

MIDDLEBURG SPRING RACES

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PHOTO BY CHRIS WEBER



MIDDLEBURG MUSEUM FOUNDATION
SELLS ALLEN HOUSE TO MASTERS OF FOXHOUNDS
FOR NATIONAL HEADQUARTERS

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APRIL 28, 2016 ~ MAY 26, 2016

WHERE THE SIDEWALK ENDS

MIDDLEBURG TOWN
COUNCIL REPORT

DAN MORROW

As construction crews continue to make slow progress restructuring the roads and sidewalks in Middleburg's central business district, Town Council discussed at some length just how far the Town's sidewalk should extend to the east, on the south side of Washington Street, Route 50.

The existing sidewalk, sited high above the main roadway, runs past two historic properties at the east end of town, the Allen and Blunt houses. One, the Allen House, was sold to the national non-profit Masters of Foxhounds Association on Friday on April 15 and is slated to become both that organization's headquarters and a museum.

The sidewalk was built, according to Councilmember Trowbridge Littleton, by his great grandfather who, at one time owned both houses.

Built of several different and ancient materials, all agreed the walk is in serious need of repair or replacement. The question is how and by whom and how far down the street the walk should go.

Cody Francis, Middleburg's Town Engineer, pointed out two options at Council's last work session: 1. Build a "standard VDOT sidewalk along the curb" at road level, or 2. Replace the existing high walk "with another brick sidewalk."

Early cost estimates for the "repair" or "extended rebuild" ranged from \$30,000 to \$100,000.

Currently the walk serves only two houses.

After some discussion the idea of extending it to the Pinkney Street intersection was rejected. One Council Member described that option as "Building a sidewalk to nowhere."

After lengthy discussion, Town Council, according to Mayor Davis, seemed clearly of a mind to retain something as close to the old historic sidewalk as possible, while making it safer for pedestrians, agreeing with Council Members Snyder and Littleton that, to change it radically would alter the very character of an area that was a signature main entrance to the town.

Town Administrator Martha Semmes noted that keeping the old walk in an improved form would depend on: 1 whether or not "VDOT would allow the town to do something with the old sidewalk" (VDOT owns the right-of-ways) and 2, whether Council would be willing to "use Town funds to do something if there were someone [presumably the new owners/developers of the Allen House] who were willing to help with maintenance.

After further discussion, Town Staff was instructed to work with VDOT to see what could be done legally, "with a preference to keep the sidewalk as it is."

Artisan Trail Funding

Without dissent Council voted to approve a grant of \$2,000 to the Middleburg Arts

Continued page 16



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FQ8470391 \$3,500,000

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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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LO8578798 \$2,800,000

20022 TRAPPE RD, BLUEMONT - 136 acre horse facility at the foothills of the Blue Ridge. 8 stall center aisle barn; smaller 4 stall barn; 100 x 200 outdoor arena; 11 paddocks. 2 parcels: 1 in easement, 42 adjoining ac w/o easement. 4+BR house, 6 FP's, panoramic views; guest house, 2 car Garage; 2 BR Log House. Piedmont Hunt.

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LO9621638 \$1,500,000

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LO8748603 \$1,425,000

7 WASHINGTON ST E, MIDDLEBURG - Prime central Middleburg retail location offers wide variety of uses including restaurants and shops. Large display windows on Main St. Private parking spaces.

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LO8763606 \$1,325,000

23545 OLD MEADOW LN, MIDDLEBURG - Hard to find minutes from town, private and protected, all brick Georgian built home. 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 Pejacsevich 540.270.3835



FQ9609110 \$920,000

11555 HEREFORD CT, HUME - Stunning custom colonial on 10 acres with paddocks & manicured lawns. Gracious 4 BR/4 BA home with high ceilings, gleaming wood floors, 2 fireplaces, gourmet country kitchen & approx. 6000sf of living space on 3 levels. A 6 stall stable & board fenced paddocks included. Easy commuter access to I-66.

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LO9545169 \$699,000

36212 QUAIL LN, MIDDLEBURG - Private, secluded horse property on 14.5 acres. Complete renovation inside-open floorplan in main residence, sep renovated 2BR guest house. 4 stall barn with tack room/feed room/wash stall, 2 paddocks, neighboring paddocks for lease, pond, rental apartment, adjoining barn, additional building site, many options. Beautiful views!

Laura Farrell 540.395.1680 Ted Zimmerman 540.905.5874



LO9600139 \$459,900

504 STONEWALL AVE, MIDDLEBURG - Completely renovated 3BR/3BA in-town home. Improvements include complete kitchen renovation with extra cabinets/counter space, new appliances, lighting/wiring throughout, full master bath & open floorplan. Finished basement with full bath. Nicely fenced backyard with views of Salamander Inn!

Laura Farrell 540.395.1680 Ted Zimmerman 540.905.5874



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 Pejacsevich 540.270.3835



Coming in early May! \$385,000

204 EAST MARSHALL ST, MIDDLEBURG - Townhouse in Mosby Square, walled & quiet neighborhood, one block from Main St, 2 levels, 2BR, 2.5 updated baths including large master with large bath, HW floors, FP with gas logs, open planning, new windows, large deck, established garden in large fenced back yard, large parking lot.

Billie Van Pay 703.727.4301



FQ9620399 \$4,400/MO

9183 JOHN S MOSBY HWY, UPPERVILLE - More spaces available - 40x36 feet ~ 1440 sq ft, \$1500 - 80x60 feet ~ 4800 sq ft, \$4000 - 80x66 feet ~ 5280 sq ft, \$4400 Commercial/industrial use. Completely renovated including AC, heat, and bathroom. Great location.

Scott Buzzelli 540.454.1399 Peter Pejacsevich 540.270.3835

NEWS OF NOTE MIDDLEBURG MUSEUM FOUNDATION SELLS ALLEN HOUSE TO MASTERS OF FOXHOUNDS FOR NATIONAL HEADQUARTERS

GENIE FORD

The Middleburg Museum Foundation completed the sale of the historic Allen House to the Masters of Foxhounds Association on Friday, April 15.

The sale marks the end of a process that began several months ago, when the Masters of Foxhounds Association approached the museum foundation about purchasing the house as a home for their own collection as well as housing for its library of foxhound records and an office for the association.

The Allen House, at 301 East Washington Street in Middleburg, was given to the Middleburg Museum Foundation in December, 2015, by Dr. Betsee Parker.

While the museum foundation expressed enormous gratitude for such an extraordinary gift, the board of the foundation recognized early on the challenges faced by a small organization with few resources, which would

now have to renovate and bring the structure up to code and in compliance with handicapped accessibility regulations.

Early estimates for that renovation were that this investment could go as high as \$500,000, a staggering amount for a small foundation. This money would have to be spent before any exhibits could be created. Nevertheless, the museum board was committed to raising as much money as it could to bring a museum to Middleburg, according to board members.

Meanwhile, the Masters of Foxhounds Association had been looking for a home in Middleburg, and the Allen House, with its historic importance, seemed like a good choice. Those associated with the Masters of Foxhounds understood the struggles the museum foundation was going through, and approached the board about purchasing the Allen House as their new home.

"We believe this sale represents a win for all parties,"



said board member Bridge Littleton, who served as the museum foundation's negotiator in the sale. "The Middleburg Museum Foundation will now have resources to move forward in the creation of a museum, and the town will have a new,

important member of the community in the Masters of Foxhounds Association."

In voting for the sale, the museum foundation board had noted that the Foxhounds Association is a perfect fit for the town and will be a great asset in

the years to come—and the Allen House will be well taken care of by its new owners.

The Middleburg Museum Foundation has already begun searching for a new home that will be suitable and welcoming to residents and visitors alike.

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PANORAMIC VIEWS OF THE GOLF COURSE

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NEWS OF NOTE

SHAKESPEARE IN THE 'BURG 2016: BRINGING LIVE THEATRE TO TOWN



Shakespeare in the 'Burg brought another successful weekend of theatre to Middleburg, with the third festival featuring performances of *The Importance of Being Earnest* and *The Life of King Henry V*. A Sunday brunch and performance of the winning play from the festival's one-act playwriting competition, along with a delightful Friday evening event at the Middleburg Library, created unique "bookends" to the event.

April 1-3 brought visitors and local residents into town for Shakespeare in the 'Burg, now in its third year. Plans are already underway for 2017's event, which will feature *Romeo and Juliet* and *Two Gentlemen of Verona*, along with the one-act playwriting competition.

The 2017 performances will take place at The Hill School, a venue that can accommodate the larger pro-

ductions that are now part of the acting troupe performing Shakespeare's plays—the internationally recognized American Shakespeare Center.

Co-chairs of Shakespeare in the 'Burg, Jo Ann Hazard and Genie Ford, noted that it takes many volunteers and many hours to put the program together. This year Foxcroft School was a major partner, providing housing to the actors, as did the Goodstone Inn. Ayrshire Farm catered the Sunday brunch, and the Middleburg Library staff welcomed Hunt Lyman and Jill Beiffus for a presentation on the enduring legacy of Shakespeare's contributions to the English language.

Planning is already underway for 2017, and the Shakespeare in the 'Burg committee, Jo Ann Hazard, Genie Ford, Mimi Stein and Peter Wood, has high hopes for next year's performances.

FOUR STARS FOR UPPERVILLE HORSE SHOW

LAUREN R. GIANNINI

Upperville is one of the most charming horse show venues in the world. The unique setting — hunters on the south side of John Mosby Highway Route 50, jumpers on the north, June 6 to 12 — blends rural sporting traditions with spectacular views. Competition-wise, Upperville's top three jumper classes have leaped into the global big time, thanks to official recognition by the International Federation for Equestrian Sports (FEI).

"One of my goals as president of Upperville Horse Show has been to bring more of our top riders back to this show," said Michael Smith. "With the FEI 4-star ranking we're hearing from some of these riders a desire to return to compete at Upperville."

CSI**** is a four-star or 4* Concours de Saut International or international jumping competition. The stars, up to a maximum of five, are how the FEI ranks competitions according to prize money awarded. Upperville's FEI classes are the \$35,000 Speed Class, \$40,000 Welcome Stakes presented by Jim Thompson of Washington Fine Properties, Middleburg, Va. and Wiseman & Associates Wealth Management, and the \$216,000 Upperville Jumper Classic.

FEI recognition is a game changer in many ways. All told, it was achieved by six years of concentrated effort and upgrading of the historic show ground, thanks to millions of dollars donated by the small army of dedicated board members, loyal supporters, and volunteers. Smith led the way, supported staunchly by longtime show manager Tommy Lee Jones.

The FEI's announcement of

4-star status last February served to increase their commitment to making Upperville even better. In addition to more prize money, upgrades include state-of-the-art all-weather footing, new rings, improved on-site amenities for exhibitors and visitors, and a ringside club for spectators.

Upperville has upped its tech with a brand new website, thanks to board member Tom Gorman. "Tom's also producing all our webcasts in the main hunter ring and the main jumper ring. We're stepping up that part of the show," said Jones, who became manager in 1982 at the request of the late Theodora A. Randolph. Over the years, he brought Upperville to its current AA-rated status with entries of about 1500 horses in the week-long show.

Sponsorship is essential. Early in his presidency, Smith asked new board member Tracey Weinberg to take charge. "Tracey and her committee have done an outstanding job raising sponsorship money for the hunters and jumpers," he said. "Our sponsors nearly tripled in the last three years in anticipation of the FEI rating."

Upperville's sponsors include Washington Fine Properties and Wiseman & Associates Wealth Management — Welcome Stakes; Salamander Resort and Spa — Hunter Derby; Middleburg Bank — Lead Line classes. Charles Owens sponsors the Riders Lounge on the jumper side, and many others sponsor items, such as Holtzman Energy, Valley Ice, Virginia Truck Center, and Animal Rescue Fund, to name a few.

There isn't enough space to mention everyone who contributes to Upperville's success and longevity, but Punkin Lee merits special mention. She's secretary of the board of directors and, as

owner of Journeyman Saddlers, has been a vital link to local businesses. Jones credits Lee, as longest-serving board member, with singlehandedly keeping everyone true to the spirit of the 163-year-old show.

If you haven't made plans to visit Upperville, now's the time. It's a daily multi-ring equestrian extravaganza, featuring some of the show world's best riders, hunters and jumpers. The show features great vendors to please diehard shopaholics, food stands, and hospitality, both free and ticketed, such as the Wall of Honor luncheon, exhibitor hospitality tent, hunter side grandstand, VIP ringside boxes, spectator bleachers, and the posh 1853 Club Pavilion at the main jumper ring.

Special evening classes, with start time of 5 p.m. on the jumper side include Thursday,



June 9 — FEI 4* \$35,000 Speed Stakes; Friday, June 10 — FEI 4* \$40,000 Welcome Stakes; Saturday, June 11 — \$20,000 USHJA International Hunter Derby. The grand finale on Sunday, June 12 at 2 p.m. is the \$216,000 FEI 4*

Upperville Jumper Classic.

For the full show schedule under exhibitors' forms and information, plus lots more to help you plan your visit: www.upperville.com

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NEWS OF NOTE

SADIE'S RACE



Sunday May 1st marks the Fifth Annual Sadie's Race in Purcellville, VA. Sadie's mom, Sara Parella, started the race to honor the memory of her daughter by raising money for Smile Train through Sadie Smile Foundation. Sadie passed on from this world at the age of five. To date, the

foundation has raised \$185,000. Sara is close to halfway to her goal of raising one 'smile surgery' for each day Sadie lived.

Smile Train provides cleft lip and palate repair surgeries to children in developing countries for an average of \$250. These children would otherwise not be able to afford the surgery and

often live a life of rejection and struggle due their deformities and difficulty eating and speaking.

Sadie had a connection to Smile Train after asking about a photo of a boy with a cleft lip at the mall. It was a poster from Smile Train. She learned that these children live such difficult lives just because they cannot

afford a simple surgery. That Christmas, she asked for donations to Smile Train instead of gifts. She raised enough for two 'smile' surgeries.

Register today on Active.com and Join the community for Sadie's Race May 1st to support this great cause. The race offers a certified, chip-timed 5k run/

walk, and a kids fun run. Activities include balloon twisting, face painting, a dee jay, photo booth, bounce house and more. To become a sponsor or volunteer, contact Sara at sadiessmilefoundation@gmail.com or (703) 431-3563.

4TH HUNT COUNTRY WRITERS' RETREAT

CHALLENGES AND OPPORTUNITIES OF INDEPENDENT PUBLISHING

The new world of independent publishing presents both challenges and opportunities for authors today, and the ins-and-outs of this new world of publishing will be explored at the 4th Hunt Country Writers' Retreat, May 20-21, 2016, in Middleburg, Va.

New York editor Paul Dinas

will cover all aspects of independent publishing, in which writers develop, print and market their work outside the bounds of traditional, mainstream publishing. There have been many success stories in recent years of authors who publish independently and end up on bestseller lists.

Paul Dinas worked for large

publishing houses for three decades before striking out on his own. He has helped many writers find their own paths to success in the brave new world of independent publishing. He is now a freelance editor who says that the "best part of being an editor has always been the relationships I've shared with authors. I feel fortunate to have been

able to share in their creative vision as an editorial partner. After nearly three decades, I still feel inspired by their dedication and am happy to help them achieve their goals in any way I can."

The topics that will be covered at the Hunt Country Writers' Retreat include: Pros and Cons of Self-Published vs. Independent vs.

Traditional, How Do You Begin the Process?, Planning and Organizing Your Work, Evaluating Your First Draft, Getting Informal Feedback on Your Manuscript, Seeking Professional Guidance, Where to Find Publishing Professionals, Some of the Costs Associated with Professional Guidance, and Setting a Timeline for Self-Publication.

