

MIDDLEBURG'S ICELANDIC HORSES

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CONSTRUCTION AND TRAFFIC

MIDDLEBURG TOWN
COUNCIL REPORT

DAN MORROW

Traffic Disruption

At a January 28, 2016 Town Council "work session" Jovi Alves and Bryan Grover of A&M Concrete, at Council's request, reported at length on the status of construction and recurring concerns about inconveniences facing residents, business people, schools and visitors as the Town's so-called "Washington Street Project" moves into its next, and arguably most disruptive stages.

According to council minutes, Mr. Alves told the group, the "... reason he asked to make this report was that "they were experiencing issues with pedestrians and school bus traffic;" that "while working on Madison Street, they had to close a section of it;" and, "there were a lot of angry people who were trying to get to the Hill School."

The next three phases of construction should bring even more disruption, with major changes in traffic patterns, including one-lane traffic governed by automatic stoplights, and the blockage of major intersections.

Three Phases; Three Months Each

According to A&M's Bryan Grover each stage or "section" of the construction work will require "roughly three months to complete. ..."

The first section will impact the area between The Plains Road and Pendleton Street.

The second will cover the area between North Pendleton and Madison Streets.

The third will include Liberty, Hamilton and Jay Streets.

One Way on Route 50: 24/7

According to A&M's Grover, during the first phase, the temporary traffic light "would be located in front of the first building past Pendleton Street for traffic that was westbound."

This, he said, "... would only allow for one-way traffic on Route 50 on a full-time basis.

Grover noted that east-bound traffic on Route 50 would be stopped by the temporary signal at The Plains Road; when the light turned green, the traffic would move into the west bound lane until past the construction; then it would move back into its proper lane. There would, in other words, still be two-way traffic on Route 50, taking turns sharing a single lane.

Despite having "secured state-of-the-art traffic signals" which use sensors "to pick up the cars" as they approach, Grover speculated "... that the first few days would be difficult as they adjusted the timing of the signal.

"Another challenge" will be "to coordinate with the existing "Madison Street traffic light." Grover noted, "... that he could

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FQ8470391 \$3,999,000

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

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CL9514053 \$2,900,000

1511 ELLERSLIE RD, BERRYVILLE - A rare opportunity to own 249+/- ac of waterfront property in the countryside. With a combination of tall vistas, panoramic views & the Shenandoah river, you can have your pick of home sites. Minutes from Millwood & nearly 1/2 mile of shore line! See video on website.

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LO8269159 \$2,800,000

35679 MILLVILLE RD, MIDDLEBURG - Beautiful stone home on 40+ acre. Bright, spacious 4 BR/5BA- perfect for entertaining. Open floor with spacious light-filled dining room and living room that open up to decks and views of Goose Creek. Exquisite 8-stall stone horse barn with tack room. Additional guest house and lot available.

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FQ9566772 \$2,750,000

1714 ZULLA RD, MIDDLEBURG - Eglinton Farm - 76+ acres on sought after Zulla Road 1 mile from Middleburg. Beautiful 5 bedroom 4.5 bath house with more than 6,500 sq ft of living space. House includes 2 bedroom apt. Additional 3,000 sq ft guest house stable, ring fenced pastures and equipment sheds. Orange County Hunt Territory.

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LO8730673 \$1,825,000

35469 MILLVILLE RD, MIDDLEBURG - Animal swim center- 43.32 acres, 4 parcels - one with 1+ acres, charming 2 bedroom cottage with gourmet kitchen, fireplace, wood floors; lot 1 with 14 acres, 50 ft oval and 40 ft linear animal swimming pools; lot 2 with 10 acres & 4 bedroom perc; lot 3 with 17 acres and 4 bedroom perc; lots also offered separately, gorgeous building sites, borders Goose Creek!

Joy Thompson 540.729.3428



DOWDEN DOWNS RD, HAYMARKET - Stunning custom home! Italian tile and Marble. Granite in the kitchen and bathrooms. Two story foyer and family room w/ custom stone fireplace. Huge deck w/ spacious sitting room overlooking backyard and pond. Theater room, ready to finish bar, wine cellar & safe in basement. Four car garage.

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LO8763606 \$1,385,000

23545 OLD MEADOW LN, MIDDLEBURG - Hard to find minutes from town, private and protected, all brick Georgian built in 1998. 10' ceilings on first floor, coved ceiling, lovely molding, 2 gas fireplaces, 4 bedrooms, 4 1/2 baths, new sunroom, great kitchen, 3 car garage w/ workshop, circular asphalt driveway on 7.75 acres.

Scott Buzzelli 540.454.1399 Peter Pejacevich 540.270.3835



21073 ST LOUIS RD, MIDDLEBURG - Unique country house on 8.5 acres with paddocks and riding ring. Visit horses just out front door, or use 3 stalls as a dramatic feature of a future atrium joining both wings of the home. Stocked pond with sandy beach! Home includes 2 main bedrooms plus two guest rooms/office. Mountain views!

Kim Hurst 703.932.9651



694 FEDERAL ST, PARIS - Fabulous historic property in the heart of Paris. Zoned Village Commercial. 1.7+ acres consisting of a main residence/showroom with 2 bedrooms and 1 bath. 2 bedroom Guest House/Rental Property and two smaller buildings for retail, office space, or storage.

Scott Buzzelli 540.454.1399 Peter Pejacevich 540.270.3835



FQ8757628 \$690,000

11558 HUME RD, HUME - Under 1 hour to DC; 4000+ sf living space. 10.2 ac w/ paddocks, pond & horse stable. Outdoor living, hardscaping, gardens. Large deck overlooks Cobbler valley, kitchen flows to covered porch. First floor master, great room with soaring windows. LL family & guest room. Hi-speed Internet & 5-bar cell svc. Perfectly maintained.

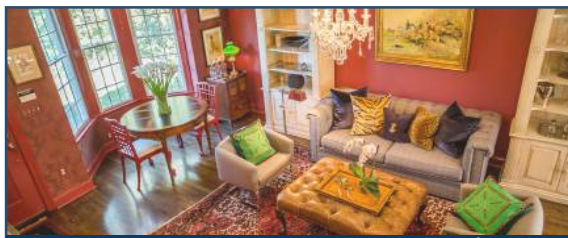
Carole Taylor 703.577.4680



FQ8734938 \$555,000

6470 WILDWOOD LN, MIDDLEBURG - Fabulous 4BR, 4BA home on 2 acres in prime location. Renovated home w/new roof, gourmet kitchen w/ granite countertops and SS appls, 2 FP, private master suite, sunroom, large deck for entertaining, fenced yard & 1 car garage. Tenant will consider lease purchase. Bring your offer!

Maria Eldredge 540.454.3829



LO9505718 \$499,000

13 HUNT CT, MIDDLEBURG - Ultimate quality! Immaculate all brick townhouse w/ high end upgrades & finishes. Recently refinished HW floors, built-in bookcases, beautiful crown molding, Wi-fi thermostats & Ralph Lauren lighting fixtures throughout. 3 fireplaces, 4 levels, beautiful light-filled kitchen. Mins from downtown. MUST SEE!

Scott Buzzelli 540.454.1399 Peter Pejacevich 540.270.3835

NEWS OF NOTE
MOVING FORWARD WITH CANCER PREVENTION



PHOTO BY MEGAN WITT

February 4, National Cancer Prevention Day 2016, was observed on Capitol Hill with cancer prevention experts and legislators, students and others in a program sponsored by Less Cancer. As I reflect on this monumental day, I realize that cancer prevention must be more than an idea, but rather real world action that saves lives and prevents the many types of suffering that come with both the disease and its treatment.

Our recipe for less cancer is straightforward and focused. Our core activity is to educate the public about where cancers come from and how they can be prevented, so they can make informed decisions. We also work to educate policy makers so they can, in turn, protect the public. Another part of our focus is that we carefully vet all of our corporate sponsors, so that we are in no way associated with companies that may be contributing to the very cancer-causing activities we are fighting.

Education includes everything from alerting people to the dangers of indoor tanning and e-cigarettes, to harmful and cancer causing chemicals that can be found in consumer products. As an organization we are committed to seeing regulation that protects consumers from those toxins. We also would like to see the regulation of e-cigarettes for their potential to hook the next generation on tobacco. Growing evidence about e-cigarettes and their health risks shows that we need to do all we can to prevent any potential use of tobacco, responsible for over 480,000 deaths per year in the United States.

Our commitment going forward is to raise the bar on human health in lifestyles and clean environments. This year we joined forces with the John Hopkins Bloomberg School of Public Health for a social media

program called the #9minutemeal to promote quick and healthy recipes that can be made at home as a way of engaging Americans in reducing cancer risk.

National Cancer Prevention Day first came about through a House of Representatives resolution on February 4, 2013, which states that work to prevent cancer impacts human health, the environment, and the economy.

The Resolution was first introduced by Representative Steve Israel, Co-Chair of the House Cancer Caucus.

At the time Steve Israel said, "There are far too many who have been touched by cancer, both directly or indirectly. Today on National Cancer Prevention Day, we commit ourselves to prevention and reducing our risks as much as possible through healthy lifestyles and clean environments. Less Cancer has been a true partner in this fight, and I applaud them for that."

We honor Representative Israel for his vision and his commitment to protecting the public.

Progress in prevention is happening across the United States and will continue.

This past year, physician and author of A World Without Cancer and Less Cancer board member Dr. Margaret I. Cuomo initiated and helped to establish the first-ever Cancer Prevention Summit of New York, possibly the first summit of its kind in the nation on a statewide level. Dr. Cuomo's home state of New York is doing cutting-edge work to protect public health. New York Governor Andrew M. Cuomo has supported the passage of the Child Safe Products Bill. In November of 2015, the Governor signed into law a bill protecting nail salon workers from potentially dangerous chemicals. He also supports legislation that would require regulation of a broader list of consumer products affecting

adults and children in New York. Governor Cuomo recognizes that the federal TSCA Act is outdated and ineffective and that consumers deserve protection from chemicals that increase their risk of cancer and other diseases.

The work continues in places like New Hampshire, where Less Cancer chairman and founding board member, Tom Sherman, M.D. provides his expertise as a doctor and a legislator, and who last year went to bat to teach peers in New Hampshire about the risks of indoor tanning. Now, tanning beds in New Hampshire are banned to minors.

Since the founding of National Cancer Prevention Day, it has developed into a critical national forum, attracting the best leading

experts connecting science with policy for action. For these last years, Dr. Cuomo has given her time, talent and expertise as moderator of the panel and as curator of medical and scientific content. She meticulously researches the evidence on cancer prevention to ensure we bring the most accurate science to Capitol Hill. National Cancer Prevention Day has been critical in educating legislators and the general public in reducing cancer risk.

As part of this process, the work continues on the national level as well. I am excited that Representative Debbie Dingell of Michigan, in support of the work of Less Cancer, founded the U. S. Bipartisan Cancer Prevention Caucus, which is Co-chaired by

Tim Murphy of Pennsylvania. The first Cancer Prevention Caucus was held on February 3. I look forward to working with the Caucus so we may better help Americans reduce cancer risk.

Less Cancer's efforts to protect the public is unlike any other organization. We represent those who have suffered many losses from cancer. We strive to prevent cancer today and for future generations.

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OUR LIVES
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"OUR FAVORITE
MAG GENIUS
MAGICIAN"
-WASHINGTON POST

"FULL OF
INVENTIVE
WONDER"
-PHILADELPHIA WEEKLY

**SURREAL
SUPPER
AT THE RAIL STOP**

AN EVENING OF COMEDY,
CONJURING AND FEAST
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MONDAY, MARCH 7, 2016

7:00
COCKTAILS & CLOSE-UP MAGIC AT THE
LIVE AN ARTFUL LIFE GALLERY

7:45
THREE COURSE DINNER AT
THE RAIL STOP

8:45
SURREALIST MAGIC SHOW

\$65 PER PERSON
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NEWS OF NOTE

DR. JENNIFER RILEY, DVM CHOSEN TO LEAD VETERINARY SERVICES AT THE BLUE RIDGE WILDLIFE CENTER

The Blue Ridge Wildlife Center announced today that it has hired veterinarian, Jennifer Riley, DVM as the director of veterinary services and a full-time staff member. Dr. Riley, a licensed veterinarian in Virginia, graduated from Tufts University in 2013, and has a lifelong passion for wildlife and wildlife medicine. Dr. Riley has held wildlife veterinary positions at the Belize Wildlife and Referral Clinic in San Ignacio, Belize, The Center for the Rehabilitation of Wildlife in Sanibel, Fla. and at Lion Country Safari in West Palm Beach, Fla.

"Not only has Dr. Riley worked with, and learned, from some of the best wildlife veterinarians nationally and internationally, she is knowledgeable about the most current wildlife treatment techniques," said BRWC Executive Director David Bancroft, adding, "her experience will be key to wildlife care as we soon open the only full-service wildlife veterinary hospital serving the region."

Dr. Riley's time in Belize provided her with invaluable clinical, operational, and managerial experience in a wildlife hospital working with multiple local rehabilitation organizations. As a leading member of a small team, she was responsible for many aspects of hospital operations in addition to clinical medicine.

"We are so pleased that Dr. Riley is joining our organization," said BRWC Chair, Lisa Goshen. "With Dr. Riley on staff, and our new wildlife hospital opening soon, this will complete the

transition the Board of Directors started four years ago to evolve BRWC into a sustainable non-profit organization, addressing the needs of native wildlife, educating our children and families about wildlife, and expanding wildlife research issues."

After Belize, Dr. Riley moved on to CROW where she focused on wildlife medicine while working with board certified veterinary specialists using state-of-the-art medical and surgical equipment. The annual caseload of approximately 3,500 patients representing over 200 different species of native wildlife gave her the opportunities to diagnose and treat a wide variety of wildlife diseases and greatly enhanced her soft tissue and orthopedic surgical skills. She mentored nearly 50 students, a dozen staff members, and about 100 volunteers over the course of her time there. In addition, she also participated in multiple research projects, published a wildlife emergency review chapter for North American Veterinary Community, conducted public outreach programs and delivered lectures to students, staff, and the general public.

At Lion Country Safari, Dr. Riley gained extensive experience working with a board certified veterinary specialists on many exotic species in a nearly wild setting. As a drive-through style safari with no cages and little keeper contact, she immobilized and treated large species including ostriches, rhinos, large felids and many types of hoofstock. Lion Country Safari also

includes animals in more traditional walk through zoo exhibits for which she continued to practice medical and surgical skills on a variety of birds, reptiles, and small mammals - many native to our Mid-Atlantic region.

"I know with her extensive background in wildlife veterinary care, she will be a real asset in our new state-of-the-art facility", commented Beatrice von Gontard, current vice chair of the BRWC Board, and one of the founders of the BRWC.

During her practice, Dr. Riley has gained extensive experience handling and treating Bald Eagles and managed eagles medically in both wildlife rehabilitation and zoo settings. She has treated many species of eagles and other raptors, including surgical repair of fractured wings using intramedullary pins/wiring, surgical and medical treatment of large infected wounds caused by other eagles or vehicle collisions, and head trauma. Dr. Riley has also cared for non-releasable eagles with issues as common as bumblefoot and as uncommon as heart disease -- and in one case even performed a successful interspecies blood transfusion between raptors.

Dr. Riley is joining BRWC's talented team of wildlife specialists and committed volunteers. This includes Heather Sparks, BRWC's Manager of Rescue and Rehabilitation, a Category II Rehabilitator who has been with the organization for four years. "BRWC is so proud to have Dr. Riley on staff," said, Bancroft. "With her, our other con-



and Rehabilitation Associate Manager, also a Category II Rehabilitator who has been with the organization for four years.

"BRWC is so proud to have Dr. Riley on staff," said, Bancroft. "With her, our other con-

tract veterinarians, and our professional rehabilitation staff, we have now assembled the right team to propel the Center to the next level of excellence in serving our native wildlife."

DR. HANH CHAU PROVIDES HELP & GUIDANCE FOR VOLUNTEERS RAISING ASSISTANCE DOG PUPPIES

Henry Schein, Inc. and Canine Companions for Independence, Inc. have partnered with Dr. Hanh Chau, a veterinarian who treats local animals at Middleburg, Virginia's Middleburg Animal Hospital, to provide the essential products and care for Yaeger III, a puppy being raised by a local volunteer who will eventually serve as a highly trained assistance dog for a child or adult with disabilities.

Dr. Chau contributed to the puppy's health and development when she presented a "Henry Schein Cares-Canine Companions Puppy Raiser Care Package" to Yaeger III's volunteer puppy raisers, Shayna Rice and Giovanni DeSantis, also of Middleburg.

The care package contains items essential to caring for the puppy during its first 18 months of life. With a total value greater than \$300, it is designed to help defray the costs that Dr. Chau and Ms. Rice and Mr. DeSantis will incur while caring for the puppy.

The package is part of a unique

program created by Canine Companions for Independence, the first and largest assistance dog organization in the United States that helps people with physical disabilities, and Henry Schein Animal Health, the leading companion animal health product and services provider in the country.

Dr. Chau is one of 700 veterinarians who will deliver the care packages to volunteer puppy raisers during the program, which began in September 2015. A video about the program can be found here.

"As veterinarians, we enter this profession because we can think of no higher calling than to provide for the health and safety of animals," said Dr. Chau.

"It is an incredible honor to work with Yaeger III, who will provide a deserving child or adult with greater independence, protection, devotion, and so much more. I want to thank Henry Schein Cares and Canine Companions for Independence for sharing my commitment to this incredible animal."

Canine Companions service dogs such as Yaeger III are Labrador retrievers, golden retrievers, or crosses of the two. They are partnered with individuals with physical disabilities to assist with daily tasks and to increase independence by reducing reliance on other people.

A service dog can pull their partner in a manual wheelchair, push buttons for elevators or automatic doors, and even assist with personal transactions.

"The Middleburg community is incredibly lucky to have such a compassionate, devoted and talented veterinarian as Dr. Chau," said Fran Dirksmeier, President, Henry Schein Animal Health, North America.

"These dogs receive the highest level of training, and as such, require the highest level of veterinary care. We are humbled to know that Henry Schein is playing a part in supporting Dr. Chau as she cares for Yaeger III, and we are honored to partner with Canine Companions in this vital work."

