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NEW BUSINESS & ECONOMIC DIRECTOR ON COURSE FOR MIDDLEBURG

THE TOWN OF MIDDLEBURG HAS HIRED JAMIE O. GAUCHER, A SPECIALIST WITH MORE THAN 17 YEARS OF ECONOMIC DEVELOPMENT EXPERIENCE

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COUNCIL HONORS LT. MIKE PRINCE

MIDDLEBURG TOWN COUNCIL REPORT



LT. MIKE PRINCE

DAN MARROW

At its regular monthly meeting on July 13, 2017, Middleburg's Town Council unanimously approved a resolution of appreciation honoring Police Lieutenant Charles M. ("Mike") Prince, who announced his retirement after nearly a decade of honorable service to the Town, its citizens, and friends.

Prince joined the Middleburg Police Force on December 6, 2007. As the senior officer on the force, he served as Acting Police Chief in 2011.

Later in 2011, Middleburg's then new Police Chief A.J. Panebianco, immediately recognized Prince's professional skills and his outstanding ability to relate to the people of the community he served. On March 23, 2012, he promoted Prince to the rank of Senior Police Officer, and a year later, on June 12, 2013, made him the first Police Lieutenant in the history of the Middleburg Force.

Prince served as the Town's first formally ap-

pointed Police Investigator, and in that role was credited with solving the first recorded multi-state crime spree in Middleburg's history, and serving as the catalyst for bringing to an end a rash of silver thefts in the area.

The Lieutenant also served as Training Coordinator for the Middleburg force, during a critical transition to a new style of "Community Policing" under Chief Panebianco.

Among many other accomplishments in his long career, Council singled out Prince's role as part of a three-man team that worked around the clock to keep the Town open and running during the blizzard of 2016; his roles in helping to organize the Town's first National Night Out event, and every such event since, including the 2015 celebration, recognized as the Top Event in the Nation for its population category; and his tireless work as Christmas in Middleburg grew to its current nationally recognized key event status.

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NEWS OF NOTE

NEW BUSINESS & ECONOMIC DIRECTOR ON COURSE FOR MIDDLEBURG

LAUREN R. GIANNINI

The Town of Middleburg has hired Jamie O. Gaucher, a specialist with more than 17 years of economic development experience, mostly in rural settings, to fulfill the new position of Director of Business and Economic Development.

"Jamie's expertise and experience will be extremely valuable for Middleburg," said Mayor Betsy Allen Davis. "We are excited to have him join the team and lead the Town's business and economic development initiatives that will have positive impacts on our community."

Gaucher (pronounced Go-Shay) served as the executive director of the Middlebury Business Development Fund in Middlebury, Vermont, where he was responsible for overseeing the Development Fund's objectives, identifying new business opportunities, branding, facilitating infrastructural improvements, and fostering new small businesses within the community.

Prior to that, Gaucher spent more than 13 years with the West Virginia Development Office in various capacities, including being responsible for Technology Based Business Development, as a Business Coach – Innovation and Entrepreneurship, and as Deputy State Director of the West Virginia Small Business Development Center Network.

"I appreciate the creative approaches to infrastructure that are often required in smaller or rural communities," said Gaucher. "I also recognize the value of small businesses and entrepreneurs to a rural economy, and I'm a proponent of economic diversity. The ability to have a greater impact in a small town is also attractive to me."

Gaucher may not have a background in horses, but he's quite aware that the horse industry is vital to the community. "I understand that across Loudoun County horses account for approximately \$300,000,000 annually in commerce," he said. "Given that Middleburg is the de facto capital of Virginia horse country, much of that economic activity happens here. Additionally, the industry provides employment via a wide range of businesses. The hospitality industry, the agricultural industry, the retail industry as well as professional and scientific services are all connected to horses. The equestrian side of life is a primary driver of economic activity here, and I think my work will focus on only increasing its impact."

Born in New York, he grew



up in New Jersey. He worked on Wall Street in lower Manhattan after earning his B.A. in politics at Washington & Lee University. In retrospect, however, the years he spent in Lexington, Virginia didn't really influence his decision to work in smaller communities in Vermont and West Virginia.

"My time at Washington & Lee did help to frame my perspective around the value of a career in public service," said Gaucher. "The community of Lexington also allowed me to appreciate the degree of interconnectedness that is common to all

small towns, and that has been professionally beneficial to me."

Gaucher is Middleburg's first full-time economic development professional. He holds certifications as an Economic Development Finance Professional by the National Development Council and as a Technology Counselor by the Association of Small Business Development Centers.

"The Town talked about being more proactive in terms of business assistance and recruitment to bring in new businesses to complement what we already have here," said Martha Semmes,

Middleburg Town Manager.

In addition to working with businesses and helping with their needs, Gaucher will reach out to other economic development committees, Loudoun tourism, and various departments in the state government. The goal is an established economic development program that supports the Town of Middleburg and helps businesses, both existing and new.

"In the short term, I will be working to bring a brewing operation and some additional retail entities to Middleburg," said

Gaucher. "Additionally, I will be drafting an economic development strategy and a marketing and communications plan for the town. My work in Middleburg will be focused on building a dynamic economic growth strategy to help the community move forward while maintaining the historic, charming, and authentic nature of this place. "Progress" and "value" will and should be defined differently here in Middleburg. I think this is a special place that's only going to get better and that is why I'm excited to have a role in Middleburg's future."

**Middleburg
Eccentric**

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NEWS OF NOTE

FOCUS WEALTH MANAGEMENT JOINS BUCKINGHAM STRATEGIC WEALTH



The transaction expands Buckingham's nationwide presence while allowing its new Northern Virginia team to enhance their service model and client experience.

Buckingham Strategic Wealth, the St. Louis-based wealth man-

agement firm, has expanded its depth of talent with the acquisition of Focus Wealth Management, which will assume the Buckingham name. The transaction gives Buckingham a presence in the Northern Virginia area while providing that team of advisors with access to greater resources to better help clients

reach their most important life and financial goals.

Focus, which was founded in 2001 and has locations in Fairfax and Middleburg, Virginia, is led by Helen Modly, CFP®, CPWA®, who has more than 35 years of experience in the investment industry.

"We're extremely excited about the opportunity to leverage Buckingham's considerable resources to better serve our clients," said Modly, who will remain a wealth advisor and the advisory team leader of the firm's Virginia offices, both of which will continue to serve clients.

The transaction, which closed July 1, 2017, also brings to Buckingham Susan Chesson, MBA, CFP®, Barbara Ristow, CFP®, MSFS, Tiffany Dimel, Jessica Jarosik, CFP®, Krystyn Rash, RP®, and Tammy Funkhauser, along with about \$288 million in assets under management (as of March 31, 2017). Modly and Chesson will become shareholders in Buckingham.

Buckingham President David Levin echoes Modly's sentiment. "It's clear that we share a common belief in doing the right thing — acting in our clients' best interests — at all times," Levin said. "We share core values, the same core investment philosophy, and an approach that focuses on delivering deeply personal levels of client service, so the fit was a natural one."

Buckingham, which manages or administers \$10.2 billion in assets (as of March 31, 2017),

has completed 28 transactions since 2010. Headquartered in St. Louis, Mo., the firm has offices in 17 cities across the nation.

Buckingham is a partner firm within Focus Financial Partners and home to BAM Advisor Services and The BAM ALLIANCE, a community of more than 140 independent, like-minded advisory firms throughout the country that collectively manage or administer \$29 billion (as of March 31, 2017).

About Buckingham Strategic Wealth

Founded in 1994, Buckingham Strategic Wealth helps individuals, businesses, trusts, nonprofits, retirement plans and medical practice owners achieve their most important goals by creating customized, comprehensive, evidence-based financial plans. As a registered investment advisory firm, Buckingham operates under a fiduciary obligation to its clients. The firm's investment approach centers on modern portfolio theory implemented through passively managed mutual funds and the firm's fixed income portfolio design and execution capabilities. Additional information can be found at www.buckinghamadvisor.com.

AUGUST BRINGS SALES GALORE IN MIDDLEBURG

ANNUAL SUMMER SIDEWALK SALE RETURNS WITH BARGAINS FOR EVERYONE

Middleburg, the quaint historic town nestled in Virginia horse country, is cleaning out its closets and storage areas and moving onto the sidewalks, August 4 - 6, for the 11th annual Summer Sidewalk Sale. The sale, sponsored by Middleburg Bank, the Town of Middleburg and the Middleburg Business and Professional Association, will be held from 10 a.m. to 5 p.m. on Friday and Saturday, and on Sunday as posted by shops.

"This is a wonderful time of year for visitors to shop and find bargains throughout the town of Middleburg," said Middleburg Business and Professional Association President Punkin Lee.

Many of the unique shops in the village will have discounts on everything from shoes to children's clothes to pottery, as well as lots of specials in the local restaurants. Arrive early to get the best bargains—or better yet, stay over at one of the inns in town Red Fox Inn, 540-687-6301, www.redfox.com, Goodstone Inn, 540-687-3333, www.goodstone.com or Salamander Resort & Spa, 540-687-3600, www.salamanderresort.com and make a weekend of it.

Look for the colorful balloons outside participating stores. Shops with fantastic bargains include Duchessa (clothing and accessories), Crème de la Crème (pottery, ceramics, linens, etc.), Tully Rector (shoes, clothing, accessories and beauty products), Richard Allen Clothing (clothing and accessories), Lou Lou (clothing and accessories), Lou Lou Too (accessories), C.D. Rigden & Son Country Classics (men's and women's clothing), Native Barre Studios (athletic apparel), Les Jardins De Bagatelle (French gift shop), The Christmas Sleigh (gifts and collectibles), Stitch (yarn), Middleburg Millworks (building supplies and hardware), Kriser's Natural Pet (pet supplies)—and many more one-of-a-kind stores you'll never find in a mall.

Be sure to circulate throughout town, so you don't miss anything! At the west end, you'll find The Fun Shop (children's clothing, party goods, decorative gifts), Middleburg's answer to the department store, with rooms full of wonderful things. J. McLaughlin (clothing and accessories), Highcliffe Clothiers (men's and women's clothing), Second Chapter Books (new and used books), STM Mortgage (mortgage lending), Middleburg Bank, and Middleburg Humane Foundation Thrift Shop are all located on the west end of town. Middleburg also has many fine galleries and antique shops, such as Byrne Gallery and Gallery on Madison. Journeymen and The Tack Box will be offering discounts on equestrian related products such as riding gear and gifts.

When you need a little respite from all of the bargain hunting, visit the National Sporting Library & Museum on The Plains Road or stop in one of Middleburg's fine restaurants scattered along Washington Street and Federal Street. You can pick from the likes of The Red Fox Inn (contemporary American food), Cuppa Giddy Up (coffee and tea), Scruffy's Ice Cream Parlor, Red Horse Tavern, the restaurant at Goodstone Inn, Julien's (well-priced French café), Julien's Market (Market Sandwicherie), Middleburg Common Grounds (coffee, tea and sandwiches), Market Salamander (gourmet market and café), Middleburg Deli (sandwiches), Mt. Defiance Cider & Distillery, Popcorn Monkey (gourmet popcorn), Middleburg's Finest Chocolates, Gold Cup Wine Bar,

Harrimans Virginia Piedmont Grill, Teddy's Pizza (pizza and subs) and Upper Crust Bakery. Two new restaurants have opened in Middleburg, Best Thai Kitchen and Thaiverse 2!

Visit www.visitmiddleburg-va.com or www.facebook.com/MiddleburgBusiness for event updates. For additional information, please contact the Pink Box Visitor Center at 540-687-8888.

Middleburg is located approximately 45 minutes from Washington, D.C., and is in close proximity to Dulles International Airport. From Washington, take I-66 west to Route 50 west (Exit 57B) toward Winchester. Drive approximately 25 miles to Middleburg. For more information on the town, visit www.middleburg.org.