The writers' retreat will be held in Middleburg, Va. at the Parish House, 105 E. Washington Street. It will begin at 1 p.m. on Friday, May 20, with an introduction of Paul Dinas, who will jump right into his presentation. There will be ample opportunities for questions at any point along the way, and Paul hopes to spend one-on-one time with each participant. At 5:00 p.m., participants will gather for a wine-and-cheese welcome reception.

Saturday, May 21, the retreat will begin at 9 a.m. following morning refreshments. Paul's presentation will continue, and plans are underway to include other presenters who will offer insights into independent publishing. Refreshments will be served in the morning and mid-afternoon, as well as a full lunch.

The cost to attend the Hunt Country Writers' Retreat is \$350. Registration fees include all Friday and Saturday seminars, the Friday evening reception and lunch on Saturday. To register, visit www.huntcountrywriters.com. Contact Jan Neuhaert at info@huntcountrywriters.com or Genie Ford at genie@printmanagementinc.com for additional information.

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Suzanne's passion is helping others, whether it's raising service dogs for disabled veterans, serving at her church or taking care of her family. That passion is what drives Suzanne in real estate, as well. For many people, buying a home is the single biggest investment they will make. Suzanne's talent for listening to her clients and understanding their desires, goals and parameters allows her to help them navigate the complexities of real estate successfully. Whether you're a first-time homebuyer looking for the perfect place to raise a family, an

empty-nester ready for a change, or an investor looking for a great opportunity, Suzanne has the skills and drive to help you accomplish your real estate goals. Suzanne has lived in Northern Virginia since 2001 with her husband and two children. As a real estate owner and successful investor, Suzanne has experience in building horse properties, custom homes, renovating properties, long-term rentals and developing raw land. She holds a BA in finance from The College of William and Mary and an MBA in marketing & management from The Kellogg Gradu-



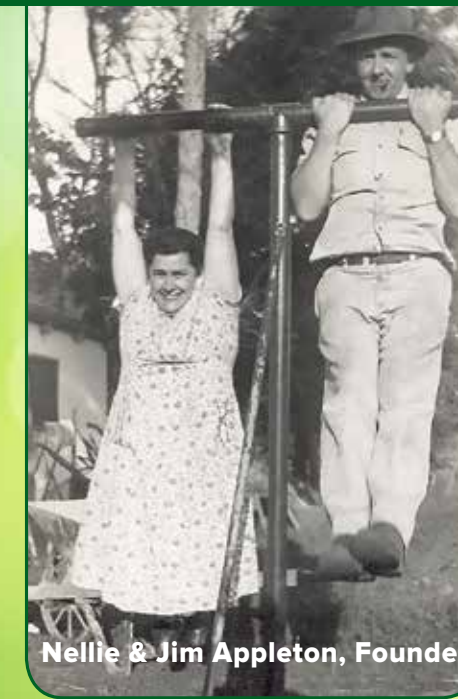
who serve them."

arfrescueva.org.

Animal Rescue Fund (ARF) will hold their 7th Annual CAT & Dog FEST fundraising event as always at Fox Hall Farm in Delaplane, Virginia on Sunday May 15, 2016 from Noon to 4:00 PM. For information on sponsoring a booth or a table, please contact ARF's volunteer coordinator, Arlene Gaudin, at arlene@arfrescueva.org. Please visit: www.arfrescueva.org

number of nocturnal critters. In her spare time, Suzanne is a volunteer assistant trainer at Veterans Moving Forward where she raises and trains service dogs for disabled veterans. She is

addicted to hugs from her family, the awesomeness of God's Word, puppies, EOS Lip Balm, and Market Street coffee.



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NEWS OF NOTE

AHT INSURANCE EXPANDS TO OPEN DOWNTOWN WASHINGTON, D.C. OFFICE



AHT Insurance, a nationally recognized independent insurance brokerage, is pleased to announce the expansion of its operations with a second Washington, DC area office. This office, located in the heart of Washington, DC, is a central location for AHT's growing international, government contracting, nonprofit and private equity practices.

AHT has been serving clients nationally from our five other offices quite successfully. This expansion will allow us to continue to support the growth of key practice areas, providing a new geographic base for our professional talent, centrally located in downtown DC. A number of AHT staff members have relocated to the new office and we expect further growth of this new office with additional talent acquisitions soon.

AHT President and CEO David Schaefer commented, "AHT

MIDDLEBURG CONCERT SERIES FEATURES WORLD-RENOWNED PIANIST



The Middleburg Concert Series is privileged to have the internationally acclaimed pianist Nikita Fitenko as the featured performer at its next concert. The concert will take place at 4 p.m., Sunday, May 15th at

the historic Middleburg United Methodist Church.

Mr. Fitenko has performed solo recitals and been featured with orchestras all over the world, including the Kennedy Center. While performing a wide and diverse repertoire, he is an acknowledged master of Russian piano music and is including works by Rachmaninov and Tchaikovsky in his concert here. He has released critically acclaimed CD's that were distributed internationally and are available through Amazon.

A native of St. Petersburg, Russia, Mr. Fitenko graduated from the St. Petersburg State Conservatory with a citation for excellence given to only five other graduates in the last fifty years. He has served on many international piano competition juries and has presented master classes around the globe. He and his students have won multiple national and international competitions. Currently he is on the faculty of Catholic University in Washington and is embarking on a European tour immediately after his performance in Middleburg.

The May 15th concert is open to the public and admission is free. Donations are welcomed. Following the performance there will be a reception with light refreshments. The Middleburg United Methodist Church is located at the corner of Washington and Pendleton Streets. For further information, please email middleburgconcertseries@gmail.com, or telephone 540-303-7127.

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MODEL SHOWN IN OUGHTON

NEWS OF NOTE

DREAM OF A GOOD DEATH MULTI-MEDIA EVENT



The Mosby Heritage Area Association and the NOVA Parks System will host a rare performance of Clark Hansbarger's multi-media Civil War show Dream of a Good Death at 7:00 pm on Sunday, May 22, at the Mt. Zion Church Historical Park 40309 John S. Mosby Highway, Aldie, Virginia 20105. Admission to the event is \$18 (\$15 advanced sales). Doors open at 6:30.

Part Folk/roots concert and part TED-talk, Dream of a Good Death is a multi-media evening of storytelling and music tracing the

arc of the war. The songs and stories follow the trials, hopes, fears and sacrifices of Civil War soldiers as they struggle through the Union conquest of Port Royal, the fires in The Wilderness, the killing fields of Cold Harbor, and the long siege of Petersburg.

Rich Gillespie, Executive Director of the Mosby Heritage Area Association, and Tracy Gillespie, NOVA Parks Site Manager for Mt. Zion Historic Park, are both excited about having their organizations host this exciting program. They've been working with Clark Hansbarger for several years to agree upon a good date for it. Rich says, "This is a truly worthy addition to the Adventures in History program series the heritage area and NOVA Parks work on together. It is a great program for both adults and students, in a superb and evocative historical venue."

Each song is introduced with slides and a bit of lecture to enrich the audience's experience of the music, and then performed by Clark Hansbarger and his band The Bitter Liberals, featuring Allen Kitzelman, Mike Jewell, and Gary McGraw. As a special addition, the evening will also feature paintings of Civil War themes by artist Winslow McCagg.

Three years ago, Clark wrote Dream of a Good Death for the Civil War sesquicentennial. The show has since been performed in theaters throughout Virginia to large audiences, receiving strong reviews from a variety of notable sources.

Historian Marc Leepson calls it "an exceptional achievement on several levels: the lyrics, the music, and the musicianship, as well as the thought that went into the entire project. Highly recommended."

Howard Means, author and former editor of The Washingtonian magazine, describes Dream of a Good Death as "one of the most imaginative approaches to the Civil War I've ever witnessed. In short, terrific entertainment — the rare evening that leaves you better informed and fully satisfied."

Former Loudoun educator Clark Hansbarger is a recipient of a fellowship from the National Endowment of the Arts and A PEN Syndicated Fiction Award. His work has been featured on National Public Radio's The Sound of Writing and in magazines such as Shenandoah, Witness, Web del Sol, and The Gettysburg Review.

The Bitter Liberals' two records "13" and "Again" have

together received six Wammie nominations from the Washington Area Music Association, including Best Group and Best Recording in the Folk-Contemporary category, Best New Artist and Best Debut Recording. The band performs regularly to large audiences at venues including The American Theater in Hampton, VA, Winchester, VA's Bright Box, Leesburg's Tally Ho, and Shepherdstown's famous Old Opera House.

Videos, pictures, and music from the show can be found on Clark's website civilwarsong.com. For more information, contact Clark Hansbarger at 540-533-8530 or clarkhansbarger@gmail.com.

GreaterRestonArtsCenter's

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Layla Messkoub, In Dialogue (detail), collage

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WHAT YOU DON'T KNOW ABOUT PROPANE – BUT SHOULD

ANSWERS AND INSIGHTS THAT COULD SAVE YOU \$1,000s

DALE SCHULZ

Where Does Propane Come From?

Propane is a by-product of drilling for Natural Gas (Methane). All propane in our area comes from North America. The U.S. is a net exporter of propane, primarily to Central and South America. The propane is separated from the methane, butane, and ethane at the refinery. Propane is transported to our area via rail and pipelines. If propane did not exist, someone would have invented 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 charged a Minimum Usage Fee ("Muffie") at the end of the Winter season. The #1 reason for your not using the minimum is typically due to a warmer than normal Winter. This fee can be \$200-\$300. The Winter was milder than usual in 2011-2012 and thousands of propane users were billed for a Minimum Usage Fees in April. Hunt Country Propane does not have a MUF. Never has. Read your contract and see if you have a Minimum Usage Fee. It's not reasonable - you don't control the weather.

What areas does Hunt Country Propane deliver to?

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

Propane Costs Too Much!

“That’s why I started Hunt Country Propane.”
—Dale Schulz

A 5-minute call could save you \$1,000 or MORE!

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Hunt Country Propane

www.HuntCountryPropane.com

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NEWS OF NOTE

NEW FUTURE FOR ALILOO



LAUREN R. GIANNINI

Aliloo is growing, not closing, thanks to Arash Aliloo and his passion for fine art in the form of handcrafted rugs. A year or so ago, his father, Paul Aliloo, decided to retire from the business that he started in 1984. Fate, legacy and the allure of beautiful rugs encompassing ancient history and culture played key roles in modifying Arash's career path.

"It was an ongoing process that started in the winter of the past year. I was working at Sonabank and coming by to help my Dad," Arash recalled. "He was planning the sale and needed all the hands he could get, and it reawoke this love I have for the

rugs. I grew up with them. The store was founded before I was born. It's always been a presence in my life."

Interested in Foreign Policy, Arash graduated from James Madison University with a degree in International Relations and is working for his Master's. The hands-on contact with the rugs, however, wielded a bit of magic.

"I looked at my dad and his plans to retire and said to myself that I couldn't let something he built this long just end. He was going to close the business and walk away, work on his tan and learn to golf," said Arash. "You can't own or sell a Persian rug without having an appreciation for history. Even though 30 years is a drop in the bucket for rugs,

to work that long in this business and just let it go... I couldn't let him do it. I think my Dad was pleased and surprised."

Rugs 101

"These handcrafted rugs are art, a representation of their history and culture," said Arash. "You look at the rug-weaving countries — Iran (formerly Persia), Turkey, parts of China and Russia — the rug represents its time period. Tabriz is a very famous city in Iran. If I open up four Tabriz rugs, each from a different generation, they would look completely different. Some rugs are like coats of arms where you can trace the pattern through a region or to a specific tribe that wove the rugs. It looks like a pretty design, but there's much more to the rugs than that."

Nomadic people wove smaller rugs for portability. Larger versions are called urban or city rugs. At Aliloo, you can see and touch the differences while listening to a rug's story.

"When you talk about rugs, especially antiques, condition is very important," Arash said. "If it's a city rug, you're looking at the intricacy of the design and knots per square inch. Condition, age, and color are important because that's where rugs get their value."

Not all rugs are wool or silk. "Before, you had horsehair and camel hair — these older rugs are amazing," Arash said. "You can't look at a rug like this without appreciating the effort. Each is a work of art. My Dad loved having people in. They sat with cups of tea and Persian treats while he unrolled rugs. The one thing he couldn't stand was someone not understanding what they were looking at. The best customers,

the ones he appreciated the most, were the ones who said, 'This is beautiful, it just isn't what I want.'"

Aliloo offers a spectacular inventory from precious antiques to rugs that are 50, 40, 20 years old. Sizes range from 1 x 2 feet to runners and standard sizes to 12 x 20 and larger. Attractive pillows and cushions were crafted from older rugs too damaged for floor use. Aliloo has saddle blankets and wall hangings. Wherever you place the rug, on the floor or as wall décor, it becomes a focal point of that room.

"Our newer rugs are still 100% handmade with natural dyes and materials," Arash said. "Some come from India and Pakistan, and a lot are made in the Persian style. This makes the rugs more accessible. Not everyone can afford to buy a 180-year-old rug."

You can't find rugs like these, old or new, at a big box store. The colors reflect the ancient art of making dyes from various fruits, roots, spices, nuts, grains, vegetables and shellfish. They are painstakingly woven by hand. Many have survived war and invasion. They are, literally, works of art you can walk on.

Rug Care 101

Aliloo moved a few doors down to the 100-year-old building that housed Middleburg Pharmacy. This larger space is essential for display and services.

"We specialize in cleaning and repair and can handle any maintenance needed for rug ownership," said Arash. "We keep up with new techniques and products. Just recently, a kind of 'scotch-guard' helps to protect these rugs from everyday stains. As much as people love it, we love it too. You wouldn't believe some of the stains and damage

I've seen."

Arash recommends bringing your rug for cleaning every six months or once a year, depending on use. "You'd be amazed how much they brighten," he said. "We don't beat them like you see in old photos, but we use industrial quality vacuums and we shake the rug 10, 15 times to get every speck of dust out. Then we clean them. It's like looking at a brand new rug — the colors just pop."

Those old natural dyes are that good; so are the materials. One Aliloo motto: You can never tell a good repair, but you can always tell a bad one. Paul's good friend, Amir Reza, who has led the repair team for many years, will continue to work in partnership with Arash.

"Our master craftsmen take care of repairs and make it look as if there was never a hole cut for a lamp cord or whatever happened," said Arash. "We have a person specifically for the fringe, another for the binding, and someone for the warp and the weft. You have to be that specialized to repair to the level that's going to satisfy us and the customers, who are very important to us."

The New Aliloo

Paul recalled when he decided to retire and close the shop: "People came in, customers and friends from all over, local and from Florida and Chicago, saying why are you going? Who's going to do this? The services I provided, the team I have for repairing and cleaning rugs... I never thought of this when I decided to retire. But my son, I have photos of him when he was little, climbing on the rugs, playing on them — he helped me through the years. Whenever I had to travel, he came in and took care of the shop. He knew the concept, the knowledge of the rugs. One day, my son said, 'Dad, I don't want to let this legacy go away.'"

A new era begins on Saturday, May 14, when the Aliloos welcome old and new customers to celebrate the all-day grand re-opening of the Aliloo & Son Rug Gallery. This leads to more congratulations: Arash and Linda celebrated their nuptials in April, and he spoke candidly about looking forward to having children of their own, a new generation who will play on the rugs.

"My father is the only person I've ever known who walked into the Sistine Chapel and spent more time looking at the floor than the ceiling," said Arash, a natural storyteller. "I have photos of him face down, looking at every rug. That's passion!"

Like father, like son in many ways. Listening to Arash speak about a rug while he unrolls it is like a private museum tour with a superb guide. He's working on his certification as an appraiser and, although he admits candidly "I'm not my father yet," he has the passion and eloquence. After all, Arash Aliloo learned from one of the best.