Founded in 1975, non-profit

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PROPERTIES IN HUNT COUNTRY

SAM FRED ROAD



New Listing
Middleburg~New to the market. Charming historic country estate boasting approx. 5000 sq.ft., completely renovated with superb quality and in pristine condition. Features luxurious main level. Master Suite with sitting room & fireplace, new gourmet kitchen opens to terrace & 2 story Family Room, fabulous pond & mountain views. New systems, windows & metal roof. Media room, office, 3 fireplaces, plus stable and guest house all on 24 acres!
\$2,160,000
Mary Ann McGowan (540) 687-5523

ATOKA CHASE



Just Reduced!
Stunning 5 Bedroom Cape on 10 gorgeous acres. Wonderful floorplan, sun filled rooms, high ceilings & hardwood floors. Living & dining rooms open to fabulous gardens, pool & terrace. Master suite with sitting room, gourmet country kitchen opens to breakfast & family rooms. 2nd level has 3 bedrooms and 2 Baths; Separate Office/Guest Suite over 3 car garage.
\$1,895,000
Mary Ann McGowan (540) 687-5523

11 S. MADISON STREET



COMMERCIAL - Prime Business District in Historic Town of Middleburg C-2 Zoning. Handsome 3 level, free standing stone building c. 1934-Over 7,000 sq. ft.
Main Level - Retail, Restaurant, Personal Services
Upper Level - 3 one bedroom apartments
Lower Level - Office, retail, restaurant with interior and exterior access. Potential for additional build-out, 4 extra large parking spaces.
\$1,700,000
Rebecca Poston (540) 771-7520

10 S. MADISON STREET



TURN-KEY BUSINESS: Stunning upscale gift shoppe in the center of Middleburg's Commercial District! Sales price includes real estate, business & inventory. Approx. 1/2 of inventory is offsite & included in sale. Wonderful opportunity for a true "turn-key business" in the heart of Virginia's horse & wine country. With the opening of Salamander Resort & Spa, and The Annual Film Festival, this is a tremendous location!
\$1,400,000
Rebecca Poston (540) 771-7520

MOSS HOLLOW



An outstanding, well built 2 Bedroom, 3 Full Bath cottage on over 50 tranquil acres in Markham, perfectly located minutes from I-66. This lovely home takes advantage of nature and privacy with views of Cobbler and Buck Mountains from the expansive rear porch with the rustling of Thumb Run Creek nearby. One level living with Stucco, Standing Seam Metal Roof and many exceptional details throughout. A must see!
\$1,200,000
Barrington Hall (540) 454-6601

MERSEY ROAD



Stately brick Colonial on 12+ acres 2 miles West of Middleburg. 1/2 rolling pasture land, 1/2 woods. 2-story Foyer with slate flooring, formal Dining Room & Living Room with fireplaces, glassed-in Family Room, newly renovated eat-in gourmet Kitchen with island, granite & high-end appliances. 5 Bedrooms, 3.5 Baths. Main level Master Suite. Traditional details include crown molding, chair rails, hardwood floors & slate roof with copper gutters. Attached 2-car Garage, Pool, Pool House, Barn & fenced paddocks.
\$1,179,000
Cricket Bedford (540) 229-3201

REPUBLICAN STREET



PARIS, VA
Weekend Getaway. Newly renovated rambler on .46 acres, everything has been replaced! NEW roof, Pella windows, kitchen appliances, vanities/tub, new HVAC system & fresh paint inside & out! Interior stairs lead to full basement with fireplace & space for another BR or Rec. Room. Door to outside & windows provide great light in basement. Mountain views, sweeping lawns & detached shed!
Walk to Ashby Inn!
\$410,000
Cricket Bedford (540) 229-3201

ATOKA COTTAGE



RENTAL ~ Fully renovated stucco & stone cottage on large working horse farm off Atoka Road. Features Two Bedrooms & One Full Bath. Master Bedroom on main level, 2nd Bedroom on upper level. Newly designed Kitchen with picture window, granite & all new appliances. Refinished hardwood flooring in the large Living Room with stone fireplace. New HVAC heating and cooling system and Washer/Dryer. Electricity, internet and lawn care included.
\$2,395/mo
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THE PLAINS



RENTAL ~ Rare opportunity to live on a large farm between The Plains and Middleburg. Three bedrooms and two baths. Very large country kitchen, mudroom, Living room and Dining room/study. Hardwood floors throughout, pastoral views and sun filled rooms. Sweet front porch overlooking fields. Located in the most desirable area of Orange County Hunt territory. No smokers. Very private and quiet.
\$1,990/mo
Rein duPont (540) 454-3355

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NEWS OF NOTE

AD MAN LUKE ELIOT'S MINI COOPER AD CONNECTS WITH MIDDLEBURG



If you haven't seen the release of the Superbowl TV commercials, especially the Mini Cooper #DefyLabels advertisement, here it is. The Mini Cooper ad, made by local scion Luke Eliot, has been cited by the Washington Post as a "masterpiece" - sports fans will recognize tennis star Serena

Williams and former Women's soccer 2-time Olympic medalist Abby Wambach who lead off the all-star testimonials about "defying yourself" and defying labels. You don't have to drive a BMW to like the modern re-make of the classic British Mini... the Mini Cooper is cute performance. Go on, add your view to the nearly

5,000,000 - that's right, 5 + 6 zeroes, five million! - views already recorded on youtube.com - cheer on the Mini Cooper's ad maker and Hill School Alum, Luke Eliot - his parents Bob and Joan Eliot connect this Superbowl ad to Middleburg.

REGISTRATION OPENS FOR DRYHOME'S LOUDOUN LYME RACE

VIRTUAL RACE ADDED TO REGION-WIDE EVENT



Registration is now open for DryHome's 6th Annual Loudoun Lyme Race, which includes a 10K, 5K and 1K family walk/run and, new this year, a virtual race, where participants who cannot make it on race day can log their scores and raise funds. Scheduled for Sunday, May 15th, the Loudoun Lyme race has raised \$190,000 to date to support research and advocacy efforts.

The May 2016 event works to drive awareness and raise money to find a cure for Lyme disease, the number one tick-borne illness in the U.S., which affects

Loudoun County more than any other county in Virginia.

The Loudoun Lyme race also features an informational fair to educate the public about the disease, its causes, and treatments.

Home to the third largest number of Lyme's cases in the nation, Loudoun County is facing a Lyme disease epidemic, with 22 percent of the state reporting cases.

Infected individuals often test negative for Lyme disease. But, if left untreated, infection can cause severe neurological, cardiac and arthritic problems.

Initial signs of Lyme disease may include a bull's eye rash, fatigue, and flu-like symptoms. Early detection and treatment is vital.

That's why Steve Gotschi, the owner of Sterling-based Dry-Home Roofing and Siding, started the race event after his wife and many friends battled the disease.

Sunday, May 15, 2016. Race starts at 8 a.m. Sunday, May 15th at Brambleton Town Center, 22855 Branbleton Plaza in Ashburn VA, 20148. Registration begins at 6 a.m.

The registration cost is \$30 for adults and \$25 for children under 14. Following May 11, adults cost \$35/children \$30.

There is no charge for attendance at the accompanying informational fair that will offer booths from local businesses, the medical community and vendors.

Proceeds benefit the National Capital Lyme Disease Association, a nonprofit offering education and support. Along with the race, DryHome's Loudoun Lyme Race will have an informational fair with booths from local businesses, the medical community and vendors.

To learn more about the race, or to register, please visit: www.LoudounLyme.org

STONESPRINGS HOSPITAL CENTER AWARDED ACCREDITATION FOR SUPERIOR STANDARDS OF CARE BY THE JOINT COMMISSION



StoneSprings Hospital Center today announced that it has earned The Joint Commission's Gold Seal of Approval® for Hospital Accreditation by demonstrating superior standards of care.

The Gold Seal of Approval® is a symbol of quality that reflects an organization's commitment to providing safe and effective patient care.

StoneSprings Hospital Center underwent a rigorous, unannounced on-site survey to be considered for the accreditation. During the review, a team of

Joint Commission expert surveyors evaluated compliance with hospital standards related to several areas, including emergency management, environment of care, infection prevention and control, leadership, and medication management.

Surveyors also conducted on-site observations and interviews.

The Joint Commission has accredited hospitals for more than 60 years. More than 4,000 general, children's, long-term acute, psychiatric, rehabilitation and specialty hospitals currently maintain accreditation from The Joint Commission which is awarded for a three-year period.

In addition, approximately 360 critical access hospitals maintain accreditation through a separate program.

"Joint Commission accreditation provides hospitals with the processes needed to improve in a variety of areas from the enhancement of staff education to the improvement of daily business operations," said Mark G. Pelletier, RN, M.S., chief operating

officer, Division of Accreditation and Certification Operations, The Joint Commission.

"In addition, our accreditation helps hospitals enhance their risk management and risk reduction strategies. We commend StoneSprings Hospital Center for its efforts to become a quality organization."

"We are so pleased to receive accreditation from The Joint Commission, the premier health care quality improvement and accrediting body in the nation," added Mark Rader, CEO. "Staff from across the organization continue to work together to develop and implement approaches that have the potential to improve care for the patients in our community."

The Joint Commission's hospital standards are developed in consultation with health care experts and providers, measurement experts, and patients. The standards are informed by scientific literature and expert consensus to help hospitals measure, assess and improve performance.

MASTER TRUMPETER TO BE FEATURED AT BAROQUE CONCERT

After a successful inaugural season in 2015, The Middleburg Concert Series returns with its first concert of 2016 on Sunday, March 13th, at 4 PM with a visit to the baroque era. The program will include selections by Bach, Handel and Poglietti and feature baroque and modern trumpet artist Dr. Douglas Wilson. Dr. Wilson who holds degrees in music from Yale, Oberlin and the University of Oklahoma has performed with numerous concert ensembles including the Washington Bach Consort, the National Philharmonic Orchestra, and the Washington Concert Opera. Dr. Wilson will be joined by Dr. Steven Cooksey (Professor Emeritus from Shenandoah University) on the organ and harpsichord, Cynthia Saucedo and Enrique Reynosa on the violin, Dr. Maryory Serrano on the viola/violin and Dr. Alan Saucedo on the cello.

The goal of the Middleburg Concert Series is to provide the opportunity for area residents and visitors to enjoy virtuoso performances worthy of the Kennedy Center without the need to



travel distances. A reception for audience members to meet the artists will immediately follow the performance. Concerts are held at the Middleburg United Methodist Church which is located in the town of Middleburg at 15 W Washington Street at the corner of Pendleton. Admission is free. Donations are welcome. The Middleburg Concert Series is made possible by generous donations from local businesses and individual sponsors and supporters. For more information contact Alan, middleburgconcertseries@gmail.com or call (540)303-7127.

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NEWS OF NOTE

SUNDAY SKETCH AT THE NATIONAL SPORTING LIBRARY & MUSEUM



PHOTO COURTESY OF THE NATIONAL SPORTING LIBRARY & MUSEUM

LAUREN R. GIANNINI

If you enjoy art, find yourself doodling or sketching, if you take art lessons and/or daub away on paper or canvas with paint, pastels, charcoals or colored pencils, try Sunday Sketch, 2-4 p.m., on the month's first Sunday at the National Sporting Library & Museum. Artists of all ages, whatever the level, are welcome (children 10 & under must be accompanied by an adult). The program, which in-

cludes admission to the museum, is free.

Sunday Sketch supplies everything you need from pencils and paper to sketch boards, plus a local artist or art teacher, who will utilize various works in the galleries to showcase whatever the aspect of art they're teaching. On February 7, Alice Porter zeroed in on composition and started the session with a brief talk and some advice before sending the group of 29 adults and children to sketch one of the many scul-

tures. People scattered to find their first subject and, 15 minutes later, everyone returned to Porter for the next exercise.

"I was always interested in drawing, and I love the flow of the colors when I'm painting," said Sunday Sketch first-timer Karen Jackley whose lessons with Porter began last year with Introduction To Drawing. "Alice is excellent with the technical aspects of drawing and procedures. Her Sunday Sketch taught me to look at paintings differently, to

see the depth and what the artist is putting together with the various elements."

For those who loved to paint and draw as children, signing up for Sunday Sketch provided a great workout for the right side of the brain. Several showed more advanced skills, but that isn't the point: Sunday Sketch is a great introduction to the Museum and fun experience for anyone who has ever wished they could draw what they see. It's never too late to tap into your creative spirit.

NSLM's spring calendar includes the following roster of Sunday Sketch artists: Gail Guerri-Maslyk, March 6; Mary Jennings, April 3; Alice Porter, May 1; and Teresa Duke, June 5. Remember to RSVP, please. If you have your own sketchbook and pencils, feel free to bring them, but there will be ample supplies for everyone.

Gallery Talks, another great series of NSLM events, take place each Wednesday at 2 p.m. Admission is free. The Talks alternate between Library and Museum and are led by the Librarian or Museum Curators, who provide an insider's view of traveling exhibitions, new acquisitions, and permanent collection pieces. Each unique tour lasts 30 - 45 minutes, leaving participants free to enjoy the Library and Museum. Reservations are not required.

To jumpstart your spring, the next Gallery Tours begin on March 2 in the Museum with Changing Exhibitions, then March 9 in the NSL with Library Collections and alternate until the final Wednesday, finishing the March series in the Museum. Details can be found at NSLM's website under Programs & Events.

Your support will help the National Sporting Library & Museum to continue its vital work in preserving, promoting, and sharing the literature, art, and culture of equestrian, angling, and field sports. Annual memberships cost as little as \$25 for students, \$50 for individual adult, and \$100 for dual or family, with benefits that include invitations to attend exhibition openings, lectures and special events and a subscription to the quarterly newsletter, to name just two. Higher levels of support range from Sponsor, Associate and Guardian to Circle Memberships, each accompanied by NSLM's Core Benefits and exclusive extras.

For more information, please visit www.nationalsporting.org and be sure to like the National Sporting Library & Museum on Facebook. NSLM recently extended their hours: open Wednesday through Sunday, 10 a.m. to 5 p.m.

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NEWS OF NOTE

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LANDSCAPE PHOTO BY TERESA THOMAS WINS BEST OF THE YEAR' AWARD ON PIXOTO.COM! ~ HTTP://BIT.LY/1QEcY1L



You may see more of her images displayed at The Shaggy Ram in Middleburg. You may contact her regarding my work at thomasteresa41@gmail.com.

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“With our location in such a historic setting so close to the center of American political life, Potomack’s past sales of political and historical items have been a natural fit for us and we are pleased that Kathryn will help us expand in this area.”

Ms. Coldiron was previously Director of Books and Manuscripts at Leslie Hindman Auctioneers in Chicago, and holds master’s degrees in medieval history and library and information science. Her expertise extends to cartography and natural history prints as well as early printed books and bindings.

“I love original bindings and the smell and feel of old books and paper,” said Ms. Coldiron, “and I look forward to exploring some of the interesting private libraries in the Washington area.”

Past Potomack Company sale highlights include property from former Librarian of Congress Daniel Boorstin and retired Virginia Senator John Warner, as well as a 1777 letter signed by Gen. George Washington (sold for \$24,675); a signed John F. Kennedy letter (sales price \$4,347); Samuel Johnson Dictionary, London, 1755 (sales price \$3,055); Thomas Chippendale, Gentleman and Cabinet-Makers Director (\$6,462 sales price) and Martin Caidin The Astronauts signed by the Mercury 7 astronauts (sales price \$7,050).

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Middleburg Real Estate/Atoka Properties has proudly announced the addition of Realtor Madeline McLaughlin to their team to serve discriminating home and land buyers and sellers in Northern Virginia.

Born and raised in Loudoun County, Virginia, she calls it her home today. As a member of the millennial generation, she has endless energy and drive to meet her client’s every need.

Madeline is dedicated to the relationships with her clients. She finds true value in the friendships created with her clients that transcend the working relationship. Fascinated with Northern Virginia’s rich history, Madeline enjoys studying Loudoun’s past and uses this information to enrich her client’s understanding of their “hometown.”

A long-time Loudoun horseback rider, she excels in finding her clients the perfect property for their four-legged friends.

Above all, it is Madeline’s passion and pursuit to help others find their dream home in Northern Virginia. Her dedication to excellence and to getting all the details right, distinguish her services from others and underscore her reputation for unparalleled excellence.



services from others and underscore her reputation for unparalleled excellence.

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NEWS OF NOTE

CONSTRUCTION AND TRAFFIC

MIDDLEBURG TOWN COUNCIL REPORT ~ CONTENTED FROM PAGE 1

not guarantee there would not be traffic back-ups as that was a timed signal.

When Council member Kevin Hazard asked directly whether “this new traffic pattern would be in effect twenty-four hours per day, including rush hours. Mr. Grover confirmed it would.”

Crews, it was noted, will “... be working on one side of the street at a time ... and there would always be one-way traffic ... controlled by the temporary traffic signal,” he said. There will be “... no parking on either side of the street during this time.”

Timing and Delays

In response to a question from Middleburg Police Chief A. J. Panebianco, Grover reported that the installation of the temporary traffic lights had originally been set for February 15.

“An issue with the manufacturer of the bricks,” designed for paving the Town’s new sidewalks and crosswalks, Grover said, now meant that the bricks would “not be available until the first or second week of April.” He promised that he would give the Town at least a week’s notice of the date the lights would be installed.

Pressed by Council member Bundles Murdock, Grover “reiterated that the latest date he had,” for the beginning of phase 1, “was the second week of April.”

He also noted “that he was trying to find another source for the bricks.”

When Council member Mark Snyder asked how the brick problem would “affect the end date for the project,” Grover reminded him “that the project must be completed by the beginning of November” or penalties, so-call “liquidated damages” would be imposed.

Grover noted, “...that the amount of the damages was high enough that he did not want to pay them.”

The plant that manufactured the bricks originally called for, it was noted, had “shut down.” When Town Administrator Martha Semmes asked “whether A&M had experienced any luck finding another brick source. Mr. Grover confirmed they had not.”

He noted, however, that comparable “modular” brick was available but was half an inch smaller than those called for in the contract specifications.

According to Grover VDOT’s project engineer, whose sign-off was required for the work to progress, “was dead set on using what was in the specifications, but that they were “working with VDOT to change the specifications.”

Some Business at a Standstill

~ BE LOCAL ~

During some phases of the construction and along some storefronts, council minutes continue, “businesses would be at a standstill” as sidewalks “all the way to the base of the buildings” will be removed and replaced.

The scale of such disruption, A&M representative noted, would vary, “block by block.”

To the greatest degree possible, Alves told Council “... there would be ongoing into the buildings” and that he would work with each business to “identify a loading/unloading zone for the business deliveries.”

Town Council, Staff and Police have resolved to continue work closely citizens and local businesses to minimize disruption during construction. Ongoing consideration is being given to free parking, optimizing short-term parking, developing new signage and other measures.

Council Member Shea also strongly suggested “Town staff encourage the businesses to talk to each other about how they could help each other through the construction.”

Above and Beyond

Mayor Davis formally thanked the Town staff for “taking such good care of the town during the snow storm.” Town Administrator Semmes, Town Clerk North and Economic Development Coordinator Pearson were singled out for their efforts to “keep the citizenry informed.”

Chief Panebianco, Lieutenant Prince and Facilities & Maintenance Supervisor Simms, Davis noted, “stayed through the worse part of the storm to make sure everyone was safe, as did Stuart Will, of IES.”

Council members Shea and Hazard noted that Safeway’s store manger and long-time employee Elizabeth Dash volunteered to stay in town and keep the Safeway store open. Davis suggested a letter be sent to Safeway’s corporate headquarters to thank those individuals.

New Pink Box Agreement

Town Administrator Semmes and Melanie Mathews, of the National Sporting Library and Museum met to discuss the development of a new Memorandum of Agreement, replacing the existing lease governing the Town’s use of Pink Box. Among other positive developments, she noted, the historic building is now tax exempt, which means that Middleburg will “no longer have to make tax payments on the building.”

Snow Removal Disaster Relief

Semmes also reported that

she has been working on an application for \$28,000 in “disaster relief” from FEMA and had already fielded questions on the submission.

Costs associated with removing snow from the latest major storm cost the Town roughly \$67,000, she said.

The Town’s snow removal budget is currently \$50,000.

There are, Semmes noted, “enough funds in the Contingency Reserve to handle this and advised Council that she would be presenting budget amendments to them.”

She reiterated that, in her view, there was no need for Council “to appropriate additional funds as there was enough money in the budget – it just needed to be moved” from “contingency” to the snow removal budget.

Inadequate Water Line Maps

While trying to address recent water line leaks and other issues on Sycamore Street and Blue Ridge Avenue, Stuart Will, of IES, discovered that the water shut off valves that should have made addressing the problem easy, “were not where they were shown” on the Town’s current maps.

Because the maps were not correct, he said, it was impossible to tell Town Staff which citizens to inform about their water being cut off as the problems were addressed.