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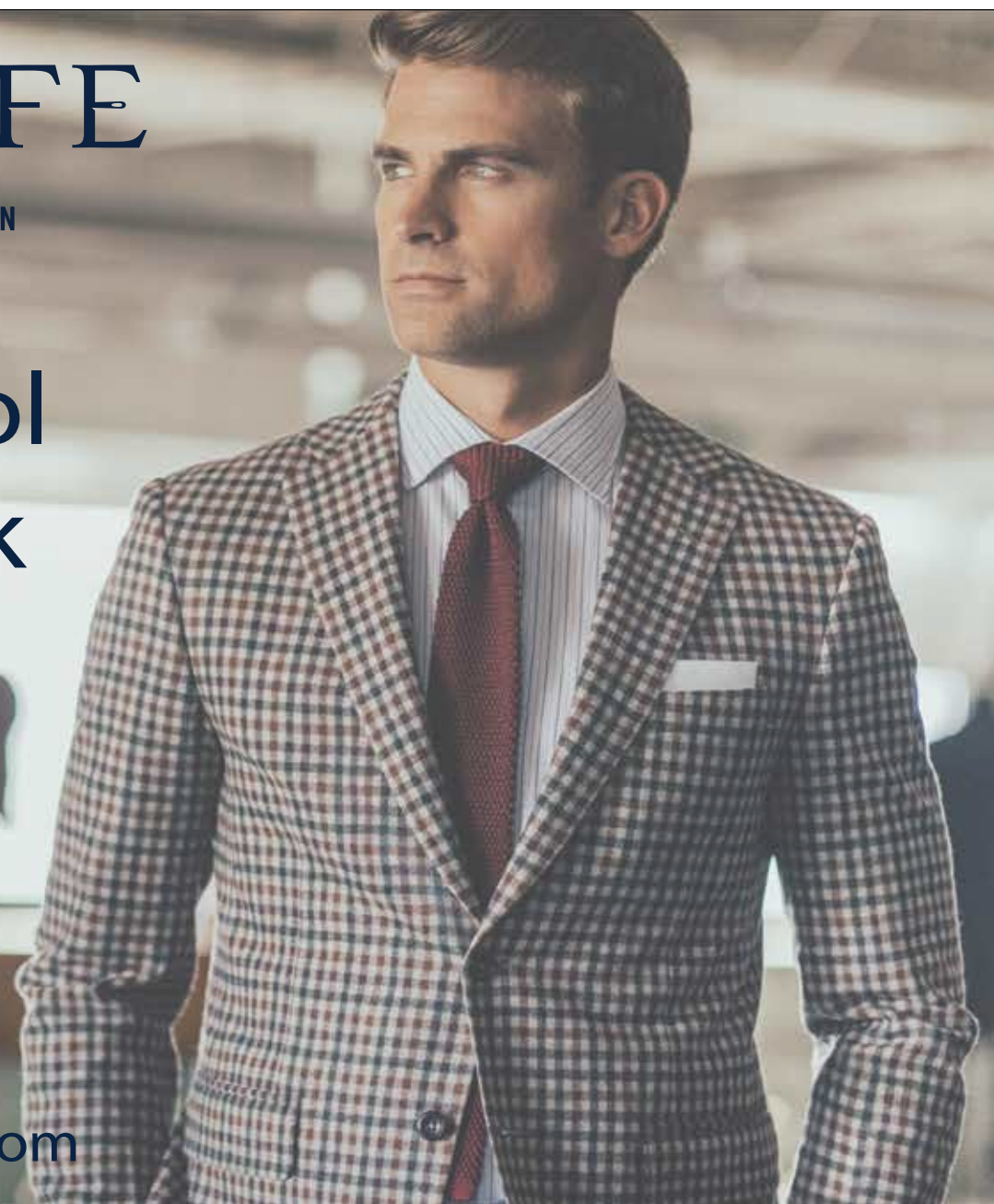
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NEWS OF NOTE

THE GREAT MIDDLEBURG CLEAN UP AND SCAVENGER HUNT



There will be an additional challenge along with this event: A Scavenger Hunt; where each team searches the streets and buildings as they clean for clues and answers to questions about Middleburg's historical past, such as where was the original Exxon Station, which house did John S. Mosby hide from Union Soldiers in, and when was the original Middleburg Bank building built? Additionally, the Go Green Committee will demonstrate how you can make weed killer from natural products to protect our water supply and is friendly to our four-legged friends. You'll also be able to learn the best methods to recycle everything from plastics and cans to paper products and cigarette butts.

Middleburg is a unique Town and a distinctive setting. It's a town who's appeal draws from its history, its people, its sense of community and its natural and architectural beauty. You may have noticed a piece of litter or stray weed on your walks through town. So have we. Being more than two centuries old, the burg needs a little extra help to stay as charming as ever. To keep residents and visitors alike smiling as they walk our streets, the Streetscape and Go Green Committees are hosting "The Great Middleburg Clean Up and Scavenger Hunt" on Saturday, August 19th.

Set to being at 8 AM at the Community Center in Middleburg, this is a great opportunity to come out, show your community spirit, help put a little shine on the town and have some fun. Three teams, "The Washingtons, The Marshalls and the Federals", will storm across our streets to recycle the litter, wipe out the weeds, sweep the sidewalks and bring some extra care to the burg.

Finishing back at the Community Center at 10am, there will be prizes for the winning team of the scavenger hunt and for the team with the most amount of recyclable trash collected, followed by refreshments, food and fun. Bring your family, encourage your friends and get in some community service time for Middleburg. Thanks for your support and for rolling up your sleeve with us at this awesome event.

A special thanks go out to the Street Scape and Go Green Committees for sponsoring. Everything you'll need will be provided including: gloves, trash and environmentally friendly weed killer. Be sure to wear comfortable weather appropriate clothes and shoes for walking. Please contact Punkin Lee (journeymen10@hotmail.com); Peter Leonard-Morgan (pleonardmorgan@middleburgva.gov) or Bridge Littleton (bridgelittleton@hotmail.com) to sign up and participate.

LOUDOUN LAURELS ANNOUNCE THE 2017 LAUREATES



BETSY DAVIS



BILL HARRISON

Loudoun Laurels announced the selection of its 2017 Loudoun Laureates during its Founders Committee meeting this month. The honorees are Betsy Davis and Bill Harrison. Ms. Davis is Mayor of Middleburg and well-known for her fire and rescue work and support of numerous non-profit organizations. Mr. Harrison is a founder of the Loudoun Heritage Farm Museum and a supporter of many groups that have helped sustain and develop agriculture and support preservation and conservation in Loudoun County.

The non-profit organization also awarded two scholarships to Loudoun County Public School students who participated in LCPS' College Achievement Minority Program for Unique Students (CAMPUS) before graduating in June 2017. The scholarship recipients are Zyonne Martin, a graduate of Stone Bridge High School and Haydee Portillo, a graduate of Park View High School. The Loudoun Laurels Stewardship trust awards scholarships in the amount of \$40,000 that are dispersed in the amount of \$10,000 each year of the students' four-year undergraduate studies.

Founded in 2008 by a committee convened by Inova Loudoun Hospital and its Inova Health Foundation, the Loudoun Laurels now comprise three activities: an independent non-profit honorary foundation; a scholarship granting trust; and a mentoring resource for LCPS students. Its mission is twofold: to honor and preserve for history the stories of extraordinary people whose lives and work make Loudoun County an exceptional place; and to award scholarships to students in historically underrepresented

groups in higher education and prospective first-generation college students in Loudoun County.

Through Loudoun Laurels' partnerships with the Thomas Balch Memorial Library and

other organizations, the stories of the Laureates become part of a permanent research collection on the history of the county and a resource for future generations. Its scholarship and mentorship

programs support young people who have the potential to become future leaders.

Each year, Loudoun Laurels hosts a gala to honor its Laureates and the scholarship recipi-

ents. The gala will be held on September 29th at 6:30 at Belmont Country Club this year. For more information, please visit our web site at www.loudounlaurels.org.

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NEWS OF NOTE

BALLAD OF THE GREEN BERET: THE LIFE AND WARS OF STAFF SERGEANT BARRY SADLER

DENIS COTTER

Three years ago, Marc Leepson completed a biography of Francis Scott Key, author of "The Star-Spangled Banner." Leepson is back with a biography of a different American songwriter, U.S. Staff Sergeant Barry Sadler.

Sadler's claim to fame rests entirely on "The Ballad of the Green Berets." This was a wildly popular, pro-military, patriotic folk song released in early 1966. The lyrics did not explicitly mention the war in Vietnam. Sadler, however, had served in Vietnam as an Army Special Forces medic and was still on active duty. The Special Forces wore a green beret as a distinguishing feature of their uniform, giving rise to the nickname "the Green Berets."

Leepson makes clear that Sadler was extraordinarily fortunate in having his song released at a time when the war in Vietnam was still widely supported by the American public. By 1967, as troop numbers in Vietnam increased – as well as casualties – the tide had begun to turn, eventually becoming a flood of anti-war sentiment in the summer of 1968.

Sadler's commercial success with "The Ballad" occurred when he was 25 years old. Leepson's deeply researched biography educates the reader on the details of what happened in his subject's life before, during, and after this defining moment of his existence. The "before" part is a short and simple annal of the poor.

Leepson had combed the records to delineate a hardscrabble life in Leadville, Colorado, father dead of cancer by the time he was five, mother working as a prostitute, stability found only at a neighbor's family house, not completing high school, enlistment in the US Air Force at age 17 not for patriotic reasons but because it solved the ongoing problem of being hungry.

Sadler's life in the Air Force for four years and his subsequent life in the Army before "The Ballad" are not particularly noteworthy. Leepson diligently describes the minor events in Sadler's relatively uneventful military career. As a slightly younger Vietnam veteran himself, Leepson captures the ordinary experience of many Americans encountering the country: "More than one American who stepped out onto the tarmac at Tan Son Nhut re-



marked that the smell brought to mind burning excrement" (pg. 42).

The book moves at a steady, deliberate pace covering Sadler's relatively slow path to securing a recording contract with RCA. Leepson duly documents the efforts of Sadler's friends, promot-

ers, and enablers. He goes on to document the virtually overnight success of "The Ballad" as a single and as part of an associated album when these were released in January 1966. He notes, in particular, the tie-in with Robin Moore's highly successful work of fiction "The Green Berets" published the previous year.

Leepson shows in painstaking detail how Sadler's rise to fame – particularly after his national TV appearance on the Ed Sullivan Show – was appropriated by his military superiors for recruiting purposes. Every single appearance at every single location is meticulously noted, as Sadler crisscrosses the country singing his ballad and being a public relations vehicle for the Army. Leepson does not make the point explicitly, but there is a clear suggestion that Sadler was being misused – not unlike Clint Eastwood's suggestion in the movie "Flags of Our Fathers" that putting the heroes of Iwo Jima on a tour to sell war bonds was an abuse of their talents and experience.

Sadler's fame and the popularity of his music were somewhat short-lived. Follow-up records and albums were not nearly as successful, particularly as the military and the Vietnam War became increasingly unpopular. Leepson, however, resists the temptation to depict Sadler's life as a momentary burst of illumination in a Fourth of July sky. Unlike Cardinal Wolsey in Shakespeare's Henry VIII, Sadler never could have said – or thought – that "I have touched the highest point of all my greatness;/And, from that full meridian of my glory,/I haste now to my setting; I shall fall/Like a bright exhalation in the evening;/And no man see me more".

Leepson patiently tracks the 24 years of Sadler's life after "The Ballad" with its multiple vices and vicissitudes. These

include Sadler murdering his girlfriend's abusive ex-lover in Nashville and serving only 28 days in jail for the crime; Sadler's move to Guatemala to drink, carouse, and churn out a highly commercially successful pulp fiction series about Casca Rufio Longinus, "the eternal mercenary"; Sadler's drunken, self-inflicted gunshot wound to the head that left him quadriplegic and cognitively impaired; the final, shabby, legal squabbling between his mother Bebe and his wife Lavona – mother of his three children – who never divorced him and always – when needed – stood by her man.

Sadler was born on the Feast of All Saints, November 1st, 1940. He died four days after his 49th birthday on November 5th, 1989. As told by Leepson, Sadler was no saint, but did indeed have a number of redeeming features: a desire to succeed in his chosen military profession, high intelligence, compassion as a medic, willingness to follow orders, sensitivity and creativity, a capacity for hard work, an ability to deliver the books he was contracted to deliver – though they were usually late.