Aliloo

and Son Rug Gallery

Grand Reopening Saturday, May 14th



Paul and Arash Aliloo

• New Location

11 South Madison Street (The Old Middleburg Pharmacy)

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Incredible Selection of Antique, Semi-Antique, and New Rugs



• Arash Aliloo

• Paul Aliloo

• Amir Raza Expert Cleaning, Repair, and Restoration Manager



• Expert Cleaning, Repair, and Restoration



Khorasan Carpet / Before Repair



Khorasan Carpet / After Repair

"Amazing work! I can't tell where the repair was made. I highly recommend Aliloo & Son, Cleaning, Repair, and Restoration Experts!" - Rob Banner

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Middleburg Arts Council Presents The 4th Annual Art in the Burg • Saturday May 21st



Paintings by Jeff Morrow will be on exhibit and sale at Gallery On Madison through June 30. Portrait commissions of yourself, a family member, beloved dog or horse are welcomed.

Gallery On Madison

You are invited to the opening on Saturday, May 21

9 South Madison Street, Middleburg, VA

www.galleryonmadison.com

WWW.MBECC.COM



NEWS OF NOTE

TWILIGHT POLO'S OPENER FEATURES MILITARY, FIREWORKS & DANCING

LAUREN R. GIANNINI

Twilight Polo kicks off the 2016 season on Saturday, May 14, with Military Appreciation Night. The West Point Glee Club will sing the National Anthem, flanked by the U.S. Army Caisson Platoon's Mounted Color Guard. The matches honor our military with representatives of the Army and the Navy playing alongside professionals, including Charlie Muldoon, Scott Gray, and John Gobin, manager of Great Meadow Polo, to name a few.

An estimated 4,000 to 5,000 enthusiasts are expected for opening night, and half-time activities feature the ever popular children's Tug 'O War and ice

cream., both sponsored by Novant. The professionals take the arena for the final match and rock it with the speed of their ponies and lightning fast reflexes.

Fireworks follow the matches, but don't worry: plans are in place for a delay of 30 minutes after the final chukker so that all polo ponies can be transported safely off the premises before the lights are doused and pyrotechnics fill the night sky. Dancing under the stars rounds out the evening with music provided by the famous D.C. deejay, Seyhan Duru.

With the growth of Great Meadow Polo Club, Gobin has organized early matches for amateurs, starting at 6 p.m., throughout the season. At 7 o'clock, a

mix of amateurs and professionals take the arena. The feature match begins at 8 p.m.

The Great Meadow Polo School, taught by Whitney Ross and Gobin, can get you on a horse and swinging a mallet in your first lesson. No previous riding experience is necessary, and lessons take place at Great Meadow in the arena. For information, please visit: greatmeadowpolo-club.com or call 540-253-9845.

On May 14, all railside boxes and tailgate spaces are sold out, but general admission is available for opening night: \$40 per carload at the gate, \$35 per carload pre-sale online and at all area Wegmans. Blocks of 10 general admission car passes for \$175 make Twilight Polo a great



PHOTO BY VALERIE DUBSON

family and friend outing for only \$17.50 per carload.

Food is available on the grounds, and you're welcome to bring chairs, food and cooler to set up on the berm. Although everyone at Great Meadow loves animals please observe the "absolutely no dogs rule" by leaving your pets at home.

The presenting sponsor of Twilight Polo is Greenhill Winery and Vineyards, which will be selling their wine every night throughout the season, which continues through September 17 with two exceptions: no Twilight Polo on the first two Saturdays of July. Returning sponsors include Langenberg Law, Wegmans, Right At Home, Novant, and

BOWA.

On Sunday, September 11, the National Sporting Library & Museum will hold its 6th Annual Polo Classic fundraising event, featuring two matches, four chukkers each. Celebrity VIP players, so far, include Nacho Figueras and, quite possibly, John Walsh.

For information about group sales and availability of railside boxes (\$250/per night), tailgate spaces (\$180/night), for the spaces that accommodate larger groups, such as the Entertainment Decks (\$500/night) and the even bigger Pavilion (\$1,000/night), please call: 540-253-5000 and visit: greatmeadow.org



ART AT THE MILL IS BACK

The Clarke County Historical Association is pleased to announce the return of the spring showing of Art at the Mill. From April 23rd through May 8th of 2016, the historic Burwell-Morgan Mill in Millwood, VA will once again display artwork from some of the region's most talented artists. We hope you'll join us for what is sure to be an amazing event.

This spring, CCHA and Wells Fargo Advisors will offer free admission to all mothers on Mother's Day, May 8th. It's our way of saying "thank you" to all the moms out there!

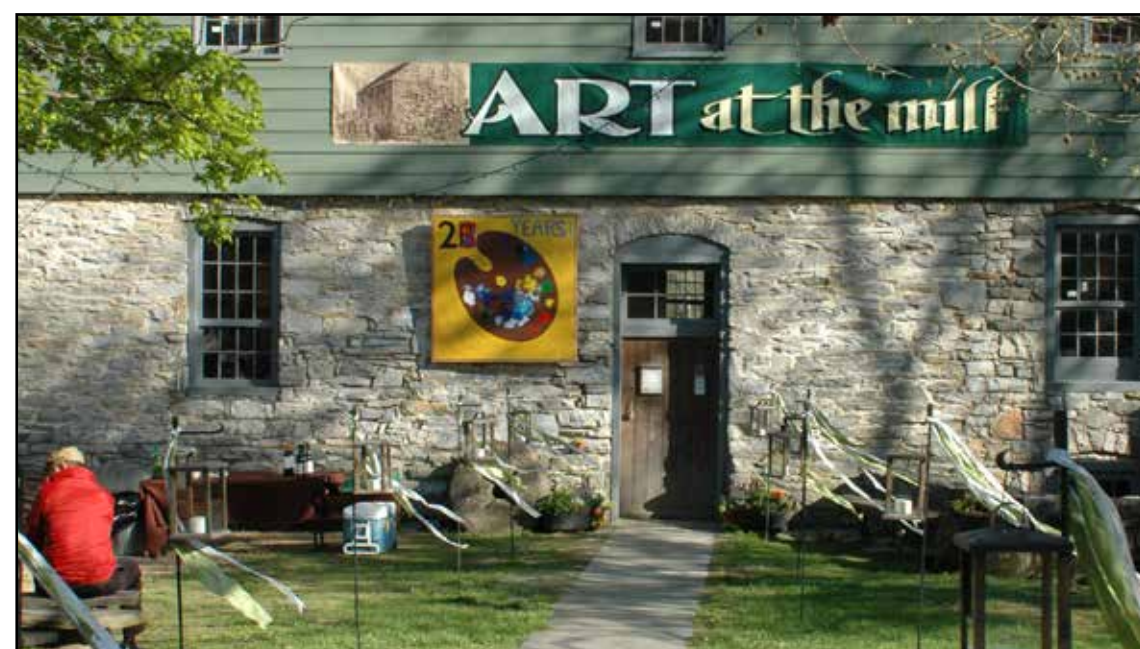
Each year, the Burwell-Morgan Mill in the quaint village of Millwood, VA, becomes an extraordinary art gallery. Art at the Mill has become one of the premier art fundraising shows in the mid-Atlantic region, attracting artists and buyers from more than a dozen states.

This spring's show features over 200 artists, 90% of whom come from Virginia and Maryland, with more than 800 pieces of art of all descriptions and me-

dia. Oil paintings are predominant, but other types of painting, mixed-media, sculpture, fine woodworking, and pottery round out the stunning diversity of the show. There is truly something for every taste, budget, and decor.

Art at the Mill is CCHA's primary fundraiser, providing the operating funds for both the Mill and the Museum and Archives. CCHA retains 40% of each sale, the artist 60%. A portion of CCHA's proceeds also goes to the Sarah P. Trumbower Memorial Scholarship fund, which was established to help a deserving local student pursue a university education in the fine arts.

Art at the Mill is a feast for the senses: people are stunned when they walk through the old door of the mill and are met with so much beautiful art housed in an amazing relic from the 18th century. After you're done shopping, we suggest you grab a delicious lunch at Locke Modern Country Store across the street and have a picnic in our meadow. Fine art, history, and food in a lovely setting make this a perfect destination for anyone.



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and Child Psychologist

Michael G. Thompson, Ph.D.

Tuesday, May 3
7 p.m.

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Sheila C. Johnson
Performing Arts Center
Middleburg, Virginia

Open to the Public



Specializing in schools, families, and childhood development, Dr. Thompson has appeared on The Today Show, 20/20, The Oprah Winfrey Show, 60 Minutes, and NPR's The Diane Rehm Show.

Virginia Gold Cup Races

Saturday, May 7, 2016



- Gates open at **10AM**
- Pari-mutuel betting — Don't forget your cash, it's the only way to play!
- First race begins at **12:30PM**
- Races run **RAIN OR SHINE**
- Tickets can be purchased online or at **HARRIS TEETER**

Great Meadow, The Plains

Questions, please call 540.347.2612 or vagoldcup.com



NEWS OF NOTE

KATHERINE WYATT (KATIE) COLLETTE

Katherine Wyatt (Katie) Collette passed away suddenly on March 26, 2016. She was 26. Katie was predeceased in death by her mother, Kathryn Humphrey Collette, and her grandparents, Larry and Janet Collette and Rufus and Gladys Humphrey. She is survived by her father, Richard (Rick) L. Collette, Jr., her aunts Sandra Humphrey and Abby Collette Lawson (Shane), her cousin Trevor Lawson, and the beloved Sunny the Corgi.

Graveside services were held at the Little Georgetown Cemetery in The Plains on April 16.

Katie is deeply mourned by her father, Rick, who is a familiar and much-loved resident of Middleburg. Those wishing to honor Katie are asked to make contributions to the Travis Project (checks payable to: Treasurer, Fauquier County; Write "Travis Project" in Memo space; mail to 78 West Lee Street, Warrenton, VA 20186).

The Travis Project is an initiative to enable Fauquier County law enforcement officers to administer naloxone, a drug that has proven to be lifesaving for those overdosing on heroin and other opioid drugs.

On Tuesday, December 22, 2015, the Sheriff's Office sponsored the REVIVE program for training in response to opioid overdose emergencies. The training was offered to all law enforcement agencies in the region and was held at the Warrenton Volunteer Fire Department.

This is the first such training in our area and was attended by Fauquier Sheriff's deputies, Warrenton Police officers, Culpeper Police Department and the Rappahannock County Sheriff's Office.

REVIVE is Virginia's opioid overdose and naloxone education program and is part of the response to the increase in opioid drug use and related deaths in our commu-



nity. Naloxone is a medication, delivered by a nasal mist, that, when properly administered, reverses the effects of an opioid overdose from drugs such as heroin, oxycodone, methadone and other opiate drugs. Naloxone saves lives.

This Fauquier County Sheriff's Office initiative, called The Travis Project, is another very important step in the Sheriff's Office's efforts to combat the heroin and opioid epidemic in our area and is a continuation of our efforts to support our community.

The Travis Project is named for a local Fauquier County man and his family. Travis Rose died in May 2015 from a heroin overdose. Travis's sister and brother are also conquering substance abuse. There are no socio-economic or cultural factors with opioid addiction. It affects all of us no matter what our background is.

If you are interested in more information concerning these efforts, The Travis Project or the REVIVE program, call 540-422-8600 or send an email to REVIVE@dbhds.virginia.gov, 804-786-0464.

To find a treatment center for substance abuse in your area, call the SAMHSA Treatment Locator at 1-800-622-HELP (4357).

WHERE THE SIDEWALK ENDS

CONTENTED FROM PAGE 1



Council to support promotion of the Artisan Trail Network in Loudoun County. The funds are to be taken from the "contingency reserve" set aside in this year's budget.

The Artisan Trail Network is a project supported by Visit Loudoun and a group of Loudoun County artists, designed to promote arts and crafts of all kinds in the County. Seed funding totaling just over \$25,000 is being sought.

When asked by Councilmember Kathy Jo Shea why Middleburg was being asked for the same amount of funding as the Town of Leesburg, Peter Wood, Chairman of the Middleburg Arts Council, replied that the "amounts were not based on the size of a locality but rather... upon the impact of the arts."

Woods sees Middleburg, including all its galleries, as both special contributors and special beneficiaries of the concept.

Utility Budget

Town Administrator Martha Semmes, Council Member Mark Snyder, the Town's Utility Committee and consultants are close to a final draft of Middleburg's Utilities Budget for the coming fiscal year.

According to Semmes, if current utility rates are plugged into the Town's computer model, Middleburg seems slated for NO increases in water rates and about a five per-cent increase in

sewer rates in the next fiscal year.

On average that would amount to about \$1.50 per billing cycle.

Town Council Member Kathy Jo Shea noted that the Town's Utility budget not only covers the cost of running and maintaining Middleburg's water and sewer systems, but 25% of the salary of the Town Treasurer as well.

Front Yards and Set Backs

Town Planner Will Moore brought Council up to date on a proposal from Salamander Development to revise the Town's rules on the maximum distance a house can be set back from the street.

The rules are designed to prevent a house from being set so far away from the street that the "feel of a residential neighborhood" was destroyed.

Salamander's concern was that current "set back" regulations would mean that some of the lots in the neighborhood they plan to develop on the north side of town would have to be seriously re-landscaped, to the detriment of their goals of minimal disturbance of the natural landscape.

The requested changes would apply to all districts currently zoned R-1 and R-3, but in reality, the vast majority of remaining undeveloped land so zoned belongs to Salamander.

The Town Planning Commission, Moore reported, "was sensitive to making sure this change

was not just for one developer; however, he acknowledged that the benefit would go mostly to that developer, "namely Salamander."

That said, Moore continued, after careful consideration, and in view of Salamander's "great effort to respect the existing topography in their construction plans, the Planning Commission unanimously agreed recommend the changes requested."

BnB in the Burg

Since last fall Town Council has been discussing if, why, when and how short term property rentals like those associated with AirBnB.com, should be regulated in Middleburg.

At Council's last work session Town Planner Moore noted that efforts to address the problem at the State level were still hanging fire. Language for such regulations had been "narrowly adopted" in Richmond by the State Senate, but had only passed the House with the proviso that "prohibited any of the language from being enacted unless it was re-enacted next year, and that only after being reviewed by a yet-to-be-convened "study group."

Moore suggested that since nothing would be forthcoming from Richmond until, at best, July 1, 2107, the Town should move forward with developing its own regulations.

Council Member Mark Snyder noted that, in his view, "Council would end up agreeing that AirBnB types of uses would be allowed, but the Town needed to regulate them to prevent to most egregious examples [of misuse], like the one [Town] staff had to deal with, which was essentially a house of ill repute." He expressed concern that "what the General Assembly was doing would not allow the Town to do that."

Citing fears that multitudes of unregulated short term rentals would, in Council Member Bundles Murdock's words, "muck up" the neighborhood Council ordered Town Staff to begin work on a draft set of regulations.

Flags in the Dust

In the process of ridding the Town Offices of a long standing problem with mold, Town staff found, among other things a wool 48-star American flag and a Confederate Battle Flag dating, by best estimates from the 1940's

At Council Member Mark Snyder's request, staff was asked to contact the Loudoun County Museum in Leesburg to see if the flags could be given a "proper" home.

KEITH & PAM FOSTER INVITE YOU TO 'THE KEEP'

AN INTENDED OUTPOST STAGING AREA BECOMES A FANTASTIC NEW SHOP FOR RELAXING WEEKEND EXCURSIONS



"We are immensely grateful to the special community of kind, well-traveled people who have become our clients and friends since we opened The Outpost," Keith Foster explained. "Every success we've enjoyed is due in great part to them and to their appreciation for what inspires Pam and me."