Asked by Council member Kevin Hazard whether Will was “updating the maps as he found these items,” Will said he was “making notes on them” and hoped “the maps would be redone entirely” at some point.

New Email Addresses

The official email addresses for members of Middleburg’s Town Council and Staff have all been changed.

All the new e-mail addresses now take the form first initial followed by last name @middleburgva.gov.

Mayor Davis’s new address, for example, is now bdavis@middleburgva.gov.

For a complete list see: http://www.middleburgva.gov/Contact_Town_Staff.html

Treasurer’s Report Delay

Middleburg’s new Town Treasurer, Ashley Bott, reported that “she was continuing to clean-up issues and reported that there was a lot of data go-

ing back to July that needed to be entered.”

According to Council documents, “She expressed a desire to provide Council with a timeframe for providing a financial report; however, she advised that she did not know what she would encounter.”

Bott told Council, “that the data entry was easy; however, researching where items came from and where they must go would take time.”

Bott said she was now “... in the process of gathering information on a new system.”

Congress People in the Snow

Chief of Police Panebianco reported on the number of U.S. Congressmen who were accommodated in Middleburg during the last major snowstorm.

According to Officer Heather Fadely, he said, “there were around seventy.” The Chief noted that he received “a letter of gratitude from the Capitol Police complimenting Officer Fadely on how she performed her duties” and that they were “grateful for the Department’s support and were impressed with the Town’s snow removal efforts.”

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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.

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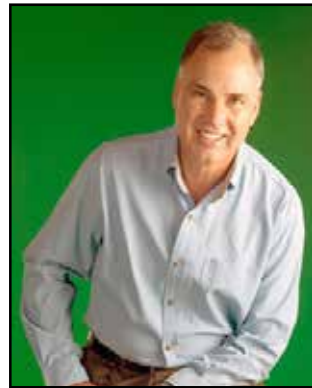
We are small, local propane company who currently only delivers in Loudoun, Fauquier, Prince William, Clarke and Frederick Counties in Virginia. We are growing rapidly in this lim-

ited 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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NEWS OF NOTE

HEALTHY LIVING JUICE & RAW BAR IN A TOWN NEAR YOU

LAUREN R. GIANNINI

Fans of Happy Days will remember a funny, energetic, boy-crazy character, who joined the ensemble in its later seasons — Jenny Piccolo, portrayed by Cathy Silvers, from 1980-83. Well, everyone on Happy Days has grown up, including Jenny, now older and wiser but in the nicest ways. Silvers, a chip off the old block — her father was Phil Silvers — hasn't lost her ability to hold center stage and captivate her audience while she spreads the word about the vital connection between food and health in bars.

"In order to raise economic development, one must raise the bar," said Silvers.

This goes back to ancient Greece and Hippocrates, one of the most outstanding figures in the history of medicine, who said: Let food be thy medicine and medicine be thy food. Silvers would agree wholeheartedly,

based on personal experience when she used nutrition, namely raw, organic food and juicing, as well as acupuncture, to reverse a life-threatening diagnosis caused by food and alcohol.

Today, Silvers is the energy behind the Healthy Living Network and hosts the Town and Country Show episode of the Healthy Living Show. To serve the hungry, she has established her non-profit Healthy Living Juice and Raw Bar at Deja Brew on Main Street in Warrenton. Proprietor Nikki Guskiewicz also carries Silvers' line of Healthy Living 100% organic superfoods and products. It's a partnership based on mutual respect and an understanding of what constitutes health-promoting nutrition — aka the bar.

"At Deja Brew, we think that Healthy Living products are important, and our menu provides healthy meal choices made with real ingredients daily for breakfast, lunch and dinner," said Guskiewicz, who does

all the baking. "We offer plenty of fresh, organic, no sugar, soy-free choices for adults and kids. I wanted there to be a way for people to learn how to eat better. Cathy asked me to do the juices, raw vegan soups and raw cereals. It was a perfect fit."

Silvers brought the Town and Country Show episode of the Healthy Living Show into Deja Brew on New Year's Day, greeting newcomers, some of whom had driven a long way to see the Happy Days star. She drew people out, educating through talking about the connection between healthy living and healthy eating.

The Healthy Living Line of Superfoods include Goji Berries and Cashews. Goji are potent berries, rich in Vitamin C and beta-carotene, tasty as a snack by themselves, in salads and in cashew milk. The recommendation is to soak a few in water with lemon. Cashews are raw, organic, hand-cracked, rich in natural oils and minerals with amazing flavor. Maca Powder, Agave Syrup,



DEJA BREW'S NIKKI GUSKIEWICZ AND HEALTHY LIVING'S CATHY SILVERS

Chia Seeds, Coconut Flakes, Cacao Powder and Cacao Nibs (the purest form of chocolate and healthy food unless ruined by sugar), and Trail Mix round out the Healthy Living Line, available at Deja Brew and the Natural Marketplace in Warrenton, and the Front Porch in The Plains.

"Happy Days Healthy Living," published in 2007, is the story of how Silvers grew up in Hollywood, her experiences on Happy Days, life as a grown up, marriage, children,

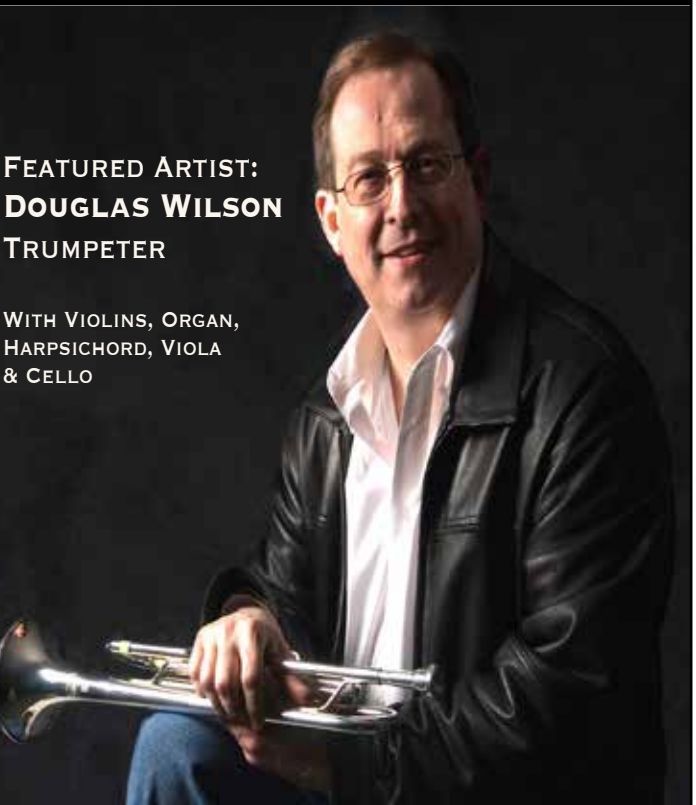
and the crisis that led her to embrace healthy living and healthy eating. She's determined to raise the bar by re-coining the bar and helping people to help themselves to better lives through healthy nutrition. "Serve and be served" is her motto. In her quest to end hunger in everyone, Silvers is expanding Healthy Living throughout the Piedmont, one bar at a time.

For more information: www.thehealthylivingshow.com

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CHOICES IN OUR LIVES

ERICA WILEY

My friends know that February 10 is a tough day for me and my family. On that day we said goodbye to my youngest son, Hugh, who passed away after a long and difficult battle with lymphoma. This year, I chose to treat February 10 as any other day, not wanting to remember my son on the day of his death, but, instead, on his birthday. However, on the morning of February 10, I was jarred to reality by expressions of remembrance from loving and thoughtful friends and family. I was not going to be allowed to forget this day. As I sat at the kitchen counter amidst the bouquets of flowers and emails remembering my son, I had a choice: to give in to the sadness or to be happy with my life's many blessings and move on with my day in a productive manner.

Life is a series of learning events...we will ALL face difficult events and challenges throughout our lives. The loss of a family member and a child is, probably, foremost among those difficult events and, indeed, one of life's greatest challenges. But, I believe that our lives are defined not by these events and challenges, but by the choices that we make as a result of them. We all have a choice as to how and whether we will move forward. Will we choose to be bitter, angry, overwhelmingly sad and without direction? Or will we choose to find courage, happiness, determination and purpose? We ALL have the power to choose.

On the morning of February 10, amidst the remembrances for Hugh, I came across a press release that Monsanto/Dow are re-releasing dicamba and 2,4-D herbicides (both carcinogens and can travel beyond sprayed areas) to replace Roundup as weeds have become resistant to Roundup. So, on February 10, as a result of the Monsanto press release, I chose to be grateful for the many ways my life has been blessed and chose a purpose for the day: to honor Hugh by providing information about the "choices" we make as a society and how those choices impact the health of our children.

The incidences of health issues in children have risen dramatically in the last 30 years. Allergies, asthma, autism, autoimmune diseases, cancer, diabetes, obesity are reaching epidemic proportions. Children absorb environmental toxins at a higher rate than adults due to their metabolic rates. Studies show a correlation of these diseases to environmental exposures in our water, food and environment. It is clear that we are not making the right choices as a society for our children. We are at a crossroads. Do we choose to accept increased childhood disease events as the new "normal" - that more and more children will simply spend life bald and in a hospital instead of on a playground? Or do we choose to demand better for our children. It is our choice.

Corporations make choices regarding how they make profits. I do not understand why corporate profits and the health of our children are mutually exclusive, but historically they have been, and continue to be. To say that I am disappointed with the choices that many corporations make is an understatement. Pfizer supplies the arsenic that is fed to chickens so that farmers can increase weight gain with less feed and so that the meat is "healthy" pink. (Think of how many chicken fingers your child eats. Arsenic is



more toxic than mercury.) Monsanto, Dow, Syngenta etc. all contribute to the exposure of our children to GMOs, herbicides and pesticides. (If those chicken fingers are also contain GMO corn, Roundup and other pesticides and herbicides.) Oil and other companies contaminate our drinking water supply and water used to irrigate crops. (The corn fed to the chickens for those chicken fingers likely contains petroleum from irrigation sources.) Speaking of petroleum, General Mills, Nabisco, and Kraft all produce snack products marketed to children that actually contain petroleum. And Coca Cola and Pepsi have used carcinogenic preservatives in beverages until recently. I could go on and on, but time and time again, corporate profits are placed above the health of our children.

[Note: These corporations routinely maintain that their products are "safe". But, there is no way to test product safety in children. We simply cannot conduct double-blind trials by feeding petroleum to control groups of children to see how safe petroleum is for children to ingest and in what quantities over the long term. True product safety studies prior to release of many "safe" products are non-existent. Instead, the "product safety testing" occurs "in the field" in the lives of our children. Common sense is missing, i.e., I think we know that it's probably not a good idea to feed children the petroleum that is present in Cheetos, Pringles, Cheez-its, Teddy Grahams and Kraft Mac and Cheese and M&M's, to name a few, but those products continue to be sold. So with regard to the previously-cited Monsanto herbicides that prompted this writing, there is no safety testing on children. Our children are guinea pigs.]

I would like to suggest that we encourage each other and corporations to use common sense and humanity to make choices that promote children's health. We have the choice to invest in, purchase goods from, support and donate to corporations, organizations and legislators that are making the right choices for children, and now, more than ever, is the time to do so.

We can choose to invest in corporations that choose to make health

products for our children. Lists of sustainable and child-friendly product companies are listed in financial publications or available by a simple internet search. If enough of us make healthy choices in our investments, investments yields will favor companies making the healthy choices. Will we choose investment in a company for gain or for the health of our children? The choice is ours.

We can choose to reward corporations and small farmers that utilize sustainable practices and produce healthy products for children by purchasing their products. Yes, organic and other sustainable products may cost a bit more. Will we choose convenience and cost or our children's health? The choice is ours.

We can choose to provide the much-needed, grass-roots support to those organizations on the front lines who demand better for our children daily. These organizations cannot take donations from large corporate sponsors because

of a conflict of interest with their mission. Whether its for our own national organization "Less Cancer", or the non-GMO Project, or Mamavation or your own advocacy group, we can choose to donate to these organizations to sustain their critical mission. The choice is ours.

And, we can choose to demand that our local, state and federal representatives make the right choices for our children. Whether to vote against the approval for Dominion Energy to dump coal ash/waste into the James River (its going to be drinking water for someone) or to vote against the Dark Act in the US Senate (a bill that would prohibit GMO labeling sponsored by the GMO lobby) or to initiate legislation similar to that proposed by New Hampshire to provide incentives to reward sustainable farming, or to outlaw Roundup and prohibit GMO's as many European countries have already done, we can choose to support and lobby favorable legislation and legislators for children's health, the choice is ours.

So I will ask all of you to make one of life's choices: the choice to demand better for our children...so that the choice regarding how we live our lives in the face of one of life's greatest challenges becomes, perhaps, unnecessary. The choice is ours.

Or we can choose to do nothing at all.

Unfortunately, I know first hand how chemicals in food, water and the environment can affect the health of a child and, unfortunately, I know that we all have a false sense of security that "something like that will not happen to me" and, unfortunately, I know that the choices we make today often cause irreversible consequences for our children. I also know that we cannot rely on others to make choices for us...choices that help our children will not occur unless and until we ALL choose to demand better.

So I will ask all of you to make one of life's choices: the choice to demand better for our children...so that the choice regarding how we live our lives in the face of one of life's greatest challenges becomes, perhaps, unnecessary. The choice is ours.

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Senator Jill H. Vogel

Legislative Update January, 2016

The 2016 Session of the Virginia General Assembly began in January and it is the season for legislative updates once again. For our office, the start of the Senate session is the culmination of months of preparation, committee meetings, work with constituents, civic groups, local governments, businesses, non-profit organizations and others who have a stake in legislation and budget matters before the Senate.

We moved our constituent service and legislative office full-time to the Richmond Capitol. My committee assignments include the Senate Finance Committee, General Laws and Technology Committee, Rules Committee, and Privileges and Elections Committee, which I chair. I also chair the Senate Finance Subcommittee on General Government and Technology, which oversees funding for all state employees, courts, technology and certain economic development issues.

I have introduced more than sixty bills and budget measures and in a short time we have constructed a complex two-year budget and passed hundreds of bills out of the Senate. Highlights of my bills include:

- SB 384 to allow school divisions to participate in the state health plan;
- SB 405 to restrict tolling on I-66 and set parameters for additional capacity;
- SB 422 to provide neighborhood assistance tax credits;
- SB 383 to provide the same level of health insurance coverage for oral chemo drugs as for IV drugs;
- SB 379 to address highway safety;
- SB 380 to authorize a behavioral health program in the court process;
- SB 381 to revise permissible activities of participants in election day programs;
- SB 382 to clarify certain duties of Electoral Boards and Registrars;
- SB 460 to provide notification to other states of a person's voter registration in Virginia;
- SB 59 to establish non partisan redistricting criteria for drawing congressional and state legislative districts;
- SB 376 to assist law enforcement in apprehension of a person using search warrants;
- SB 377 to provide remedies for landlords unlawful removal of a tenant;
- SB 408 to assist state in payment to citizens of unclaimed property;
- SB 681 for Frederick County to extend annexation moratorium; and
- SB 426 to create an investment fund to assist in certain economic development.

There are some other bills that I introduced this session that generated an unusual amount of interest and are worth discussion here. SB 415 drew national attention to a debate in Virginia of sex abuse and child marriage. The bill I patroned sets the minimum age of marriage at 18, with an exception for those 16 and above who go through a judicial proceeding to determine the best interest of the child. Outcry over a marriage case in my district led constituents to inquire about the child welfare and marriage laws in Virginia. I was shocked to learn that Virginia's marriage laws are among the most lax in the nation and do little to protect children from sexual predators and coerced marriages. Children as young as 12 have married in Virginia and in some cases the marriage is used by an abuser to escape scrutiny and prosecution. Eighteen is a critical age below which teens have no independent protection under the law—they cannot readily escape domestic violence, cannot obtain a protective order and cannot go to a shelter. The bill had a lively floor debate and passed the Senate with wide support.

That bill was consistent with a package of victim and domestic violence bills that I introduced this session. Many people are not aware that 1 in 4 women will experience domestic violence in their lifetime and it is the leading cause of homelessness. Two of my bills, SB 654 and 655, increase criminal penalties for abusers and violators of protective orders. I patroned SB 626 which expedites the process for someone issued a protective order to receive a concealed carry permit and my SB 656 provides funds from the Sexual and Domestic Violence Victim Fund to reimburse victims' for a safety course. Working with the Governor's office, I also introduced SB 417 to make it easier for social services to file court documents in certain child welfare proceedings. I also collaborated with the Governor's office to introduce SB 419 which criminalizes unlicensed day care providers who cause the death or serious injury of children. The bill arose out of tragic cases of child deaths and the lack of justice available under the law. Heartbreaking testimony from parents whose children died laid the groundwork for what work was needed and a year-long study group helped craft the bill.

SB 416 which I patroned this session has also drawn national attention. It is the current model framework for states attempting to construct laws that accommodate a new online sharing economy while protecting the economy that already exists. The bill was narrowly drawn to apply to a primary residence and to permit online platforms like FlipKey and Airbnb to operate in Virginia. The bill protects consumers, while working with the Tax Department to create a process to fairly collect and remit taxes to localities. To me the bill offered the perfect solution. It leveled the playing field, satisfied localities by capturing revenue, protecting their local ordinance authority while it included a study at the request of the hotel and hospitality industry who asked that their issues with the industry be evaluated for future legislation. The bill passed in committee almost unanimously but had a tough debate on the Senate floor. I understand opponents who want local government to be able to ban the practice, but this is an issue of fundamental economic freedom and like Uber and Lyft, the modern sharing economy is here and Virginia ultimately has to adopt a fair framework to address it.

Finally, the Attorney General's decision to overturn Virginia's concealed carry reciprocity agreements with other states around the country created an overwhelming and bi-partisan demand for legislation to roll back that policy. I introduced SB 610 to reverse that decision and require Virginia to recognize reciprocity for concealed carry permits. It removes the Attorney General's arbitrary decision-making from the process and provides law abiding citizens consistency and rules that protect their rights. The bill gained broad support and the Governor supported the measure. I agree that we should do everything possible to target gun violence, but we should address those breaking the law and not attack our most law abiding citizens.

I am eager to communicate during the Senate session and will update you on our progress. We welcome visitors to the Capitol and hope that you will consider visiting as my guest in the Senate. I take your thoughts and opinions seriously and urge you to contact our office any time that you have questions or concerns. I can be reached during the General Assembly session at 804-698-7527, P.O. Box 397, Richmond, VA 23218 or email atdistrict27@senate.virginia.gov. Also, please visit our website at www.senatorjillvogel.com. Please consider visiting the Capitol during session. We welcome visitors and hope that you will contact my office any time that you have questions or concerns at 804-698-7527, P.O. Box 397, Richmond, VA 23218 or email jillvogel@senate27.com.



paid for and authorized by Jill H. Vogel for Senate

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GREAT MEADOW: WHY GO TO RIO?

Someone said they heard a peeper a few days before the Eccentric went to press — with that traditional evening “song” and Redbud getting ready to burst into bloom through the Piedmont, it's a good time to make plans for Twilight events at Great Meadow.

On May 14, Great Meadow's Gate 2 opens at 6:30 pm and the first match starts at 7 when Twilight Polo 2016, sponsored by Greenhill Winery & Vineyards, gets the season going at a gallop with Military Appreciation Night. On May 21, Greenhill Winery presents “Red & White” Night, followed by College Night, Spy vs Spy/James Bond, Disney, Luau, and 70s Disco. Theme Nights are listed on the Great Meadow website.