Marc Leepson has delivered a book that is an interesting, well-written read. It is a dense, highly-detailed account of an ordinary – but peculiar – life. He considers Barry Sadler "very likely the most famous Vietnam veteran of his time – and perhaps of all time" (pg. 232). That title might better belong to General William Westmoreland, Lieutenant William Calley, or Admiral James Stockdale. Sadler is a mere footnote to the Vietnam War – those old, unhappy, far-off things, and battles long ago. In Leepson's telling, though, he is an exquisitely footnoted footnote. Barry Sadler's all-American life is well worth knowing about, and Marc Leepson's account of it is well worth the reading.

INTERPRETATION AND EDUCATION GRANT AWARDED TO OATLANDS FOR A CULTURAL LANDSCAPE OF SLAVERY STUDY



Executive Director Bonnie LePard announced on Tuesday that Oatlands Historic House and Gardens was awarded a \$20,000 Interpretation and Education Fund grant by the National Trust for Historic Preservation, made possible by a challenge grant from the National Endowment for the Humanities. The grant will be used to study the cultural landscape of slavery at Oatlands. Once home to the largest enslaved community in Loudoun County, the buildings, and landscape at Oatlands were interconnected to the lives of the enslaved people who lived and labored there. Much of the original plantation layout is still intact, and it was designed by George Carter of the Virginia family dynasty to specifically express his wealth and place in society and to maximize functionality within the slave plantation system.

Similar studies have been done in the Chesapeake, Tidewater, and lower Piedmont areas, but this is believed to be the first large-scale analysis in Northern Virginia. A summit scheduled for November will bring together experts from multiple disciplines to analyze the cultural landscape, identify locations high in probability for additional slave dwellings, and prioritize locations and topics for research and archaeological work. Their work will be compiled into a historic cultural landscape report that will guide future research, archaeology, interpretation, preservation, and programs at Oatlands. Discoveries made during the Sum-

mit will be incorporated into Oatlands' tours, programs, and other interpretation. The process for analyzing the landscape and developing interpretation will be shared as a training tool for other historic properties. Two local historic sites and other National Trust Historic Sites in Virginia will be invited to participate in the November summit.

"Our mission is to tell the whole story of Oatlands," said LePard, "This cultural landscape of slavery study is an opportunity to learn more about the hard life and work of people once enslaved here." The grant project furthers the work of Oatlands' Reclaim Your Story initiative to research and document the enslaved community, locate descendants, interpret slavery, and educate the public about African American history in Loudoun County. To learn more about the enslaved community at Oatlands, visit www.oatlands.org/slavery.

About Oatlands Historic House and Gardens: Oatlands is a 360-acre self-supporting National Trust Historic Site and National Historic Landmark. The site features a stunning landscape with magnificent gardens, 1804 mansion and 19th century brick dependencies, including the Oatlands greenhouse, the second oldest greenhouse in the nation. For more information, visit www.oatlands.org or call 703-777-3174. Oatlands is located six miles south of the Town of Leesburg on U.S. Route 15, 20850 Oatlands Plantation Lane, Leesburg, VA 20175

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NEWS OF NOTE

MIDDLEBURG BORN PODCAST RECEIVES 2017 GWA MEDIA AWARDS SILVER MEDAL OF ACHIEVEMENT

The Native Plant Podcast, a podcast originally created by Landscape Designer John Magee of Magee Design in Middleburg, VA received the 2017 Media Awards Silver Medal of Achievement for talent in Digital Media (John Magee) and for best Podcast overall, presented by GWA: The Association for Garden Communicators.

This national award recognizes individuals and companies who achieve the highest levels of talent and professionalism in garden communications. The 2017 competition had more than 200 entries in 61 categories. Recipients of the Silver Medal represent

the top winners each competition category and will now compete for best of group in the areas of writing, photography, digital media, broadcast media, publishing and trade.

Magee received the Silver Medal of Achievement for his work entitled The Native Plant Podcast

"The GWA Media Awards showcase the writers, photographers, editors, publishers and trade companies that have pursued excellence in garden communication in print or electronic communications," says Kirk Brown, president of GWA. "The Media Award winners have

been judged by industry experts and show significant distinction and merits that exemplify exceptional work."

Magee Design has long been known for their innovative approach to Landscape Design being one of the original design firms working on sustainability, habitat gardening and landscaping with native plants

Since the early 1980s, the GWA Media Awards program has recognized outstanding writing, photography, graphic design and illustration for books, newspaper stories, magazine articles and other works focused on gardening. In recent years, the



awards program has expanded to include on-air talent, production and direction for radio, television, video, Internet and other

electronic media.

To view all the 2017 GWA Media Award recipients, visit www.gardenwriters.org.

CREIGHTON FARMS INVITATIONAL SUPPORTS PKU



TOM NEEL

June 24th through the 26th marked the sixth annual Creighton Farms Invitation golf tournament and fund raiser, to benefit The Nicklaus Children's Health Care Foundation & The National PKU Alliance. Each year, Creighton Farms, located in Aldie, Virginia, hosts golf legend Jack Nicklaus and his wife Barbara, celebrities of sport such as Roger Clemens,

and enthusiastic golfers for this prestigious event.

This year's festivities opened with a welcome party and concert at Cana Vineyards and Winery on Saturday, followed by a practice round on Sunday with an evening Pairing Party, Cocktail Hour, dinner and auction at the Salamander Resort & Spa, featuring a fireside chat with Jack Nicklaus, hosted by The Golf Channel's Charlie Rymer.

The beautiful weather contin-

ued for the tournament on Monday with over 90 golfers, which then ended with the luncheon and awards. During the tournament, Jill Elkins, whose son Hudson has been diagnosed with PKU, hosted an educational round table discussion with the National PKU Alliance's Executive Director, Christine S. Brown. There, we learned that Phenylketonuria (PKU) is a rare, inherited metabolic disorder that is characterized by the inability of the body

to utilize the essential amino acid, phenylalanine (Phe). All children are tested at birth for PKU, and in short, a positive diagnosis means protein will slowly but surely cause severe brain damage over time. This means a life of a highly protein restricted diet and special formulas to protect their brain function.

As Artist in Residence, I was then given the privilege in teaming up with the group of 18, to together create an inspirational

piece of art I titled "Hope." There were a lot of smiles as we all painted together and then presented "Hope" to Barbara Nicklaus as a way of saying thank you for the Nicklaus's support. "Hope" now hangs in Florida at the Nicklaus Foundation headquarters. The CFI event raised a powerful \$1.4 million dollars!

For more information about PKU and the National PKU Alliance, please visit - NPKUA.org



'tis the season.
soft-shell crabs
have arrived.

Soft Shell Sundays

The season has arrived. To celebrate, Chef Ryan will create a new and exclusive dish each week incorporating this seasonal delicacy which will only be available for Sunday dinner.

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Middleburg Eccentric

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NEWS OF NOTE

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LOCAL COMPANY GRANTED THE LARGEST US REFORESTATION CARBON CREDIT



GreenTrees received the largest US reforestation carbon credit issuance for a single verification — over 1,000,000 metric tons by the American Carbon

Registry, an enterprise of Win-rock International.

GreenTrees, the largest carbon reforestation project in North America, is focused on restoring

One Million Acres in the Mississippi Alluvial Valley. This area is known as America's Amazon because it is a flyway for 60% of all birds on the North American Continent, drains 41% of the

US and is a major commercial artery.

"The whole focus of GreenTrees is about driving scale," said Carey Crane, Co-Founder of GreenTrees. "Our vision is to restore one million acres back into America's Amazon - the Mississippi Alluvial Valley. With nearly 500 landowners and 120,000 acres under management, we are just getting started."

For over a decade, GreenTrees has been innovating and designing a platform company to create scaled impact on private lands,

using its river system approach. The company was born from passion and commitment by the founding partners to achieve restoration on a scale and in a way that will create landscape change by sequestering carbon, purifying water and creating habitat that fosters biodiversity.

According to the IPCC, one-third of all carbon emissions since 1750 have come from land use change, predominately deforestation. Reforestation unleashed in a programmatic and concentrated fashion is a technology that can scale and help to bend the climate curve.

In fact, the National Academy of Science studied all the technologies in laboratory and commercial development and deemed tree planting as the most scalable, lowest risk solution to combating climate change.

"Yes, Trees are a technology! And so are the tools to drive scale," said Jerry Van Voorhis, CEO of GreenTrees. "Today marks a milestone in our march to a million acres and demonstrates our ability to drive scale!"

www.green-trees.com



THE CONSERVATORY AT GOODSTONE

There's Something New at Goodstone.

Experience the finest in gourmet farm-to-table dining at our new Conservatory Restaurant. Plan a getaway to Virginia's wine and hunt country and visit our breathtaking 265-acre estate with 18 elegant guest rooms in six private guest residences. It's always the good life at Goodstone.

UPCOMING EVENTS:

Sunday, August 6: Poolside Sunrise Yoga (6am to 7am)

Relax with sunrise yoga by the pool on our beautiful estate followed by refreshing smoothies.

Sunday, August 6: Brunch and Brushes (1pm to 4pm)

Enjoy a three-course brunch followed by a Paint and Sip with Loudoun artist Jill Perla. Sip a complimentary strawberry Mojito as you paint away. (Supplies provided)

Purchase tickets for the above events on www.Eventbrite.com



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For the Month of August

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2017 is Mikes Night!

Lt. Mike Prince is retiring ... Help us say thanks for his service and join the celebration at the Community Center.



Tuesday August 1, 2017

6:00pm-8:00pm

At the Community Center

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Police Dog Belly Bounce



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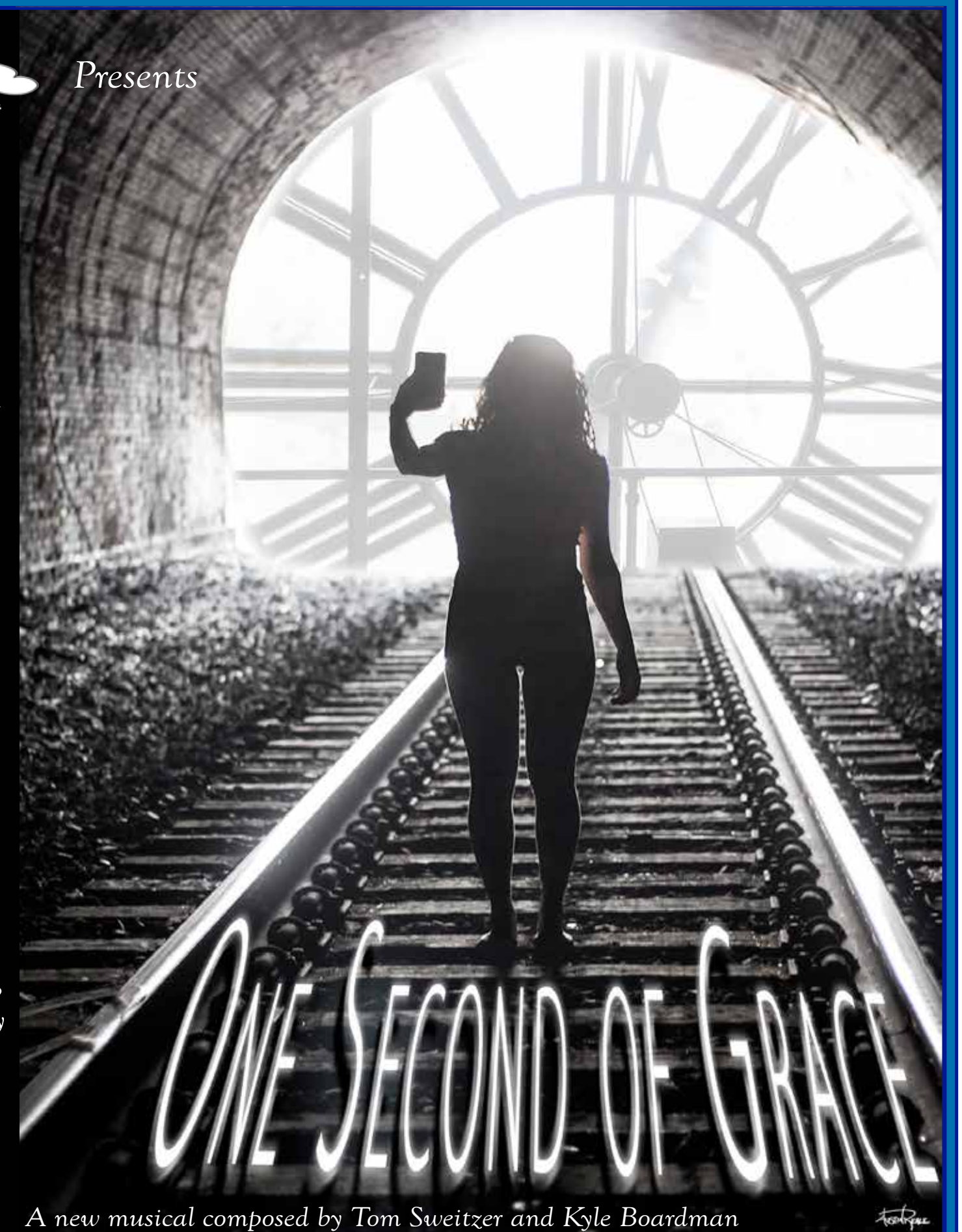
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Presents

A high school art teacher assigns his students to take a picture of the most meaningful second in their lives.