"Over the past three years, as we have been buying for The Outpost, we have found some incredible items both new and old that we loved, but didn't fit the vibe of our existing shop, and our space is limited in Middleburg. We had been looking for a property where we could store and stage things prior to bringing them to The Outpost. It turns out that what we were looking for was right under our noses and we passed it every day driving

to Middleburg. In looking at the old Upperville Baptist Church on John Mosby Highway, we realized we had the opportunity to create a totally different kind of environment where we could offer an exciting range of new gift items that our clients have never seen before as well as a slightly different style of antiques-lighter and more nature inspired, as well as fantastic garden pieces."

After purchasing the property last fall, an extensive renovation was completed, and recently, Outpost clients and friends received an invitation to stop by The Keep for a grand-opening weekend including a sneak party on Friday night, April 15th. "The response has been incredible-we're so thankful that so many of our regular clients came out and loved what we have created."

As well, we've had so many new people come in, excited to see a new business in Upperville."

The opening evening at The Keep drew a fun mix of 125 clients and friends who enjoyed tasty fare from The Locke store and wine from Boxwood Winery. In partnering with these two local favorites The Keep will always have a selection of baked goods, wine and other refreshments available for you to enjoy while you are shopping, as part of The Keep experience.

Some of the items available include luxurious ostrich feather dusters, beautiful decoupage cachepots, boxes and smaller furniture pieces that are absolutely unique and designed especially for The Keep, an incredible English candle line, fine Italian soaps and amazing garden antiques and accents. Arriving in mid-May will be an extensive line of gorgeous garden pots and planters by an English company that provides to British nurseries and gardens and is endorsed by the Royal Horticultural Society.

"I am so fortunate to have Pam's support and encouragement at The Outpost," Keith elaborated, "but the intention at The Keep was to create a shop that was lighter, a little more whimsical and reflects more of Pam's style and interests."

Both Keith and Pam are quick



to acknowledge how thankful they are with Lauren Rhodes, who became part of The Outpost last June.

"Lauren always strives for The Outpost to exceed every customer expectation," he emphasized. "Her commitment and contribution to the shop's success is immense."

One thing that Keith and Pam have heard repeatedly from customers when they come into The Outpost is "I could live here."

The new property in Upperville happened to have an adjoining cottage that has been completely renovated and beautifully decorated and is available for short-term rentals through VRBO.com. "The Cottage is so charming and

comfortable-Keith and I joke that WE should move in, and the guests that we have already had have loved it and have already re-booked for future visits".

The new Upperville shop, The Keep, is intended to be a weekend destination shop and will be open every weekend through July 5th, closing to restock in July and August and will re-open Labor Day weekend. Hours are Saturday 10-5, Sunday 12-5 and by appointment.

The Keep truly is a charming and memorable shop that has one thing in common with The Outpost-you may never want to leave.

Partnership

Our focus is to forge a client partnership that includes the highest quality investment management, trust administration, and estate services, guided by our one-on-one client centered approach.

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|---------------------------|-------------------------|
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| • Active Asset Management | • Corporate Trustee |
| • Tax Managed Investing | • Estate Administration |
| • Multiple Strategies | • IRA Rollovers |

Having a trust account is not required to utilize our investment expertise.

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In McLean, contact:

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Introducing

THE KEEP

We invite you to explore our new destination shop: a place where nature has taken root indoors and hand-sourced treasures abound. Open Weekends, Spring and Fall.

THE OUTPOST

6 South Madison Street
Middleburg, Virginia
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NEWS OF NOTE

STEEPLECHASING UPDATE



PHOTO BY NANCY KIECK

The Virginia Point-to-point season may be winding down, but the National Steeplechase Association's in full stride. If you're looking for fun and excitement this weekend, there are two race meetings: Saturday's Foxfield Spring Races (NSA) in Charlottesville (www.foxfieldraces.com) and Sunday's Middleburg Hunt Point-to-point at Glenwood Park.

Middleburg Hunt offers general admission at the gate: \$15 per person, \$10 for parking. Post time for Middleburg's first race is 1 p.m. with a full card of eight races. If you want to dress up as if it's Ascot, be sure to enter the Best Hat and Best Tie competitions, sponsored by Highcliffe; judging of adults and young entry will take place at the base of the green tower at about 3:30.

On Saturday, May 6, racing enthusiasts will gather for the 91st running of the Virginia Gold Cup, the feature of the day with seven other races over timber and hurdles and on the flat. Reserved tailgate spaces are sold out, but enthusiasts can purchase the general admission car pass that admits 6 passengers for \$85 at special outlets or online (vagalldcup.com/va/tickets). General admission car passes (no walk-ins) are available via cash only on Gold Cup Day at Gate 8 on Route 17 and at Gate 9, accessible only by driving south on Rt. 245 from The Plains or from Route 66's exit ramps. For information: 540-347-2612.

Please Note: Absolutely no dogs

at Great Meadow on Gold Cup Day. With an estimated attendance of 50,000 spectators and possible warm temperatures, better safe than sorry – please leave your pets at home.

Wagering: you can bet on the Gold Cup races and, new this year, you can also bet on the Kentucky Derby, which will be broadcast live over the PA system, on closed circuit TV, and on the Jumbotrons at 6:34 p.m. Visit vagalldcup.com for information how to place your bets.

If you're new to racing over fences and not sure about what to wear or how to pack a tailgate, keep it simple, neat and clean – country casual and dressy both work fine. Comfortable shoes and boots for walking (stileto heels sink into the ground). Layers are a great idea, because the races run rain or shine, and the temps might be hot or cold. Be prepared: bring raingear, an umbrella or two, and fleeces. For al fresco picnics, especially tailgates at the races, plastic cups or plastic stemware are best for all bevs. Edibles are your call: fried chicken and other finger foods, crudites, dips, chips, cheese and crackers, etc.

For more information about point-to-points in Virginia, Maryland and Delaware Valley: www.centralentryoffice.com

For more information about sanctioned steeplechasing, which continues until the final spring meet on May 28 in Maryland: www.nationalsteeplechase.com

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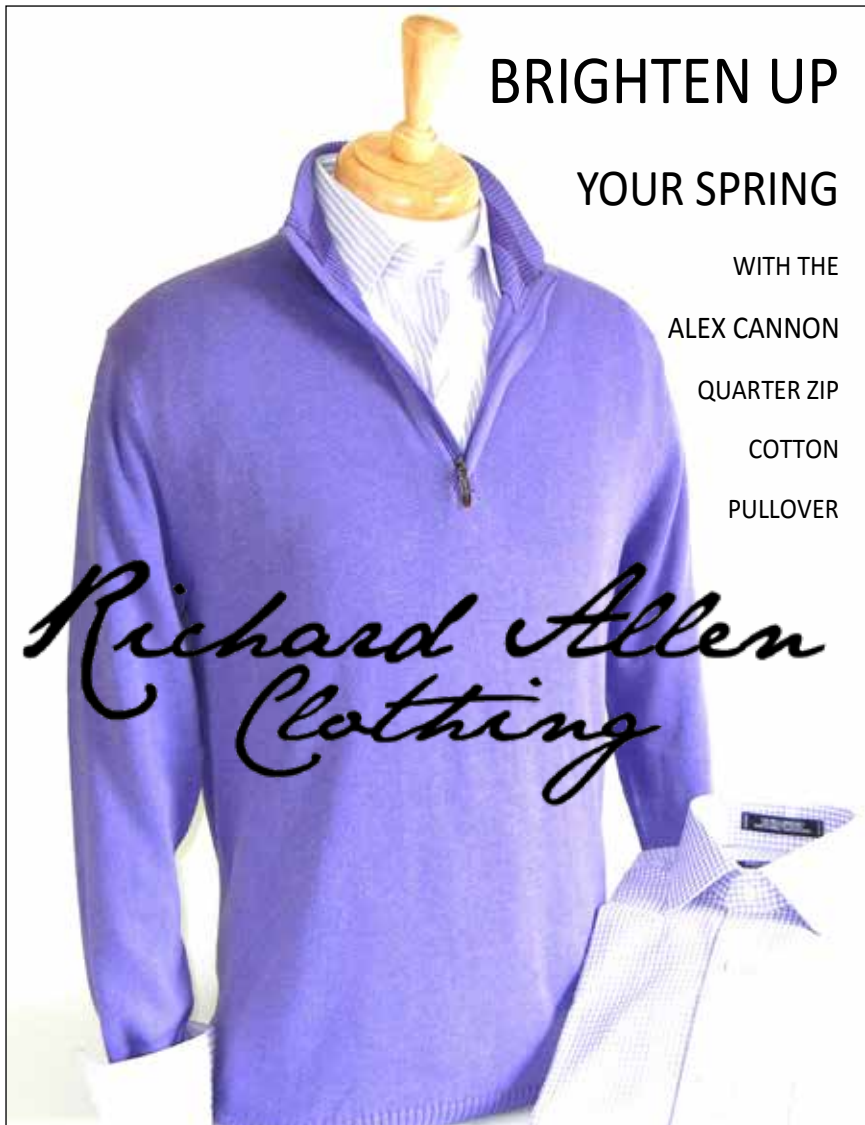
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A TRADITION SINCE 1988: LINDA COWASJEE AND A FEW FRIENDS ON THE RAIL OF THE HOMESTRETCH AT PIEDMONT POINT-TO-POINT. PHOTO BY LAUREN GIANINNI



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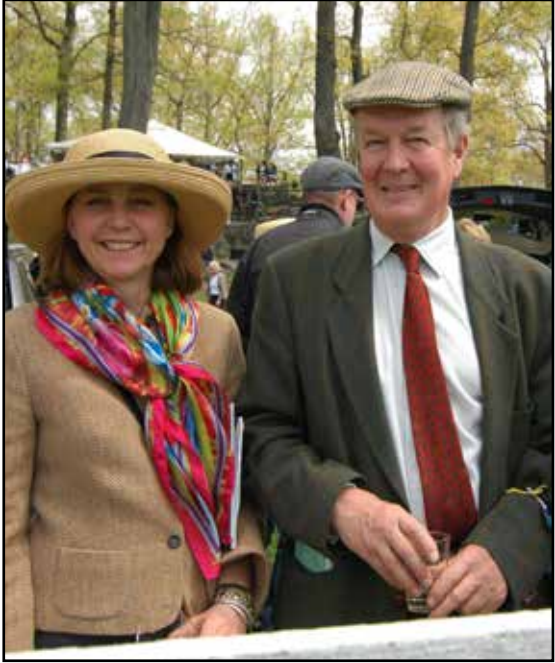
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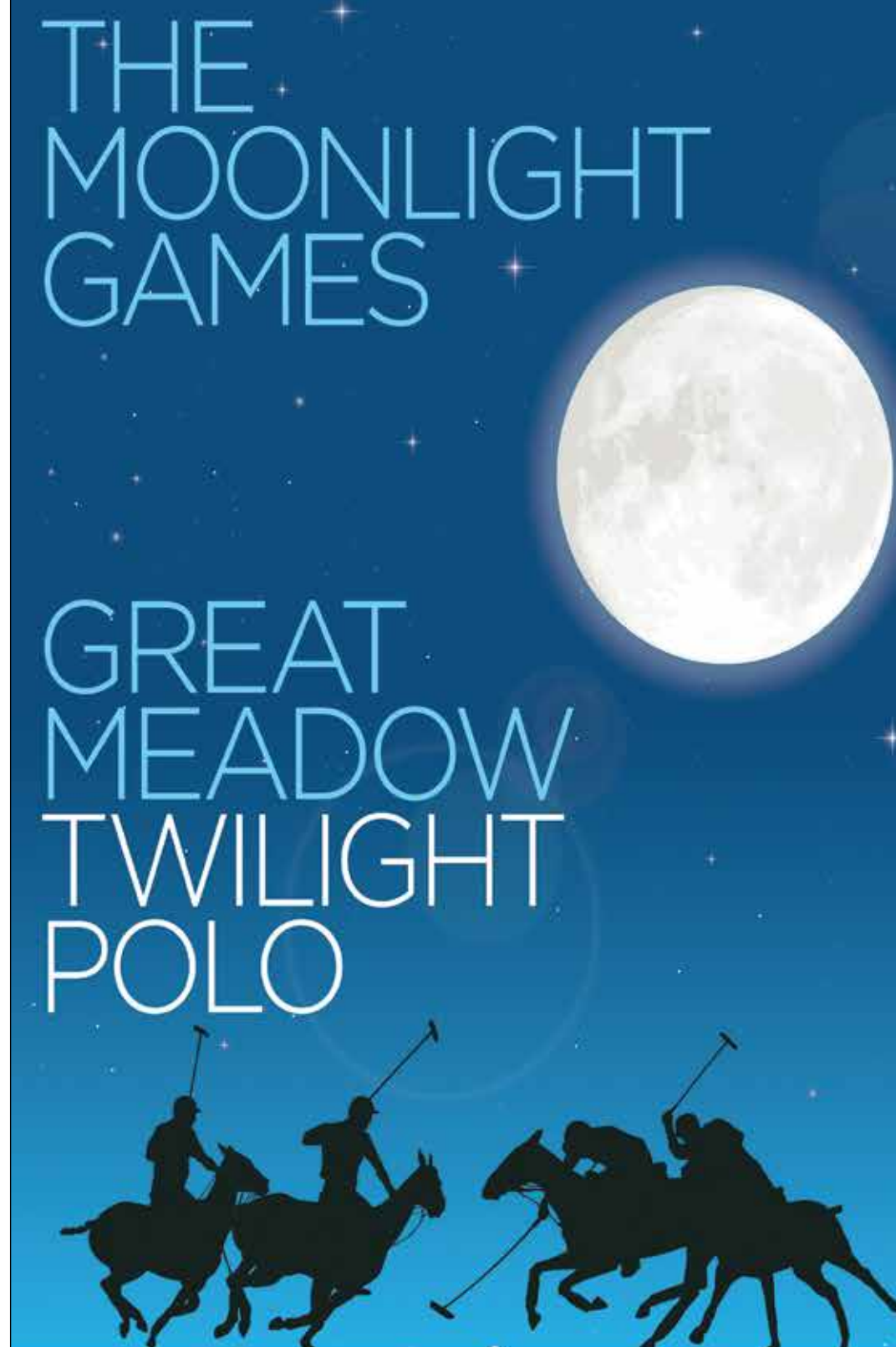
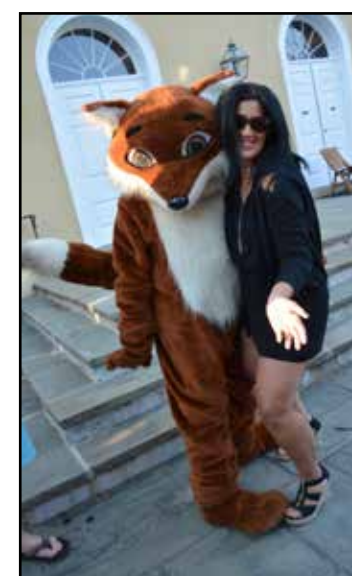
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50 AMAZING YEARS AT FOXCROFT



Jane Lockhart, who has worked at Foxcroft School for an amazing 50 years, is getting ready to retire in June, and so the beloved icon was honored Saturday (April 16) while scores of alumnae were on campus for Reunion Weekend. Head of School Cathy McGehee presented Jane -- who like Madonna or Elvis, is known far and wide by just one name -- with a box full of memories from alumnae and their parents. Current faculty, students and friends are invited to add their memories and wishes to the box before she retires for good.