Twilight Polo is a child-friendly, family outing. At halftime, the kids pour into the arena for the traditional Tug-of-War (parents, have your cameras ready!). After that, Polo Bear joins the kids in a 2-lap foot race around the arena. Following the featured polo match, there's dancing to a DJ in the pavilion. Bring your picnic baskets, coolers and blankets — whatever you need to be comfortable on the grassy berm. .

Twilight Polo's presenting sponsor, Greenhill Winery & Vineyards will offer a selection of their wines for purchase. Dee's Bayou Cooking and other selected concessions will also be on hand for the evening.

With one exception (July 9), Twilight Polo continues every Saturday evening until September 17. Now is a good time to decide whether to club together with family and friends for a railside box for 6 on the arena or a tailgate parking place at the top of the berm. Larger spaces to accommodate bigger parties are also available. Please contact Great Meadow to RSVP ASAP, because the boxes and tailgates book quickly. Another option is general admission by the carload: \$35 per car in advance, \$40 per car at the gate.

Another springtime tradition at Great Meadow is Twilight Jumpers, a Friday night four-show summer series with two invitational classes. \$500 Child/Adult Jumper Classic and the \$5,000 Mini Prix. Opening night is May 27, followed by June 24, July 29, and August 12. It's another family and kid friendly outing with a Tug-of-War (but no Polo Bear) and dancing after the Mini Prix.

Twilight Jumpers is the primary fund-raiser for High Performance Equestrian Foundation, a 501c3 non-profit founded in 2009 by Alden Denegre Moylan, which offers financial assistance to qualified jumper riders. You can attend General Admission (by the carload) or RSVP railside boxes or tailgate parking spaces on the berm. Information will be posted Facebook and on Twilight Jumpers' page on the Great Meadow site.

Since 1985, Great Meadow has been home to the Virginia Gold Cup, a timber stakes worth \$100,000, on Saturday, May 7. The racecard includes 3 hurdle races, the Steeplechase, and three flat races, for 8 races with purses totaling \$415,000, making this the richest spring meet on the National Steeplechase Association calendar. A definite rite of spring, the Gold Cup Races are even more exciting, thanks to pari-mutuel wagering, which was introduced in 2013. More on the 91st running of the Gold Cup next month...

Great Meadow International, an integral part of Great Meadow, will host the final outing from July 8-10



for the Land Rover U.S. Eventing Team before the horses and riders compete in the 2016 Olympics in Rio de Janeiro. Great Meadow also has the honor of hosting the first-ever FEI Nation's Cup™ of Eventing to take place outside of Europe. All the action happens in two days: dressage during the day on Saturday, show jumping in the evening and, on Sunday, the cross country and awards ceremony. General admission: \$30 per carload per day or \$50 for a weekend car pass.

VIP Hospitality, Corporate Entertaining and Tailgating on the Cross Country and other options will be available. Please visit www.GreatMeadowInternational.com

For information about Twilight Polo, Twilight Jumpers, the Gold Cup, and everything else on their calendar: www.GreatMeadow.org

EQUESTRIAN CALENDAR

GEARS UP FOR SPRING

March will probably unfold true to nature with its usual fickle combination of lion and lamb, temperatures up and down, but only Mother Nature knows whether we're in for more of the white stuff...

No worries — racing over hurdles and timber means that spring's just around the corner. Time to start planning your tailgate celebrations with family, friends and business associates, because nothing beats a point-to-point (PTP) or steeplechase meet to shake off the winter blahs.

Blue Ridge Hunt kicks off the Virginia Point-to-point season on March 12 at Woodley Farm; post time for the first race is noon. Warrenton Hunt is up next at the Airlie Racecourse, Warrenton, on March 19, with the first race going under starter's orders at 12:30. The Piedmont Foxhounds will run its annual PTP on the following Saturday, March 26, at the Salem racecourse, Upperville. Orange County takes place on Sunday, April 3, at Locust Hill Farm, Middleburg, post time is 1 p.m., followed by Old Dominion, April 9, at Ben Venue.

Oatlands Plantation, Leesburg, sets the stage on Sunday, April 17, for Loudoun Hunt's PTP, post time is 12 sharp, but check the schedule for when the 2nd annual Ladies Side-saddle Race goes under starter's orders. You don't miss the competitive elegance of the ladies stampeding to be first across the finish line. In fact, make plans to arrive early, because traffic's often backed up on Route 15 as the course crosses the main driveway and vehicles are held until the race is over.

Point-to-points are great party settings with unbelievable ambience — people, horses, action over timber and hurdles and on the flat. Be prepared for Mother Nature to throw a hissy fit by making sure that you and your guests dress for the elements and pack along everything you think you don't need. If it's sunny and mild, bring umbrellas and rain gear, extra fleeces, sweaters, extra socks and waterproof cozy footwear. Sometimes, when you're dressed for cold, wet and/or dreary, by early afternoon you find you're sweating buckets, wishing for that lightweight

windbreaker. Ladies, sport your Dubarry boots etc and leave the high heels at home or in the car. When in doubt, ask experienced racegoers.

For all sorts of PTP and racing information: www.centralentryoffice.com

The National Steeplechase Association's 2016 schedule of sanctioned meets gets off to a good start on March 26 at the Aiken Spring Races, Aiken, SC. The NSA meet attracts a good representation of horses trained up and down the East Coast, including several from the Middleburg area. Aiken, about 8 hours south by car, appeals to everyone, not just horse enthusiasts, with plenty to en-

joy in the way of food, art, history, culture, golf, and horse sports.

The Camden Cup follows on April 3, in Camden S.C. If you feel like following the steeplechase circuit, check out the schedule on the NSA website. Also, start making your plans for the Middleburg Spring Races on April 23, post time 1:30 p.m., and the Middleburg Hunt Point-to-point on Saturday, May 1, first race at 1 p.m. — both at historic Glenwood Park, Middleburg.

For more NSA information: www.nationalsteeplechase.com

CHOPIN PLACED WELL AT AA HITS EQUITATION AND JUMPING EVENT



Kacey Murphy of Aldie, Va riding Riverchase Farm's Chopin placed in every AA HITS Equitation and Jumping event she competed in Ocala Florida this week. This was her first major competition riding a horse she's never competed on and barely trained on before. Kacey is American and Belgian and just move to America for the first time in July. She is so proud to be a part of Northern Virginia's Equestrian Community and Family.

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MEET MIDDLEBURG'S ICELANDIC HORSES

PHOTOS AND TEXT BY VALERIE DURBON

The Icelandic Horse is one of the oldest, rarest and purest breeds in the world since there has been no cross breeding in Iceland in 1000 years. They are quite cute, with long, flowing, Rockstar like manes, gorgeous eyes peeking out under tousled forelocks. They have five gaits: Walk, Trot, Canter, Tolt and Flying Pace.

The Icelandic is the only breed of horse in Iceland. In the late 9th Century these horses were brought over on Viking ships to serve as sole transportation over Iceland's unforgiving volcanic terrain. The breed has remained pure since a law was passed in 982 AD stating that no horses could be imported, meaning

that these native horses have very few diseases. The ancient law preserves the purity of the Icelandic Horse, and every horse exported from Iceland will never be allowed to return home.

Antje Freygang brought Dalur, Vaskur, Skuggi, Geisli, Ari and Atlas to Middleburg, Virginia. Antje started riding at an early age. After a back injury, her desire to continue to ride was strong. She was told that the Icelandics were all about comfort, and she has since been riding and competing on Icelandics for the past twenty years. Antje competes her horses in performance classes showcasing the breed's unique gaits on an oval track.

The comfort that one experienc-

es comes from a rapid, smooth gait with no bounce. During the tolt, which is the specialty of the Icelandic horse, one foot is on the ground at all times, so instead of an impact there is a gentle transfer of weight. The tolt is a smooth four beat gait in which the horse's hind leg moves well under the body and carries more of the weight on the hind part, allowing a free and loose front rise.

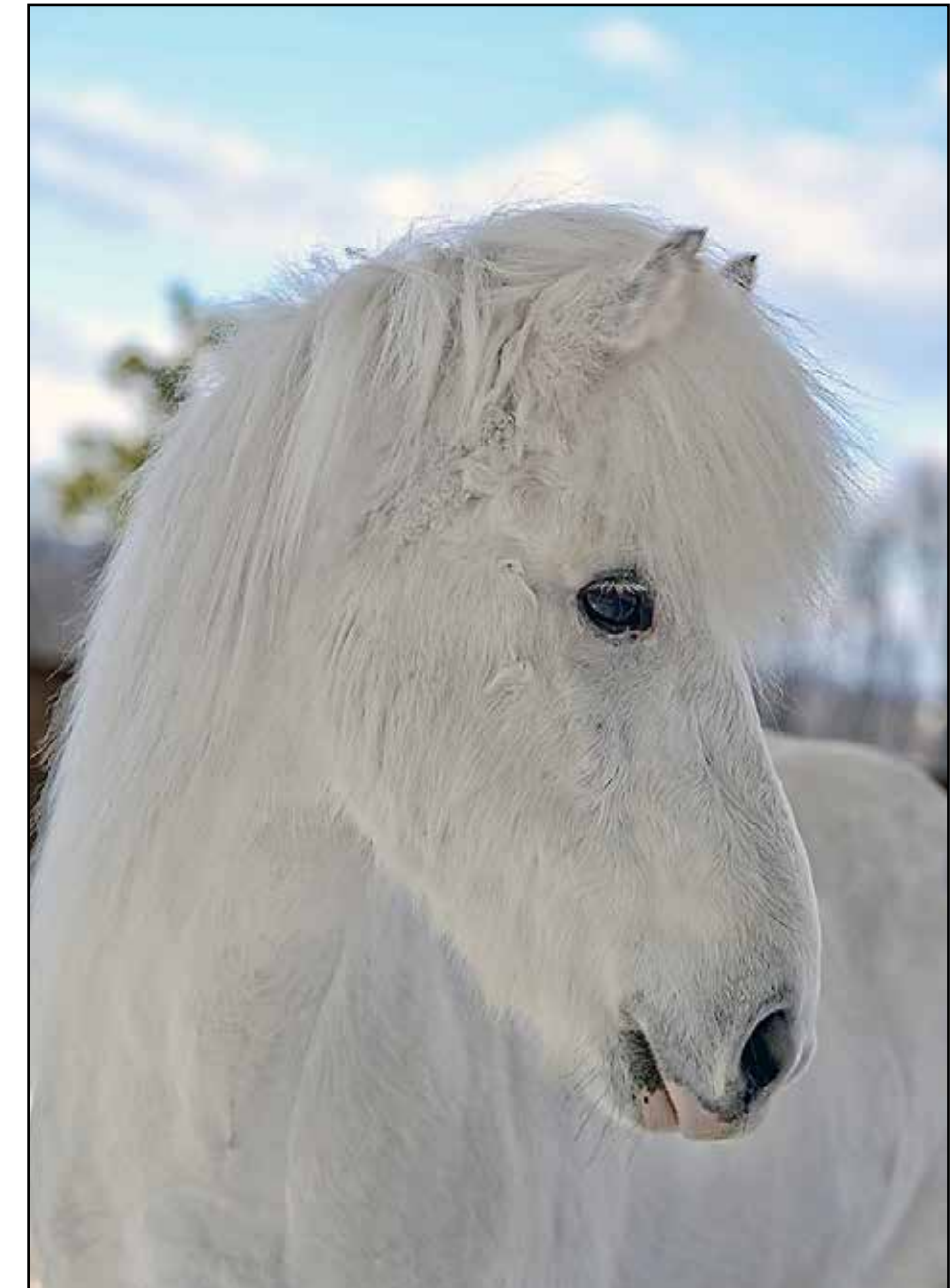
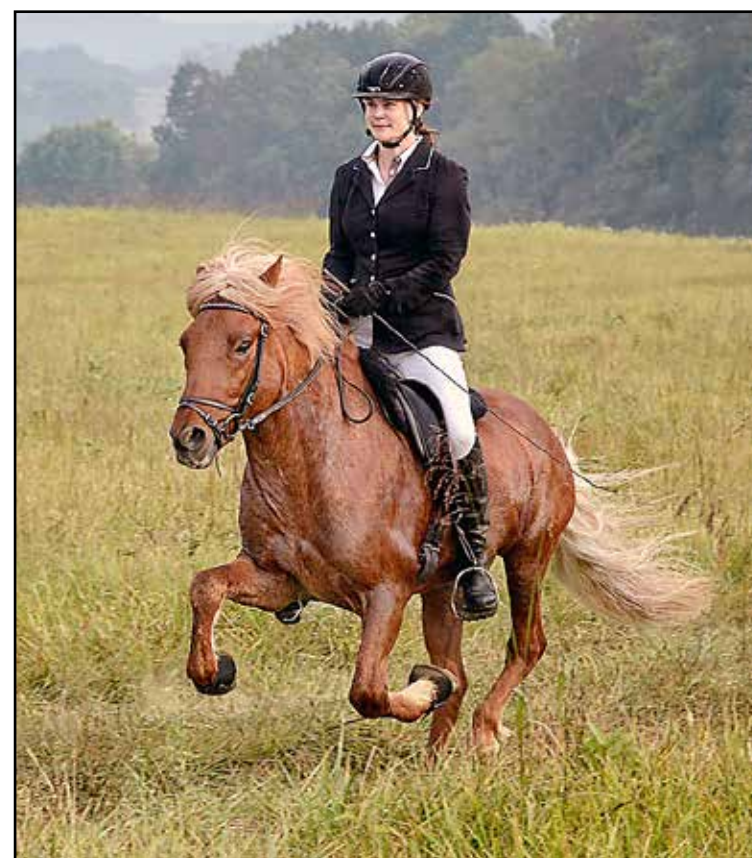
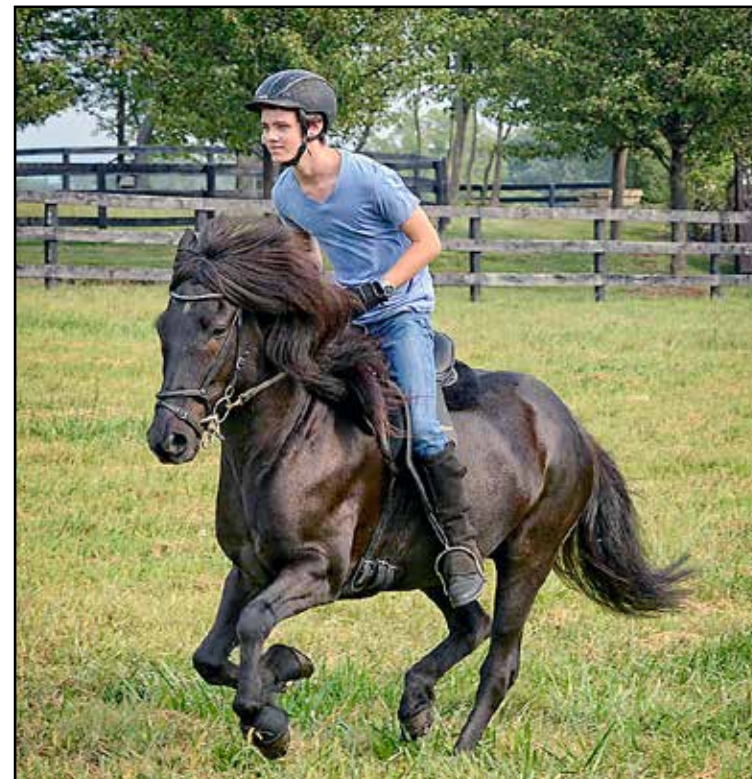
Antje explains that the Icelandic horse takes longer to mature and will grow until the age of seven. They are born into large herds on pastures, left alone with very little to no human contact until the age of four. As a result, they have a very strong herd mentality and have not acquired a dependency on humans

for survival. As a rider, Antje finds it important to have a strong mutual bond with each horse based on respect and acceptance. Once acceptance is granted the Icelandic horse will take care of his rider. As Antje explains, there is never any hidden agenda. It is a very strong relationship, honest and noble. When her horses arrived from Iceland they had never seen trees, deer, or any of the Virginia type of landscape. They would rely on the person's cues of how to react. One can understand why the Vikings settlers centuries ago depended on these horses as their sole transportation through Iceland's harsh terrains, wind and blizzards until the very first automobile arrived.



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VIRGINIA STEEPLECHASING: THE HISTORY AND FUTURE OF THE SPORT IN THE PIEDMONT

A panel discussion sponsored by the Mosby Heritage Area Association
Co-Hosted by National Sporting Library & Museum



Sunday, February 28, 2016, 2:00-4:00pm
National Sporting Library & Museum
102 The Plains Road, Middleburg, VA 20117

A panel of four speakers, moderated by Robert Banner, President of Great Meadow Foundation, discussing the history and the future of this region's beloved steeplechasing and equine sports. The audience will have an opportunity to ask questions of the panelists and a discussion will follow.

Panelists:

Dr. William Allison, Ex-MFH: President and Race Chairman, Virginia Gold Cup Races

Dr. Allison began hunting with the Warrenton Hunt in 1964. Dr. Allison was appointed Honorary Secretary in 1980 and he served in that position until he was named Joint Master in 1985, serving with Mrs. Maximilian "Sally" Tufts. He continued as Joint Master for 15 years until his retirement in 2000. Dr. Allison, a native of Warrenton and a longtime member of the Virginia Gold Cup Association, was elected its President in 1995 and continues in that position. Dr. Allison was elected chairman of the Virginia Gold Cup Association Spring and Fall Race committees in 2000 and continues in those positions as well. He is also on the Board of Directors of the National Steeplechase Association and is currently President of the Virginia Steeplechase Association.

Dr. Alfred Griffin, Ex-MFH: Director of Racing, Virginia Gold Cup

Dr. Griffin serves on the Board of Directors of the National Steeplechase Association, as well as acting as Chairman of the Growth and Promotion Committee of the National Steeplechase Association. He is Former Race Chairman of the Warrenton Point to Point Races, and also served as MFH of Warrenton Hunt for 18 years. Dr. Griffin has been a steeplechase horse owner for the last 25 years at the point-to-point and sanctioned levels.

Will O'Keefe: Race Director, Virginia Fall Races

Mr. O'Keefe is most familiar to many as the radio announcer of Virginia steeplechasing. He graduated from the University of Virginia with a history degree and went on to teach briefly before returning to his native Warrenton to manage Pine Brook, his family's farm. In 1993, Mr. O'Keefe became Executive Director of the Westmoreland Davis Memorial Foundation at Morven Park and became Race Director for their annual race. He hunted with the Casanova Hunt, served as Race Secretary of the Virginia Point-to-Point and Steeplechase Associations, served as President of Virginia Steeplechase Association, and was named the 1986 Virginia Point-to-Point Man of the Year. Mr. O'Keefe also received the Virginia Steeplechase Association's Francis Thornton Green Award in 1990. He also served as chairman of the Virginia Thoroughbred Association's Steeplechase Committee. Mr. O'Keefe was the creator of the Central Entry Office. He received the Loudoun Preservation Society's Preservationist of the Year in 2011. He has served for the last two years as Race Director of the Virginia Fall Races.