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**This production
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NEWS OF NOTE

IT'S TIME TO ERASE THE STIGMA OF MENTAL ILLNESS



MIDDLEBURG COMMUNITY CENTER

JULY 4TH

INDEPENDENCE DAY

CELEBRATION

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MIDDLEBURG TOWN COUNCIL REPORT

CONTINUED FROM PAGE 1

Prince with a mantel clock bearing the Town Seal and a copy of its formal resolution. A member US Congressional Representative Barbara Comstock's 10th District staff was also present to present a flag that had flown over the US Capitol.

Public Comments and Concerns

Dennis Cotter, perhaps best known for his active support and contributions to Middleburg's Public Library, brought Council's attention to what may be some of the last un-repaired damage from the June 2016 hailstorm in Middleburg.

There are still broken windows, he noted in the building at 301 East Washington Street, once owned by the family of Mayor Betsy Davis, then by Rev. Betsey Parker, who donated it to the Middleburg Museum. The Museum, in a fund-raising effort, sold the historic stone building to the Masters of Foxhounds Association to serve as their future national headquarters for the Association, its Foundation, and the Hunt Staff Benefit Foundation. The Association is currently raising money to cover repairs and renovations. On line, donations may be made at <https://shop.mfha.com/products/mfha-foundation-donation-headquarters>

who is now going to school.

I do miss the highs of my manic cycles; they make you feel like you are the luckiest person on the face of the Earth. But the downs are just too awful to risk. They can turn into gaping abysses. So, I take my medications. I see my doctors and therapists.

And yet, there are still times this disorder can get the best of me. I tried to commit suicide six years ago, and I have been hospitalized on several occasions. But, I will persevere. My faith, my church, and my community are important supports for me. They keep me working to stay on top.

As a member of this community, I am trying to help people see past the labels and embrace the totality of the individual. So many of these disorders are just another genetic variation—no different than brown eyes, pale skin, or red hair.

No one in Loudoun should face prejudice against mental illness.

We need to erase the stigma we still have about mental disorders. We need to make it easy for people to get the therapy and medications they need. That's 80% of the battle. We need to prevent mental illness from ruining lives. Won't you join us and help End the Need?

If you met me at the coffee shop, the soccer field or the mall, you would never guess I have struggled with mental illness my entire life. I have had a high-powered, lucrative career that allows me to travel internationally and to lead large corporate teams to outstanding results. I am married. I have a son in college. I earned an MBA from GW. My life is truly blessed.

But, it has not been an easy journey. In my 30s, I found myself in a dysfunctional, co-dependent relationship. I underwent years of treatment for an eating disorder and depression. But, I wasn't getting better—because I wasn't depressed. I was, and am, and always will be, bipolar. The antidepressants I was taking were actually making my symptoms worse—pushing me further into my manic cycles.

The Next Chapter

In 1985, I changed meds and started therapy. I learned how to cope with my illness and how to avoid addictive behaviors. For me, that meant no more uncontrolled binge shopping. More important, I found the strength to break up with my boyfriend.

1988 was a pivotal year for me. I met and married a wonderful man. Ten months later, we moved to Waterford. And we adopted a son from Russia,

looking into the matter. Much of the signage, however, is out of the Town's control, falling instead under the purview of the Virginia Department of Transportation, which, technically, "owns" Middleburg's streets.

New Head of Business and Economic Development

Town Administrator Martha Semmes announced the hiring of the Town's new Director of Business and Economic Development.

On July 10 Jamie O. Gaucher replaced long-serving and highly respected Director Cindy Pearson.

For a profile of the new Director see page 3.

The Town is also in the process of hiring a new Facilities & Maintenance Supervisor and an Administrative & Accounting Assistant. One, and possibly both positions are expected to be filled in July.

Middleburg on the Web

Work continues apace on the design and implementation of a new website for the Town.

Registered "likes" for the Town's FaceBook page appear to be trending upward. Cindy Pearson reported that totals rose around 4.5% from April 1 to June 30, from 2,322 to 2,437. The posts, she noted reach around 500 people every day. June 5th marked a high point when a post about Middleburg Public Library's Blue Ridge Wildlife Center program reached more than 2,000 people.

Instagram and Twitter following also continue to rise.

Health Center Vacancies

Council Member Kevin Hazard noted that there are still unfilled vacancies in the Town-owned "Health Center Building" on South Madison Street. Rental income from the building, which once housed Middleburg's Police Department, traditionally served as the base for the Town's annual contributions to charities and non-profit organizations.

Repairs, updates, and the completion of a mold remediation program have reportedly been the major factors delaying the signing of new leases for space in the building.

Police

Police Chief A.J. Panebianco reminded Council that Middleburg's now-famous National Night Out celebration, set for August 1, will also serve as the Town's unofficial public going away party for retiring Police

Lieutenant Mike Prince.

Effective August 1, a five-year veteran of the Haymarket Police Force, Jason Davis, will join the Middleburg Police Force to fill the vacancy left by Prince. Davis was selected from over 20 well-qualified applicants. The new officer knows Middleburg well, according to Chief Panebianco, having worked here with Safeway earlier in his career.

Parking

The Town's new parking enforcement software is working well, according to Police Chief Panebianco.

Citizens and visitors will note that parking spaces on the street are now discreetly numbered and that parking tickets may be paid on line. Four of the nine ticket issued at the time of the last Council meeting, Panebianco noted, had paid on line at <https://www.tocite.net/middleburgva/searchticket/index/parkingtickets>

If someone receives a parking ticket, the Chief reminded Council, they must pay or dispute the ticket by the due date or be subject to late fees and collections fees.

A Ticket may also be paid in person or by mail, though currently only checks or money orders are accepted through the mail.



POLICE CHIEF A.J. PANEBIANCO

Faces of Loudoun

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PLACES & FACES

GREAT MEADOW INTERNATIONAL

THE PLAINS, VA - TEXT BY LAUREN GIANNINI ~ PHOTOS BY RICHARD CLAY

U.S. WINS GREAT MEADOW INTERNATIONAL NATIONS CUP OF EVENTING



The Land Rover U.S. Eventing Team recorded their second consecutive win in the Great Meadow International Nations Cup™ of Eventing, presented by Adequan, during a great 3-Day weekend in The Plains, July 7-9. The U.S. led in all three phases of the Nations Cup™ to finish on the final score of 151.5 penalty points (in eventing, the lowest score wins), followed by the team from Canada on 168.6 for second place, and Great Britain in third.

Great Meadow International has the distinction of hosting the only FEI Nations Cup™ Eventing competition that takes place outside of Europe. Teams from Canada, Great Britain and the United States competed in the \$20,000 CICO3* FEI Eventing Nations Cup™ which featured a field of 30 riders and horses, representing Canada, Great Britain, Australia and the USA, vying for prize money worth \$30,000 in the individual competition.

"We were very excited to host the FEI Nations Cup™ again this year. We anticipated a spectacular competition with world-class eventers," said Teresa Condon, who was hired in June to fill the newly created position of GMI Director of Operations.

It really was a super-spectacular show. American team riders swept the top three individual places, ensuring the Nations Cup victory. Jennie Brannigan and Cambalda (aka Ping), owned by Nina Gardner, scored the individual win on 49.8 penalty points. It was their second victory at Great Meadow, having won the 2015 GMI CICO3* Pan Am Games Prep. Local rider Lynn Symansky and Donner (2003), an off-the-track Thoroughbred owned by the Donner Syndicate, were part of the US Team that won gold at the 2011 Pan Am Games. They earned the USEF National 4-Star Reserve Championship at 2013 Rolex Kentucky CCI4* where Donner was Best Conditioned, Best Turned Out and the Highest Placed OTTB. They were on the US team for the 2014 World Equestrian Games, 2015 Aachen CICO3*, and the traveling alternate for the US 3-Day

"The first time I came [to Great Meadow International], it was so exciting because it earned me a spot as traveling alternate for the 2015 Pan Am Games, which was

quite special to me," said Brannigan. "It's such an honor to get to ride for your country and 'Ping' has been an incredible horse in a lot of ways and is wonderful to me. I really appreciate him stepping up to the plate."

Brannigan, who grew up in Illinois and is based in Unionville, PA, began her equestrian education as Allison Springer's first working student, before continuing her equestrian education with eventers and show jumpers on both coasts. She landed at True Prospect Farm in Pennsylvania and spent five years under the tutelage of Phillip Dutton before she set out on her own. Dutton's lessons encompassed every facet of riding and training horses from start to upper levels as well as how to run a horse business and acquire owners.

Symansky, based in Middleburg, grew up in Virginia. She joined the Difficult Run Pony Club when she was four and soon earned her D rating. At five, she rode in her first Beginner Novice event. By 18, Symansky was competing successfully at the Advanced level and, before finishing high school, competed in three long format FEI 3-day events. She earned her "A" Pony Club rating with No It Tissant, her first 4-star horse, an off-the-track Thoroughbred, and also combined a Bachelor of Science degree in business at Washington & Lee University with competing at the Advanced level while bringing along a young event prospect. Symansky's a veteran of eight CCI4*: Kentucky, Burghley (England) and Pau (France).

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team for the 2016 Rio Olympics, to name a few highlights.

Entered as alternates in the GMI Nations Cup, Symansky and Donner were called to join the Land Rover U.S. Eventing Team when Buck Davidson withdrew his Copper Beach just before the start of the competition. They took it right in stride, their second place finish contributing greatly to the US Team's success.

"It's such a cohesive group. Everybody just works together and supports each other," said Symansky. "We're all out here to win and do the best we can. It was awesome. The whole way around, I heard people cheering me on, saying 'come on, Lynn, you can do it!' It's cool to ride in your hometown event. It was an honor."

Local rider Allison Springer and her very popular, recently retired 4-star horse, Arthur, performed the test ride, kicking off the dressage on late Friday afternoon, which continued on Saturday morning. Two withdrew, leaving a field of 30 combinations to show jump before that evening's Bareback Puissance competition, sponsored by Morningside Training Farm.

After the first two phases, the US stood in first place with a score of 143.1. Great Britain sat in second on 155.6, just in front of the Canadians on 156.2.

On Sunday morning, the cross country consisted of 24 obstacles, including eight combinations. Course designer Mike Etherington-Smith reversed the track to make it more interesting. His technical questions prompted respect from the competitors with 22 out of 28 starters finishing the course. All but one of the 22 jumped clear and, of those, only three made the optimum time of 6:33.

The sole American rider, who didn't incur time penalties going cross country, was Boyd Martin aboard Steady Eddie. They just kept working their way up the leaderboard after scoring 58.3 in dressage that put them in 24th.

"The dressage test was alright," said Martin. "Eddie hasn't been out for a while, so he got a little

excited. I was a bit disappointed, to be quite honest. He's a Thoroughbred so he gets a bit anxious at times, but that's just the way it goes. This is a worthy horse for the team."

Steady Eddie proved it by living up to his name for the rest of the weekend. His double clear show jumping round improved them to 14th going into Sunday's cross country finale when Eddie and Martin went out as Team USA's pathfinder. Their clear round in 6:31 put them into 10th place overall.