FAUQUIER COUNTY YOUTH ORCHESTRA NEEDS YOUR SUPPORT



The Fauquier County Youth Orchestra is raising funds to purchase orchestra polo shirts for its members and assist with the cost of their June 11th concert at Verdun Adventure Bound. Your \$10 donation equals 30 minutes of practice time throughout this practice-a-thon. The Fauquier County Youth Orchestra would deeply appreciate your support. Donations of any amount are welcome. Please make your check payable to Fauquier County Youth Orchestra and drop it off or mail to: Fauquier County Youth Orchestra, c/o Drum & Strum Music Center, 102 Main Street, Warrenton, VA 20186. Please call Tim Dingus at Drum & Strum at 540.347.7484 if you have any questions or need any additional information.

LEESBURG'S ALEX GRACE SETS LAX RECORD FOR CAREER GOALS AT FOXCROFT SCHOOL



Ever since she stepped on the lacrosse field as a freshman, Alex Grace has been something special when it comes to putting the ball in the net. Now the speedy senior from Purcellville, VA, has a very special record for doing just that. Grace scored seven goals against Trinity Christian Thursday (April 14) to set a Foxcroft School record for most goals in a career. Her four-year total of 242 goals broke the previous school record of 237 set last year by then-senior Emma Rogers. Rogers, a Reston resident, nows star for Radford University, where she is the second leading scorer with 22 goals in 13 games. Grace, who will play at the University of Virginia next spring, has 24 goals in just five games for Foxcroft this season. In 2013, as a freshman, she scored 56 goals. The next year, Grace set the single-season goals record with 92 scores. She added 70 goals last season, when she was also named the VISAA Division II Player of the Year for the second consecutive year. Grace, who has also earned

conference and/or state honors in Cross-country, Basketball and field hockey, is the daughter of James and Jennifer Grace of Purcellville.

Pancake Breakfast

Sunday May 8th
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PROGENY

SEVEN FOXCROFT STUDENTS NAMED CUM LAUDE HONORED FOR SCHOLARSHIP, INTEGRITY, AND INTELLECTUAL CURIOSITY



Four seniors and three juniors have been elected to the Foxcroft School Chapter of the Cum Laude Society. President Matthew Mohler announced at Friday.

The seniors elected to this national scholastic honor society for high school modeled on the esteemed collegiate honor society Phi Beta Kappa include Alex Grace of Purcellville, VA; Lucy Matz of Coatesville, PA; Marina Shall Cross of New York, NY, and Isabella Zhai of Beijing, China. Grace will attend the University of Virginia next year while Matz, Shallcross and Zhai are headed to Vanderbilt University, Davidson College and the University of California at

Berkeley.

Two members of the class -- Patia Fann of Purcellville and Charlotte Scharfberg of Middleburg -- were elected to Cum Laude last year as juniors. This year, Lindy Davenport of Berryville, VA, Emily Dietz of Unionville, PA, and Lindsay Woods of Philomont, VA, were accorded that extraordinary honor.

Only students who evidence a genuine interest in the pursuit of knowledge, exhibit outstanding academic integrity and have superior academic records as reflected in their course load, grade point average and other factors, are selected for induction.

The Foxcroft Chapter of Cum

Laude, founded in 1958, is one of more than 375 Cum Laude Society chapters located across the United States, mostly at independent schools.

Mohler and the other adult members of Cum Laude -- Head of School Cathy McGehee and faculty Lindsey Bowser, Steve Matthews, Alex Northrup and Michelle Woodruff -- had the difficult task of electing the new members. Membership is limited according by the overall size of the class and other national organization guidelines.

The official ceremony inducting the seven newly-elected members will take place at Commencement in May.

FUN RUN INSPIRES STUDENTS AT BUFFALO TRAIL ELEMENTARY



Buffalo Trail Elementary in Aldie will host a Boosterthon Fun Run event on April 21. The Boosterthon Fun Run is a nine day program that increases funds for local schools and inspires students to live healthy, character-filled lives. Students will run for about 30 minutes to themed music at the big event. Boosterthon's character theme this year is Big World Recess. The theme introduces more than 1 million students in 1,600 schools across the nation to real kid athletes in other cultures who play a sport with character.

With a continued emphasis on multicultural education in American classrooms, Boosterthon students will experience up-close how sports bring people together. Documentary style videos will teach students how to develop teamwork, curiosity, practice, humility, confidence and endurance through the every day stories of the six kid athletes.

In addition to the character theme, Boosterthon's cutting edge fund raising program helps schools raise 70 percent more than alternative fundraisers. Schools select their service level, which has custom service options; Boosterthon Live, Boosterthon Event, or Fun Run You, a school led innovation of the popular program. Each level includes its own sliding scale pricing structure that allows schools to maximize funds.

The fitness theme features stories of six kid athletes and illustrates the power of living out

character in sports and in life. Students will be introduced to uplifting stories originating in New York City, Australia, Brazil, Japan, Switzerland and Kenya.

FOXCROFT HONORS BARBARA HARTLEY LORD WITH DISTINGUISHED ALUMNAE AWARD



Barbara Hartley Lord '41, whose compassion, commitment and contributions to community changed the lives of some people and inspired charity in others, was named the 2016 recipient of Foxcroft School's Distinguished Alumnae Award recently at a special luncheon in Engelhard Gymnasium.

Foxcroft Alumnae Council members Alden Denègre Moylan and Jessica Walker Davis, both members of the Class of 2005, presented the award, calling Lord a role model for her long years of dedicated work on behalf of a variety of medical, educational and civic organizations. In addition to her many achievements, Walker said that Lord's "understanding heart, personal courage and pure determination to make her community and the world a better place" made her worthy of the award.

Nearly 93, Lord was unable to travel from her home in Southampton, NY, so the award was accepted on her behalf by daughter Lisa Lord Gillespie '68, who together with her sister Barbara Lord Edwards '71 nominated her.

"If Mother were able to be here, she would be thrilled," said Gillespie. "We are who we are today because of her and she instilled in us -- and in so many others -- an understanding heart along with her

dedication and courage.

Lord's history with Foxcroft goes back to the School's very beginnings when her father, George Hartley, sold Charlotte Haxall Noland the land on which she built Foxcroft. As part of the deal, Miss Charlotte promised to educate his first-born daughter and so Barbara went off to Foxcroft at the age of 14. After graduation and secretarial school, Barbara returned to Foxcroft and served as a housemother and as Miss Charlotte's personal secretary until she married J. Couper Lord and moved to Buffalo, NY, in 1948.

The time and effort that Lord has volunteered are stag-

MIDDLEBURG ACADEMY'S ALAN SALACAIN RECEIVES AWARDS IN THE JUNIOR A DIVISION SPEED SKATING



Middleburg Academy's Junior Alan Salacain skated in the Junior A division at Age Group Nationals over spring break and finished 4th in the first 1500m, first in the 500m, second in the 100m and received a penalty for a difficult pass in the

second 1500m, overall those results earned him a Bronze medal for the Junior A division. This was the first time Alan has received a podium finish at Nationals, and he is very happy to have achieved these results. Alan has chosen to wait and skate the AmCup races for next year.

During her 30 years raising her four children, she served on the Board of the Buffalo General Hospital and Elmwood Franklin School, was President of the Garret Club for Women in Buffalo, and spent hours running the Children's Hospital gift cart and working with Goodwill.

After moving to Long Island, she was president of the Southampton Nursing Home for an astonishing 25 years. She also served as an executive board member of the Village Improvement Association of Southampton, president of the local Garden Club, and a trustee of St. Andrews Dune Church, whose Altar Guild she headed up

until age 90!

Foxcroft's Distinguished Alumna Award recognizes graduates who have been pioneers and/or made outstanding contributions in their fields; received local or national recognition of achievement; demonstrated dedication and interest in civic affairs and has been a role model. Previous recipients include the late Ambassador to St. James Court Anne Legendre Armstrong '45, anthropologist Dr. Anna C. Roosevelt '64, longtime congresswoman Millicent Hammond Fenwick '25, and White House photographer Diana Hardin Walker '59.

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PASTIMES

FRITILLARIAS

THE PLANT LADY



KAREN REXRODE

Fritillarias number in the 100's, all are bulbous plants, purchased in fall with the usual array of fall bulbs. Most are low growing, all are from the Northern Hemisphere, although none are indigenous to the middle and eastern part of the United States, found

growing from Europe west to China, Japan and then California to Nevada. That being said, some of the best "frit" growers in the world live in the east and north east.

Gardeners that grow frits (their affectionate nick name) can be as crazy as daffodil people. I once had a customer at my nursery ask

that I stop sending her a catalog, she was only interested in daffodils. The biggest difference between the 2 kind of plant crazies would be the challenge of growing the many species of fritillaria since the majority come from desert environments and need a very targeted period of moisture. This is achieved by growing them in a frame with a clear cover so the watering is completely controlled. These structures are often called alpine houses, like a greenhouse but with open ends, essentially living with the outside temperature but not the rain.

Of course frit growers aren't interested in what you or I might buy, they need to acquire as many species as possible and grow them from seed. The choice to grow them from seed isn't really a choice since very few species are available as bulbs, another tip to the challenge of the plant.

Fortunately there are a few that can be grown here, bought

as bulbs in fall, it's imperative that they are planted quickly, lacking the covering or tunic that other bulbs often have, like the papery shell around a clove of garlic, they dry out sooner than others. One of the most beautiful is Fritillaria imperialis or the crown imperial. One of the first to emerge in spring, very green leaves rise and produce large, hanging flowers of orange or yellow. All are members of the lily family, often eaten by deer, but in this case the bulb and foliage smell like skunk, some say fox, to protect them from herbivores. From southern Turkey to Kashmir, good drainage is a must. I suggest you surround the bulb with Permatil or chicken grit before packing in the soil. Plant them 6" deep. The floral stem rises from the center, leaving a divot in the bulb which allegedly causes them to rot and much is made of laying them on their side but the truth is they will right



themselves so don't bother, just give them good drainage.

Fritillaria persica requires the same care. Grayish foliage with gorgeous, deep purple flowers can grow to 2'. I plant them every year and at least 5. They are not persistent or reliable in flowering. Remember the grit, it's worth the effort.

The single most popular frit is the little F. melagris. Known as the checkered lily or guineahen flower, the pendulous bells are checkered. The species is easy to grow, requiring summer moisture, even when it's gone dormant (like snowdrops). Inexpensive and available in a range of purple shades to a pure white, with little green checkers. My recommendation is to drop them in with coral bells, Phlox stolonifera or woodland phlox, and primula. You won't regret it and no one will call you crazy!



ARE YOU FAMILIAR WITH HOUZZ?

ASK A REMODELER



TIM BURCH

Whether you're looking to renovate or simply freshen up your home with new paint or furnishings, Houzz is a great online tool for free design inspiration.

Houzz was started in 2009, by Adi Tatarko and Alon Cohen, a couple who purchased a 1950's home to renovate and found it

difficult to communicate their vision and ideas to an architect. Living in Silicon Valley, they decided to create an online platform to showcase the work of design and construction professionals. Fast forward seven years, and Houzz is both a website and mobile app that connects millions of homeowners, home design enthusiasts, and home improvement professionals all in one interactive place.

Millions of Professionally Designed Photos

Houzz features more than nine million high-quality interior and exterior photos uploaded by remodeling and design professionals, which can be filtered by

room, style, materials, size, location and more. Photos you love can be noted and organized in your personal "Ideabooks," then shared with others. It's a great way to collect your likes and dislikes and visually communicate what you're looking for with your spouse or design team. You can even use your "Ideabooks" to collaborate with one another, allowing invited viewers to also add photos or leave comments.

Ask the Experts

Houzz also offers several great options for getting input from the design community. A nice feature is the ability to ask specific questions about photos you like, such as paint color or materials used,

and the photos' owners are encouraged to respond in a timely manner. Members can also post design dilemmas, photos and questions, in the "Advice" section. Design enthusiasts are happy to weigh in with their suggestions on the elusive perfect chair, layout options, fresh new colors or other solutions big and small! You can even post before and after pictures to show off your transformation!

Shopping and More!

Additionally, members can browse and buy more than four million products directly from the site. The "Shop" and "Decor" sections can be filtered by room, category, material, price and



even free shipping, and offer options for every style and budget. Some photos even have products and materials tagged, allowing you to click through the photo to get additional information and pricing. Lastly, Houzz offers a vast library of articles written by industry professionals covering everything from trends and design solutions to spring cleaning and remodeling tips.

Even if you're not ready to jump into a renovation, consider taking some time to get to know Houzz. It really is a great tool for gathering inspiration and information...but be careful, it can be addictive!

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.

THE ARTIST'S PERSPECTIVE

TOM NEEL

I was recently watching the videos "Stressed Out" and "Car Radio" on YouTube by the duo band 21 Pilots. Stressed Out is possibly the closest song these guys have to a main stream hit, but make no mistake about their youthful following since their formation in 2009.

So, why am I sharing this? Well, though I'm 60, I love all kinds of music, artists and art and I enjoy thinking about what not only makes it all tick, but the generational interest in art. You see, I've noticed that most traditional

artwork, [paintings, sculpture, etc.], is being collected by the Baby Boomer Generation (1945 - 1964) and the oldest of Generation X (1961 - 1981). It made me think, why? Is it simply that younger generations don't have the disposable income needed for such purchases? Certainly this is part of it and there have been studies done which seem to indicate that the youngest Millennials (1975 - 1995) will eventually come around to, dare I say, luxury purchases. But I think there's more here than meets the eye.

Millennials are lovingly what I like to refer to as the Target Generation. Meaning, many

were raised shopping at Target where their version of art is on one isle, frames on another isle and everything else is in between. They were not taught to seek little shops as much as shopping the big box. Malls too, but as they dwindle Amazon becomes the norm. So unless they were exposed to art galleries or frame shops, and taught of their importance, it just isn't on their radar screen. Not their fault either and even though they may have been highly exposed to art museums, art as a personal purchase is just not something their generation as a whole completely relates to.

Now you may think I'm being

harsh, especially if you are in that age group and you love and own art. My apologies and bless you! I'm just saying it isn't really the norm. But for Generation Z (1995 - 2016) and what I'll call that Amazon Generation, it may even be worse as they too come of age. We live in changing times. We live at a time where disposable is normal, but it wasn't always this way. Think about this and I'm not alone on this for my age group. My now departed Grandmother was born in 1895 and I still have two of her wedding presents and use them to this day. One is her ironing board and the other a snow shovel. This means these

things are very close to 100 years old. Laugh, but they both still work fine. This would be kind of rare for a millennial and just not going to happen for Gen Z.

My mother, who was the first female personal shopper at what use to be the upscale Woodward & Lothrop department store in Washington, D.C., would tell me stories later in life about how clothing was so well made and expensive that people didn't get rid of much, even with style changes. Instead they would have alterations done. Raising and lowering hems to suit changing styles. Today we throw it out, put it on consignment or donate it. Most clothing just isn't made to last.

So generations have been progressively exposed to evolving markets and manufacturing trends. It's amazing to think kids have cell phones. I can remember when a cell phone was a massive luxury item and it was only a phone and the size of a brick. Today it's a computer the size of a ... well, they keep changing the size of those screens, but it's way smaller and lighter. What has happened though, for Baby Boomers, our freedom was the car. Kids today derive the same freedom with their phone and not necessarily even talking on it. No sir, who wants to talk when you can text, tweet and Instagram your social media self through the world?

Getting back to 21 Pilots. Kids today especially, don't listen to music, they watch it. Ever since

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PASTIMES

HI-HO, HI-HO

SINCERELY ME

BRANDY GREENWELL

I got fired from my first job at 15. Before you make an assumption, let me explain.

