. Along with the known adverse health issues of tobacco use, we also know that nicotine adversely affects the development of the adolescent brain.

Shisha is used in smoking hookahs, or waterpipes. An increasing number of hookah cafés are located near college campuses in the United States and Europe, and smoking hookah has become popular among both male and female high school and college students (ages 15 to 20). When smoking hookah, shisha tobacco is roasted, smoke passes through water, and is drawn through a rubber hose to a mouthpiece. Many users believe the water filters out the toxins contained within the shisha tobacco, and therefore, hookah smoke would be less harmful to the throat and respiratory tract than cigarette smoke. However, the water does not filter out the toxins, but rather moisturizes and cools the smoke making it less harsh. Hookah smokers may inhale the moisturized, less irritating smoke deeper into the lungs for a prolonged period of time. One session of smoking hookah usually lasts an hour with smokers inhaling 100 times more smoke than those who smoke a traditional cigarette. Lung and oral cancer, as well as periodontal disease, have been linked to hookah smoking. Hookah smoking also presents the unique risk of spreading infectious diseases such as tuberculosis and hepatitis because hookah is passed from one smoker to another without proper disinfection of mouthpieces and hoses between sessions.

Dissolvable tobacco products such as tobacco orbs, sticks, and strips were introduced in limited markets around 2009. Dissolvable products may be used in smoke-free areas and many smokers started using them in conjunction with cigarette smoking, thus maintaining the habit and increasing nicotine intake. The discreet size of the products allowed young users to bring them into schools.

Swedish snus has about 50% moisture content and can deliver the same amount of nicotine as one cigarette, which is attractive to those smokers who have difficulty quitting tobacco. Unlike American smokeless tobacco, snus is placed between the cheek and upper lip. It can be used for about 30 minutes and the nicotine is absorbed through the oral mucosa without chewing. Snus is not harmless; its use can cause dental caries, irreversible oral lesions, and gingival recession in the area of placement. However, snus contains significantly lower number of nitrosamines and other carcinogenic substances than snuff due to a different processing of tobacco used in Swedish product. Snus is still highly addictive, but it is widely held to be significantly less harmful than cigarette smoking. American tobacco manufacturers introduced a



few snus products, but they do not mimic Swedish snus and, in addition, these products do not go through the same tobacco pasteurization process.

The Food and Drug Administration (FDA) regulates these tobacco products and advertising but has been slow to implement regulations. Some of the research on e-cigs is still being done. To ensure the correct labeling and quality of the products, reasonable regulations of the manufacturing and content of e-cigarettes and all tobacco products should be introduced and enforced. In the meantime, alternative forms of tobacco products should be considered a health risk and not a less harmful alternative to the old fashioned cigarette.

*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.*

Inova Loudoun Hospital Foundation and the Middleburg Community Center invite you to:

Inova Community Health Event Series

CONCUSSIONS

*Hosted by **Bundles Murdock**, President, Middleburg Community Center and **Cricket Bedford**, Inova Loudoun Hospital Foundation Board of Trustees*

**Please join us for a panel discussion and Q&A session on concussions. Complimentary concussion baseline screenings will be offered for guests ages 12 and above.**

**Wednesday, November 18, 2015**
**5:30 pm - 7:00 pm**

**Middleburg Community Center**
**300 West Washington Street**
**Middleburg, VA 20118**

GUEST SPEAKERS:
**Jill McCabe, MD,** Medical Director of Pediatric ER, and the Outpatient Concussion Program at Inova Loudoun Hospital
**Anne Blackstone, MSPT,** Rehabilitation Clinic Coordinator
**Cassandra Good,** Concussion Clinic Patient and Local Equestrian

*Hors d'oeuvres and refreshments will be served.*

INOVA Join the future of health.

Space is limited. Kindly RSVP to Leigh Wolf at 703.289.2078 or leigh.wolf@inova.org no later than November 11th.

Middleburg Community Center

# Pastimes

## iMed

Terry Sharrer's monthly column, iMed that begins this month will focus on medical innovations. Here is a brief overview of how Terry will focus his look at "disruptive innovation:"

Terry Sharrer

No doctor, nurse, hospital, or health-care provider of any kind wants to be perceived as "traditional." All want to have some piece of "cutting edge" innovation. But a feature of current medicine is that innovation is accelerating at an accelerating rate.

Molecular medicine—the so-called "omics"—combine information/communication technologies, and engineering advances in diagnostic devices, materials, tissue regeneration with 3-D printing, microscopy and imaging, and automated systems individually and collectively can antiquate one innovation in the bud with another.

Moreover, innovation is rarely cheap, even when the new thing is put forward as "cost effective." It's not a coincidence that American healthcare is simultaneously the world's most innovative and most expensive.