"Eddie came through for me, he was the only horse that finished on his dressage score," said Martin. "It was a bit hard to gauge the course because the first rider fell, the second was held on course, but I zipped around and everything rode really well."

Phillip Dutton, six-time Olympic veteran and the only American eventer to medal (individual bronze) at the 2016 Rio Olympics, was last out on the cross-country with I'm Sew Ready, owned by Kristine and John Norton. In first place after dressage, they lowered a rail in show jumping, and the four faults dropped them to second. Just before leaving the start box on Sunday morning, Dutton knew that the U.S. team had won. They jumped clear, incurring 5.6 time penalties for third place.

"My teammates did it all for me," said Dutton. "I thought it was a good run for the horse. He's not the fastest, but I think I could have done a little better job at the galloping fences. Overall, though, I was pleased that he went so well."

The individual overnight leader going into cross-country was Team Canada's Jessica Phoenix and Pavarotti, but 12.4 time penalties dropped them to 6th place overall. Two teammates jumped clear and within the time. Selena O'Hanlon and Foxwood High moved from 9th to 5th; Waylon Roberts and Kelecyn Cognac clocked the fastest time, 6:21, for a final score of 57.3 that boosted them four places to 8th individually. Rounding out the Canadian team, Lisa Marie Fergusson placed

lotted Honor Me to a clear round with 2 time penalties.

"I think it was a really exciting weekend for Canada," said Phoenix. "We almost all got personal bests, which was great for us."

Only two members of the British team finished the cross country. First out of the start box, Justin Dutton (no relation to Phillip) and Jak My Style were eliminated when they fell at #18, the Adequan Beaver Pond. Three refusals at the Beverly Equestrian corner (9b) took Matthew Heath and One of a Kind out of the running. Emily Llewellyn and Emirati Night Sky jumped clear with 8.8 time penalties. Anchor rider Nicky Roncoroni and Watts Burn added only 4.4 time penalties to their score for 53.0 and fourth place overall.

"We've had the most incredible experience," said Roncoroni. "For sure, we are all desperate to come back again. What an incredible event that you guys have made here."

Plans are already in the works for next year at Great Meadow International.

"We're thrilled to have produced another successful Nations Cup of Eventing," said Rob Banner, President of the Great Meadow Foundation. "Our area deserves the best in the world, no less. This competition will help raise the bar for the whole sport. We thank the like-minded donors who have helped us achieve this goal and look forward to the next Nations Cup, July 6-8, 2018."

For more information: www.GreatMeadowInternational.com

Note: You can still watch the Great Meadow International FEI Nations Cup™ of Eventing, presented by Adequan: US Equestrian offers a fan membership for \$25/year that provides access to the Learning Center, USEF Network, and various member perks, including the USEF Network's full schedule of national and international equestrian competitions, live and on demand.

Visit: www.usef.org.

GREAT MEADOW INTERNATIONAL

THE PLAINS, VA - PHOTOS BY RICHARD CLAY



JENNIER BRANNIGAN RIDING "CAMBRIA" USA



LYNN SYMANSKY RIDING "DONNER" USA



PHILIP DUTTON RIDING "I'M SEW READY" USA



JAN BYNNY RIDING "INMIDAIR" USA



USA TEAM, 2017 NATIONS CUP WINNERS PHILLIP DUTTON, JENNIFER BRANNIGAN & LYNN SYMANSKY



WILLIAM COLEMAN RIDING "TIGHT LINES" USA



KURT MARTIN RIDING "ANNA BELLA" USA



LILLIAN HEARD RIDING "LCC BARNABY" USA



RACHAEL McDONOUGH RIDING "IRISH RYTHEM" USA



MARA DEPUY RIDING "CONGO BRAZZAVILLE" USA



PLACES & FACES

GREAT MEADOW INTERNATIONAL
THE PLAINS, VA - PHOTOS BY NANCY KLECK



1ST PLACE,JENNIFER BRANNIGAN ON "CAMBALDA"



JENNIFER BRANNIGAN



CANADA, USA AND GREAT BRITAIN



BOYD MARTIN ON "POLARIS" USA



TEAM USA



LYNN SYMANSKY ON "DONNOR", USA



WARRENTON HUNT



EMILY LLEWELLYN ON "EMIRATI NIGHT SKY".



BOYD MARTIN ON "STEADY EDDY" USA
~ BE LOCAL ~



JAN BYNYN ON "IN MIDAIR" USA
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1ST PLACE,JENNIFER BRANNIGAN ON "CAMBALDA"

GREAT MEADOW INTERNATIONAL@THE TENT
THE PLAINS, VA - PHOTOS BY DEE DEE HUBBARD



PLACES & FACES

ANN MCLEOD CELEBRATES HER 95TH BIRTHDAY
HOSTED BY JOHN & BETH ANN MASCATELLO, MIDDLEBURG, VA - PHOTOS BY NANCY KLECK



CAROL STADFIELD AND JENNIFER ANDREWS



ANN AND JOHN MASCATELLO



SAM HUFF & CAROL HOLDEN



JETT LYERLY, LUKE MASCATELLO, AND THOMAS WILLIAMSON



ANN AND ROMA & JOHN SHERMAN



BAILEY & BRAD DAVIS



KIT, JENNIFER ANDREWS, ANN, BEVERLY KAUFMAN, BETH ANN MASCATELLO AND KELLY JOHNSON



KIT & ANN



JIMMY HATCHER, ANN AND KIT HEMION



JOHN MASCATELLO, SCOTT ANDREWS AND JOHN COLEMAN



STEWART HERBERT, KELSEY LEACHMAN, JENNIFER AUSTEL AND KELLY JOHNSON



JUDY WASHBURN, ANNA DEES AND ANN



LUKE, ANN, THOMAS, JETT, HOLLAND, EMILY, MADISON, OLIVIA, MADDY, TEDDY AND WILLA



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PLACES & FACES

ANN MCLEOD CELEBRATES HER 95TH BIRTHDAY
HOSTED BY JOHN & BETH ANN MASCATELLO, MIDDLEBURG, VA - PHOTOS BY NANCY KLECK



BOB DALE AND BOB ELLIOTT



ANN AND ZOHAR BENDOV



JILL VOEL, CAROL STADFIELD, BETH ANN MASCATELLO AND ERICA WILEY



ANN, JILL VOGEL AND NICKY PERRY



ANN & BETH ANN MASCATELLO



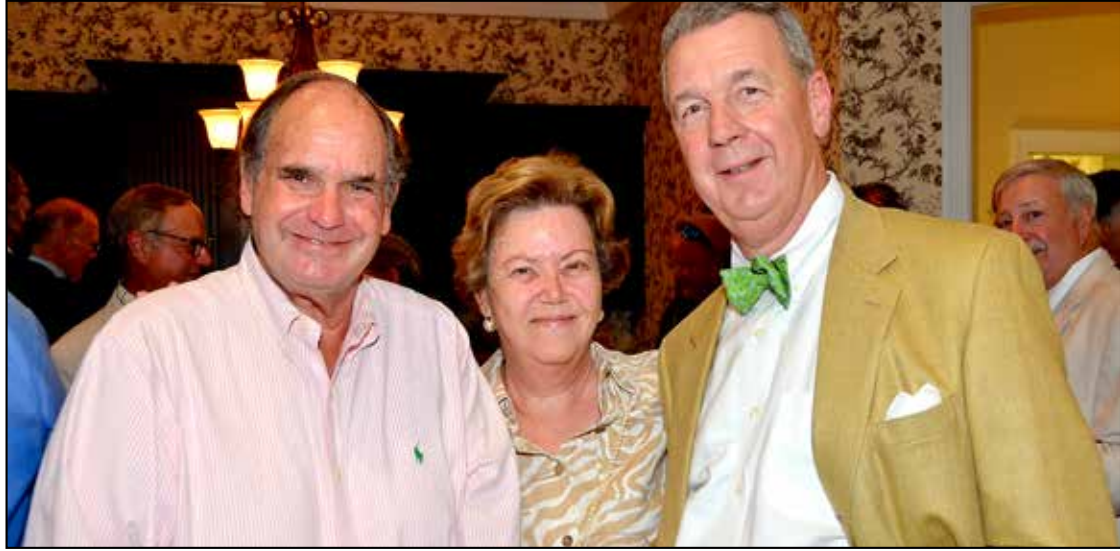
ANN, LYNN & JIM WILEY



ANN AND COLIN MCLEOD



JAMES ALTON MCLEOD, ANN AND COLIN BRUCE MCLEOD



LEN SHAPIRO AND VICKY MOON



MICHAEL CRANE, TROYE PLASKITT, KAREN CRANE AND VIRGINIA JENKINS



GLORIA ARMFIELD, ILONA CROFT AND CAROL MILLER



MEGAN & JAY HUBBARD



EDIE SMART AND BETH ANN MASCATELLO



A. RANDY & BETH ANN BEMON



JOLIE DEGIVE AND NINA FOUT



ANN, HELEN WILEY AND CLAUDIA YOUNG

PLACES & FACES

4TH OF JULY IN MIDDLEBURG

MIDDLEBURG COMMUNITY CENTER, MIDDLEBURG, VA - PHOTOS BY DEE DEE HUBBARD



ZHAR BENDOV AND MARY B. SCHWAB



PLACES & FACES

4TH OF JULY IN MIDDLEBURG

MIDDLEBURG COMMUNITY CENTER, MIDDLEBURG, VA - PHOTOS BY DEE DEE HUBBARD



SAVE THE DATE!

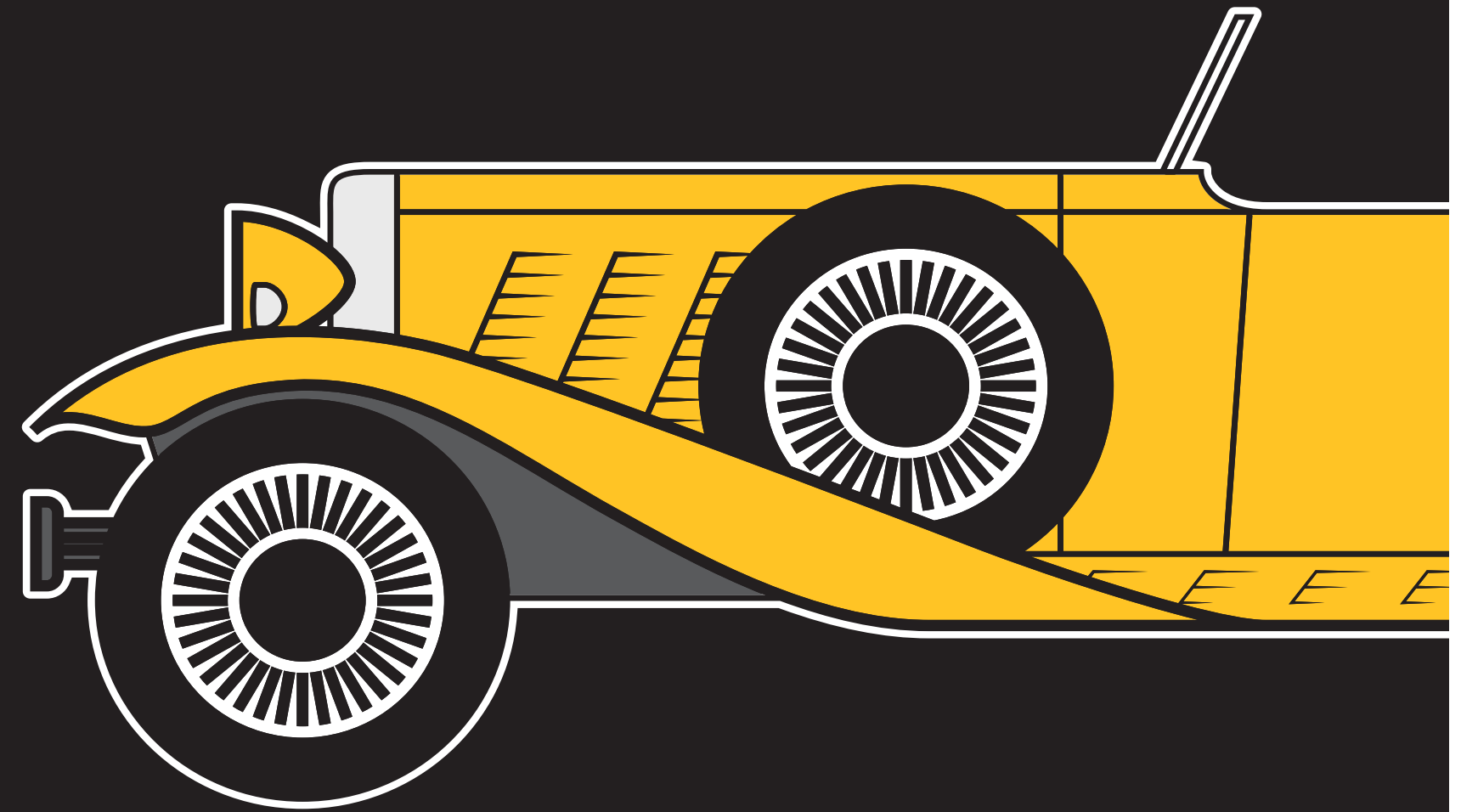
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SALAMANDER RESORT & SPA