I have always had an entrepreneurial spirit and couldn't wait to work. In my youth, I had lemonade stands and home stores where I would sell Country Time to few neighbors on a less traveled dirt road and random knick-knacks back to my parents, who were already their rightful owners. A natural salesman as well as shopper, I admired those glamorous ladies that were so helpful at the flagship Woodward and Lothrop in DC. I would visit with my grandmother and they knew her style and shopping habits with skill and precision, always providing amazing customer service. It was like

they were psychic models in high heels and Elizabeth Arden red lipstick. They were magical and I wanted to be just like them when I was 5.

From about the age of 12, I started filling out applications at local stores trying to get a job, but alas, I was told I was too young. Finally, at the age of 15, a store in Tyson's Corner called Scribbles hired me. Scribbles was a far cry from Woodies, but it was the early 90's and that kind of fashion was "in" for the yoots. My mother, who deserves eternal homage for her goodness, would drive me from Bluemont to Tysons so I could fulfill my dream of being a shop girl. In my first two weeks, my sales were off the charts, which brought the attention of the regional manager who wanted to discuss my future with

the company. Upon finding out I was 15, he fired me on the spot because their minimum age for employment was 18, which, despite my appearance, I was not.

My point in telling you this tale of employment woe is to share what I feel are the most important jobs I held and how they shaped my professional life and work ethic.

1. Retail. There is no better way to learn business and people skills than to be in retail. Sales, management and loads of patience are just a few of the lessons learned. You also can learn a whole lot about a person by the way they leave a dressing room.
2. Working in a bar or res-

taurant. Also in the same vein as the skills you learn from retail, except the customers are generally hungry or drunk.

3. Community Service. It is always great to spend time giving back, with the only compensation being a full heart.

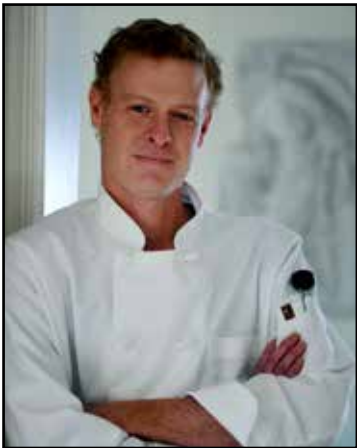
4. Hard, physical labor. Getting your hands dirty and retiring at sundown exhausted, achy and sweaty is a surprisingly good feeling of accomplishment.

5. Working with animals or children. Though I don't want to compare Fifi with Joe Jr, but the responsibility



ity of caring for others is invaluable and an essential part of all life stages.

For those looking for summer jobs, I strongly encourage you to do any combination of the above, if for nothing else, fantastic life lessons. You should start young, work hard and evolve with every single paycheck. Hi-ho, hi-ho.



Using a slotted spoon remove the vegetables from the pot, place them in a bowl, and mash with a potato masher.

Place equal amounts of the mashed vegetables in 4 bowls and ladle the stew over the top before serving.

Grilled pork chops with mango salsa

4 center cut pork chops 1/2" thick or more

1 ripe mango peeled, pitted, and diced

1 small red onion diced

1/4 cup of cilantro chopped

1 or more jalapeños diced (remove the seeds before chopping for mild salsa)

The juice of 1 lime

1 tbsp extra virgin olive oil

Salt and pepper to taste

1 medium onion chopped

3 cloves garlic chopped

4 carrots peeled and cut into 2" pieces

4 potatoes cut into cubes

12 oz dark beer (your choice)

1/2 tsp dried thyme

4 cups beef broth

Salt and pepper to taste

Combine all of the ingredients in a slow cooker, cover, and cook for 6-8 hours on low or until the beef is tender (3-4 hours on high)

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IN UNISON



STEVE CHASE

What kind of music do you like? Most people don't give the question much thought, while others feel they must have a soundtrack for their daily lives. I am in the later category. I was curious if our musical preferences change as time passes. The answer came in a study published last year. Looking at user data from Spotify, an online music delivery platform, the researchers found that teens listen mostly to very popular tunes; that musical interests diversify in the 20's; and by 33 years old on average, our musical tastes are set, with only a few being interested in discovering new material. The author's findings were interesting:

"Personified, 'music was better in my day' is a battle being fought between 35-year old fathers and teen girls — with single men and moms in their 20s being pulled in both directions."

They also found that females tended to explore music longer than men, and that having children seemed to bring on the end of musical exploration. You can see this study at <http://tinyurl.com/naaub3n>

My musical taste was never average, but it began the same as others, listening to pop radio. While I grew similar tastes with my teen peers, my whole musical world was torn apart when I listened to the Weather Report's Heavy Weather. I had never heard anything like it. This brilliant album, featuring five groundbreaking Jazz musicians who wrote paradigm-busting compositions, that allowed me to break free from that standard timeline of musical taste development, and chart a course that continues today, as I discover new and amazing music every day.

Duke Ellington, the great big band leader and jazz composer, once remarked, "If it sounds good, it is good", and I have used that philosophy as I have explored a wide range of music compositions that spread from Americana and jazz; to classical and bluegrass; to rock and jam music; and even some eighties popular radio tunes. I am especially interested in live recordings, both commercially produced and recorded by fans at concerts.

A whole community used to exist trading tapes, mostly material by the Grateful Dead, but other bands as well. That was

before the internet and digital music technology. Nowadays, there is an abundance of live music out there for the download, legally by the way, you just have to know where to find it. I have that source list, and my collection is comprised now of more than 50,000 tracks, 75% live material, that fills hard drives on my computer with multiple terabytes of musical data. Couple these sources with what is available on services like Spotify, Nugent, or Apple Music, and there has never been more music is available, right at your fingertips.

For the past eight years I have been writing on these topics with a column at a monthly paper in Shepherdstown, WV. I have explored many music genres through album reviews and interviews with musical performers; written features on local artists; explored how the music business has evolved since the iPod; and given readers roadmaps to finding amazing music for little or no cost. This does not mean that I support pirating music. I do not—it rips off the artists, and believe me, with the changes in today's music business, the many highly talented musician or band needs every payday that they can get. Taylor Swift and other big name artists, mere commodities to their record labels, are but a tiny fraction of music today, driven on by the teen listeners who are still in their pop music phase.

I listen to a ton of music every week. I'll give you my monthly picks for great new albums, whether in the form of short reviews or Spotify playlists; and talk about the amazing array of local or regional musical performances that will be happening at festivals and nearby venues. I have some strong musical leanings, and maybe I can help you break free of your musical boundaries and discover new music.

Delfest is a great music festival that happens every Memorial Day weekend in Cumberland, MD. A small Middleburg contingent has been heading up there for years now. The event has become one of the most important annual live venues for Americana, bluegrass, and Jamgrass bands. You can find out more about it at www.delfest.com. To get you ready for the festival, check out my Delfest 2016 playlist at <http://tinyurl.com/jf2vbk6>.

Steve Chase lives in Unison and tries not to play the music too loud.

KEEPING IN TOUCH

IMED

TERRY SHARRER

Telemedicine is a fifty-year old concept with an avalanche of new providers, devices, and applications. It began with manned space flight, when both the astronauts' space suits and reentry capsules were "wired" to monitor vital signs and environmental conditions; and almost simultaneously, engineers at DARPA began what became the internet. With the "big data" projects of molecular medicine during the 1990s, computational medical science went online.

Today, a Google search for "telemedicine sites" returns 1.1 million entries. Some of these include teledermatology (using a cell phone to spot melanomas); telestroke assessment for rural clinics; teleradiology for faster evaluations of medical images; teledieting; telepsychia-



try; telerehabilitation; electronic intensive care monitoring; tele-medication-adherence; and tele-emergency services for ships and remote scientific stations.

Wearable, implantable and

ingestible devices allow wireless, distance monitoring. The catch word for wearable things is "smart"—as in smart slippers that track the location of Al-

Continued page 46

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ZAN DIAL

As the Chef and owner of The Federal Street Cafe here in Middleburg, I'm often asked for recommendations of cheap and easy recipes that are also healthy.

Let's face it, when you're trying to manage work, the kids, the dog, and the horse your grocery budget can suffer.

It's possible to reduce your food bill, and make great meals for you family by selecting the right ingredients and truly getting back to basics.

Here are three recent "cheap and easy" recipes that I've pro-

vided to friends.

Asian inspired grilled salmon

3 tbsp Dijon mustard

1 tbsp sesame oil

2 tbsp canola oil

2 cloves minced garlic

1 tbsp minced ginger

1 tsp soy sauce

1 1/2 - 2 lbs salmon fillets

1 tbsp canola oil

Whisk together the first six

Drakes beef stew
with veggie mash

2-3 lbs stew beef (chuck)

3 tbsp flour

~ BE LOCAL ~

~ BE LOCAL ~

PASTIMES

DISCONNECT SO YOU CAN RECHARGE

KAY COLGAN, BS CERTIFIED
FITNESS PROFESSIONAL,
CERTIFIED HEALTH COACH

I stopped by my local smoothie place and it was very busy. Everyone was looking at some sort of electronic device. It's amazing how they were all so focused. Mothers with children on their phone. Teenagers not looking up, just a steady glaze at their phones. There was no conversation, just a constant tapping on the screen. It was strange to see a room full of people so connected not to each other, but to their devices. It was a bit ironic as this particular place serves amazing healthy smoothies. So at one end of the spectrum they all were thinking about their health but on the other end they were missing the point.

For many years I did not have a smart phone or Facebook. Yes, I have had computers to accomplish various things for my studio. Now I find myself, every night looking at Facebook. Time just slips by and I am scrolling through other people's that I have not seen in years. We like each other's posts and might comment here or there, but there never is face to face conversation. It bothers me on some level, how it seems to engulf you into this world of almost make believe. Time goes by and you have seen all the different things people are doing, including what they are eating at restaurants, but somehow it is all unsatisfying. It does not have the same healthy feel as meeting a friend for coffee and discussing life events. Yes, you can put emojis on different things, but it just does not feel like a hug. Being

connected on electronic devices can leave you feeling empty. So, in a world full of all types of electronic devices, it is hard to disconnect. But, just a one-hour reprieve from your phone can do wonders for your soul. Go outside for a walk without your phone. Enjoy the sounds of nature and feel connected. People tell me all the time they feel anxious. I believe being connected to inanimate objects has a tendency to raise anxiety levels. Studies have shown that just disconnecting for a meal together with your friends or family, lowers pulse and blood pressure. Some families have made a family rule to disconnect at 6 p.m. They can have dinner together and then amazing conversations.

Connection is meant to be between living things. It is truly what fills us up. It is hard to be healthy

when all the attention is given to electronics. I saw a mother the other day, on her phone, her daughter was about 3 or 4 did everything she could do to get her mom's attention. She danced, twirled and she kept looking at her mother and smiling. I wanted to say to the mother, these precious days are fleeting, she will twirl around one day and she will have her own phone and won't have time for you. Spend the time now to connect with each other, its healthy. When you disconnect from your electronics, your body recharges by connecting to your loved ones. For more information about health and fitness contact Kay Colgan, Middleburg Pilates and personal training at 14 S. Madison Street, Middleburg, Va. Or call 540-687-6995.



HOW TO CONQUER DENTAL PHOBIA

DR. ROBERT A. GALLEGOS

It's helpful for many people who are fearful and anxious to know that they are not alone. It's also important to realize that help is available. Actually, evidence has shown that even people who have extreme fear about dental procedures can conquer their fears and learn to have dental treatment in a manner that feels calm and safe. If you have been fearful for a long time, you may have difficulty believing this, but even people with long standing fear can be helped. Before I describe how it's possible to get over dental fear, let's first review some things about what makes people fearful.

How do people become fearful of dental visits?

No one is born being fearful of dental visits. So everyone who is fearful has learned somewhere that dental treatment is something to fear. Some people learn this because they've had previous bad dental experiences and some feel a sense of loss of control in the dental environ-

ment. And still, others may be fearful due to stories they have heard, movies they have seen or other indirect experiences. The message conveyed to a child from an anxious parent might be that going to see a dentist is something to be fearful of. Such messages may cause individuals to avoid treatment and not have any opportunity to learn that things can be different.

Phobias can also be reinforced inadvertently. Think about it this way; try to remember a time when you were really fearful of something. Do you remember how your body felt? Was your heart beating quickly, palms sweaty, stomach in a knot? Those and other symptoms of being fearful are all unpleasant feelings. So, if someone who is already fearful forces themselves to go have dental treatment and re-experiences those same bad feelings during the appointment, then what they will remember afterward is those same unpleasant feelings. It doesn't matter how friendly the dentist is or how pain free and pleasant the treatment is. What you remember is the feel-

ing of being fearful, thus reinforcing the idea that there is something to be fearful of.

In fact, dental fear begins at the subconscious level. People have what is called an automatic fear response. It has been described as "I feel like something just takes over and I begin to sweat and my stomach tightens up. I don't really have any control over it." Since this automatic fear response is subconscious, you can't make it go away using logic or reason. Telling yourself that "there is nothing to be fearful of" won't help. In fact, it might make things worse because it could sound like you are saying there is something wrong with you. So, how do we change this pattern of fear and reinforcement? Let's find out.

How can I feel safe and calm during a dental visit?

Several methods have been used to assist people with phobias including dental visit phobia. The most effective are cognitive behavioral therapy (CBT), hypnotherapy, the use of anti-anxiety medications and on occa-

sion sedation. To actually overcome the phobia, CBT and hypnotherapy are the best long-term methods. With these therapies you can actually train your brain to overcome the subconscious ingrained stimulus that is causing the phobia thus improving your mental health. Sedation allows the patient to have treatment but a fearful patient may never come to the office and it does not address the ingrained phobia. Anti-anxiety medications are useful on special occasions, but they can become a crutch and they do have addictive possibilities. Trained therapists in CBT and hypnotherapy who treat phobias are able to assist most phobic patients in just a few sessions.

As I said earlier, it's possible, even for those people who are the most fearful, to reduce their fear and to learn to have dental treatment in a way that feels calm and safe. Imagine being able to go to the dental office calm and peaceful know you will be in good hands and stay relaxed throughout the whole visit. Dental health professionals know that your mouth is a very personal place and



trust is a big part of allowing us to partner in your care. Ask your dentist or physician about a referral to a CBT or hypnotherapy specialist. Your dental and mental health will benefit greatly.

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

ALBERT'S CORNER

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



ALBERT P. CLARK

Oh spring, how you bug me! Well, the chance to enjoy the outdoors again makes me happy. But the insects -- they definitely bug me! Now that the world is abuzz again, I thought it might be helpful to go over some of the ways that those flying, creeping, and crawling creatures can affect dogs.

We'll start with every local's favorite, the notorious stinkbug. The good news is that they are not poisonous to us. The bad news is that sometimes we like to chase and eat them. The result can be smelly and highly unpleasant. The bug's secretions can make us drool and/or vomit. While it's not a fun experience, it's not life threatening and the effects should pass on their own in time.

Let's move on to cicadas, because this is supposed to be a banner year for them. The infamous 17-year cicada is projected to emerge in Virginia this spring. The last time we saw this particular type of cicada was in 1999. Lots of us enjoy snacking on cicadas, so whenever they arrive, nervous owners begin wondering if there is need for concern. You can rest easy. Cicadas are non-toxic and should not pose any significant health concerns for pets. That said, overindulgence could lead to gastrointestinal upset because the crunchy shells are hard to digest. The goal is to keep us from overdoing it!

Bees, wasps, and other stinging insects present a more complicated picture. Some dogs will not react badly to stings, especially if there are very few of them. We might be in a bit of pain, but we should be okay unless there are multiple stings inside of our mouths with concurrent swelling that could impact breathing. Some of us, however, are severely allergic to stinging insects and can experience anaphylaxis. This can cause diarrhea, vomiting, seizures, coma, and even death. If you suspect that your pet is having a dangerous reaction to a sting, seek veterinary help immediately. Once you determine

that your dog has a severe allergy, you can talk to your vet about ways to safely control future problems should they occur.