"Disruptive innovation," a term that Harvard professor Clayton Christensen coined, occurs when an innovator truly anticipated a future need and proceeds to meet it.

The personal glucometer is an example of that; it not only gave diabetics a do-in-yourself approach to blood sugar monitoring, it undercut the endocrinologists' business of testing patients frequently in the clinic.

Since then, we've seen human insulin produced in transgenic bacteria, DNA sequencing that can predict Type 1 diabetes decades in advance, transplantation of insulin producing cells from a cadaver to a recipient's liver, an insulin-controlling artificial pancreas, and a bioengineered miniorgan that produces insulin in the omentum.

In this one genre, then, we can see the multiple wonders and worries that make iMed so astonishing.

## So, How Goes the War on Cancer?

iMed

Terry Sharrer

For Americans in the last hundred years, no foreign war has matched cancer's death toll: US military mortality in World War II was 407,300 over four years; US cancer mortality in 2015 alone is projected at 589,430. The moniker "War on Cancer" came from the 1971 National Cancer Act, initiating a kind of Manhattan Project or Moon landing effort to defeat this monster.

By the Act's twenty-fifth anniversary in 1996, newspaper assessment nearly proposed that the war was over and cancer had won. Pessimism still rides high over curing cancer, but in fact, a cure may be closer than many imagine—depending on what one means by "cure."

Only one human disease has ever been completely cured—that is, eradicated. Smallpox. It is unlikely cancer will end that way, but if its yearly death toll could be knocked down to that of, say, influenza and pneumonia (about 57,000), cancer mortality might be seen as a bygone terror, even if its incidence continued to rise.

But is that conceivable? Reasons exist to suspect it is.

Cancer's annual mortality actually has been dropping slightly (about 1.8%) but steadily since 1992. The public health campaign against smoking deserves considerable credit for that, though lung cancer still takes the most lives. But what is most different since 1971 is the burgeoning knowledge field about the nature of malignancy and, consequently, how to arrest it.

Tumors are no longer classified solely by their location, but now by their "omics" (genomics, proteomics, metabolomics, etc). This involves diagnosing genetic pathways of uncontrolled tissue growth, and identifying cell surface proteins that can be therapeutic targets.

DNA sequencing has predictive capability, especially in situations such as testicular cancer where nearly half of the risk is inherited. Until very recently, invasive surgical biopsy was a necessary ordeal; now liquid biopsies that rely on mass spectroscopy to sort out the cellular debris in blood not only look extremely promising for determining an outcome after surgery, radiotherapy or chemotherapy, but also for tumor detection before it turns deadly through metastasis.

Surgery still provides the best separation between the patient and the tumor, but new approaches for "clearing the margins," such as magnetomotive optical coherence elastography, improve the chances that no cancer cells are left behind.

Advances in cell engineering support a long held hope that a patient's own immune system can distinguish healthy cells from cancerous ones and destroy tumors, while nanoparticles are in development to deliver drugs and imaging agents selectively to cancer stem cells.

While much research has gone into genetic strategies—such as restoring the function of the p53 tumor suppressor gene—other work has put forward tactics for shutting down the anaerobic metabolism that has made the deep interior of tumors so hard to attack.

There's no question that cancer remains a formidable challenge, but in an age of accelerating medical innovation the odds for beating down this killer are improving. A "cure" is not unthinkable.




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## Ask a Remodeler: Seek Advice from a Trusted Expert

The Public Square

Tim Burch



When taking on any project in life, you often seek advice from those that have prior experience or knowledge. For example, you enlist the help of accountants, lawyers, financial advisors, and even golf pros. You trust these experts to help you in reaching goals or completing projects. So, why should it be any different when it comes to your home - which for many people - is one of their biggest investments?

I am honored that Middleburg Eccentric has asked me to provide advice for your home renovation questions. As a Vice President for BOWA, an award-winning design and construction company specializing in luxury renovations, remodels and additions for the greater Washington D.C. area, I focus on clients in the Loudoun and Fauquier counties. I'm a third generation builder, certified remodeler, and instructor with 25 years of expertise in the design and build construction industry.

My first piece of advice for anyone remodeling their home is to hire an experienced design build professional, because just like our golf swing – we could all use a little help and expert guidance.

Unless you happen to be a home remodeling expert, a skilled construction manager, or have an enormous amount of time on your hands, don't assume you will be able to go at the project alone. You'll want an expert who is accountable and manages the process, while being an advocate for your best interests. That's the true key to a successful remodeling experience.