Don Yovanovich: President, Virginia Point-to-Point:

Mr. Yovanovich graduated from Villanova University with a BS in Biology and MS in Cellular Physiology. Mr. Yovanovich started in 1973 with Betty Bird as an assistant trainer and rider, and then went on to ride and train with Douglas R. Small, Jr. and William "Bill" Walsh. In 1978, he won the Virginia Gold Cup on Navy Davy. In 1979 Mr. Yovanovich moved to Middleburg where he opened the Middleburg Equine Swim Center. He has six riding titles, 17 training titles, and has trained over 4 dozen Horse of the Year winners. He won two BMW Horseman of the Year Awards, two Yves Henry Memorial Awards, two Master's awards, and the Francis Greene Award. Mr. Yovanovich served for twenty-nine years as the Director of Racing at the International and Virginia Gold Cup Races, served 4 terms as Chairman of the Race Committee National Steeplechasing Association, and as Executive Director of Amateur Riders Club of America. He served on the Board of Fegentri – the first and only American to serve on this International Board.

\$30 for MHAA or NSLM members, \$35 for nonmembers. 540-687-6681 or www.mosbyheritagearea.org



Photo by Douglas Lees

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WHAT YOU NEED TO KNOW ABOUT THE VIRGINIA EQUINE ACTIVITY LIABILITY STATUTE



MARK F. HYSON

MARK F. HYSON AND JONATHAN P. LIENHARD

The Virginia Equine Activity Liability Act (Virginia Code Section 3.2-6200 et. seq.) was passed by the General Assembly in 1991 to provide some liability protections for those who are involved in certain equine activities. The Act has been changed through the years, but it remains a powerful shield for those engaged in a variety of horse-related activities. The Act does not, however, provide blanket protection for all equine activities or all injuries. While some of the protections of the Act do not require any action by participants, other protections are only granted when a participant signs a waiver of liability.

One of the two main purposes of the Act is to prohibit lawsuits from being filed by participants in equine activities who are injured or killed because of some risk that inherently exists within the equine activity itself. To grasp the scope of the law, it is important to understand what these risks are, to whom the Act applies, the activities covered by the Act, and the steps that have to be taken to be protected under the Act.

The Act grants liability protection for those injuries or deaths resulting from the dangers that are "intrinsic" to equine activities. The Virginia Code states that those intrinsic dangers include the inherent propensity for horses to behave in unpredictable ways (such as being startled by noise, or unforeseen reactions to other objects or motion), certain hazards such as riding surface conditions, or the improper handling of a horse by fellow equine participants.

The Act provides this liability protection to those who are "sponsors" of equine activities and other "equine professionals." Who is a sponsor? In very general terms, a sponsor is any individual, corporation, limited liability company, trust, partnership, association, or group that organizes or provides facilities for equine activities. This includes landowners and the operators, instructors, and promoters of equine facilities, including stables, riding schools, polo schools, hunt clubs, riding clubs, and any other facility where an equine activity is held. It does not matter whether the sponsor organizes the activity or provides the facility in return for payment.

Also covered under the law are "equine professionals." An equine professional is any person who provides instruction or rents horses in exchange for money. Within the definition of an equine professional is anyone who rents equipment or tack to a participant in an equine activity. An equine "participant" is any person, amateur or professional, who engages in an equine activity, whether or not a fee was paid to participate in the activity.

The equine activities covered by the Act are fairly extensive.

These include, among other things, horse shows and competitions, polo, riding lessons, boarding, trail rides, hunts, training, and breeding. The Act does not cover races on which pari-mutuel wagering is permitted.

While the Act grants the basic liability protection described above to all without the requirement to obtain the participant's signed consent, additional protections can be obtained by having participants sign a waiver. As discussed, the protection above is only for injuries and deaths caused by the risks inherent to equine activities. It does not cover situations in which a participant is hurt or killed because of someone's negligence.

The Act specifically allows participants to sue for injuries that are caused by any act or omission that constitutes negligence towards the safety of the participant; provided, however, that the participant did not sign a written waiver assuming those risks.

The waiver must meet specific criteria that are set out in the Virginia Code. Even a

small variation in the language used in the waiver may be ruled by a court as a failure to meet the legal requirements to gain this additional liability protection. While obvious, it is important to note that any intentional acts to harm a participant or knowingly providing faulty equipment or tack are not considered negligence. A suit for injuries related to these intentional acts would not be prohibited by the Act, even in cases where there is a signed waiver.

If you are an individual or entity that sponsors equine activities, or are an equine professional, you should consult an attorney in order to understand the parameters of your liability and the possibility of having validly written waivers for participants in your activities. If you participate in equine activities, you should consult with an attorney in order to understand your rights under the statute.

Mark F. Hyson, partner with Walker Jones, PC located in Warrenton and Washington, Virginia, is an AV-rated attorney with more than ten years of legal expertise.



JONATHAN P. LIENHARD

gal expertise. His practice areas include Business Law, Real Estate Law, Estate Planning, Conservation Easements, and Real Property.

Jonathan P. Lienhard, partner with Walker Jones, PC with offices in Warrenton and Washington, Virginia, is an AV-rated attorney with more than 15 years of legal experience. His practice areas include Civil Litigation, Commercial Litigation, Criminal Law, and Business Law.

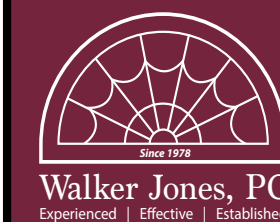
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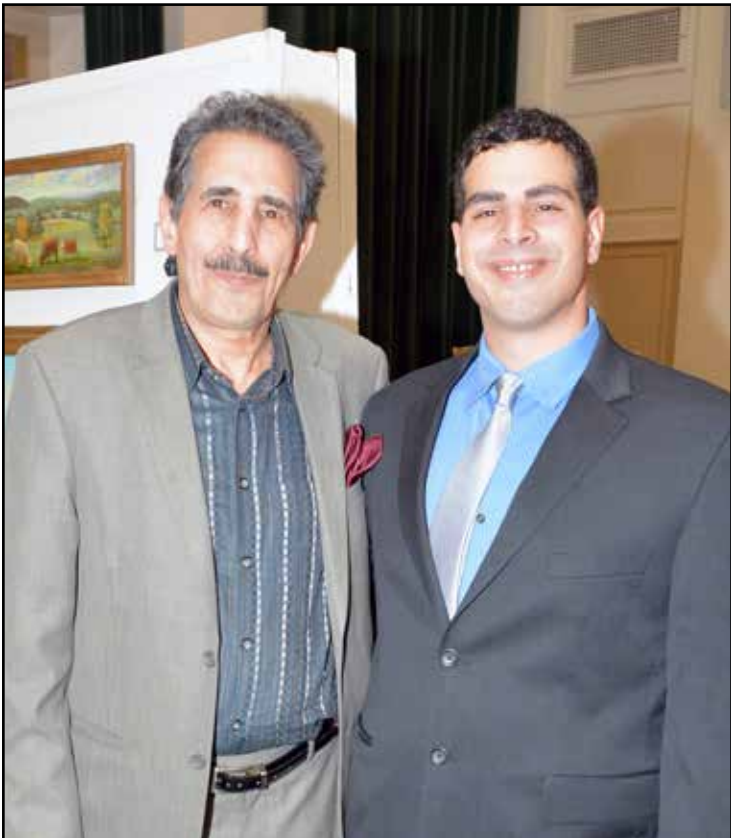
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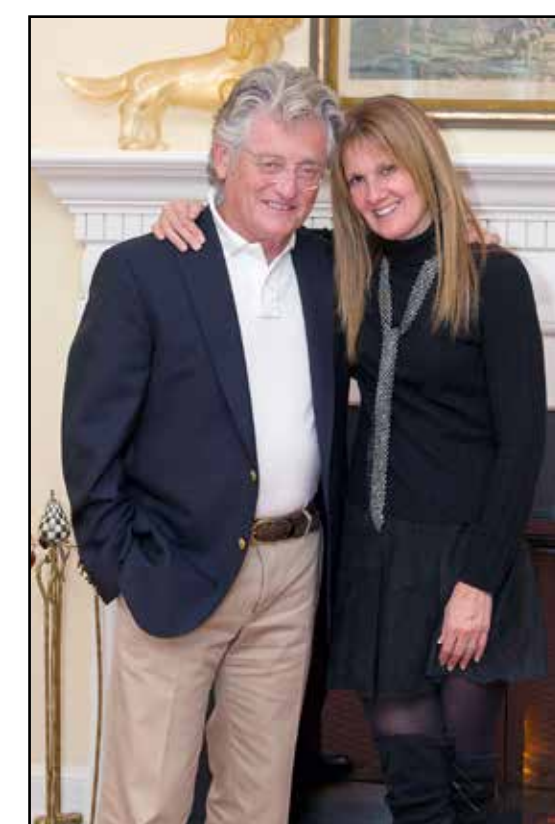
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PROGENY

FULL S.T.E.A.M AHEAD: MIDDLEBURG COMMUNITY CHARTER SCHOOL'S PTO TO LEAD STEAM LAB FUNDRAISER

The Middleburg Community Charter School (MCCS) Parent Teacher Organization (PTO) is leading a new campaign to raise funds for a Science, Technology, Engineering, Arts and Math (S.T.E.A.M.) Lab beginning February 1, 2016.

The money raised will go towards purchasing lab equipment such as a 3D printer, a laser cutter, wind tunnels, and specialty items such as Legos™, Magna-tiles™, snap circuits™, lil bits circuitry™ and KEVA™ blocks. The goal is to have an operational S.T.E.A.M. lab at MCCS available for students starting in the 2016-17 academic year. Each classroom from K-5th grade will have access to the new lab, coupled with age appropriate, in-

struction that incorporates our innovative curriculum. MCCS will incorporate S.T.E.A.M. education learning into the current da Vinci curriculum, which focuses on project-based learning (PBL).

STEAM education incorporates the "A" for the arts, recognizing that to be successful in technical fields, students must also learn how to be creative and use critical thinking skills, which are best developed through exposure to the arts.

To make a tax-deductible contribution towards the MCCS S.T.E.A.M. lab fundraiser, please visit the MCCS PTO website at <http://mccspto.mycps.org/content.asp?PageID=6> and click on the "A donation" tab.

HILL SCHOOL HAPPENINGS



Sammy Foosaner and Timothy Hubbard, 5th graders at The Hill School, recently participated in the Middleburg/Aldie Cub Scout Pack 1737's Blue and Gold Dinner, where they took part in the Arrow of Light Ceremony, marking their passage from Cub Scouts to Boy Scouts.

WHAT DR. KING WOULD HAVE WANTED

"INTELLIGENCE PLUS CHARACTER – THAT IS THE GOAL OF TRUE EDUCATION." DR. MARTIN LUTHER KING, JR.



At Powhatan School in Boyce, these words echo its mission of "We learn not for school, but for life," with an authentic focus on the character of the school's community. While in many businesses or organizations, Martin Luther King, Jr. Day is observed as a holiday or day off from work or school, Powhatan recognizes the importance of giving back, and students spent the day serving others.

The morning of January 18th began with a traditional Monday gathering where all students and faculty discussed the life and ideals of Dr. Martin Luther King,

Jr. This set the stage for a day of volunteerism by the entire school community.

Kindergarteners read I Dream for the World and shared their own dreams for the world, then, traveled to Winchester Book Gallery to purchase books for donation to Healthy Families Northern Shenandoah Valley.

First Graders read and memorized part of Dr. Martin Luther King, Jr.'s I Have a Dream speech, staged peaceful protests of students' choice during the day, and supported on their classroom philanthropy, the Water Project, by engaging in a week's-long water challenge.

Second Graders studied the life and contributions of Dr. Martin Luther King, Jr. and collected, assembled, and packaged trail mix for lunch bags to share with local churches and the Kitchen of Hope in Winchester.

Third Graders collected travel size toiletries to make Blessing Kits consisting of personal hygiene products to distribute to the homeless. Third Graders also connected their reading and writing to Dr. Martin Luther King, Jr. and other service initiatives.

Fourth Graders read biographies, stories, and plays about integration and took a field trip to the Josephine Street Museum

in Berryville to chronicle the history of school integration in Clarke County. The grade will continue its connection with the museum later in the year by organizing a fundraiser to support the museum.

Fifth Graders continued their year-long partnership with Christ Church Cares Food Pantry by collecting and preparing food for distribution.

Sixth graders provided care packages to Another Chance Church and wrote inspirational notes for the homeless.

Seventh graders picked up trash and recycling along Route 723 and beautified the Powhatan

campus.

Eighth graders traveled to Winchester to assist with children's activities at the Shenandoah Valley Discovery Museum, read to children at the Winchester Day Nursery, assisted people at the Adult Care Center, and worked at the SPCA Thrift Shop.

As Dr. King said so eloquently, "Life's most persistent and urgent question is, what are you doing for others?"

With their strong focus on character and service, Powhatan School students will surely be able to meet that challenge.

FROM WAKEFIELD OWLS TO WAHOOS!



We could not be more proud of our students as we announce the Early Acceptance of five Wakefield Owls into the University of Virginia! Juliana Parra states, "I was incredibly excited when I received the news of my acceptance into UVA! Both my parents and I cried because we were so overwhelmed by the good news!" Meghan Walther adds, "After seeing the 'Congratulations!' from UVA I felt so incredibly relieved! I was (and still am) so ecstatic that my hard work here has paid off." The efforts

of these dedicated students in collaboration with the guidance of Matt McDonough, our outstanding college counselor, have placed them in the thirty-one percent of applicants to receive this offer. This was a record setting year for applications at UVA, including applicants from sixty-four different countries. When asked why they chose to apply to UVA, one student commented, "UVA was my top choice out of five other schools. I chose to apply to UVA because it is one of the best academic public institutions, and the fact that it is here in Virginia makes it even

better. I definitely wanted to go to a school that was as rigorous as Wakefield and one that would not only continue to challenge me academically, but also offer me various opportunities outside of the classroom to further enrich my knowledge. UVA has an amazing public policy program as well, which is what I want to study in college. Lastly, the sense of community and school spirit is something that stood out to me when I visited the campus. I definitely want to be part of a spirited campus."

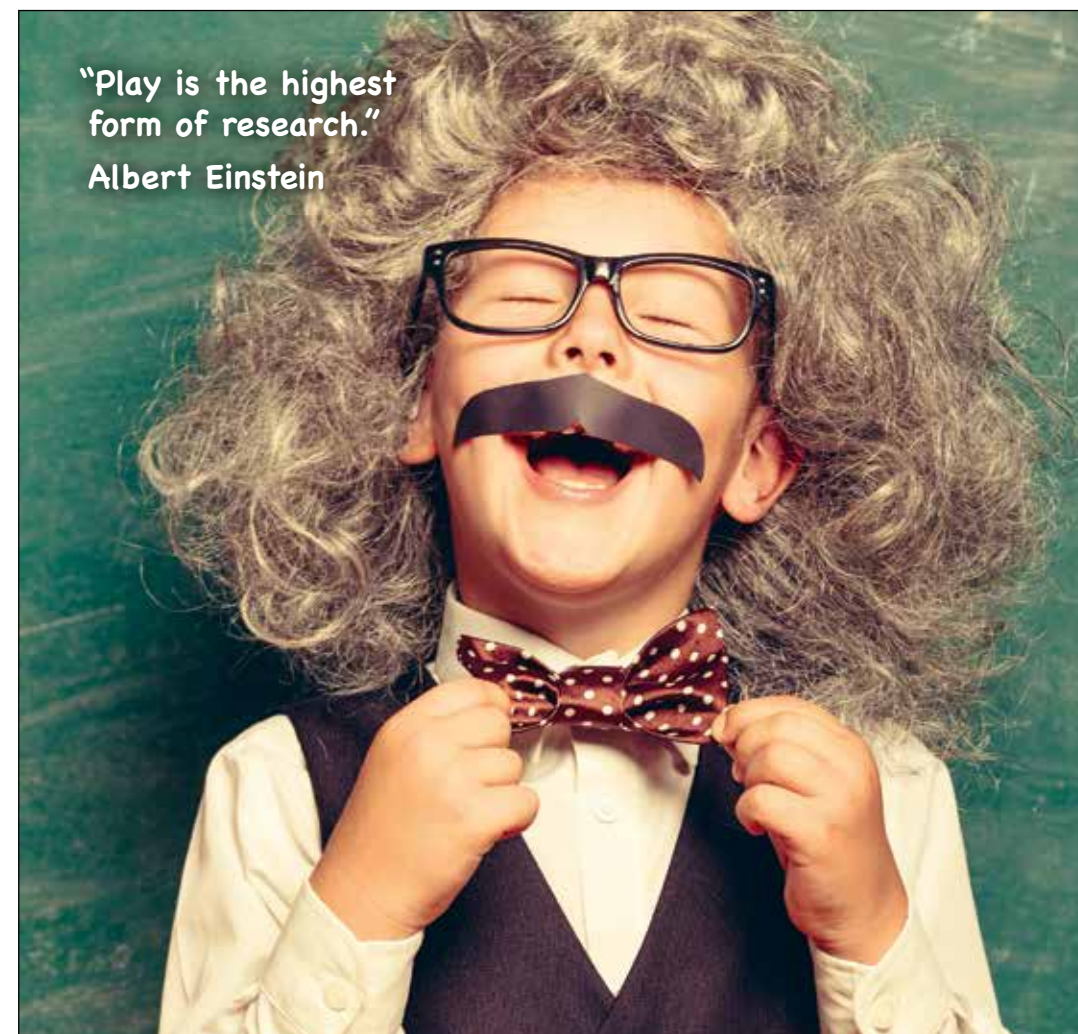
As a college preparatory school, Wakefield challenges our

students, while aiding them in developing the necessary tools, experiences and critical thinking required for college and beyond. One student reflects, "I feel that Wakefield has taught me to push myself both academically and socially. Over the years, I have been taught by great teachers and supported by amazing peers, and as a result I was able to create a strong work ethic that has allowed me to take difficult courses, be a member of sports teams, and join clubs and organizations such as Amulet/Talisman and student government. Wakefield has helped me learn how to

properly balance my priorities in a way that fits my life. I feel I will be capable of tackling a ten-page paper, studying efficiently for mid-terms, and joining multiple clubs and organizations without feeling too much stress or pressure."

Preparing students for innovative and thriving schools like UVA is a top priority at Wakefield School. Congratulations to Elisabeth Arnold, Anthony Del Rosso, Gabe Himelfarb, Juliana Parra, and Meghan Walther for your diligence. We wish you all the best!

"Play is the highest form of research."
Albert Einstein



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PROGENY

FOXCROFT ATHLETES COLLECT GOLD MEDALS, BLUE RIBBONS & ACADEMIC HONORS

SKATER HEADED TO NATIONAL CHAMPIONSHIP, RIDER TRIUMPHS AT WEF AND THREE FIELD HOCKEY PLAYERS HONORED BY USFHA



Recently, Foxcroft School students have achieved truly impressive accomplishments. These include:

Team Delaware

Senior Olivia Mascatello, who has used Foxcroft School's Exceptional Proficiency Program to train for four years, earned a trip to the 2016 U.S. Synchronized Skating Championships Saturday (Jan.30) when she and her Team Delaware Junior Team skated to victory at the Eastern Synchronized Skating Sectional Championships in Richmond, VA.

The national championship -- Olivia's third with Team Delaware -- takes place February 24-27, in Kalamazoo, MI. The team, coached by Megan O'Donnell and Wendy Deppe, consists of 17 girls from Maryland, New Jersey, Pennsylvania and Virginia. At Nationals, Team Delaware will

be one of 14 squads -- four from each of the three U.S. sectionals and two from overseas. As with sectionals, the competition will consist of a short program and the long program, or "free skate."

Olivia, a Middleburg resident will be very busy preparing. "Our practice schedule will increase," she said Monday. "Most likely I will be traveling to Delaware for practice every Wednesday and on the weekends."

Olivia can handle this schedule, along with the hours of individualized training she does at the Ice House in Ashburn, VA, and maintain her academic and community activities at Foxcroft because of the School's unique EP Program.