ENTERTAINMENT BY DOC SCANTLIN AND THE IMPERIAL PALMS



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—F. SCOTT FITZGERALD

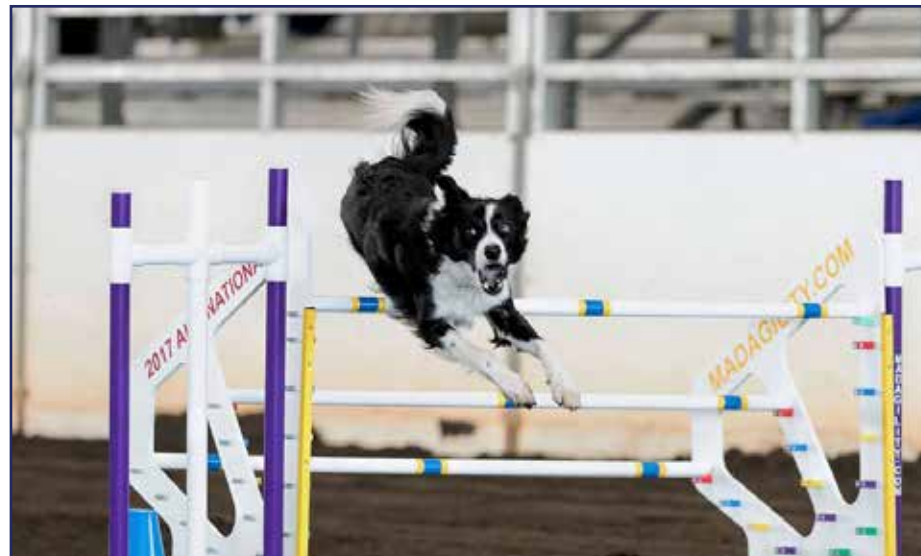
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PROGENY

FAUQUIER 4-H PUPPY PALS ALUMNI ABBY PEACH COMPETING ON THE NATIONAL STAGE



Fauquier 4-H Puppy Pals Alumni Abby Peach is competing on the National Stage in Agility! Abby recently earned her spot on the USA AKC European Open Team along with her dog, Usher, in the Large Dog division. This is her first time competing in the European Open and is understandably excited. Abby recently graduated from Virginia Tech with a major in Animal Science and is working at a veterinary hospital. Abby and Usher will compete for Team USA in Italy in just a few short days. They were finalists this past year at the 2017 AKC Agility National Championships. Usher and Abby are always super enthusiastic on the course and are very thankful for this opportunity and the support they have received along the way. Fauquier Extension Office and 4-H would like to wish Abby the best of luck in Italy and congratulate our past 4-Her on her achievements!



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PROGENY

CONGRATULATIONS TO HILL SCHOOL CLASS OF 2017



MIDDLEBURG MONTESSORI SCHOOL'S "AN AFTERNOON OF SCIENCE AND MUSIC"

The elementary and adolescent classes of Middleburg Montessori School hosted "An Afternoon of Science and Music" to conclude their school year. The event began with violin music performed by the upper elemen-

tary students who have worked all year with Nancy Shavin, learning violin through the Suzuki method. Following the performance, science projects were on display for all to enjoy. Students were available to demonstrate their experiments, explain their meth-

odology, and answer questions regarding their work. Parents, families, and friends were able to explore properties of ocean waves and currents, dissect seeds and flowers while identifying and naming their parts along the way, and watch volcanoes erupt.

Students also demonstrated different solid and liquid types and explained the cause of land and sea breezes. A live bottle rocket demonstration was held outside in the yard.

Finally, the program concluded with the song "Fifty,

Nifty United States" in front of a timeline showing the order of the states by date entering the union. At the end of the evening, the students were thrilled to have been able to share some of their discoveries and talents with all who attended.



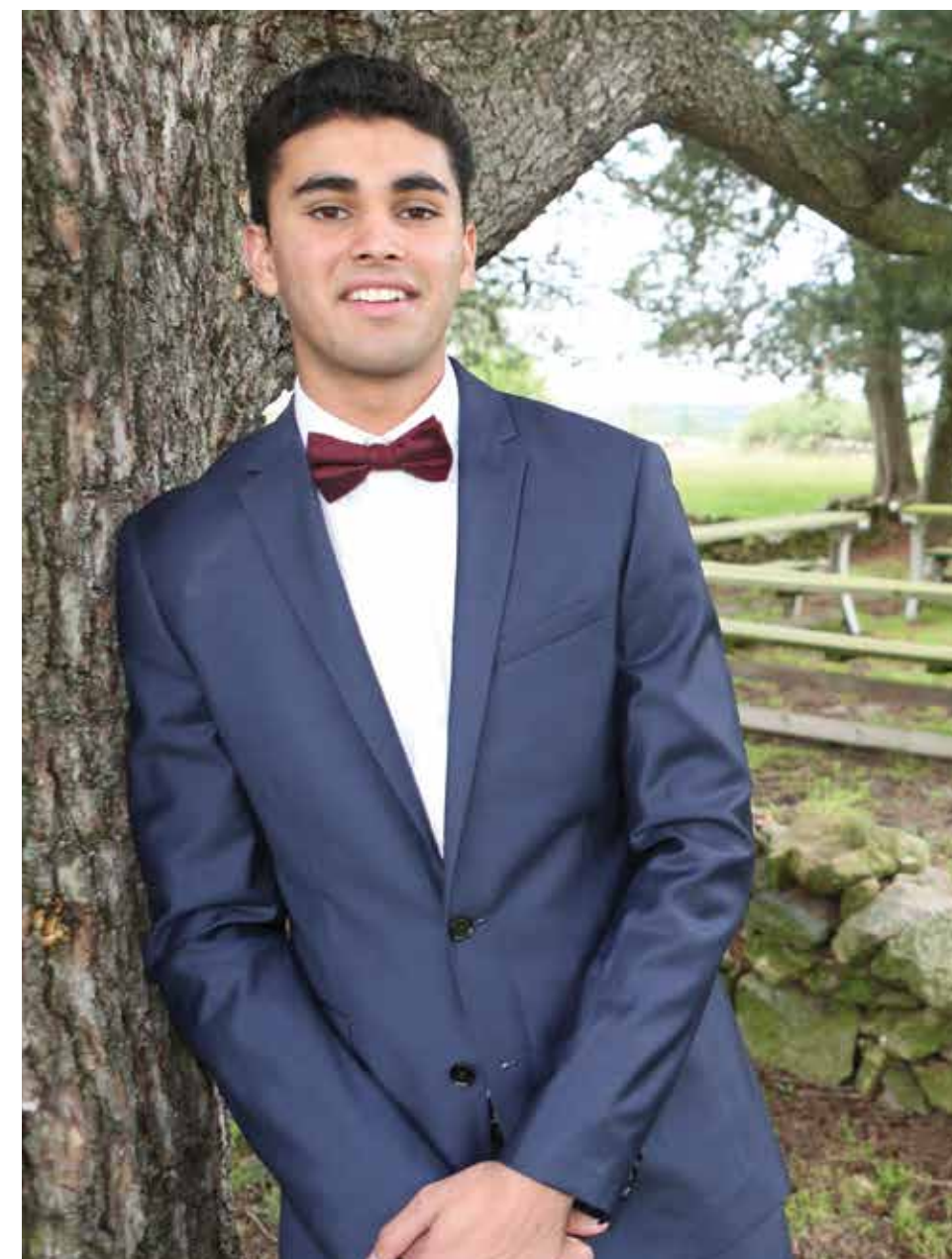
LOUDOUN AND FAUQUIER 4-H CAMP

Loudoun and Fauquier 4-H held their annual Junior 4-H camp this past week at the 4-H center in Front Royal. There were about two hundred and fifty campers, seventy counselors and counselors in training, and twenty adult volunteers there for the week's events which started Sunday afternoon and ran until Thursday evening. This week campers had the opportunity to learn all sorts of things from baking and yoga, to riflery, archery, and outdoor skills, to canoeing and sports. Except for the pool being down due to a power outage early in the week, the week was great, and the campers had a wonderful time.

Campers and counselor's spent the week taking classes, spending time in the pool or playing outside, acting out skits around a camp fire, playing games, singing songs, and having a good 4-H time! Many of the campers go through the ranks to become a counselor and love the camp life. We hear many kids say "I

love camp," "I don't want to leave," "I'm having a wonderful time," and similar comments. Counselors continue to train and come back as volunteers because "a counselor along the way left an impact" and they want to do the same for other kids. One camper that was a little home sick in the beginning later mentioned that she wanted to come back for the rest of her life. Thank you to all of those who came together to make this week fabulous for our youth.

The camp is a great opportunity for kids to get outside and make new friends during a week-long respite from electronics. Like any 4-H program, the camp focuses on developing the whole child by focusing on the pledge of 4-H, head, heart, hands, and health. They learn to be people of character and good citizens in their community among many other skills and traits. The camp is held every year and is open to the public. If you are interested, please contact our office for more information.



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PROGENY

HARVARD'S EDUCATION ENTREPRENEURSHIP FELLOWSHIP AWARDED



Alex is a recent graduate of Harvard where she earned a Masters degree in Education. Alex attended Harvard on a merit scholarship and was a Zucker-

man Fellowship Finalist.

Alex is a graduate of Thomas Jefferson High School for Science and Technology where she was a Johns Hopkins Tal-

ent Search Finalist and National Merit Scholar. She holds a Bachelor of Science and an MBA from the University of Virginia, which she attended on a merit scholarship and where

she was ranked in the top five percent of her class, winning the William Michael Shermet Award and the Faculty Award for Academic Excellence. Before matriculating at Harvard,

Alex was an Associate in the Private Equity Group at Bain. Alex is the daughter of Leo Her-genroeder of Middleburg.

FOXCROFT'S STUDENTS SELECTED TO ELITE GOVERNOR'S SCHOOLS

Two Foxcroft School juniors — Melanie Fann of Purcellville and Emma Schmidt of Warrenton

— have been chosen to attend the prestigious Virginia Summer Residential Governor's Schools at university campuses this summer,

Academic Dean Courtney Ulmer announced Wednesday.

"We are extremely proud of Melanie and Emma," Ms. Ulmer

said.

Fann is one of just 100 students from the entire Commonwealth selected to the Governor's School for

Agriculture. This program, which runs from June 25-July 22, is hosted by Virginia Tech's College of Agriculture and Life Sciences, in collaboration with the university's colleges of Natural Resources, Liberal Arts, and Human Sciences and the Virginia-Maryland College of Veterinary Medicine. Students enroll in a major, such as animal science, food science, or agricultural economics, and learn directly from internationally known teachers, scientists, and researchers. As Fann hopes to become a veterinarian, this opportunity should prove invaluable.

Schmidt will attend the Governor's School for the Humanities from June 25-July 22 at Radford University. Fewer than 200 students are accepted for this program, which offers an intellectually challenging, university-level immersion in the humanities. Students take an interdisciplinary approach to such subjects as history, literature, philosophy, anthropology, political science, economics, sociology, psychology, and media.