The entire design and construction process takes a lot of coordination especially with complex projects that require input from numerous resources such as: engineers, landscape designers, and lighting experts – just to name a few. Your trusted professional will oversee everything, from project feasibility and needs assessment, to drawing, selecting and budgeting on through to construction.

During this process, construction professionals are working alongside the architectural team and other specialists to ensure reliable materials are specified, drawings are clear, and challenges are addressed to lay the ground work for a smooth production process. Most importantly, they are ensuring that the project that is being designed aligns with your budget goals and finding areas of cost appropriate efficiencies wherever possible.

Last, but certainly not least, the most valuable asset in working with an expert is that we can allow you the time to enjoy the entire experience! I truly want my clients to take pleasure in remodeling their homes, because it doesn't have to be stressful. When the project is successfully completed it is an accomplishment your whole family can share and be proud of for many years to come.

Do you have a remodeling or design question for me that you'd like to see answered in the next issue? Email me at AskBOWA@bowa.com.





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# Progeny

## Charter School Parents Wowed at Project-Based Learning Presentation



Middleburg Community Charter School parents were wowed at the first quarter "Leo Talk" September 29th when the school's teachers gave an inspired presentation on Project Based Learning (PBL).

Lead by grade 2/3 teacher Karah Morgan, who attended a Harvard Zero PBL program last summer, the teachers explained the "deep thinking" process that begins with a driving question and focuses on solving a problem. Videos and pictures demonstrated that the schools kids are more engaged, excited, and want to come to school.

Parents sat in work groups and practiced the cooperation, collaboration and communication that is at the heart of PBL.

According to Craig Mueller, MCCS Board member, "This is the most impressive presentation by teachers about teaching practices I have ever seen in my 25 years as an educator. As an administrator I am fully aware of how challenging it can be to get teachers to try new things and adapt them into their teaching/learning plan."

Jill Turgeon, Loudoun County Public School Board member, congratulated the group, "The teachers did an amazing job explaining their use of Project-Based Learning (PBL) in the classroom…. I was very impressed with what they have done so far this year. Way to go, MCCS!"

The presentation was part of the school's series of Leo Talks, forums for parents, teachers, staff and community members to come together to learn and talk about the latest research and progressive ideas in education.

The next Leo Talk is scheduled for 6 p.m.Thursday, October 22rd when the school will host a screening of the educational documentary "Most Likely to Succeed."

Community members are invited to view the film and stay for a panel discussion.

*For more information about Middleburg Community Charter School, please visit: http://www.middleburgcharterschool.org.*

## Valley Literary/Arts Magazing Staff Wins First Prize in VHSL Competition



Senior, Amy Borg. Junior, Jordan Trelevan. Junior, Lizzie Elliehause. Junior, Mandy Baatar

Fates, Furies, and Musings—it brings together the best of Loudoun Valley's poetry, short stories, prose, artwork and photography.

In October the staff enjoyed a day of training and awards at the annual Media Awards in Fredericksburg, Va. This is our first year with an official staff of students in grades 11-12. Students raise funds, do the entire layout, edit the submittals and decide what stays and what goes.

## Middleburg Academy Girls Win Varsity Volleyball Championship



The Middleburg Academy Girls Varsity Volleyball team was crowned champions of the 11th annual Flint Hill School Invitational held September 25-26. The Lady Dragons went 2-1 in Pool Play; defeating Bishop O'Connell 25-23, 21-25, 15-9 and Fredericksburg Christian 25-20, 25-18, while losing to Nansemond Suffolk Academy 25-22,18-25, 12-15.

Since the Dragons were second in Pool B, they advanced to the semifinals where they faced the tournament host, the Huskies of Flint Hill School. The Dragons were off to a slow start and lost the first set 11-25, but rebounded and claimed the final two games, 25-13, 15-12. This led them to the Championship game where they faced the only opponent they have lost to this entire season, Nansemond Suffolk.

The Lady Dragons were ready for the challenge and defeated the Saints in straight sets, 25-23, 25-19. Three Lady Dragons received individual honors: Sophomore Lilly Reilly and Junior Alison Thomas were named to the All Tournament Team, and Junior Meagan McDonald was named Tournament MVP.

Other members of this year's team which is currently 16-1 with two Invitational titles include: Freshman Chelsea Penfield, Sophomores Emma DiClementi, Lilian Vargo, and Lauren Greminger, Junior Elle Benefield, and Seniors Delaney Blackburn and Darby Dettra. The Dragons are coached by Maureen DiClementi.