World Equestrian Festival

Another participant in Foxcroft's Exceptional Proficiency Program, Eliza Fauntleroy of Manakin Sabot, VA, is off to



a successful start at the World Equestrian Festival in Wellington, FL. Last week, the freshman was champion in the Small Junior Hunter Owner/Rider division on Tenerife, a horse that her older sister, Noel, showed with success for many years.

Eliza trains with Danny Robertshaw and Ron Danta (hunters) and Alison Firestone Robitaille (jumpers), who is a graduate of Foxcroft and a member of its Sports Hall of Fame. Eliza is a comer: In November, she rode another horse, Hollywood, to first place in the Small Junior Hunter 15 & under class and collected ribbons in three other classes at the Washington International Horse Show.

Since Robitaille was a student in the 1990s, Foxcroft has offered its unique EP Program, which enables a student with a special talent and a compelling passion to spend time away from campus to train, compete, and pursue her

personal dream.

Figure skaters, singers, sport climbers and motorcycle racers -- among others -- have participated and, each winter, several riders spend the time in Wellington, training with Foxcroft School Director of Riding Kate Worsham or with other trainers. Sloane Coles, Nellie Foosaner, Alexa Weeks Pessoa lead a long list of Foxcroft students who have gone become successful Grand Prix competitors.

National Academic Squad

Senior Pipsy Steyn and juniors Allison Buffenbarger and Lindsay Woods have been named to the 2015 High School National Academic Squad by the National Field Hockey Coaches Association, according to Athletic Director Michelle Woodruff. Steyn and Buffenbarger are Lessburg residents; Woods lives in Philomont.

The National Academic Squad



program recognizes high school seniors and juniors who have achieved a minimum cumulative, unweighted GPA of 3.5 out of 4.0, or the equivalent, through the first quarter of the 2015-16 school year. All three athletes, who also earned All-State honors, accomplished this.

In addition, Allison and Lindsay were recognized as Scholars of Distinction because they achieved a minimum cumulative, unweighted GPA of 3.9 out of 4.0.

The trio were all named to VISAA Division II All-State First Team after helping to lead Foxcroft to a 15-3-1 record and a spot in the Virginia state championship game, where the team fell to Fredericksburg Academy 4-3.

For more information, please contact the Admission Office at 540.687.4340 or admissions@foxcroft.org.

WAKEFIELD SCHOOL EARNS PRESTIGIOUS VAIS ACCREDITATION



Wakefield School, an independent school for children in Junior Kindergarten through grade 12, has earned full reaccreditation from the Virginia Association of Independent Schools (VAIS).

Founded in 1973, VAIS has been the leader promoting educational, ethical and professional excellence for Virginia's best independent schools. Its accreditation program is one of a select few recognized at the national level through the National Association of Independent Schools' Commission on Accreditation and is also recognized and approved by the Virginia Board of Education through the Virginia Council for Private Education.

Wakefield School's Headmaster, David Colón, said, "We are proud of having our accreditation renewed by the Virginia Association of Independent Schools. The positive feedback garnered from this process is invaluable for Wakefield and provides affirmation of our mission. Accreditation also adds momentum to continuing the implementation of our strategic initiatives of first-rate teaching, experiential learning, civic engagement, and technology integration."

Wakefield School in The Plains, Virginia, provides students with a rigorous liberal arts education through a challenging, content-rich curriculum and extra-curricular activities that are delivered by skilled, supportive, and creative teachers, coaches, and advisers.

Wakefield believes in broad knowledge, the equal impor-

tance of character and intellect, the benefits of hard work, and the unique potential of the students. By fostering self-discipline, independence, creativity, and curiosity, students receive fundamental knowledge and the critical thinking skills to distinguish that which is true from that which is not, and the strength of character to use that wisdom.

Families who share and embrace this ambitious vision: to develop capable, ethical, and articulate citizens who will seek the challenge, make a difference, and live extraordinary lives enjoy and benefit from the Wakefield experience.

"Parents may be sure that when choosing a VAIS-accredited school for their children, that the school has been through an intense period of self-reflection and evaluation which strengthens the entire institution," said Betsy Hunroe, Executive Director of VAIS.

The voluntary accreditation process is a rigorous undertaking involving a comprehensive self-study, including feedback from all constituent groups. A visiting team comprised of peer evaluators from other independent schools spends time on campus reviewing the school's reports and curriculum, visiting classrooms, and observing campus life. The team's report is then submitted for accreditation approval by the VAIS Board of Directors.

To learn more about Wakefield School, please visit www.wakefieldschool.org. Or to learn more about VAIS accreditation and its member schools, visit www.vais.org.

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FOXCROFT SCHOOL POETRY FESTIVAL: RHYTHM, RHYME & AN EXCELLENT TIME

PATTERSON TAKES SLAM; HARRIS, ARUBI, ROSSE AND MICHEL WIN READING COMPETITIONS



For 24 hours last weekend, Foxcroft School students immersed themselves in rhyme and rhythm, writing, reading, listening and learning as they celebrated poetry at the Paul. K. Bergan Poetry Festival.

The immersion began Friday afternoon when visiting poet Sandra Beasley met with a small

group of young poets to discuss and critique their work and ended with editors of Foxcroft's literary magazine interviewing the award-winning writer late Saturday.

In between, sophomore Trinity Patterson won the Poetry Slam with a terrific spoken-word performance, four eloquent students earned laurels (literally) for their

competitive readings of published works, and the community enjoyed a reading, workshop and lunch with Beasley as well as readings by faculty, foreign language students and international students, who shared original poems in their native language and in English.

"This may have been the best poetry festival in years," said Steve McCarty, English teacher, literary magazine advisor and Friday night emcee.

"The participation and quality of work was terrific"

Natalie Harris of Laurel, MD; Michelle Arubi of Lagos, Nigeria; Elle Rosse of McLean, and Maria Michel of Mexico City took top honors in Saturday's poetry reading competition, while Hannah Butcher of Leesburg, VA, won the first annual *Chimera* Poetry Contest after her poem was chosen from more than 100 submissions by the literary magazine's board. Faylin Harrison of Culpeper, VA, placed second in

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both the Slam and the *Chimera* contest, followed by Rosse in the former and Jacina Hollins-Borges of Alpharetta, GA, in the latter.

It was the second title for Harris, a senior, who also won her sophomore year. Arubi's moving reading of "Still I Rise" by Maya Angelou took junior honors and Rosse won the sophomore title with "But You Didn't" by Merrill Glass. In the freshman class, Michel slipped from English to Spanish and back seamlessly in an unusual poem entitled, "Bilingual/Bilingue" by Rhina P. Espailat.

Three students in each grade who have been chosen by their peers and certified by faculty judges in two previous rounds of competition read in Saturday's finals. As visiting poet, Beasley judges their performances and awards laurel wreaths to the best.

Beasley, a 2015 National Endowment for the Arts Literature Fellow, has been honored for each of her published collections

of poetry. She won the 2007 New Issues Poetry Prize for her first collection, *Theories of Falling*, and the 2009 Barnard Women Poets Prize for her second, *I Was the Jukebox*. Her latest collection, *Count the Waves* (W. W. Norton, 2015), includes a number of poems from the chapbook that earned her the 2013 Center for Book Arts Poetry Chapbook Prize. In small groups and large, Beasley enthusiastic and animated passion for poetry engaged the students.

Foxcroft's poetry competition dates back decades; the festival was renamed to honor a beloved teacher when he retired in 2007. Visiting poets over the years have included Pulitzer Prize winners Archibald MacLeish and Claudia Emerson, National Haiku champ Joel Dias Porter (aka DJ Renegade), and performance poets Clint Smith, Jason LeVasseur, and Nan Fry.

PROGENY

FOXCROFT'S "SIMPLE MACHINES" WINS K2M STEM COMPETITION



SCHOOL TROPHIES WERE DESIGNED AND MADE ON FOXCROFT 3D PRINTER BY A STUDENT. MEDALS, PAPERWEIGHTS AND PLENTY OF COOL PRIZES WERE ALSO DISTRIBUTED.

Foxcroft School's team, "Simple Machines," simply dominated the competition Saturday, winning four of five events to collect the High School Division title at the fifth annual K2M Summit: The STEM Challenge, took place on the Foxcroft campus. A team from St. Patrick's Episcopal School in Washington, DC, took the Middle School Division championship.

An unusual mix of students from each grade, the Simple Machines featured three Purcellville residents -- senior Patia Fann, junior Sophie Horn and freshman Alex Greenburger -- and sophomore Pradyuta Padmanabhan of Chantilly. Using logic and deduc-

tive reasoning along with event-specific skills, the group solved chemistry, coding, physics and math challenges to give Foxcroft its second title in three years and take home a striking team trophy, designed and built on Foxcroft's 3D printer by another student.

"We worked really well together," said Pradyuta, who recently transferred to Foxcroft from Thomas Jefferson High School. "Everyone contributed and we had a lot of fun."

Fun is very much the point of the unique, girls-only competition. Working in teams of three or four, girls tested "urine" samples, analyzed a mysterious white powder, decoded messages, launched slingshots and more.

They did brainteasers, earned pieces of a complicated puzzle and assembled it, and put together clues discovered through the various events to identify the real spy in an overarching story of intrigue and espionage.

In the 20-team High School competition, Georgetown Visitation's "Light Speed" team and "Impulse Control" from the Academy of Science placed second and third overall, respectively, while Randolph Macon Academy's "Schrodinger Cats" team won the fifth event, a biology challenge.

In the afternoon, when 24 middle school teams from 15 schools competed, St. Patrick's "Impulse Control" won two events en route to the title. Blue Ridge Middle School's Doppler Effect Team was second, followed by the QT Pis of the Grymes School (Orange, VA). Teams from Norwood School (Bethesda, MD), Immanuel Christian (Springfield) and Chesapeake Academy (Irvington, VA) also won individual events.

In addition, a slew of students won cool prizes thanks to a combination of brains and luck. The girls answered brainteasers and math questions, identified the mysterious spy, or put the puzzle together to be entered in drawings for such items as Beats headphones, Amazon gift cards, earrings and a small drone.

In truth, each of the 175 girls from 21 schools that participated in the STEM Challenge was a winner for workout they gave their brains, the fun they had with their teammates and the confidence they gained in STEM (science, technology, engineering and math) fields so often reserved for boys.

"This is a tremendous event," said Robin Blake a teacher at Chesapeake Academy in Irvington, VA -- a good three hours' drive. "Next year I want to bring two teams!"

The named sponsor, K2M, Inc., runs one of the events each year and brings a team of female engineers who have bucked that tradition to share their experiences and answer questions -- an inspirational experience for the young competitors.

Based in Leesburg, K2M company specializes in medical solutions for spinal disorders.



ALL-FRESHMAN FOXCROFT TEAM DOING THE BIOLOGY "WASTE NOT, WANT NOT" URINE ANALYSIS. INCLUDES THREE MIDDLEBURG RESIDENTS (FROM LEFT): CARSYN BETZ, BELLA BIGELOW AND (RIGHT) RECENT HILL GRAD LOREN SEPULVEDA. DARK HAIR IN THE MIDDLE IS LEAH SCHUSTER FROM BIG HORN, WY



HILL SCHOOL'S FORBES DUDLEY, EMMA NORTHRUP, KASEY MICHLOWITZ, AND REMY PATTERSON - TEAM ULTRA VIOLET



HILL SCHOOL'S JACKY LEE, JORDAN MICHLOWITZ, AND ROSE POTTER - TEAM QUANTUM MECHANICS

FOXCROFT STUDENT WINS FULL SCHOLARSHIP TO MAINE SCHOOL OF ART PRE-COLLEGE PROGRAM

Clark Betz, a junior at Foxcroft School and Middleburg resident, has been awarded the inaugural Flavia Scholarship to attend the Maine School of Art Pre-College Program this summer. Fine Art Department Chair Karin Thorndike announced Friday.

The scholarship, en-

dowed by a generous donor who participated in the highly-selective process, covers the full tuition of the three-week, residential program held on the Maine School of Art campus in Portland, ME.

Only about 60 students from around the country attend this prestigious arts program, which aims to provide high

school students with the skills to embark on a rigorous study of the arts. Taught by practicing studio artists, instructors at the Maine College of Art and faculty from institutions across the nation, students customize their curriculum by choosing to work in two of a wide variety of mediums, from illustration and photography to fash-

ion design, jewelry-making and music.

"Out of all the talented artists applying for this scholarship, Clarke was selected," said Thorndike. "We could not be prouder of this talented student."



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Shakespeare in the 'Burg

April 1-3, 2016



Saturday, April 2, 2 pm – *The Importance of Being Earnest* by Oscar Wilde
Doors open at 1:30 pm for a musical prelude. Tickets, \$40

Saturday, April 2, 7:30 pm – *The Life of Henry V* by William Shakespeare
Doors open at 7 pm for a musical prelude. Tickets \$40

Sunday, April 3, 11 am – Gourmet champagne brunch, followed by a performance of the winning play from our international one-act playwriting competition. Tickets \$25

All performances are at the Middleburg Community Center, 300 W. Washington Street, Middleburg, VA

New this year: The Community Center stage will be extended so that every guest will have a great view of the performances. This will make the plays more accessible and enjoyable for everyone.

To purchase tickets go to
www.shakespeareintheburg.com

or call
540-687-3448

As part of Middleburg's Shakespeare in the 'Burg theatre festival and to mark the 400th anniversary of William Shakespeare's death, Hunt Lyman and Jill Beifuss of The Hill School will speak on the evolution of Shakespeare's language and its enduring influence on our culture. Their presentation will include a performance aspect. Middleburg Library, 101 Reed Street. 6-8 pm, Friday, April 1. Refreshments. FREE!



"From this day to the ending of the world, But we in it shall be remembered-- We few, we happy few, we band of brothers..."

– The Life of Henry V



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~ BE LOCAL ~

PASTIMES

THE NUN'S ORCHID

THE PLANT LADY



THE ARTIST'S PERSPECTIVE

TOM NEEL

Landscape artists and photographers are so often surrounded by inspiration and beauty in this area. Majestic sunrises, rich verdant land, tranquil ponds and streams, romantic sunsets and seasonal delights. Ever the new approach to capture a living breathing thing, a way of life, and its story.

I have painted this area for so long now that I am still amaze myself at that which is left to do. The stories that still need to be told and recorded through art, the ever lasting document of humanity's relationship with itself and the planet which it inhabits.

There is something though that I have been mindful of in this pursuit. I've talked about it a bit before, but with my age and my time in these parts, it seems a heighten awareness prevails. It is what I call the altered landscape and I always ponder my responsi-

~ BE LOCAL ~

bility to it or lack thereof as painter.

Change happens. Radical explosions of change bring on emotional fights, the stand your ground passions of rights and liberties offended. But sometimes change also happens much more slowly than we think, sneaking up on us. What snuck in as a whisper in time has its day to shout and eventually very loudly. To a landscape painter, especially an older one, it doesn't go as unnoticed as it normally might though to another's day to day. I've written of a landowners who may not be from here or newly acquire a piece of property which always delivered an iconic view of the Piedmont, all of a sudden deciding a privacy screen of evergreens is within their right. They go in as small, unassuming little things, only to year by year grow to rob the land of its character.

Imagine for a moment two classic examples of

views that could disappear. Along Rectortown Road, just north of Marshall, there is an iconic barn with one of the grandest views back to Ashby's Gap. The barn itself should be saved as a state or county historic landmark at this point, but could you imagine a time when someone might plant a row of evergreens there, thus killing this iconic Piedmont view and punishing the community in the process? It's completely legal. This very thing happened very nearby this spot and the view is now gone. I always appreciated the Melons for sharing their view west from Rokeby Road, where a sunset witness was a solid indicator life is so worth living here.

But the altered landscape comes in so many other forms. Especially this time of year, focus on those old trees butchered by telephone lines making their way through the now oddly shaped bark covered skel-

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KAREN REXRODE

The trigger for plants to flower is day length, orchids are no different. Some flower as days get shorter, a good example is the cymbidium orchid, flowering in early winter. Others bloom as days lengthen and here we find the nun's orchid in bloom in late February and early March. If you visit your local retail greenhouse, there's a good chance you will find these lovely orchids in flower, easy to grow, I'd like to give a little history and care advice.

Botanically known as *Phaius tankervilleae*, the phaius means dusky, the latter after Lady Emma Tankerville, her married name derived from a town in Normandy, France -Tancarville. With many common names, the nun's orchid is used most often and that in reference to the hooded flower, like a nun's veil.

Originally collected in China by John Fothergill in 1778, a plant was grown in Lady Tankerville's large hothouse, she was known for her extensive collection of exotic plants in London, England. Both her and hus-

band had their own collections, she also enjoyed botanical drawings, he shells and maps. The orchid was named in her honor by Joseph Banks at a time when Linnaeus "Species Plantarum" was still relatively new, first published in 1753. This was the union of Greek and Latin which gave us the identifying language of plants, animals, and shells.

In the wild the nun's orchid grows in swampy areas in slightly acidic soil. Hardy to zone 8 (Florida), if temperatures drop to 40 degrees, it must come inside for the winter. Large plants, the flower stalks may rise to 5' and flowers are arranged in single file along the scape. The fragrant flowers may number in the hundreds, in bloom for 6 weeks. Easily grown, keep moist in a partial sun exposure. Not difficult to divide, which is good as each plant can become sizable. Best accomplished after the flowering period, simply split the bulbous rhizomes apart and repot. Feeding is once a month with a balanced fertilizer like 20-20-20.



etons. Power lines as we know are very unfriendly to the landscape in general, but we all love power and so what is there to do? One of the grandest area testaments to the altered landscape is Mount Weather which even 16 years ago was just barely seen. Sure many knew it was there, but one who knew, more or less needed to point it out to one who didn't. After 9/11 and FEMA's arrival to the little hole in the ground on the hill, you would think NASA was planning space launches from there, especially at night. In fact, if anyone else but the Federal Government did such a thing, they would meet an awful fate indeed from the local land supporters!

In the end, I still find myself looking for those virgin views and wondering exactly what to do with the ones that no longer are. The ones that are not only worth painting, but worth living here for.

Live An Artful Life, Tom



TIPS FOR SUCCESS WHEN REMODELING AN OLDER HOME

ASK A REMODELER



TIM BURCH

One of the most interesting and challenging aspects of our business, has been the opportunity to work on charming, older homes like those in Middleburg and the surrounding countryside. Because of the historical nature of the area, like minded individuals are purchasing estates, old barns and other unique structures and remodeling them to meet their modern needs.

If you're considering a renovation on a historic property, keep the following tips in mind to help ensure a successful remodeling experience.

Hire a firm that is very comfortable and experienced in working with these types of properties. While no two projects are the same, structures from a similar period will likely have similar construction methodologies and details. A remodeler experienced in historic renovations should be able to anticipate many of the challenges associated with such a project.

Some structures and jurisdictions require the review of a historic or architectural review board before proceeding with a renovation. This process can be daunting and time consuming if you don't have your "I's" dotted and "T's" crossed. Your remodeler should be able to help you navigate this process.

To minimize surprises, it's best to do as much research as possible before undertaking a historic renovation. Often times this will include doing exploratory demolition to evaluate the condition of the

structure behind the walls, below the floors and in other concealed areas. This may help to identify challenges and other issues that need to be addressed.

Be sure there is a clear, mutual understanding regarding the existing conditions and related scope of work. For example:

- What is assumed regarding the integrity of any structure?
- What is assumed in terms of any existing plumbing or electrical lines?

- Are there any critical assumptions with regard to the level of the floor or walls?