Sponsored by the Virginia Department of Education, Summer Residential Governor's Schools provide gifted high school juniors and seniors with intensive educational experiences in various subjects. Students are nominated by their high school, which can put forth only one student for a given Governor's School. Selection is extremely difficult.



EMMA SCHMIDT

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MELANIE FANN

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THE ROLE OF ESSAYS IN THE COLLEGE ADMISSION PROCESS

BARBARA T. CONNER
DIRECTOR OF COLLEGE
COUNSELING
FOXCROFT SCHOOL

Researching among more than 3000 college options can be time-consuming, but if done well, the essay-writing part of the college application process will take the most time in the college application process.

In today's selective admission climate, making the grade is not enough to get a student admitted to college. Having top test scores is not enough to get a student admitted. Colleges are in the fortunate position of having incredibly qualified

statement, should be thought of as exactly that — this is very personal writing, so first person narratives (using the pronoun "I") are definitely not just okay, but expected. Colleges will provide essay prompts — questions or statements which get the student writing. It is important to remember that no matter what the essay question is, the topic of all college essays is exactly the same — the student! The college essay is the student's chance to share experiences, dreams, accomplishments, challenging narratives, etc. to deepen understanding about her life and what she hopes to take forward as she moves into her college years and beyond.

College essays need to be well-written narratives, but they don't

topics with maturity — not writing to make the reader feel sorry for you — writing to explore how this experience has changed the way you see the world, make decisions, deal with life's changing circumstances. Done well, these essays can be impactful — but you've got to have the ability to write well and focus on how the situation allowed you to evolve — this is not a plot summary piece that goes step by step through the story.

Spending time providing background, building up to what the admission officer actually wants to read. I have an 80/20 rule — the essay must be primarily about YOU — again, this is not a plot summary. Once drafted, you should be able to take a highlighter and mark up your essay — if more than 20% of the essay is about something besides you, you have more editing and writing to do! Make it easy for the admission reader to get to know you.

Too many cooks in the kitchen. Essays that are too polished or have too many voices are a red flag for admission readers who can tell the difference between 17-year-old grammar and syntax and 45-year-old grammar and syntax. If you are asking someone (teacher, parent, friend, etc.) to review your admission essay, please ask them to do it without a pen in their hands. Once they have read the essay draft, they should be able to talk with you about which parts worked, which parts did not flow smoothly, or where they felt you needed to be more specific. Please ask them not to mark up your writing — students often feel compelled to take the written suggestions with-

out realizing that these changes in phrasing often change the student's voice — the exact thing the admission reader wants to hear.

Some essay starters to get you writing:

If my time, money, and resources were unlimited, I would...

A book (movie, etc.) I return to time and time again...

Page 177 of my autobiography will read...

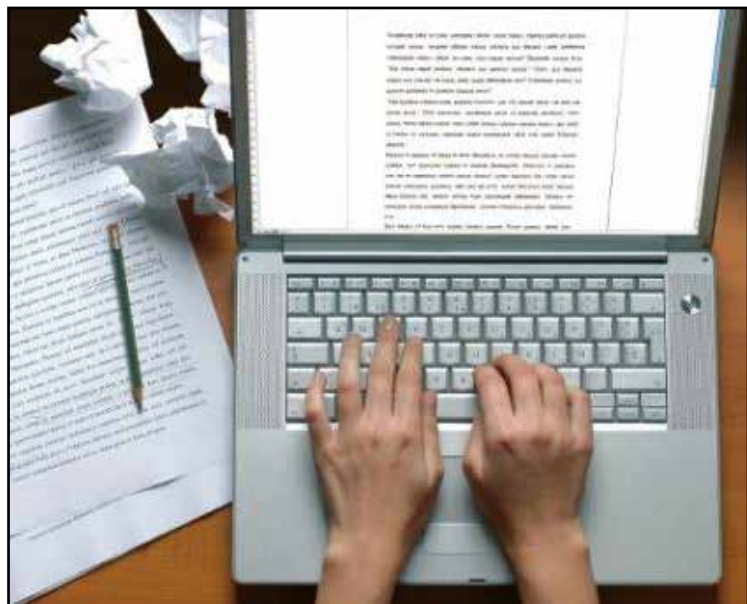
A challenging circumstance that changed my life...

As I sat in the back of the police car...

I should have known it was not a good idea...



Students often write four, five, six drafts of essays through this process. College essays take time because they carry a lot of weight in the admission decision process. Students should not waste this opportunity by not investing the time and attention that can be the difference between a decent essay and a compelling essay that has an admission reader excited to advocate for a student in committee.



applicant pools from which to select their next freshman class. During the last admission season, the University of Virginia had about 34,000 applications for about 4,000 seats in the first-year class. The vast majority of these applicants had rigorous coursework, stellar grades, and top-notch test scores — they could have done the work required to be successful at UVA. How do admission officers then review and select the students that will create the community they are trying to build on their campuses? By getting to know more about the student than grades and test scores. Once they know that students have challenged themselves with rigorous high school classes and have scored well on standardized college testing, colleges that read holistically have the responsibility for understanding who the applicants are and what they bring to the table.

What can tip the scales? The college essay! The essay is the one element in the process that reflects the voice and perspective of the student. The application is bio-data — name, address, parent information, etc. The transcript is a record of courses taken and grades earned. The school or counselor letter of recommendation is the 500-mile view of the student's overall high school experience and reflects narratives that introduce the student to the admission reader. The teacher letters of recommendation provide insights on who the student is as a learner — analytical and critical thinking skills — as demonstrated in the classroom environment from the teacher's perspective. These pieces of the transcript package provide context, understanding, and meaning to the admission officer, but do not reflect the student's voice.

The college essay, or personal

need to conform to the five-paragraph essay rhythms that students have encountered in English and history classes. It takes several drafts before students begin to fully transition from classroom/academic writing to the personal narrative, storytelling which this process demands. Well-written college essays take weeks not hours. Spending time on the drafting, editing, re-writing process is well worth it.

Traps to avoid:

Writing too generally. Great college essays are memorable — the story sticks with the reader long afterward. If the essay is so general that a number of different students could have written it, it is not your essay!

Overly common themes. You can choose to write your college essay on any subject that is meaningful to you, but remember that if you write on a common theme (service trip to South America, captain of the lacrosse team scoring the winning goal, my ACL surgery, etc.) it will be critical to go beyond the typical essay (they have so little, and they are so happy — it made me appreciate all I have, I led the team through a tough season, but it was all worth it as my leadership came into focus and I led the team to victory, during my recovery from ACL surgery, I had time to think about what was really important as I was side-lined and could not play that next season...) since admission officers read hundreds, if not thousands of similar essays each year.

The Three D's. Death, Divorce, Drugs. In the previous statement, I said you could write your essays on any topic you wish, and that is true. If you are writing about something sensitive such as one of The Three D's, it will be important to address these

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PROGENY

TWELVE LOCAL GIRLS GRADUATE FROM FOXCROFT SCHOOL

WOODS, LASSITER, BURKE, AND TATE TAKE FOUR OF TOP PRIZES



ALLISON BUFFENBARGER



HANNAH BUTCHER



ARIANA SORESI



SIOBHAN O'CONNOR



CHARLEE SCHULTE



CLARKE BETZ

Local girls collected four of the top graduation prizes, and 12 area residents were among the 35 students from ten states, the District of Columbia, and four foreign countries to receive diplomas from Head of School Catherine S. McGehee at Foxcroft School's 103rd commencement on May 26.

Lindsay Woods of Philomont won the prestigious Charlotte Haxall Noland Award; Elle Lassiter of Round Hill received the Josie Betner Mallace Award, and Upperville residents Leland Burke and Charlotte Tate were presented the Dudley Prize and Head's Prize, respectively. Clarke Betz, Charlee Schulte, and Ariana Soresi of Middleburg; Allison Buffenbarger, Hannah Butcher and Siobhan O'Connor of Leesburg; Reilly Canard of Philomont, and Morgan Rose of Purcellville also graduated. Their class, which includes four National Merit Scholarship Commended Students and 11 AP Scholars, received 140 acceptances and more than \$2.1 million in merit scholarships from 90 colleges and universities, including Cornell, Davidson, Emory, Georgetown, Pratt, St Andrews (Scotland), William & Mary, Virginia Tech and the University of Virginia.

Woods, who plans to attend the St Andrews William & Mary Joint Diploma Programme after taking a gap year, received the Noland Award as the senior who best combines the qualities Foxcroft's

founder particularly valued — high purpose, leadership, integrity, accomplishment, and understanding. A member of the Cum Laude Society since junior year, Woods also received the Latin Award and the Best Older Girl Athletic Award. A standout field hockey defender, she was a three-time VISAA All-State field hockey selection, and a four-time All-Delany Athletic Conference First-Team pick. She is the daughter of Lisa and Dennis Woods of Philomont.

Burke, who will attend the University of Mary Washington, was inducted into the Cum Laude Society, and received four awards, most notably the Ida Applegate Award as the senior who exemplifies this quotation: "For manners are not idle, but the fruit of a loyal nature and noble mind." She also took home the 3D Studio Art Award, Weinbach History Prize, and the Senior Class Parents' Association Award. The daughter of Martha and Leland Burke of Upperville, Leland is one of very few fourth-generation Foxcroft graduates, following her mother, grandmother Mary "Molly" Spencer, and great-grandmother Mary Custis Lee deButts, who graduated 99 years ago.

Lassiter, who will attend the University of Richmond in the fall, received the Josie Betner Mallace Award for humor and courage as well as two awards from Foxcroft's theater and music programs — the Hilary Somers Drama Award and the Music Award. The daughter of

Jennifer Lassiter of Round Hill and William Lassiter of Ashburn, Elle served as Student Vice Head of School, poetry editor of the online literary magazine, and Head of Foxcroft's environmental club. A goalie for the soccer team, she shares a school record for most saves in a game (20).

Head of School Cathy McGehee presented Tate with the Head's Prize, which is a special award that recognizes "special kinds of moral courage, often private, seldom noticed, therefore, the more deeply cherished." Tate, who will attend Georgetown University in the fall, served as a Dean's prefect in the library and manager of the Fox Team during her senior year. She is the daughter of Ann Cahill of Upperville and Christopher Tate of Vienna, VA.

Betz, who will attend Virginia Commonwealth University School of the Arts in the fall, is a talented artist. Her "Foxes on the Fence" painting raised more than \$1,000 in support of the Middleburg Garden Club's recent auction to benefit town beautification, promotion of the arts, and the local food bank. Another painting she did was used on the Head of School's holiday card. Clarke is the daughter of Shelly Betz of Middleburg and Frank Betz of Huntington, WV.

The daughter of Jan and Randall Buffenbarger of Leesburg, Buffenbarger received the Teresa E. Shook Award for her athletic proficiency

and sportsmanship. A four-time First-Team All-DAC selection and a three-time All-State pick in field hockey, she leaves Foxcroft with the school record for most assists in a season and most assists in a game. Buffenbarger, who earned academic high honors for four straight years, will study engineering and play field hockey at the Stevens Institute of Technology this fall.

Butcher, who received the 2D Studio Art Award and Gunnell Creative Writing Award, will attend Virginia Tech in the fall. A dorm leader and honors student, she was an intern in the Fine Arts Department and the Athletic Training Room, played varsity soccer team, and served as Head of the Art Club. She is the daughter of David and Lisa Butcher of Leesburg.

Canard, who will attend Virginia Tech in the fall, was also an outstanding athlete, receiving honors in volleyball and riding. In two years at Foxcroft, she was twice selected to the All-DAC team in volleyball, which she also captained. A member of the Interscholastic Equestrian Association team, Canard also received the Good Hands Award for her gentle manner with horses. She is the daughter of Virginia and Ronnie Canard of Philomont.

Rose was a member of the Interscholastic Equestrian Association team and a solid goalkeeper on the field hockey team. The daughter of Amy and Douglas Rose, she will attend American University in the

fall.

O'Connor, who is headed to the University of Mary Washington, participated in Foxcroft's international exchange to France, served as a dormitory leader, played varsity tennis, and held an internship at the Goodstone Inn, located in Middleburg, during her time at Foxcroft. She is the daughter of Dawn and Michael O'Connor of Leesburg.