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# Progeny

## Middleburg Academy Homecoming Couchfest







## The Plains' Fifth Annual Village Scarecrow Contest

### *Come Vote For Your Favorite!*

Pick up a ballot in one of the Main Street shops or restaurants, tour the town and choose your favorite. Awards will be given for the Scariest, the Funniest, the Most Creative and People's Choice. People's Choice voting runs from Oct 10 - Oct 30

### *Contest Finale Festivities October 31*

- *11:00 Social Bike Ride, Costumes encouraged, from Haymarket Bicycles, 6485 Main Street, 703-987-8059*
- *2:00 - 4:00 Live Music in the Corner Park, Bernie Dodd Band, sponsored by The Front Porch Market & Grill, Corner of Fauquier Ave and Main Street*
- *2:30 Announcement of Scarecrow Contest winners with prizes awarded, Corner Park.*
- *4:30 - 5:30 Trick or Treat with town businesses*
- *5:30 - 10:00pm at The Plains Service Center, The Plains Service Center Haunted House, Bragg Street. 540-253-5251*

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Main St. TRICK OR Treat

Join the Businesses of Middleburg this Halloween! Starting Friday, October 30th

FRIDAY:

- 3:00 PM - 6:00 PM- TRICK OR TREATING ON MAIN ST. ** ALL PARTICIPATING BUSINESSES WILL HAVE FLYER DISPLAYED**
- 5:00 PM - 6:00 PM- COSTUME PARADE @ THE MIDDLEBURG COMMUNITY CENTER STEPS
- 6:00 PM - 8:00 PM- FALL FAMILY NIGHT @ MIDDLEBURG COMMUNITY CENTER- COST: $5.00 / FAMILY
- 6:00 PM - 7:00 PM- HALLOWSCREENING: TOY STORY OF TERROR @ NATIONAL SPORTING LIBRARY & MUSEUM
- 7:30 PM - 9:00 PM- HALLOWSCREENING: THE HOUND OF THE BASKERVILLES @ NATIONAL SPORTING LIBRARY & MUSEUM

SATURDAY:

- 5:30 PM - 7:00 PM- HOT DOG IT'S HALLOWEEN @ MIDDLEBURG COMMUNITY CENTER

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**Tobias** is the love of your life kitty with special needs. He has micro-ophthalmia (tiny eyes) and irregular eyelids. He adores children and would do best in an indoor/outdoor home.





**Liberty** is a 3 yr old chestnut Appaloosa cross that is 13H. He is ready to be trained & would make a great hunter pony. He stands for the vet & farrier & is very sweet. He is ready to find his forever home.

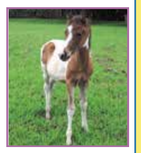


**Sally** is a beautiful 5 year old German Shephard-Husky mix. She has terrific social manners with other dogs and seems to do well with cats. Sally is very well behaved ...

**Kittens!** We have many adorable, healthy kittens that are available or will soon be available for adoption. Ask about our 2 for 1 Buddy Program-Help keep Friends together!



**BB** is a QH paint colt who was born on 4/17/15. He was rescued when he was one month old. BB was a nurse mare foal who was malnourished and weak but is now very healthy! He is extremely social, has had lots of handling, well-mannered and is very attractive / super adorable!



**Middleburg Humane Foundation**
admin@middleburghumane.org
(540) 364-3272
middleburghumane.org



**Dudley** is a young adult Pit Bull Terrier who is very affectionate and has lots of energy. He would do best in a dog-savvy home, and also a home without cats. He has a best friend here and plays a lot so we'd love for him to find a home with another dog. This cross-eyed pup is super fun.

## Hay Donations Needed



We rescued Katie the donkey from a junk yard. She + two other donkeys were malnourished and in a dangerous situation. To top it all off, Katie is pregnant! Her expected date of delivery is any day now! We need hay to feed her and all the other equines at MHF. Please consider adding a bale or two to your order at Tri-County Feeds, Marshall Coop, or Southern States. It will be added to our account + we will pick up! Whinnies and hugs from everyone at Middleburg Humane Foundation.

Stay tuned for a baby announcement and baby shower event. Nothing is cuter than a baby donkey!
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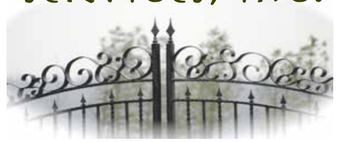

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# Editors Desk

## Construction

Having transformed Route 50's path through Aldie to our East and Upperville to our West, construction has begun in earnest on the Middleburg portion of VDOT's "traffic calming" project for the lands east of the roundabout at Gilbert's-Corner.

By all accounts the completion of construction, projected for some time in November, 2015, will establish a "look and feel" for the streets and sidewalks of Middleburg that is not only appropriate, but will last for half a century or more.