- Is there any rot, termite damage, or other challenges that need to be mitigated?

- Are there any special historical elements of the structure that require special handling, protection, or treatment?

Presumably, part of the attraction of an older structure is the charm and authenticity it affords. More often than

not, we uncover unexpected details, often exemplifying the craftsmanship of the time. For example, we recently exposed hand-hewn beams behind a partition wall. Rather than eliminating them, the client chose to leave them exposed, antique nails and all, as a unique design element for their family room.

Many historically correct materials are now available, often reclaimed from structures that were demolished. From flooring and wall coverings to beams and lighting fixtures, these historically "correct" details can help create an extraordinary remodel.

Review and evaluate all the systems in the structure. Now's the time to improve plumbing, heating, electrical, insulation, etc. For budgeting purposes, generally assume that most of these systems will require full replacement, particularly if they are original. Modern code will require the update, but your family will benefit in terms of safety and comfortability.

Even with the best planning and research, there are bound to be changes in the scope of work due to required fixes or opportunities that arise. Depending upon the complexity of the project and the condition of the structure, it is probably wise to budget a 20% overage as part of the expected cost of the project.

Have reasonable expecta-

tions. As is the case in any remodel, there are often decisions and even compromises to be made. Embrace them as part of the charm of working with the old structure you fell in love with.

Above all, find a remodeler that you trust and are comfortable working with so you can enjoy the process!

Tim Burch is Vice President of BOWA, an award-winning design build firm specializing in luxury renovations ranging from master suites and kitchens to whole-house remodels. A Northern Virginia native, Tim focuses on clients in the Loudoun and Fauquier County areas providing them with his 25 years of expertise in the design build construction industry. He is a third generation builder, certified remodeler, and instructor. Prior to joining BOWA, he was the Lead Project Manager of Construction for the Emmy Award winning construction reality television show, *Extreme Makeover Home Edition* on ABC Television. For more information on Tim and the BOWA team, visit www.bowa.com, or call 703-734-9050. Have a question for Tim that you'd like to see covered in *Middleburg Eccentric*? Email him at AskBOWA@bowa.com.



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~ BE LOCAL ~

PASTIMES

THE REAL HOUSEWIVES OF MIDDLEBURG

SINCERELY ME

BRANDY GREENWELL

Do you remember the song “57 Channels and Nothing’s On”? Well, now it seems we have 5700 channels and you can bet that at any given time or in any given language you can click to see an episode or spin off of the Real Housewives franchise. It is television rubbernecking at its worst and a guilty pleasure to many, myself included.

My particular brand of poison is the Beverly Hills franchise, which I have followed from the beginning. I do dabble in other towns and have a few favs, but it’s the SoCal girls that keep me coming back. Have you ever wondered, if a franchise came to Middleburg, which characters

would be involved? Let’s speculate.

Middleburg would have a Brandi Glanville for sure. Brandi is the svelte party-girl who was deeply wounded by a public cheating scandal and divorce. Deep down, she seems to be a great mom and friend but just comes across poorly after the first sip. She can often be seen hanging out with Kim Richards, who also can’t hold her alcohol.

A Yolanda Foster (now Hadid) would have to be in the local cast. She is beautiful inside and out and severely suffering from Lymes Disease. You know you live in the 20117 when you have tested positive for Lymes. The struggle is serious and Yolanda has made such positive strides for Lymes

awareness, as have many of our local ladies.

Lisa Vanderpump, Bethany Frankel, Vicki Gunvalson and Caroline Manzo are all somewhat cut from the same cloths as entrepreneurial women and Real Housewives. Middleburg has many of them and we should be proud to claim and broadcast the girl power of local businesswomen.

Karen Huger from the recently launched Potomac franchise is quite the stickler for etiquette, yet she can often be seen lip glossing at dinner. Middleburg would certainly have a member of the manners police force, but they would know that glossing in public would make Emily Post roll over in her grave.

Everyone on the street in

Middleburg knows that there is a significant population of Realtors in town. There would have to be a Kyle Richards in the local cast: the housewife that is married to a real estate mogul.

Those Jersey housewives are a tough group of girls, and Teresa Giudice can add being part of the chain gang to her rap sheet. Though I don’t know for certain, I would guess that we have a few jailbirds flying around the ‘burg.

And last but not least, there would have to be a Nene in the cast. The sassy housewife with the no-rags to riches story after meeting her wealthy (now ex) husband while working as a stripper. Nene has charmed fans for 7 seasons with her tell-it-like-it-is attitude that



people either love or hate. She has created a foothold in Hollywood by just being her bold self.

So I guess the next things we need are producers to roll in, observe and choose whom they think would build ratings from our local selection. Lights, camera, action.

FEBRUARY IS CHILDREN’S DENTAL HEALTH MONTH

DR. ROBERT A. GALLEGOS

Here are the answers to some frequently asked questions about children’s dental health.

When should I bring my child to the dentist for their first visit?

A child’s first visit should be soon after the primary (baby) teeth erupt. This is an ideal time to visit with the dentist to discuss growth and development and to discuss healthy feeding and bottle use. It is also great for the child to develop trust with the dentist and hygienist early so when it is time for regular visits the child is already used to everyone. Most general dentists see children however, some parents choose to see a pediatric dentist especially to meet a special need.

When should I start oral hygiene for my child?

It is best to start oral hygiene as an infant. Use a soft cloth or cotton gauze to wipe the gums after meals. This is not only important for hygiene but also establishes a relationship with your child so they allow you to assist with their oral healthcare. Once the teeth erupt, use a child sized soft bristle toothbrush with water. After age two, add a small dab of kid’s non-fluoridated toothpaste. Change to kid’s toothpaste with fluoride when they can spit and not swallow the toothpaste. Brush your child’s teeth until they can start doing it by themselves but follow up their brushing by assisting them with a more thorough brushing until they are fully capable. When your child is old enough to brush on his/her own brush together! Spend two minutes brushing and set a good example.

Is going to sleep with a bottle okay?

It is okay to go to sleep with a bottle, but only with water. Never let your child go to sleep with a bottle filled with milk, formula, fruit juice, or sweetened liquids. Get in this habit early because it is hard to change later. Baby bottle tooth decay is the primary cause of tooth decay in young children and it is totally preventable.

When should my child stop using a pacifier?

Experts recommend that children stop using pacifiers after age 2, when it becomes more of a habit than a developmental need. Research shows that continued pacifier use, especially after age 2, often is associated with:



increased risk of middle ear infection, improper growth of the mouth, misalignment of teeth, dental crossbite and/or open bite and/or development of a thumb-sucking habit.

Should my child have sealants?

Sealants are a great preventative for primary molars and for adult molars. A sealant is a thin plasticized material similar to composite resin white fillings and is placed by the dentist or hygienist on the biting surfaces of back teeth to help prevent tooth decay.

When should my child visit the orthodontist?

Your dentist will recommend when to visit an orthodontist based on your child’s growth, development and medical history. Some children may need to be seen by the orthodontist before the age of 7, due to growth and development issues of the jaws and the airway. Orthodontic intervention will lead to healthy breathing throughout life. Most orthodontic treatment for minor issues is done in the early teenage years.

When should my child have their third molars (wisdom teeth) evaluated?

A good time to have your child’s third molars evaluated is when your child is due for regular radiographs. Your dentist may want to take a radiograph to assess growth and development of the jaws and teeth and check for any abnormalities like growths, tumors and cysts. This x-ray will be taken in the early to mid-teenage years and will show where the wisdom teeth are in the jaw and if there is enough room for them to properly erupt.

Dr. Robert A. Gallegos is a Fellow in the Academy of General Dentistry, he is on the faculty of Spear Education, a member of 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.

2 COLD WEATHER RECIPES FOR THE ADVENTUROUS CULINARIAN

FROM BEHIND THE STOVE



BRIAN L. LICHOROWICZ

As is often with our moods, clothing and activities, they all change with the seasons. Naturally, so does our food. Winter is a time of long simmering burgooos or the all day, all night Crockpot meal. It’s the time of year that “set it and forget it” was made for. But now is the time to take a gastronomic flyer and put together something that you have no idea how it will come out on the other end when it was finished. These dishes have no grey area. Unique, bold and each happens to be delicious. Give one or two a try... what else do you have to do in the long dark winter months?

1794 Smashed Turnip Soup
A simple, easy to assemble “Burgoo”. The hard part is the gathering of ingredients. Potato can be added as well as leeks instead of onions. There’s really no wrong component you can add as long as it stay in the vegetables’ phylum. The key is a good stock or a broth that

In a large saucepan over medium heat, melt the butter and turn up heat to high. Add parsnip, turnips, carrot, onions and celery with pinch of salt and pepper. Stir and cook.

Add stock, bay leaf and bring to boil. Simmer for 20 minutes. Remove from heat.

Using blender, food processor or your hand and a potato masher, combine all of the cooked ingredients, add the heavy cream, another pinch of salt and pepper and pinch of nutmeg. Return ingredients to a pan and slowly bring the soup back to a simmer. Serve with a hunk of hearty bread.

Body Revival Mulligatawny Detox Soup

There are several post-modern versions of mulligatawny. Each has a small tweak here and there and this is no different. The base flavors are deliciously complex. The quality of your herbs and spices can change the tastes dramatically, and the effects.

Mulligatawny has been attributed through the ages for clarity of mind and solving digestive issues. Well documented are its properties for chasing away effects of the demon rum. It can be served cold in the summer or hot in the winter.

The chickpeas give it a boost of protein; the apple gives it a sweet-tart kick. Use organic vegetables for maximum detox. Adjust spices if you prefer a milder soup, as cayenne pepper packs some religion.

On a personal note, after considerable testing, I can concur, this is the best hangover cure in the world.

- 3 tbs Butter
- 1 med Parsnip, peeled, chopped
- 2 med Turnip, peeled, chopped
- ½ cup Carrot, peeled, chopped
- ½ cup Onions, chopped
- 1½ Celery hearts (the light yellow inner part of a head of celery)
- 1½ quarts Organic no salt chicken or vegetable stock
- 1 whole Bay Leaf
- 2 cups Heavy cream, room temperature
- Pinch Nutmeg
- To taste Sea salt and pepper

- 2 tbs Avocado oil
- 3 tbs Flaxseed oil

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- 4 whole Garlic cloves, fresh, minced
- 1 inch fresh ginger, grated
- 2 tsp organic curry powder
- 1 tsp organic turmeric
- ½ tsp cayenne pepper, more or less, to taste
- 1 med sweet onion, peeled, diced
- 4 med carrots, peeled and diced
- 1 cup cauliflower florets, chopped
- 2 lg Granny Smith apples, peeled, cored and diced
- 1 med sweet potato, peeled and diced
- 2 cups thinly shredded red cabbage
- 1 qt fresh spring water
- 2 cups organic fresh veggie juice blend (V8-style juice)
- 14 oz. can organic chick peas, drained
- 14-oz. can coconut milk, stirred
- 1 med Lime, juiced
- 2 tsp organic agave nectar
- A small pinch of sea salt, to taste
- For garnish: Thin apple slices or shredded apple
- Chopped fresh cilantro, if desired

For a slow cooker:

Combine all of the ingredients in a slow cooker except



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Our Savior’s Way
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4:00 p.m. on Sunday, March 6
Buchanan Hall
~ BE LOCAL ~

PASTIMES

ALBERT'S CORNER

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

ALBERT P. CLARK

My brother was a smart, strong, and energetic whippet named Tucker. He taught me so much, especially about courage when he survived a serious battle with cancer years ago. We were yin and yang -- sleek, thin, and elegant vs. scruffy, chubby, and sturdy. I looked up to him figuratively and literally. Recently, after watching Tucker's health decline to the point that his body was shutting down, my people made the heart-wrenching decision to alleviate his suffering through euthanasia. It was devastating for every member of my family, two-legged and four. His 14 years on this earth were not nearly enough.

My people, however, had heard that it was best to allow the other pets in the family to be present when an animal is euthanized. The more they looked into it, the more evidence they found to support the recommendation. They heard the same advice repeatedly, and it seemed to apply to all domestic animals. So, when everyone knew it was time, the vet came to our house and I was able to be with Tucker before and after he was gone.

Allowing pack mates to be part of this process prevents the problem of a pet simply disappearing. When one animal in the family is ill, the other animals in the family are always aware of it -- often before the people are. We're usually not surprised when a sick

friend passes away. But it is extremely distressing if we do not know where our friend has gone. In that situation, some of us will continue to wait for him or her to return, repeatedly search the house, or experience heightened anxiety and/or depression.

People should not, however, expect us to show a lot of emotion when we say goodbye. Most of us simply give a brief acknowledgement, like a quick sniff, and move on. We grieve, but not in the way that people do. It's as though we understand the cycle of life and death a little more than our human counterparts. We are not afraid of it in the way that they are. (Perhaps we know something people do not.)

I should note that there are

times when families should not include another pet in the process. Rambunctious puppies or kittens may be distracting, and even some adult animals may be so hyper that it creates a stressful situation for the vet.

One final observation is that the surviving animals sometimes change behavior after a death. In my case, timid Isabelle has come out of her shell. She, who never showed any interest in playthings, has taken over Tucker's position as Titan of the Toys. If I turn my back for one second, she jumps in and grabs whatever I'm playing with and adds it to the growing collection of squeaky animals that she has commandeered. Her bed is a mountain of giraffes and elephants and lions and hedgehogs.



We're all adjusting to life without Tucker, and I know that it helped us to be present when he passed. Far from upsetting us, being included calmed us and gave us closure. I'm so glad I had the chance to help Tucker feel loved at the end of his life. I hope there are endless green fields and no fences where he has gone. I can picture him there now, running like the wind, the way he did when he was young. Godspeed, Skinny Dog.

Albert, a Jack Russell Terrier, is Chairman of the Board of Wylie Wagg, a shop for dogs, cats, and their people, with locations in VA and DC.

FEDERAL AGENCIES INVOLVED IN WATER RESOURCES: THE U. S. GEOLOGICAL SURVEY

WATERWORLD

RICHARD A. ENGBERG

My first article in this series dealt with the U. S. Army Corps of Engineers (Corps), the longest serving Federal organization dealing with water resources in the United States. In this article, I'm discussing the second oldest, the U.S. Geological Survey (USGS) whose mandate is very different from

that of the Corps.

The U. S. Geological Survey (USGS) was created in 1879 by President Rutherford B. Hayes as a non-political organization tasked to assess (survey) the natural resources of the U. S. The 1869 Colorado River expedition by a group led by John Wesley Powell who was to become the second Director of the USGS, captured the imagination

of the country and was the impetus for the creation of USGS.

For 136 years, the USGS has provided the nation with outstanding scientific information on the hydrology, biology, geography and geology of the U. S.

Hydrology soon became one of the most important functions of USGS.

In 1904 the Hydrographic

Branch of USGS was established and in 1949 it was renamed the Water Resources Division (WRD). As time passed, WRD became the largest branch of USGS often with multiple offices in each state and territory.

The USGS is unique among federal water agencies because it has no water resource development responsibilities like the Corps, or resource protection responsibilities like the Environmental Protection Agency.

Instead, the mission of the USGS related to water resources is to provide objective, reliable and unbiased data and information on the water resources of the United States. These data can be and are used by other Federal agencies, state agencies, other governmental and non-governmental agencies and the private sector to make water resource decisions or to conduct water resources-related projects.

The USGS currently collects real-time water discharge information from 9,889 sites on rivers and streams in the U. S. and its territories. These data are transmitted via satellite to USGS offices and are available almost immediately for users. Two of the principal uses of these data are 1) to determine timing of releases from reservoirs, and 2) for early warning downstream areas of impending flooding and anticipated flood peaks.

The USGS also collects real-time water quality data including temperature, dis-

solved oxygen, specific conductance and pH at 1,886 locations nationwide and daily water quality data at nearly 13,000 other ground- or surface water sites. They also collect real-time groundwater level information from more than 1,000 well sites and less frequent information from many other wells. Water quality data is useful for assessing contamination and for monitoring spills. Groundwater level information identifies areas of water level rise or decline in aquifers.

Compiling water use data is another USGS responsibility. Water use is reported in eight different categories including irrigation, public supply, domestic, industrial, livestock, thermoelectric power, mining and aquaculture. Updated water use reports are published every five years. Finally, the USGS conducts research on other water problems in the U. S.

Although water presently is the largest, there are five other related areas of USGS responsibility. These are Ecosystems, Climate and Land Use Change, Environmental Health, Natural Hazards (for example, earthquakes and volcanoes), and Energy and Minerals.

A personal note, I was a USGS-WRD employee for 27 years. My last position was State Office Chief. I spent another nine years with the Department of the Interior, managing a National program in which the USGS was heavily involved.

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Featured Dog!
Dudley is very affectionate guy who needs an active home. Dudley loves to play with other dogs & is very exuberant & physical with his play. He would love a home with another dog who is as much of a goof as he is! He is a spectacular dog who adores children & has a huge personality. He proved himself to be one terrific dog when he was fostered during the storm!



Tobias is a very special kitty! He has micro-ophthalmia (his eyes are smaller than normal). Tobias is able to see & his eyes do not bother him, but he looks a little different than most kitties. Tobias is a snuggly cat who loves everyone he meets. He plays well with kittens & other cats but prefers a home without dogs. He will climb right up onto your shoulder when he wants some attention.



Bonnie is a lovely 9 yr TB mare. She had a racing career when she was younger, but due to an old knee injury that doesn't bother her, she would do best as a casual riding horse. Bonnie hasn't been ridden much in the past year or two, so she may need a little time to get back in the groove. Bonnie is a people-oriented horse who comes to the gate when she sees you & gets along beautifully with other horses. We think she's quite the darling!

Inca & Arnold are seeking a home together! Arnold is a 3 yr old Chinese Crested dog. Inca is a 2 yr old Inca Orchid. These two are best of friends. They both like to be held on laps & we always see them napping right next to each other.



Cameron is wishing for a home of his own with a family who loves him. Cameron is a playful 2 year old coonhound who loves romping around with other dogs. He was in a foster home during the big snowstorm recently, and he has decided that living in a house is the best thing ever. Cameron is doing great with his housetraining. He is such a smart boy & learns very quickly!



Ned is a senior horse looking for a cushy retirement home. He's a sweet guy who's about 15 hands & gets along well with other horses. Ned doesn't have a lot of teeth left, so he eats his grain as a mush & gets soaked hay cubes. But don't tell him he's too old to graze - he loves to go out in the field with the other horses & crop the grass, even if he doesn't actually eat it.



Dolly is a very special kitty. She is about 12 years old, & due to a traumatic injury she is now incontinent. Dolly is a very nice girl who loves to snuggle. She's seeking a cushy place to live. Dolly may not be a spunky young kitten, but she has lots of love to give. We are hoping to find her a loving home to live in so that she gets the individual attention & care she craves.

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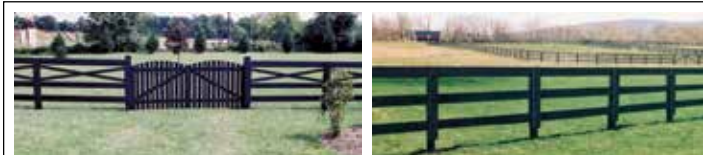
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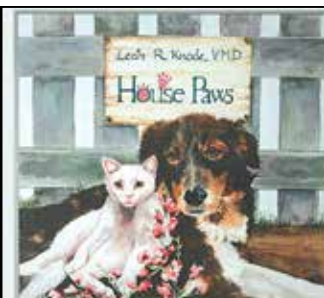
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EDITORS DESK

MIDDLEBURG NEEDS YOU!