There are other insects worth noting here, including fleas and ticks. I won't say a lot about them, because I've covered them in this column quite often and most of you are aware of the importance of addressing these particular pests. It's also important to understand that mosquitoes can transmit heartworm, so keep us up-to-date with our heartworm medication. Finally, some caterpillars can be problematic if we eat them, potentially delivering poison or adversely affecting our GI tract with their bristles.

Helping us to understand such commands as "leave it" can be useful when it comes to discouraging us from getting too close to or ingesting dangerous insects. The most critical thing to remember is that you need to watch us closely, especially when we're young and learning about the world. If we've been outside in the yard and come back inside exhibiting signs of illness, we may have encountered something harmful. While there's probably no need to panic, extra watchfulness and readiness can help.

Always have a backup plan. Know where the closest emergency vet is, and keep that number as well as your regular vet's number easily available at all times. Also remember to leave that information with pet sitters. And, for urgent situations, the ASPCA Animal Poison Control Center is available 24 hours a day, 365 days a year. That number is (888) 426-4435. Keep it handy!

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.

HOSPITAL OF THE FUTURE

IMED

TERRY SHARRER

Previous pieces in this series have mentioned an outlook for cancer treatment, molecular diagnostics, regenerative medicine, bioinformatics, gene therapy, astute physicians, precision drugs, telemedicine, minimally invasive and non-invasive surgery, microrobots inside the body, and nanoscopy. All of these are, or could be, disruptive innovations in how Americans receive healthcare. All of these also are among health's last line of defense. The front line is personal behavior.

Medicine has never been the chief determinant of health; rather that state depends on things like diet and exercise, hygiene, smoking cessation, wearing seat-

belts and motorcycle helmets, and risk avoidance. While medical innovation seems to change in a nanosecond, behavioral change moves slowly, thus guaranteeing a continuing role for hospitals.

The hospital of the future, however, may not closely resemble the typical "community hospital" of today. Community hospitals, as arose under the 1946 Hill-Burton Act, gave federal support to community groups for non-profit hospital construction. This provided central locations for patients to come and physicians to practice, while the hospital itself furnished beds, labs, food services, laundry, nursing, and management. Communication which held everything together were the telephone and postal mail.

Continued page 46

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Captain Jack is a 5 year old beagle. A darling fellow who got his name because he doesn't see out of one eye. He's friendly with people & loves other dogs. Captain Jack seems to be house trained & is a delightful dog who is ready for his forever home!

Max is a big, friendly 5 year old cat who loves petting! He is accustomed to living indoor/outdoor with other cats, so he would integrate well into a home that already has cats or can be an only child!

Marco is a young, healthy neutered male potbellied pig who loves to eat cantaloupe! He's mostly been an outdoor pig who thinks people are very interesting. Marco is extremely smart & learns new things in no time at all.

Pippi is a beautiful one-eyed, 30-year-old pony who is an ideal companion/lawn ornament. Pippi is SUPER sweet, easy to work around, & gets along well with all other horses. She stands quietly for vet/farrier & loves being groomed/blanketed. Pippi loads/travels well. She's never been saddled.

Oliver is a friendly/healthy 4-5 yr. old neutered male who is seeking either an indoor or indoor-outdoor home where he will get lots of love! Oliver likes other cats, especially other mellow cats. Oliver would be a great mouse patrol officer.

Rebel is a handsome chocolate grey colored 10 mo. old neutered male Lab X puppy who is crate trained & loves walking on the leash. He gets along great with other dogs & is learning to be nice with cats. Rebel will grow to be a good sized dog! Rebel needs a home with someone who is home a lot or can take him to work so he bonds & learns manners!

Josie is a 1.5 yr old spayed female who is stunningly beautiful with her mostly white coloring with spots of calico. Josie seems to prefer a low-energy environment. She would do well as an indoor or an indoor/outdoor cat. Her favorite activities are napping, petting, & watching birds through the window!

Ned is a senior horse looking for a cushy retirement home. A sweet guy, 15 hands, likely in his 30's. He gets along well with other horses so is a great lawn ornament/companion. Ned doesn't have a lot of teeth left, so he eats his grain as a mush & gets soaked hay cubes. Ned is the perfect buddy horse!

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EDITORS DESK

MIDDLEBURG BANK

The financial press and local weeklies of late have been full of speculation about Middleburg's oldest financial institution, Middleburg Bank, becoming part of a larger organization, either by merger or acquisition.

Change is, of course, inevitable.

And business is business. But no matter what path lies ahead for Middleburg bank, its officers, and employees, their legacy is, was, and always shall remain one of which this village will be proud.

"The bank" was, and is, and, we believe, no doubt will continue to be, one of the centerpieces of the community that is Middleburg, as much a gathering place as the Post Office or any number of restaurants and watering holes past and present.

Many a house and many a small business owes its very existence to the bank's approach to knowing its community and its customers.

The same can be said of many if not most of the town's signature non-profit and public service organizations, projects and programs, served both professionally and by volunteers from the bank.

We are in their debt. . . in the best possible way.

And we join with many friends and supporters in this community in the firm hope that the bank's Board of Directors will stand firm and Middleburg Bank will be here for many many years to come.

IN PRAISE OF PERSONAL SERVICE

As Town Council Member Mark Snyder explains in his column elsewhere in the April Edition of the Eccentric, no less than four of Middleburg's seven Town Council members will soon be different . . . and, as Snyder explains so well, the process of selecting them is, this time, more complicated than ever.

One member, Erik Scheps, is moving outside Middleburg and must, by law resign. His seat will be filled first by a temporary appointment, then by a special election, contemporaneous with the November national elections.

Council Members Trowbridge Littleton, Bundles Murdock, and Kathy Jo Shea, have chosen not to run again when their terms of office expire. Their successors will be chosen in the traditional Town Council elections on May 3rd.

Serving on Town Council is an important, powerful, time-consuming, and all too often thankless task. Those who have served deserve our special thanks.

The same thanks, best wishes and high regard are due to those who have offered themselves as candidates for office: Jay Kevin Daly, Bridge Littleton, Philip Miller, and Tony Pearce.

The highest form of respect we can offer is our vote.

Let's do so in May and again in November.

"CRISIS" IN "HIGHER EDUCATION"

BLUE

DAN MORROW

Commentary, Norman Podhoretz's once liberal monthly gone cranky neo-right, recently described at some length, "The New Dark Ages on Campus."

Jon Zimmerman, on-line in Aeon, regrets "How University Students Infantilize Themselves."

Most, if not all our friends on the right gleefully bemoan the all-too-often clumsy efforts of both students and administrators to come to terms with issues of free speech, overt and inadvertent bigotries, and what at times seems no more than simple courtesy.

Sometimes the clumsy use of words and overt bigotry are seen as one and the same thing, categorized and condemned as "microaggression" or "hate speech."

Our conservative friends sometimes, literally, see such things as "dangerous," express their disgust at same, and even their fear for "western civilization" itself.

Such condemnations of the outward and visible signs of "higher education" in our time miss entirely the inner and spiritual grace of same

One of the most important, and arguably THE most important, functions of higher education, is to expose young people to new, different, challenging and sometimes outrageous ideas and modes of thought.

With all due respect to "practical" courses of study "higher education" should be more than job training.

It should challenge all values and modes of thought.

It should produce thinkers and debaters; artists and innovators; both within and without the "professions."

Ideally "higher education" should make your and my children and grandchildren both truly annoying and very difficult to hold our own against at our annual Thanksgiving Table debates.

Conservative parents should be enraged that their children are exposed to the writings of Marx, or Keynes, or Dawkins, Hitchens and Dennet . . . and relish their arguing a cause from their points of view.

Liberal parents should be equally outraged that their kids come home spouting the "truths" of Chicago School economics, Nietzsche, or Kipling at his Imperial best.

In my early days as an oh-so-level-headed physics major I once told an English prof that I was only taking his course because it was "required."

Rather than showing me the door, he took the time to explain WHY it was required . . . along with mathematics, hard sciences, two foreign languages, history, and other courses.

There are, he said, as many ways of looking at the world as there are languages, or religions, novels, or music or movies, or individual men and women.

To live one's life ignorant of at least a taste of such perspectives, he told me, would surely be a pity, and worse, it might very well deprive one of insights and points of view that shape a life's work. And if one is really lucky, they might lead you to people and points of view treasured for the rest of one's life.

Men are story-telling animals, he continued. We professors of "literature" like to think we collect and pass on the stories and tales of story-tellers who made a difference: men and women who see things other miss, and tell about them in ways that are entertaining, moving, inspiring, and beloved, sometimes for centuries.

The prof, I later discovered (who really knew their profs at 18 before the age of Google) was a war hero; B-17s; wounded when shot down on his seventh mission; captured; survived; came home; taught; and become a true friend, confidant, biographer, and pall bearer for one of the giants of American literature.

Many of the things I learned from him (and a holy host of others at my University) flew in the face of everything my parents and grandparents held dear. And sometimes we fought like cats and dogs about them.

Western civilization, however, lived on, as it always has, since cocksure students first bandied words about the "true" lessons to be learned from Socrates, Plato and Aristotle.

Outrage has always been part of the very essence of a great education.

My favorite example?

On February 9, 1933, a month after Hitler took office as German Chancellor and a month before FDR was sworn in President, members of the Oxford Union debating society voted 275 to 153, that " . . . this House will in no circumstances fight for its King and Country."

Just over six years later nearly all of them were in uniform doing just that.

Higher education isn't in "crisis."

It is doing just what it should do: teaching young people to think, to challenge authority, and to be challenged in return.

Be thankful that we live in a country where that's not only allowed, but treasured.

COLLEGE EDUCATION AND CUBAN CIGARS

RED

JIM MORGAN

Mario Savio is spinning in his grave. Readers of a certain age will remember Savio as one of the movers of Berkeley's Free Speech Movement. Back then, liberals actually valued free speech because they believed (mistakenly) that they didn't have it. Now that they run the higher education racket, they use free speech as a weapon against their opposition.

The recent lunatic confrontations at Missouri, Yale, Emory, Stanford, and other "institutions of higher learning" reflect a growing progressive animosity toward freedom of speech. Safe spaces, free speech zones, trigger warnings, and demands to muzzle conservative professors are all the rage now that the Left has turned college into day care and decided that children are entitled to have their progressive fantasies protected from criticism.

Asinine majors, "hate speech" codes that target religious freedom, and for-profit activities like Michigan's "LG-BTQ+ Health & Wellness Week" all demonstrate that college, like the old grey mare, just ain't what she used to be. Open-mindedness has become empty-headedness.

This is partly because there are over 5,000 degree-granting institutions in the United States. Simply put, anyone can go to college and most anyone can go to most any college given our enthusiasm for a grotesquely twisted version of "diversity" and the manipulative and agenda-driven admissions policies that have come from it.

Having so many colleges and universities has diluted the product. The phrase "Cuban cigars" once described something superior but no longer does. Likewise, "college education" is misleading.

The problem was nicely summed up by Inigo Montoya who said, "You keep using that word. I do not think it means what you think it means."

He was right. We use "college education" as if it is the natural, inevitable, and most desirable follow up to high school. But is it?

The left-wing Huffington Post notes that "out of 41.7 million working college graduates of 2010 in the U.S., 48% worked jobs that didn't require a bachelor's degree." That's partly because of a bad economy, but mostly because bachelor's degrees, especially in the liberal arts, don't mean much anymore and employers know it.

Having two master's degrees, I regret what has happened to the reality of higher education since political correctness took hold. But with progressives in charge, things can only get progressively worse. Relativism leads to nihilism (but that's for another column).

If anything is to improve, we must re-evaluate our biases. College education, like Cuban cigars, is living on past glory. We should stop pretending that getting into college is an accomplishment. With 5000 choices, it isn't. And stop thinking of college as the only socially acceptable next step after high school. Drop the snob appeal. When college attendance was rare, that was understandable. Now it just strengthens the illusion that "college education" equals "higher education."

High schools should cease bragging about how high a percentage of their graduates go to college and start bragging about how many go into the workforce to immediately become productive citizens.

Another thing: get the federal government out of the student loan business. That just raises costs and encourages

COUNCIL IN THE LIMITS

ASK A COUNCIL MEMBER

MARK SNYDER

Hello Middleburg!

My mission is to address your questions, get more people involved and to address periodic issues concerning Middleburg and its community. Please send your Town questions (complaints?) to the Eccentric.

This article addresses a new twist for town council. State law requires council members to reside within Middleburg's town limits. The May 3 election for three council seats will have four candidates on the ballot: J. Kevin Daly, Trowbridge M. Littleton, Phillip M. Miller and Tony C. Pearce, along with Betsy Davis (unopposed) for Mayor.

The twist: Erik Scheps is moving out of town (late April) in the middle of his term. This mandates a vacancy. The May election will not fill this vacancy, despite the fact that we have four candidates on the ballot. The legislature in Richmond changed the law for how council addresses a mid-term vacancy.

Previously, council appointed someone to fill out the remainder of a vacated term. Under current law, council must file paperwork for a temporary appointment and then appoint a temporary council member to fill Erik's term. The seat is then subject to a vote in the next election (November), to a term expiring June 30, 2018.

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So, if four people are already running for four vacancies, why vote? Council is not obligated to appoint the candidate who voters do not elect on May 3. If the votes are relatively close, it may. However, the town will soon advertise the vacancy and solicit letters of interest from Town citizens before appointing anyone. Thus, it is incumbent on the voters to select the three people they want to see on council in the election.

Middleburg's state charter provides for split council terms, each for four years. This means that half of council seats, plus the mayor, are elected every two years. This is good because it prevents an unproductive period by a council composed of all new members, all learning how council works under state law, as well as how to work with one another. Typically, new members require much of their first term to become fully productive. This split also helps tremendously to preserve continuity and institutional memory. Lessons learned by previous councils do not require relearning. Council is also more able to make long-term goals. (For me, this has allowed years of work on improving the Town's water utility while addressing other Middleburg issues, such as planning and vision.)

Middleburg has been fortunate to have a council of dedicated and experienced members and hard-working committees. Every council member has taken the training by VML (Virginia Municipal League) in the beginning of his or her first term. Training for newly elected public officials is invaluable for helping council members understand how Middleburg must work within parameters set by the legislature in Richmond. I fully expect the new members to take advantage of this. The Town pays most expenses, such as the VML fee and certain expenses. The Town Clerk, Rhonda North, can provide details.

VML also provides training for planning commission members. All of us took this training in the decade I was a member. I recently became aware that the current commission has lapsed in this training and now plans a special mini-training session here in town to try to catch up. In my experience, the full training is much more extensive and I will ask all future commission members to take advantage as council appoints new members.

Middleburg elections are non-partisan, that is, candidates do not show party affiliation. Nor do members seek party platform goals on council, as these do not address Middleburg issues. Most of us do not entertain ambi-

HILLARY CLINTON, FRACKING , SUPERDELEGATES AND THE TPP

HYPOCRISY

TOM PRATT

Starting with superdelegates: The Democratic party has about 4000 pledged delegates, who are committed to vote for the candidate who has won the most primaries and caucuses but there are over 700 unpledged delegates known as superdelegates. Most of these are members of Congress but some, a significant number, are actually party insiders and/or lobbyists who were former politicians who now work in the private sector or in some cases for foreign based companies or governments. It is illegal for a foreign entity to contribute to any domestic election but in this case a superdelegate working for a foreign government or corporation could actually have an influence on the outcome of a U.S. presidential race. The superdelegate concept needs to change; the fact that superdelegates decide early in the campaign that they will support, say Hillary Clinton ostensibly because it looked as though she was a shoo in is unacceptable, and if they should tip the scale in her favor it would be a travesty. The chair of the DNC Debby Wasserman Schwartz recently on a CNN interview explained that the reason the party has superdelegates is because they want to make sure that the electorate does not go off on a tangent and elect some grass roots candidate who is not one of the mainstream democrats, so much for democracy!