In the short term it will mean noise, dust (unless it rains), a painful disruption of traffic and the loss of parking spaces in our critical downtown shopping area during the year's most important, indeed critical quarter, for retail sales. "Spillover" in the form of diverted traffic, workers in need of parking, and no doubt other collateral consequences, will affect other areas of town as well.

To their credit Town Council, Town Staff, and the Middleburg Police Department have worked hard to develop plans to both monitor and respond to VDOT activity and provide alternative parking during the difficult times we will face over the next month and a half, or more.

Special thanks to the National Sporting Library and Museum for its gracious offering of space in its lots during what promises to be a difficult time that, in the long run, will be well worth the annoyance.

## Columbus Day - Why is This Still a Thing?

Blue

Dan Morrow

There has been no lack of criticism of our ongoing celebration of Columbus Day as a Federal Holiday since it became one . . . during happy end times of the Nixon administration . . . at the beginning of the very end in Vietnam . . . on the eve of both the election of Nixon to his second term . . . and Watergate . . . in 1971.

Some of the critiques of "Columbus Day," are funny, or meant to be. Humor is perhaps the only way some can handle the catalog of horrors that followed the Genoan's 1492 landing in the "new world."

Check out John Oliver's October 2014 contribution to the genre on YouTube, "Columbus Day: Why is This Still a Thing" . . . and then read the cascade of editorial comment that followed.

Then check out some of the original accounts of Columbus and his men in action . . . or read any modern history of Columbus's voyages and the Spanish "conquest" that followed

Funded by a "Christian" monarchy in the midst of forcibly converting, killing, or driving out every professing Jewish family in Spain, Columbus was of course neither "Italian" nor the "discoverer" of anything.

As for that tale about the egg or his noticing sails disappearing over the horizon, educated people had known the earth was round well before there was a Roman Empire, much less a Spanish, Portuguese, British, Dutch,or French variation on the theme.

Columbus (the true father of the transatlantic slave trade) and his men exterminated the native population of Hispaniola the old fashioned way: by waging war with "modern" 16th weaponry against a people just emerging from the stone age, using their violent opposition to how they were being treated as an excuse.

Those Columbus and his boys didn't kill, they enslaved, primarily to support their search for gold.

What they did to women and boys is inappropriate to discuss in a family newspaper.

The effects of the diseases introduced by Columbus and his men are well documented: an unintentional holocaust. (Unintentional of course, because Columbus needed the slave labor; a holocaust, nevertheless, because it virtually eliminated the native populations of every region touched by the Admiral of the Ocean Sea and his merry band murderous men.)

Sub-Saharan Africa provided the "replacements" for the Native Americans Columbus had wiped out, thereby introducing an economically and religiously sanctioned "peculiar institution" to the western hemisphere that, here in the United States gave us our Civil War as one of the arguably least harmful of its effects.

But, what the hell? All that constituted "acceptable collateral damage," some argue. Just look, they say, at all the "good" that came out of it in the end.

Celebrating Columbus for his contributions to those "good things" is the moral equivalent of celebrating Hitler as the "father of the Interstate Highway System." It's arguably true, but obscene . . . as is Columbus Day from the perspective of those to whom he did irreparable and unforgivable harm.

So, how do we avoid putting a perfectly good Federal Holiday, beloved by all of us with ties of blood or emotion to what eventually, in the late 19th century, became Italy?

I'd say change the name and celebrate a better man.

There are tens of thousands of thousands of great Italians to choose from.

If he or she has to be an early 16th century "hero" make it Las Casas Day: after Bartolome' de las Casas, a Dominican Priest, who arrived with the early Spanish conquerors, and later became known as "Protector of the Indians."

Bartolome las Casas, a 16th century chaplain with the army that devastated Cuba, had the conscience to be appalled by what he saw, and the heart to fight slavery and abuse of the native Americans for half a century, both in the "new world" and in the courts of Spain and his church.

He is seen, by many, as one of the earliest European Christian proponents of what would be termed today, "universal human rights." He was (and is) also hated by many of those his writing and ethics embarrassed.

Now there's a man, and a tradition, however flawed, worth celebrating.

Happy Las Casas Day.

## Celebrating Columbus

Red

Jim Morgan

Early on the morning of October 12, 1492, Juan Rodriguez Bermejo, a lookout aboard the caravel "Pinta," saw a dark shape on the western horizon and shouted, "Tierra!" At that moment, the New World was born and the old world was remade. So we celebrate Columbus Day every October to commemorate the heritage which, absent Christopher Columbus, we wouldn't have.