In his first column for the Eccentric, one of Middleburg Town Council's longest serving members, Mark Snyder, makes an eloquent appeal for citizens to both run for elected office and serve as volunteers on one or more of the Town's boards and committees.

Snyder, like every other serving member of Council, has practiced what he preaches.

We encourage you to not only read his first "Ask a Council Member" column, but to respond to his appeal.

Without people willing to serve, communities like ours wither . . . or worse.

Register with the County to run for office.

Put your name on the list of potential committee or board members.

Get together with some friends and stage a write-in campaign.

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TRAFFIC, PAIN AND GAIN

The disruptions caused by construction in Middleburg over much of the year ahead will be, in a word or two . . . a pain . . . for local citizens, shoppers, tourists, friends, passers-through and perhaps, most of all, for the local business community.

When its over Middleburg will be a better place, with better water and sewer lines, better lighting, and hard as it might be to imagine, a more beautiful town center than ever.

During this difficult time our Town Council, Staff, Police Force and business community have pledged to work together to do their best to make the experience as painless as possible.

Please bear with us . . . and to whatever degree possible, pitch in and help us through the difficulties.

It will, we promise, be worth it.

HOLIDAYS. WHY IS THIS STILL A THING?

BLUE

DAN MORROW

With apologies to John Oliver, why ARE some of our "national holidays" still "a thing?"

In one sense, they aren't, and never have been.

Believe it or not, the Federal government has never had the ability to declare or enforce truly "national holidays." Legally, our so-called "national" holidays apply only to the District of Columbia and to federal workers. For them to apply elsewhere, they have to be adopted state by state, and in some cases, locality by locality.

The first four so-called "national" holidays, were approved by Congress in 1870.

They included New Year's Day, Independence Day, Thanksgiving Day, and Christmas Day, and only applied to the District of Columbia.

Thanksgiving Day was included in the bill, but was dropped, in part because of its association with President Lincoln. Not until 1941 did the fourth Thursday "officially" become "Thanksgiving Day."

In 1880 Congress added George Washington's Birthday to the list.

Not until 1885 did Congress extend those holiday benefits to all federal employees.

Decoration Day (now Memorial Day) was added in 1888; Labor Day in 1894; Armistice Day (changed to Veterans Day in 1954) in 1938; Inauguration Day in 1957 (only celebrated in the District of Columbia); Columbus Day in 1968, and Martin Luther King Jr.'s Birthday in 1983. In 1954, Armistice Day was broadened to honor Americans who fought in World War II and the Korean conflict, and the name of the holiday was changed to Veterans Day.

Sometimes, the Federal Government just "drops" a holiday.

We no longer celebrate, for example, "The Eighth," January 8, celebrated from 1828 to 1861 to mark our victory over the British in the Battle of New Orleans. We dropped the holiday in 1861, when Louisiana and its capital dropped out of the United States and British good will was deemed more important than a day off.

"Victory Day" or "VJ Day," the third Monday in August, marking the end of World War II, lasted only from 1948 to 1975

For a federal holiday to apply throughout Virginia, our General Assembly must formally adopt it, and sometimes that process becomes both messy and unpleasant.

Consider, for example, Virginia's singularly tortured approach to Martin Luther King, Jr. Day.

Virginia had celebrated Robert E. Lee's birthday since 1889, the year Benjamin Harrison, grandson of Virginia-born President William Henry Harrison, became President. The year marked the 100th anniversary of George Washington's inauguration; North and South Dakota, Montana and Washington became states.

In 1904 the General Assembly re-named the "Lee's Birthday" holiday. "Lee-Jackson Day," to celebrate both Lee, and the life and contributions of Confederate General Thomas J. ("Stonewall") Jackson, Lee's "good right arm."

In 1968, following the assassination of Martin Luther King, Jr. Congressman John Conyers introduced legislation in the U.S. House of Representatives to make King's birthday a federal holiday.

In 1983, after a fifteen-year effort by Conyers and Shirley Chisholm, President Ronald Reagan finally signed the "Martin Luther King Day" bill into law.

Virginia adopted the holiday, but not without vigorous opposition from, "traditionalists," "south-was-right" conservatives and others who vigorously and openly despised King and everything he stood for. In Virginia, the holiday became: "Lee-Jackson-King Day."

In 2000, the General Assembly came to its senses, and adopted the third Monday in January, the federal holiday, as "Martin Luther King Day" in Virginia.

In honor of its two favorite Confederate Generals, and no doubt as a sop to still unmollified opponents of a stand-alone Martin Luther King Jr. Day, the General Assembly retained, and still retains, the preceding Friday as "Lee-Jackson Day."

Such debates are rare, of course.

Congress itself admits that commercial interests, the realities of leave-taking and convenience determined the holidays "officially" adopted by the Federal (and now State and local governments). The day AFTER Thanksgiving, for example, is now an official Virginia holiday.

Why are these things still things?

Sometimes to honor events and individuals and attitudes that we believe stand at the heart of our national culture. More often, and sometimes at the same time, for pure pleasure, convenience . . . and, as always, money.

NATIONAL HOLY DAYS RED

JIM MORGAN

Technically, we don't have national holidays. We have federal holidays which only federal government entities need recognize. Whatever we call them, however, they are a great confused mulch of custom, politics, and the frenzied desire for three-day weekends.

America formally observes ten federal holidays: New Year's Day, Martin Luther King's Birthday, Washington's Birthday (Presidents' Day), Memorial Day, Independence Day, Labor Day, Columbus Day, Veterans Day, Thanksgiving, and Christmas.

Since the passage of the "Uniform Monday Holiday Act" in 1971, however, we don't actually celebrate anyone or anything. It's all about three-day weekends. A truly "national" holiday should have a direct connection to the nation – our history, our culture, critical individual accomplishments – and be celebrated on the actual day. Now, alas, we just use certain anniversaries as excuses for clearance sales and Mondays off.

National holidays named for individuals should be reserved for those who stand at the pinnacle of achievement for the nation. To your humble correspondent, that means George Washington and Abraham Lincoln. Without those two men, the United States of America would not exist.

Washington has a holiday sort of. Officially, it's still called Washington's Birthday. In practice, however, it is Presidents' Day, which is a great shame. Lincoln's Birthday never was a national holiday but has been lumped into Presidents' Day.

The only other individuals who have national holidays named for them are Martin Luther King and Christopher Columbus. Both are historically significant figures who should be honored though not with national holidays.

(Pardon me momentarily while I dodge the incoming and predictable accusations of racism.)

Think of military decorations. Not everyone who deserves a medal, deserves the Medal of Honor. Receiving a Silver Star still is a high recognition of valor and accomplishment. In this context, then, a national holiday named for an individual is the Medal of Honor. Washington and Lincoln deserve that above all others.

Dr. King has scholarships, foundations, streets, schools, public buildings, monuments, and even a county in Washington State named for him. All are well-deserved and appropriate honors for his leadership of the Civil Rights movement. Christopher Columbus has several cities and the District of Columbia named for him; also well-deserved and appropriate. As a part-Italian Catholic and member of the Knights of Columbus, I honor him too. But discovering some Caribbean is-

lands 300 years before the United States existed is hardly a reason for a U.S. national holiday in his name.

New Year's Day is about hangovers and football. No one goes to work anyway so it might as well be a holiday.

Regarding veterans – and I'm proud to be one - do we really need two holidays? I understand the difference but Memorial Day and Veterans Day should be combined into a single commemoration.

The Fourth of July is our premier national holiday and still is celebrated on that day though we still get the nearest Monday off.

Labor Day, originally a homage to the working man, now merely marks the end of summer. We should replace it with Constitution Day on September 17 to honor the signing of that remarkable document.

Thanksgiving began with President Lincoln's call for a na-

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HOW TO RUN? HOW TO SERVE?

ASK A COUNCIL MEMBER

MARK SNYDER

Hello Middleburg! I am starting what will become a regular column in this space to: 1. address reader's questions; 2. get more people involved; and 3. address periodic issues concerning Middleburg and its community, including specific questions or concerns from readers and sent to the Eccentric

My first column, written on the eve of an important local election deadline is an appeal to get more people involved.

Middleburg is a unique town with a genuine sense of place. This requires an active and involved community comprised of the people inside Town limits, with a vote in Town elections, as well as those living nearby, who have many other opportunities to get involved.

Middleburg's Town Council election is coming up on May 3 . . . but to run you have to register soon.

The Virginia Department of Elections requires candidates to file with the Registrar in Leesburg, the county seat, by March 1 this year to get a candidate's name on the May ballot. If you can, register. If you can't, however, you may still run as a write-in candidate as many have chosen to do in the past few years.

If you would like to see the council in action, please attend one of our meetings at 6 PM at the Town Offices, 10 West Marshall Street, on the second or fourth Thursday of each month. These 'regular' and 'work' sessions are both open to the public.

If you are unsure or not ready to run for council, there are still many opportunities to get involved. Middleburg has several committees, all open to the public, to consider.

I started on the Board of Zoning Appeals or BZA (a position to which council nominates an in-town candidate that the court then appoints). The BZA only meets when someone challenges a ruling by the Middleburg Zoning Administrator, which is rare.

Other committees include the Planning Commission (members must reside inside the Town). I served on it for ten years and got a great foundation for council there. This committee provides the opportunity for excellent state training on the basics of zoning and related state laws affecting local governments.

The Historic District Review Committee (HDRC) protects the architectural integrity of the downtown historic district.

The Streetscape Committee advises council on street trees, sidewalks and related issues.

The Go Green Committee addresses environment and related issues affecting the well-being of our community.

The Wellhead Protection Committee provides advice to keep our source water safe for producing drinking water.

We also have the Arts Council, Economic Development Advisory Committee and Health Center Advisory Board, and others.

Middleburg has many opportunities to get involved and to meet great people already serving on our community.

For a complete list of the committees and who serves on them see: http://www.middleburgva.gov/Town_Committees.html, with schedules at: http://www.middleburgva.gov/Meetings_Town_Office.html.

Again, all committee meetings are open to the public. Most meet once a month (Wellhead meets quarterly).

The Town web site also lists periodic vacancies. Most simply require a letter of interest. For some committees, describing related experience is helpful, for example architectural experience is helpful for the HDRC.

I look forward to meeting you in the May council election or on a committee.

Please send your questions about Middleburg's local government to the Eccentric and I will do my best to address them.



HYPOCRISY

TOM PRATT

There are many differences between Hillary Clinton and Bernie Sanders one of the largest being her close ties to Wall Street and acceptance of campaign contributions and his firm stance on making Wall Street less powerful and made accountable for many past, present and I am sure future transgressions.

Her refusal to release transcripts of her very well paid speeches given to Wall Street firms points out how close she is to the firms, if there is nothing damaging in the speeches, why not release them?

She has been publicly asked about the releasing of the transcripts and she always artfully dodges the question. At one event an audience member said "Please release the transcripts so we know exactly where you stand," he said.

But she would have no part of that, when questioned by Lee Fang of The Intercept she just gave him that phony laugh of hers and ignored him. After much more prompting by the media, including Chuck Todd, at the last debate she said she would "look into it". So far nothing, even at the town hall meeting in Las Vegas she again refused to release them but replied "I am happy to release anything I have when everybody else does the same, because every other candidate in this race has given speeches to private groups , including Bernie Sanders." It is true that Bernie Sanders has also given speeches to private groups but unlike Clinton who along with her husband has made over \$125 million since 2001 giving speeches, Bernie Sanders made \$1,876 for two paid speeches and a television appearance last year and donated it all to a local Vermont charity that serves low-income families.

The particular Clinton speech in question is the one given to Goldman Sachs (she was paid \$675,000) a firm that is notorious for using its ties to public officials to influence policy.

A stenographer is always hired to record the speeches and Hillary owns the transcripts: because of so much pressure to release them her staff is reported to be looking into doing so but are trying to assess the political risk of actually making them public.

So whom do you trust?

A person who is afraid to take the risk of revealing her ties to the corrupt Wall Street firms who have done so much damage to millions of people around the world or a person who refuses to take one dime from them and will demand that those firms be held accountable for their evil deeds.

You can decide that in the voting booth.

THE POWER OF OUR CITIZENSHIP

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America is at a crossroads, and not just politically. If our system at the top abuses power today, lies to the nation at will, falsifies numbers like employment, has no fiscal discipline, spends as it pleases, cannot control our national borders, and shirks its obligations abroad and to our domestic security, we ultimately bear final responsibility.

While the Public Square believes the character of the American government is the central issue of our time, we know that beneath the government, one built on trust and faith, are we the people. And the people are starting to understand they must take hold of things.

As Peggy Noonan days ago compellingly wrote in the Wall Street Journal, "We're in the midst of a rebellion. The bottom and middle are pushing against the top. There's something deep, suggestive, even epochal about what's happening...." Noonan refers to the Democrats as a "house of hacks," and the Republicans as "owned by the donor class." She continues: "The Clintons thought they owned the party – they don't. Hedge-funders thought they owned the GOP. Too bad they forgot to buy the base!"

Edmund Burke, the British political philosopher, said: "Men are qualified for civil liberty in exact proportion as their love of justice is above their rapacity; in proportion as their soundness and honesty of understanding is above their vanity and presumption; in proportion as they are more disposed to listen to the counsels of the wise and good in preference to the flattery of knaves."

Burke noted in the same commentary how "society cannot exist unless a controlling power upon will and appetite be placed somewhere, and the less there is of it within, the more of it there must be without." As the aspirations connecting us have seriously weakened in recent decades, the government has abided less and less by the authority coming from the public will and defaulted power to itself - as "more [power]... there must be without."

And so, a government comes to divorce itself from the will of the people. And the public is deciding it has had enough. The electorate senses both parties are in the past. Old parties, using old systems, elect scripted leaders, trained to a thought process that doesn't work. While our leaders have become captive of their own ideas, Americans may be starting to chart a new course. It's evident at least in the breadth of population coming to the polls for the first time, many of them the younger generations. They are helping create new political lanes for the nation.

Today, we defend two outworn systems of political ideas. First, the Democrats, for much of the last 100 years, have pursued American global consensus and nation-building, and hitched their star to an infinite progression of a domestic social net through a benefit culture. Nation-building has no end, and the benefit society chases goals in the name of measurable equality. Because both ride on autopilot, their validity is enforced by created obligations of federal power.

Like measuring the distance to a wall and cutting it in

half each time with a ruler, the wall is never reached. Too much globalism has made us a busybody abroad, and the benefit blessings spreading at home have become a bleeding path. No wonder the public no longer knows which of these goals are yet honorable and which are strained to a point of exhaustion. Neither translates to sound stewardship of the population.

Second, the Republicans see the dynamic American past as less due to social inclusion than business expansion - like a virus, spreading the branches of opportunity through rising incomes over time, and a prosperity that reinforces private property, limited government, maximum freedom for the individual, and therefore bundling the greatness of the American Dream for everyone. But just as we have to correct the madness from the dated inheritance of a tired New Deal model of presidential leadership, we cannot expect to freeze the brilliant industrial private economy of the 1950's and 1960's and count on its return.

The public is inventing some new political lanes for the democratic highway.

The word "lane," new to the political vocabulary, was first used for automobiles in the dictionary in the 1920's. Now, we have eight of them - much like a new super highway. The Democratic interstate is running three lanes: moderate, liberal, progressive-socialist. The Republican interstate now boasts up to five travel lanes - religious, tea party, libertarian, conservative, and establishment sentiments.

The Public Square believes the presidential election will take its own course. November will tell us the story. The lanes are likely to divide further, disappear, blur, or merge to the center. The drama of the horse race ahead will reveal which drivers see their lanes widen, and which ones narrow, and which ones collapse. At one level, it's exhilarating. At another, it's very possibly the start of a new citizen ownership over a longer time. The Public Square believes the wind of American democracy rides on just how well we align our responsibility in the future to our citizenship.

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Old Goose Creek Farm Middleburg, Virginia • \$6,295,000

Immaculate equestrian property in turnkey condition • Exceptional location • Stone home expanded to approx. 7,000 sf. • Includes 4 main level suites • Lovely gardens, pool, garage apartment & pond • Blackburn designed 6 stall stable • 70x210 indoor arena • Observation deck • Tack room • 2 wash stalls & office • Adtl 4 stall barn • Entire property is fenced and cross fenced on 26 acres & 8 paddocks

Helen MacMahon (540) 454-1930



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

Helen MacMahon (540) 454-1930
Paul MacMahon (703) 609-1905 Ann MacMahon (540) 687-5588



Providence Farm Bluemont, Virginia • \$2,650,000

42 acre equestrian property in Piedmont Hunt • Lovely 5,000 sf home with 1st floor master suite • Horse facilities include indoor (150' x 75') and outdoor (200' x 100') arenas • 10 stall stable with large apartment • 8 more stalls in shed row • 6 paddocks • Cross country course & 9,800 sf heated Morton Building

Helen MacMahon (540) 454-1930



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

Ann MacMahon (540) 687-5588
Paul MacMahon (703) 609-1905



Fairview Boyce, Virginia • \$2,300,000

Circa 1904 Colonial home • 3 BR • 3 1/2 BA • High ceilings • Gourmet kitchen • 5 fireplaces • 90x200 covered arena • 12 total stalls • Main barn redesigned by John Blackburn • 4 bay garage with apartment • 12 paddocks • Asphalt drive & security gate • Heated pool • Property has 2 DUR's and whole house generator • Hilltop setting with mountain views

Paul MacMahon (703) 609-1905



The Haven The Plains, Virginia • \$2,295,000

Fabulous equestrian property • High efficiency low maintenance home with state of the art geothermal and solar systems • Stone fireplaces, pool, cabana • Great kitchen and bathrooms • Huge front porch overlooking pond • 7 stall stable with apartment • Euro felt arena • 4 paddocks and prime ride out location

Helen MacMahon (540) 454-1930



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 BR/3 BA, each a private suite • Historic stone barn includes one BR/BA 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

Helen MacMahon (540) 454-1930



Duck Pond Boyce, Virginia • \$1,027,000

Fine 4 BR, 2.5 BA house on 39 acres • Well cared for and well maintained • Wrap-around porches • MBR on main level • Kitchen and baths updated • Lovely property • Excellent 4 stall barn with H/C wash stall and heated tack room • Board fencing • Paddocks • Very good run-in shed • Level land, mostly open • Pond • Invisible fence on 10 acres • Blue Ridge Hunt territory

Tom Cammack (540) 247-5408



Foxhall Round Hill, Virginia • \$1,000,000

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

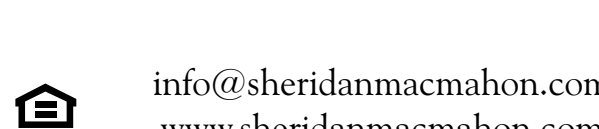
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Willow Hill Delaplane, Virginia • \$790,000

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

Paul MacMahon (703) 609-1905



Palmer's Mill Bluemont, Virginia • \$785,000

Circa 1860 Virginia Farmhouse • House updated & enlarged in 2004 • 3 to 4 bedrooms • 2 1/2 baths • Hardwood floors • 3 fireplaces • Exposed beams & gourmet kitchen • 10 acres • Fenced & cross fenced • 2 stall barn with tack & hay storage • Spring house & smoke house • Protected with mountain views • Piedmont Hunt Territory

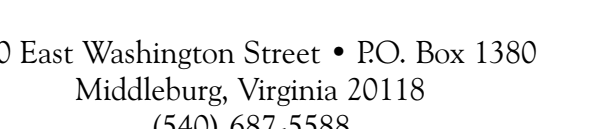
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Sunken Lane Upperville, Virginia • \$625,000

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