Fracking and Hillary Clinton: During her time at the State Department, according to The Intercept's Lee Fang, Ms.Clinton spent much of her time promoting American-style fracking around the world. She reorganized the State Department to create a whole new bureau 60 strong to focus on energy resources especially fracking. She travelled the globe in partnership with Chevron and other companies, going to Bangladesh, Papua New Guinea, Bulgaria selling governments on adopting the American technology of fracking. Now of course being pressured by Bernie Sanders who is advocating for a total ban on fracking she is trying to distance herself from that part of her legacy at the State Department.

I was very pleased to hear that Jimmy Carter recently came out against Hillary saying that her time at the State Department was not a time of peace and only since Secretary Kerry have there been real attempts at diplomacy and movement towards peaceful negotiating instead of vitriol.

TPP -Once again according to Lee Fang, many of the op-eds recently published in California newspapers praising the Trans Pacific Partnership seem to have literally been lifted from lobbyists working for the Japanese government. It is amazing that a foreign government can buy out a think tank to produce favorable reports, hire lobbyists and pay PR consultants to produce op-eds which promote their cause and the media outlets reporting never divulge that a special interest has been the basis of the story.

ELECTION NOISE

THE PUBLIC SQUARE

CHANDLER AND

JERRY VAN VOORHIS

sprinkles itself across all candidacies. One might liken the coalitions of candidacies to five columns of behavior:

- Bernie Sanders may offer passion, but his route to power is unworkable. With a 19 trillion dollar debt, he owes it to fit his ideas to the underlying fiscal reality of the time.
- Hillary Clinton is building upon an administration whose accomplishments are either incomplete or unworkable - be they the Iran and Pacific Trade Pacts, or health care. She represents all that has come to be seen as continually unsatisfactory - and takes multiple positions on each part of this program and then wraps all of them in vague, gauzy language to "make America whole."
- Donald Trump, on the Republican side, calls forth all that might be best labeled unsettling. He is punching through for breakthroughs, is stirring change, and coalescing around instincts of power that excite the future, but don't have their footings too well yet.
- Ted Cruz wants to repudiate the whole crust of mismanaged issues that have gotten us to a boiling point in our national life by instant new first day executive orders which wipe the slate clean. Cruz, who has no relations to people, to leadership, to well-crafted notions eagerly waiting for adoption, seeks to be a martyred gladiator against present norms. His program lacks much context and is mostly Undoable.
- John Kasich undulates between the past and the present. Swinging his arms across a stage like a symphony orchestra director, Kasich takes us deep into the laboratory of Ohio and the mid-1980s and 1990's in his career in DC and tries to make us feel a reasonable man

FEDERAL WATER RESOURCE AGENCIES

THE U. S. BUREAU OF RECLAMATION PART II

WATERWORLD

RICHARD A. ENGBERG

June 5, 1976 was not a red-letter day in the history of the Bureau of Reclamation (Bureau). The Bureau was in the process of filling their latest construction, Teton Dam, on the Teton River in the northeast corner of Idaho when that morning the dam failed catastrophically.

The Teton River is a tributary to the Snake River. The dam failure and subsequent devastating flood cost the lives of 11 people. It also killed some 13,000 cattle. Both property and ecological damage were major with the flood damaging or destroying structures, eroding the Teton River canyon, removing topsoil in the floodplains and damaging habitat in both the Teton and Snake River valleys.

Dam construction cost in the neighborhood of \$100 million, a significant sum in the 1970's. In the years following the disaster, the Federal government paid over \$300 million in claims. The dam was not rebuilt.

The Bureau proposed the dam in 1963 citing power generation and flood control as the purposes of the project. Congress authorized it in 1964. An environmental impact statement issued in 1971 did not consider dam failure.

Construction of the dam began in 1972 and was completed in November 1974. The dam was an earth-fill dam, over 300 feet high in Teton Canyon. After completion, filling of the reservoir began. By the time the dam failed, the reservoir was at near capacity with a water depth of 240 feet behind the dam.

Failure of the dam happened rapidly. Early in the morning of June 5, a leak appeared and by mid-morning about 25 cubic feet per second of water was being discharged from a muddy spot on the face of the dam. A crew sent to try to plug the leak was unsuccessful. Shortly after 11:00 am the order went out to evacuate downstream residents which likely saved many lives. Failure began just before noon when the dam crest collapsed followed by the collapse of the entire right side of the dam. By 8:00 pm, the reservoir had completely emptied.

Why did Teton Dam collapse? One could claim that it was the result of the "Law of Unintended Consequences".

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PASTIMES

KEEPING IN TOUCH

IMED - CONTINUED FROM PAGE 39

zheimer or dementia patients; smart eyeglasses that put a sensor at the temples to detect stroke; smart pill bottle caps that remind people to take their medicine; smart hospital gowns that monitor patients' mobility and fall risk; smart-phone apps that analyze eyes in selfie images for anemia; smart bedmats with motion sensors to detect REM sleep periods when blood pressure falls to its lowest level in 24 hours or when a newborn stops breathing at night; and a smart menstrual cup with wireless reporting for infections. One of Apple's next products may be the "iRing"—a finger-worn device with multiple biometric sensors and a microphone for taking voice commands. In 2001, an Israeli company, Given Imaging, won FDA approval for the first camera in pill form. Users swallow it, allowing a tiny wireless camera to transmit pictures of the gastrointestinal tract as it moved from the esophagus to bowel, looking for bleeding sites, abnormal veins, polyps, and inflammation. Other ingestible camera pills are capable of taking biopsies and delivering drugs when an external magnet triggers their actions. Among many implantable

devices with (or working toward) wireless monitoring are three that illustrate a range of uses: implantable blood pressure monitors, implantable brain-computer interfaces, and implantable tumor sensors. From the first experimental blood pressure monitor in 2007—implanted in the wrist—two types have evolved: one, a cuff type surgically implanted around an artery, and two, an inner artery design that is catheter inserted. Both can give continuous BP measurements. Two years ago, the Braingate neural implant allowed a paralyzed woman with "locked in syndrome" to think a robotic arm through movements giving her a drink of coffee, and since then the company has been working on a wireless model. And MIT engineers have developed an implantable tumor sensor that measures pH and dissolved oxygen—two indicators for whether or not chemotherapy is working. It is inserted through a needle and wirelessly beams chemical data outside the body. All of these innovations and hundreds more illustrate how communications can make healthcare more effective, efficient and equitable.

HOSPITAL OF THE FUTURE

IMED - CONTINUED FROM PAGE 41



While handling complex, chronic diseases still holds a rationale for community hospitals, aging demographics, declining reimbursements, and a slipping away of profitable in-patient procedures to out-patient clinics financially undermine the almost seventy year old business model. This resembles what the personal glucometer did to diabetes management a generation ago. Patients could track their blood sugar without going to their endocrinologist's office. Today's telemedicine allows cancer patients undergoing chemotherapy the possibility of being doctor-evaluated over an internet connection rather than sitting in an ER next to a person with contagious influenza. Many scenarios portend the future hospital being a distributed

network of various out-patient clinics, distance monitoring with home nursing, 3-D printing labs for personalized drugs and prosthetics, computational medical units within sequencing capability and tissue repositories, and advanced smartphone imaging, all spoking out from a hub of information management, perhaps with a trauma center for old times' sake. While a distributed network may take a while to overtake the community hospital model, a nearer term vision may be the traditional institution with ever more automation and robotic systems. The University of California at San Francisco's Mission Bay Hospital opened in early 2015 with twenty five robots servicing one floor for things like food service and

laundry delivery, automated room sanitizers, and moving patients on gurneys. Some of this technology comes from the Navy's Nimitz-class "autonomous" aircraft carrier program which flies drone fighters, and uses every conceivable engineering approach to reduce the vessel's crew from 6,000 to 600. Competition between hospitals may drive some of these changes, but there also is competition between hospitals and retail healthcare providers like Walmart, Walgreens, CVS and others. Walmart may or may not reach the goal one of its executives stated, of being the largest healthcare provider in the US by 2020. In any case, innovation is accelerating at an ever-accelerating pace.



Mount Gordon Farm
The Plains, Virginia • \$11,750,000

128 acres and immaculate 3 level, 13,000+ sq ft stone & shingle main house • 5 BR • 8 FP • Exceptional finishes on every floor • Caterer's kitchen • Elevator • Spa • Separate guest cottage • Pool • Farm manager residence • 3 additional tenant houses • 12 stall center-aisle stable • Pond • Extraordinary land w/incomparable views extending beyond the Blue Ridge Mts • Orange County Hunt

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



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



Old Boarding House
Middleburg, Virginia • \$1,175,000

Antique brick and stucco farmhouse • Circa 1820 • Expanded to approximately 4,000 sf • Well maintained 4 bedroom home • Recent addition including master suite and large family room • Wood floors • 5 fireplaces • Walled gardens and whole house generator • Nestled among large protected farms near Foxcroft and close to town on just under 2 acres • OLREA

Alix Coolidge (703) 625-1724



Old Goose Creek Farm
Middleburg, Virginia • \$5,995,000

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 • Addtl 4 stall barn • Entire property is fenced and cross fenced on 26 acres & 8 paddocks

Helen MacMahon (540) 454-1930



Westwind Farm
Middleburg, Virginia • \$1,950,000

Classic Middleburg colonial, completely redone in 2009 • 5 BR • 4 full BA, 2 half BA • 2 FP • Gourmet kitchen • Top of the line finishes throughout • 2-car attached garage • Beautifully landscaped • Sweeping unobstructed mountain views • 21.08 gently rolling acres • Fenced & cross fenced • 3 stall barn, tack & hay storage

Paul MacMahon (703) 609-1905



212 Cornwall Street
Leesburg, Virginia • \$1,700,000

Beautiful stone home on wonderful street in the heart of historic Leesburg • Completely renovated in 2011 • 5 bedrooms • 4 full and 2 half baths • 3 fireplaces • Screened porch • 2 car detached garage with apartment • Gourmet kitchen • Grand room sizes • Wood floors and detail throughout • Beautifully landscaped

Paul MacMahon (703) 609-1905



6428 Main Street
The Plains, Virginia • \$1,125,000

Gorgeous country home • Historic village • Panoramic views • 3 acres • Beautifully landscaped grounds with terraced herb garden and pool • 3 BR, 2 full + 2 half baths • Master bedroom w/gas fireplace on main level • Large dining room w/built-in china cabinets • 2 bedrooms upstairs w/shared bath • Lower level family room w/ wood-burning fireplace • Wet bar & french doors to pool area • Recently renovated

Joseph Keusch (540) 454-0591



Oakstream
Middleburg, Virginia • \$3,200,000

Elegant & sun-filled country home • Gracious rooms for entertaining • 4 private suites • Extensive millwork • Main level living just minutes from town • Views of 65 protected acres • Stream • English gardens • Terraces • 200 year old stone walls & open pasture • Idyllic setting also includes 3 bedroom cottage • Garage & bank barn • Middleburg Hunt Territory • Shows beautifully

Alix Coolidge (703) 625-1724
Helen MacMahon (540) 454-1930



Trough Hill Farm
Middleburg, Virginia • \$1,950,000

MAJOR PRICE REDUCTION! • 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 • Property sold in "AS IS" condition

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



Willow Way Farm
Middleburg, Virginia • \$1,625,000

Prime Middleburg location • House completely redone in 2004 • Hill top setting with panoramic mountain views • 3 BR • 3.5 BA • Main level master suite • Pine floors • Beautiful millwork • 2 FP • Attached 2-car garage • Beautiful windows • Gracious room sizes • 4-stall barn • In-ground pool • Lovely gardens • 31.05 acres recorded in 3 parcels

Paul MacMahon (703) 609-1905



Stonecrest
Bluemont, Virginia • \$995,000

Beautifully maintained stone and stucco house • On crest of the Blue Ridge • Large views to the east • Perfect for entertaining and gatherings of extended family • Over 7000 sq ft, 5 BR, 6 FB, 1 HB, 3 FP • 2 MBR suites, one on main level • Finely appointed in all respects • Landscaping, automatic security gates, & estate fence ensure privacy • Garages for 5 vehicles

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Mary Ann McGowan (540) 687-5523

CHIMNEYS



The Plains ~ One of Fauquier County's oldest properties on **17.3 acres**. The main house, c1790 is stucco over frame and has heart pine floors, beamed ceilings, 5 Fireplaces, 6 bedrooms 5 full and 2 half baths. It is surrounded by boxwood and perennial gardens with a lovely pool, pool house and stone cabin guest house. An old Virginia Classic and a must see! Also listed as a **commercial** property. **\$1,435,000**

Rein duPont (540) 454-3355

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Rebecca Poston (540) 771-7520

SPRINGBROOK FARM



Turnkey horse farm on **35+ acres** in 2 parcels off Atoka Road. Lovely 2-story, brick 3 Bedroom, 3 bath home includes Living Room & Dining Room with fireplaces, Library/Den & Large Sunroom. 1st floor Master Bedroom suite with sitting area, fireplace & luxury bath with his & her dressing rooms. Gourmet Kitchen with highend Appliances & Island. Sep. Laundry/ Pantry. Swimming pool, 3 car garage with 1 Bedroom apt, 10-stall center aisle Barn with 2 Bedroom apt., 6 fenced paddocks, Run-in, Riding Ring & Equipment Shed. **\$2,650,000**

Cricket Bedford (540) 229-3201

MOSS HOLLOW



An outstanding, well built 2 Bedroom, 3 Full Bath cottage on over **50 tranquil acres** in Markham, perfectly located minutes from Rt.66. This lovely home takes advantage of nature and privacy with views of Cobbler, Buck and Rattlesnake 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



Middleburg - Colonial on **12+ acres** rolling pasture land & woods. 2-story Foyer with slate flooring, formal Dining Room & Living Room with fireplaces, glassed-in Family Room, newly renovated Gourmet Kitchen. 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, 6-Stall Barn, fenced paddocks & dog kennel. **\$1,075,000**

Cricket Bedford (540) 229-3201

BUCHANAN GAP



Immaculate custom built home atop Bull Run Mtns on **8+ private acs**. Many windows & skylights bring nature into this 3 Bedroom, 2Bath home. Gourmet Kitchen w/brand NEW appliances, granite & ceramic tile flrs. Great Room with Cathedral ceiling, stone Fireplace & Hardwood floors Spacious Master Suite with new carpeting & Luxury Bath. Full walk-out basement w/woodstove & ready for Bath. Front porch, rear deck & 2-car Garage. **\$635,000**

Cricket Bedford (540) 229-3201

WHISPERING PINES



A long winding drive leads to this beautifully renovated single story residence in a private and secluded setting on **3.49 acres**. Gleaming wood floors grace the main rooms, multiple windows and glass doors bathe the rooms in natural light, a fabulous gourmet country kitchen is a true chefs delight and the luxurious master suite is a dream retreat. A barn and fenced paddocks make this a perfect hunt box. **\$575,000**

Mary Ann McGowan (540) 687-5523

LINCOLN ROAD



Middleburg - Fully renovated cottage in historic village on quiet, dead-end street. Features 3 Bedrooms, 2 Full Baths, new Kitchen with all Stainless & granite, new Bathrooms, hardwood floors, fresh paint & carpet. Addition of ultra spacious Master Bedroom Suite with walk-in closet and new luxury Bath. Private back yard. 2-car attached carport & small storage shed. House now over 1,100 sq. ft. Don't Miss! **\$315,000**

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