Consequences aside, the voyage itself was nothing short of incredible. Ninety men, in three small ships (the largest only about 60 feet long), using crude navigational instruments, spent 36 days sailing unknown winds and currents in an uncharted ocean toward an uncertain destination for equally uncertain rewards and successfully completed the longest known voyage out of sight of land made to that time. The first moon landing was no more amazing a feat than Columbus' first voyage.

Columbus was looking to flank the Ottoman Empire which blocked the way to the "Indies." He wanted to open trade routes and find allies who might help recover the Holy Land. So, with his "Enterprise of the Indies," he sailed west to get to the east and, in doing so, began the idea of America.

The "Admiral of the Ocean Sea" is our bridge between the medieval and the modern. His was the Renaissance Europe of da Vinci and Michelangelo, the printing press, innovative ship design, growing markets, and infant nations. From that vibrant society came the ideas and ideals of religious and political liberty, democratic capitalism, and the rule of law, all of which could mature because of what Columbus bequeathed to us.

Though the Vikings preceded him and claims have been made for Celts, Basques, Egyptians, Muslims, and even the Chinese, Christopher Columbus must rank as the discoverer. As biographer Paolo Taviani has noted, it hardly matters who "first set foot on some beach on the American mainland." None of the other claimants stayed or left a legacy. Columbus started something which continues to this day and he represented a unique society which was both outward-looking and prepared to act.

But how could Columbus have "discovered" a land already inhabited by numerous small bands of semi-nomadic Stone Age hunter-gatherers and a few more advanced tribes? The answer is simply that even the most sophisticated of those tribes were isolated and primitive people who became part of the larger, literate world completely through the initiative and efforts of Europeans. "Discovered" is the correct term.

Our modern "progressive" conceit is that Columbus was a racist, genocidal murderer whose voyages brought only disease and degradation. Progressives blame him for everything from smallpox to soil erosion and want to rename Columbus Day "Indigenous Peoples Day." But, while no one denies that European colonization was often brutal, that means only that it was, as Charles Krauthammer has written, "much like the rise of Islam, the Norman Conquest of Britain, and the widespread American Indian tradition of raiding, depopulating, and appropriating neighboring lands."

Europeans brought diseases to America just as Asians had brought the plague to Europe 150 years earlier. This normal consequence of mass population shifts was tragic but hardly genocidal. Moreover, "Indians" were not pacifists. They made near constant war on each other and practiced slavery, torture, and sometimes cannibalism. Nor were they environmentalists "living in harmony with the land." Hunting buffalo meant stampeding whole herds over cliffs (until the Spanish introduced horses which allowed the great Plains culture of the Sioux, Cheyenne, and Comanche to exist). The Aztecs were mass murderers who killed thousands in their monthly human sacrifice rituals. Columbus did not disrupt an idyllic existence of peaceful, bucolic, unoffending people.

Despite his normal human failings and the carping of his politically correct critics, Columbus opened the door to human liberty. Without Columbus, there would have been no Jefferson. And in the end, as one historian has written, "The dogs have barked and will continue to do so, but the caravels have sailed into history."

## Hypocrisy

Tom Pratt

It was so refreshing to watch the Democratic debate on Tuesday night and to compare and look back at the Republican's. The Democrats, all of them spoke of substantive issues and almost never attacked each other. The Republicans on the other hand did practically nothing but attack one another, even attacks on their personalities and physical stature. How anyone could even consider voting for a Republican candidate for president is beyond my comprehension.

Ben Carson recently said that if all the Jewish people had been armed the holocaust may not have happened, he also said if he had been at the school in Oregon he would not have allowed the gunman to shoot saying "he can't take all of us." He must not have known that the person who did try to stop him was shot seven times!

I wonder if Dr. Carson would agree that arming all potential slaves would have prevented slavery.

Donald Trump after the debate said "sure Hillary won, all she had to do was beat that maniac, socialist almost communist Bernie Sanders" Those types of comments certainly point out how dreadful the Republican frontrunners really are.

As to the Democratic debate, if you will indulge me in giving my personal take on it.

First of all, I thought they all were polite and well spoken and talked of issues that are vitally important to the country and the world. I was extremely happy to hear that all of them are concerned with climate change and the great divide of rich and poor. They also agreed much more than they disagreed, another welcome change from the Republicans.

As most know I am an ardent supporter of Senator Bernie Sanders and I thought he dealt with all the issues with good answers. I watched the debate with a good friend who has run for political office who is not against Sanders but is an O'Malley supporter. His take on Bernie is that he is not personable and is not someone he would like to go have a beer with.

That is understandable; Bernie does not come off as warm and fuzzy, but I think that is what I really like about him. In a recent New Yorker article about Bernie it was revealed that he rarely sticks around to glad hand and eat and drink with people after an event, even those who contribute substantial amounts of money to gain access to him.

I know this personally to be true because I and a friend have offered to have a large fundraiser out here for him and we have not been able to get a date commitment. He really prefers the large rallies to small events and also prefers lots of small donations rather than large ones from a few.

## Bernie Inspires Youth

Gavin Zeamer

A few days ago, I went to see a Bernie Sanders rally, live in Manassas. If I had to sum it up in only one word, I would use 'inspiring'.

Bernie Sanders has a kind of energy about him, and you can tell he means everything he says. Being unable to vote (I'm only 14), several people, both adults and other people at my high school, have asked why I care so much who gets elected. And the truth is that I care because of how much it will end up affecting me.

In the presidential election after this one, I'll be in my final year of high school, so whoever gets elected will set the tone for how well I manage after getting out of school. And since I plan on going to a four-year college, Bernie Sanders seems like the best candidate, not just for me, but for youth everywhere!

His ideas for free healthcare and free college would make it so much easier to get a degree in a nation that looks down on those that don't have one. This would mean more younger people would get jobs and be able to succeed and prosper in their lives!

Combine the free college and healthcare with him wanting livable minimum wages and to make the middle class open to everyone again, I can't see an obvious downside to voting for him.

To conclude, I've got to say how lucky it is for a candidate who doesn't patronize youths, but supports them and knows how important we are to this nation's future. He's rising quickly through the polls, so with all luck, I'll be able to vote for Bernie in his second term!

## The Present Character of the American Government

The Public Square

Chandler and Jerry "Dutch" Van Voorhis

The present character of the American government today is the leading issue of our time.

Our Founders had an astute view of human nature and of power. They saw the rule of law as binding men and women to something beyond themselves.

The Founders thought out our system with great care. They wanted to disperse power, not concentrate it. Looking at the long history of nations, they gave us a public order that would protect our people from the crumbling nature of man's short-sighted cravings.

To guide our republic, they also created a distributed system of power to keep the heart of liberty alive. So the Constitution shared authority across three branches and with the States making up the union to thwart the aggregation of power.

They also assumed all Americans would be trained in citizen responsibility, exercise it, and become the servants of citizen leadership.

A public order rooted in law, a sharing of power, and citizen responsibility led Franklin to say as the Constitution was being adopted, "You have a Republic, if you can keep it."

Over time America led the world in vesting all our people with equal rights of political citizenship and building a fuller democracy that was seen as an upward moving ideal for everyone.

But power is a responsibility still, and not a privilege. The gift of political citizenship can only be honored in exercising its obligations.

The first pillar of our responsibility is how a public order based on law demands political rights that exist at precisely the same level as responsibilities. Today, we know that's not the case.

The second pillar is a code of citizenship that puts Americans under one roof. Today, rights and privileges are partitioned differently across parts of the population.

And, third, our leaders are not a class of citizens unto themselves.

The voice of the people was never to be co-opted by leaders using the tools of collective power to prove they know better than the citizenry.

In lending faith to mass democracy, we appear to have forgotten these citizen pillars. Our democratic house has spread its benefits wisely over time, but separating privileges from responsibilities has weakened rather than strengthened the American nation and its people in recent decades.

We can't run a country when privilege counts for more than responsibilities, saying which groups have more of them than others, or allowing leaders to manipulate our people for its own ends. America was meant to broaden itself within a system, not let those benefitting from it pervert it.

The time is here to remind us of the deeper intentions of our Republic and to elevate again the American democratic message. That spirit contemplated only the general good.

America's founding began by sanctifying the precious role of the individual person. We believed in the character and honor of the individual. We expected government to nourish both and that as good government flows up not down, society would tend to produce leaders of great public virtue.

For leaders as well as citizens, government was viewed as a servant not a master. The American way was meant to keep from its midst leaders who ignore or pervert the truth, lie to the public from the top, house scandal perpetually, tax for its own ends, and cease to pay confident and faithful tribute to our character, history, and ideals having the gifts of free thought that steadily create "a more perfect union."

Two things are now necessary. First, we must limit a system of leaders who now grasp for power and we must only attract ones not bent on their own ends. Second, a code of great personal citizen responsibility also must again flow across our entire democracy. The two must work hand in hand

Order, the rule of law, and public trust should define our republic - and its leaders - once more. Without a foundation of ethics, liberty, and law, societies can temptingly change systems of government to fit the power equations of the world that then exists. Cohering as a people is the best way to defend our selves against challenges that could fracture the nation's vital center.

Before we can save a world with our heart or money or trade or ideas, we must find a way to ground ourselves again. We were given the best at our Founding, and we must perpetuate it. John Adams made clear only virtue keeps liberty from being lost. The Public Square believes that the present character of the American government is the leading issue of our time.

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**$3,300,000**

3 miles from Middleburg • 49 acres • Elegant 1940's brick colonial home • Stable • Cottage • Apartment • Pool • Tennis court • Mature trees and sweeping lawn to Goose Creek which surrounds most of the property

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## Faraway Farm
**Middleburg Area**
**$2,975,000**

Solid stone home with copper roof on 70 acres • Original portions dating from the 1700's • First floor bedroom & 3 additional suites • Original floors • 8 fireplaces • Formal living room • Gourmet kitchen • 2 ponds • Mountain views • Stone walls • Mature gardens • Pool • Log cabin • Piedmont Hunt

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## Trough Hill Farm
**Middleburg, Virginia**
**$2,450,000**

A pastoral 5 bedroom c. 1830 farmhouse and a grand stone pavilion • Elegant but unfussy • 103 acres of open farmland • The pavilion serves as a pool house, greenhouse, banquet room, and guest quarters • Great location

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## 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 & multiple french doors open to massive stone terrace

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## Greystone
**The Plains, Virginia**
**$1,900,000**

Circa 1807 • 33 acres ideally located between Middleburg & The Plains • Rare quarried stone exterior, 10-foot ceilings • Period mantels, original wood floors, two-story front porch • 3 bedrooms/3 baths, each a private suite • Historic stone barn includes one bedroom/bath apt, heated tack room, 6 stalls • Carriage barn • 3 paddocks, large turnout field, run-in sheds, auto waterers • Whole farm generator • Pond • Orange County Hunt

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## Ragley
**Upperville, Virginia**
**$1,600,000**

13.54 acres surrounded by large estates • Prime protected location • Updated brick home • Notable room sizes • 5 bedrooms • 5 full baths and two 1/2 baths • 2 fireplaces • In-ground pool • Stone walls • Beautiful gardens • Well built home

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## 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

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## Kerfoot House
**Upperville, Virginia**
**$1,290,000**

Circa 1810 Federal brick home with stucco wing • 4 BR • 3 1/2 BA • 6 FP • High ceilings • Beautiful woodwork & floors • Recently renovated • Lovely kitchen with new custom cabinets, Carrara marble countertops, Viking refrigerator, Bertazzoni gas range and slate floor • New baths, Carrara white marble floors • English period gardens, specimen plantings, mature boxwoods, grand setting

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## Foxhall
**Round Hill, Virginia**
**$1,200,000**

Historic property in protected area • First offering since 1951 • 3 log structures circa 1690, 1720, and 1940 connected to create charming home • 4 BR, 3 BA, 3 FP & beautiful floors • Huge boxwoods • Needs updating • 33.89 acres mostly open • Creek • Solid barn • Original structure Quaker meeting house

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## Sunny Meadow
**Middleburg, Virginia**
**$985,000**

Charming cape nestled among sunny meadow, shade trees and creek • 4 BR • 3.5 bath • 2 master bedrooms with full baths en-suite • Large kitchen • Light-filled family room • Pool w/pool house & patio • Separate 3 car garage with in-law suite/home office above

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## Chipmunk
**Upperville, Virginia**
**$899,000**

Prime location • Piedmont Hunt • 10 acres • 2 bedroom, 2 bath, 1 fireplace stucco residence • Open floor plan • Treed setting with mature landscaping • Center courtyard off living area • Separate studio with half bath can serve as guest room or studio • Large 3 bay garage • 2 stalls for horses & 5 paddocks • Great views

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## Willow Hill
**Delaplane, Virginia**
**$790,000**

77.77 acres recorded in 3 tracts • Improved by log cabin and 2 sheds • Very private, mostly wooded with frontage on Goose Creek • Historic site of remains of Cobbler Mountain Hunt Club octagonal horse barn • Potential for subdivision or tax credits • Hunting preserve

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## Stonewood
**Middleburg, Virginia**
**$750,000**

Charming stucco, log & frame home on 6.38 acres • 3-4 bedrooms • 3 1/2 baths • 2 fireplaces (one in the kitchen with antique brick floor) • Beautiful reclaimed pine flooring • Bright & sunny family room opens to bluestone terrace • Master bedroom opens to private balcony • 2 car garage • 4 stall barn with tack room • More land available

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## Kenthurst Lane
**The Plains, Virginia**
**$700,000**

Colonial on 2.51 private acres • Classical architecture with notable features • Coffered ceiling • Dental moulding • Transom windows • Stone fireplace • Sand-in-place hardwood throughout main and second levels • 5 bedrooms, 4 1/2 baths & 2 fireplaces

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## Bluebird Lane
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