The daughter of Karen and Steve Schulte of Middleburg, Charlee will attend Virginia Tech in the fall. A versatile athlete, she participated in Foxcroft's Exceptional Proficiency Program in order to train and compete in alpine ski racing and consistently placed among the top three skiers from Virginia, North Carolina, and West Virginia in regional competitions. At Foxcroft she played softball and rode, earning honors in both: she received a Most Improved Rider Award from Director of Riding Kate Worsham and, for the second year, First Team All-Delany Athletic Conference honors as a catcher.

Winner of the Science Department Award, Soresi served as an intern in the Physics lab and plans to pursue that subject at the University of Miami in the fall. She also played varsity field hockey and served as a dormitory leader. She is the daughter of Belinda Lee of Middleburg and Mark Soresi of Potomac, MD.

Twilight JUMPERS 2017



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PASTIMES

SUMMER SLIMMIN'

SINCERELY ME



BRANDY GREENWELL

New Year resolutions are often based on health, fitness and preparing for your summer “beach body.” I think that the dark winter days are meant for

Irish coffees by the fire, comfy sweaters and soups you can eat with a fork. It is much easier to diet and exercise in the summer; lots of ways to get your sweat on, fresh produce everywhere and long days to be active.

Like many, I am no stranger

to dieting and have tried my fair share. Let’s recap some of my diet don’ts.

Do you remember the season of The Real World, when Tami wired her jaw shut to keep from eating? Well, I couldn’t find a doctor to do that but my room-

mates at the time thought a close second would be for us to consume vodka soaked cotton balls as a means of dieting. We heard it worked for Kate Moss.

Jennifer Anniston is said to swear by colonics as a weight loss method. If you think jaw wiring and consuming cotton balls are weird, try having your colon roto-rooted while wide awake and in a bright room... with company and by choice.

Have you ever ditched carbs? Sure, it’s fine to eat a 20oz Porterhouse while dining out but you might find yourself wanting to stab someone with that steak knife for a crouton atop the passing 200-calorie salad with the dressing on the side.

My latest is “The Dog Food Diet.” Yesterday I was buying a bag of dog food at Safeway and was asked by the woman behind me if I had a dog. I replied, yes, but this purchase was because I was starting the “Dog Food Diet” again, despite ending up in the hospital the last time. Even though I ended up in the ICU, I did lose 40 pounds and wanted to give it another try.

I told her that it was essentially a perfect diet. Since kibble is nutritionally complete, you just put a few nuggets in your pock-



et and snack on them when you are hungry. (I have to mention here that practically everyone in the line was enthralled with my story.)

Horrified, this woman asked if I ended up in intensive care because I’d been poisoned by the dog food? I told her no, it happened because I stepped off a curb to sniff a cat’s a\$\$ and got hit by a car. Her face turned white with shock, but I thought the guy behind her was going to have a heart attack he was laughing so hard!

And hopefully, you are now too. I can’t take credit for coming up with that story but rather wanted to pass along the chuckle and the lesson. Always keep a positive attitude about dieting, laugh when applicable, and fuel your body with good nourishment made for human consumption. And sometimes, just eat the cake without regret. Be healthy and love all of you, all of the time, friends.

THE SUMMER LOOK

FASHION SENSE



NERISSA BROWN

As the summer heat continues to sizzle, so do the new looks of this season. Self-taught fashion designer Elie Saab swept me into a fashion swirl during the Spring/Summer 2017 Fashion Week in Paris. His collection, “Standing on Stardust,” captivated me with a memorizing legerdmain of colors, patterns, and shapes. His look is elegant, deceptively simple and classic but it blows a breeze of freshness and allure with every pose and every step. It is perfect for this time of year. Subtle or bold, be the heat and the salve in the summer air with a page from the Stardust sketchbook to create those dazzling looks that are sure to work for you.

Now that the season is in full steam, it is time to step into your fashion stride. Summer may be the easiest season to impress as the casual backdrop makes your special exceptional. If the traditional office is where you spend most of your time, create looks that are professional and stylish. Dresses, suits and separates in cottons and linens transition beautifully from the office to post work events. Focus on light, soft solid colors or friendly patterns for your wardrobe and accessories. Now that you have set your fashion mark for the office, you can prepare for those long summer days and warm nights.

As heat has you moving, it is time for a little fun. Show off your summer glow in cool, soft and airy fabrics enlivened in red and white and blue. Try playful mirrored rainbow sunglasses to frame your face, while your lips pout in hot pink and your nails shine in metallic sand colors. Adorn yourself in a little body bling and light bronze shimmer oil. Then toss on a quote inspired over-sized floppy hat and a whimsical straw tote bag that doubles as a picnic basket to stroll along the beach and poolside. And please don’t forget the sunscreen.

Still trending summer looks consist of the ever popular look of denim for work and play. Okay, so you say the summer has just gotten hotter and how do I keep this look cool? Try denim shorts, dresses and skirts in softer fabrications. Jeans are flatter when worn with a frayed and kicked flared hem. The go to shoe looks for this line up are denim gladiator lace up Espadrilles and platform sandals. White is always all right when the temperature outside gets too hot to handle. Keep

cool in an asymmetrical white shirt with obi tie detailing paired with a pair of high-waisted palazzo pants. Or slip into a white cotton-gauze maxi dress sure to take everyone’s breathe away. Keep your face cool and beautifully framed accented with a bold globally inspired headband. Plunging necklines with delicate sheer detailing or mixed floral prints and tiers of ruffles are captivatingly feminine. The most important accessory, however, this summer is the scarf. It’s like your Apple-Pay, don’t leave home without it. This masterful piece takes you anywhere you want to go for day or night. The chameleon of accessories transforms itself into a necktie, bracelet, headband, handbag accessory as well as something to keep the retail chill off.

Whether it’s a weekend to the beach or a resort stay-cation, your summer escape won’t be complete without the solid one-piece suit that is sophisticated enough to take you from day to night. Accentuate your swimsuit with a paradise inspired kimono cover up and jeweled leather pool slide sandals for your time taking in the water. Then slip on a beach hued long flowing skirt and a pair of metallic ankle tie block high heel sandals to dance under the stars.

Traveling comfortably may be the new norm but looking stylish while doing so should be too. Our airports are the international runways to the A-listers of the world. What better place for you to draw your fashion inspiration. Comfy travel chic styles include cold shoulder pullovers, drawstring sweatpants, motto leggings and track ready run jackets. Slip on a pair of lace-less wedge sneakers and a grommet accentuated back pack or saddle bag to hold your approved TSA essentials. Keep your look popping by adding charms, and hot pink pom-pom’s to your travel bags. Ditch the expected black luggage for a new colorful collection. Smile and surprise others when you and your travel companion roll stylishly by. You are now on your way to creating another adventure.

Speaking of adventures, there nothing like cooling off with non-stop action, adventure, and nostalgia at the movies. If you haven’t done it, see the box office sensation, “Wonder Woman” starring Gal Gadot, aka Diana Prince light up the screen with an incomparable display of beauty, and power. The period fashions are fun too. Remember to enjoy and share the summer wonder in you!



~ BE LOCAL ~

THE ARTIST’S PERSPECTIVE

TOM NEEL

I’ve been riding motorcycles most of my life. While I certainly have the occasion to ride alone, more often I’m with a friend and most often it is one particular friend. The Hill School’s Head of School, Treavor Lord. To say that Treavor and I ride together is a bit of an understatement, as we have ridden thousands upon thousands of miles together over the last dozen years of so, twelve months of the year.

In doing so, we both have learned that we have an unspoken form of communication, maybe mental telepathy is a better way to put it, and I know we both use it a lot. Now mind you, we could buy a real helmet to helmet communication system, where we can actually talk to each other. But one of the wonderful things about riding is the ability to be with yourself in your own helmet. So, depending on who is leading and who is following, as we switch off at times, the follower is left guessing what route the leader might be choosing, stopping for fuel, or to take a break, and even the pace for one reason or another. The leader is also doing some respectful guessing about the follower’s participation in this, how they might be feeling and what choices they might make if they were leading.

Yet after so many years of riding together, we know almost exactly what the other one is

thinking about with all that I have just mentioned, plus our feelings about the condition of the road we are on, the time of day, or the fatigue each of us might be feeling. I would say we know to a factor of about 90%, which then leaves a nice 10% for surprises. This could be the choice to go farther than expected, the choice of an unexpected road, or that type of thing. As we so rarely ride less than 150 miles, part of the adventure is that mental telepathy going on between us, even to the point of appreciating a view.

So how you ask, does this have anything to do with art? Well, those amazing views from the ever changing landscape during a ride aside, I’ve noticed, this unspoken word is similar to how I also communicate with my art during the creative process. In a sense we are riding buddies, and remember I mentioned, one of the wonderful things about riding is the ability to be with yourself in your own helmet? Well, creativity for me is very similar.

You have your creative process, the way YOU uniquely go about your work of creating a piece of art. It’s a dance between you and your creation and after all, (for the most part) it’s just the two of you, together, for hours. Sometimes you are leading the process, sometimes you can be following, allowing the artwork to take you where it wants to go, and with that, even surprise you! If your art is sending you a mes-



sage, even a subtle one, you must learn to hear, or better yet, feel it and respond.

I know what you may be thinking here. Art is a bunch of inanimate materials and is without feeling, emotion or spirit. Well possibly, but why even look at or even create art if it doesn’t stir your feelings, emotion or spirit? This might be a version of the chicken and the egg, but when exactly does art gain its ability to move people? If all of this is just your talent in putting things in the right place and the art itself has no power, when exactly does art become powerful? When you are done and deem it to be so? I think not. I believe it starts to get this power very early on, and it will communicate with you throughout the process if you listen to it. It may also surprise you with a journey you were not expecting!

For more, please visit, LiveAnArtfulLife.com.

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DOES YOUR OUTDOOR SPACE MEET YOUR CURRENT NEEDS?

ASK A REMODELER



TIM BURCH

Many homeowners are disappointed each year after purchasing a home with plans of a future renovation. Unfortunately, when it's time to take the next step, they learn of limitations that thwart their plans. Perhaps they wanted to add on to the new home, but learn of HOA or property restrictions. Or they wanted to add a second story, but find the structure won't support it. Or the estimated cost is more than they anticipated. A purchase consultation is a perfect way to evaluate the home before your purchase.

Stay & Remodel or Buy & Remodel

We often find ourselves helping house hunters decide whether to stay in their existing home and remodel or buy something new and remodel. The answer isn't always black and white and often requires a thorough review of the pros, cons, and costs (obvious and hidden) associated with each situation. The review usually starts with, "Why?" What's not working in your current home that has you considering a

change? While remodeling can address many challenges, it obviously can't help with things like wanting more property or improving proximity to things important to your way of life. Your decision may also factor in costs for deferred maintenance required before moving; social and emotional ties; a discussion on "overinvesting" and much, much more. We can help to guide you through this process.

What Will Remodeling Cost?

Most homes can be remodeled within the existing rooms and footprint with minimal complication. Presuming the home's systems are up to date, the structure is sound, and you don't discover signs of water damage or other needed repairs, the budget is largely driven by the features, finishes, and level of service you desire. A pull-and-replace kitchen or bath are perfect examples of these projects. While industry research can provide relatively reliable ballpark, it doesn't hurt to meet with a remodeler in advance to confirm the numbers apply locally and there are no extenuating circumstances.

Once you venture outside the existing framework and configuration, things get a bit trickier. Moving walls, additions and second stories are all examples. As we hate to be the bearer of bad news when something is not possible or costs significantly more than expected, we always advise purchasers to consult with an experienced design build firm to get guidance on feasibility and pricing. With reliable information in hand, you can evaluate whether the home can be modified to meet your family's needs and if the additional renovation costs fall within your budget.

The Important Stuff First

We understand that transforming a house into a home can be a significant investment of time and money. If needed, we can talk through your priorities and develop a phased renovation plan that addresses the most important items first. If you're renovating a new purchase, we can help you decide which renovations need to be made before you move into the home and which ones can wait until after. The nice thing is, with the big picture in mind, we can likely find efficiencies for future phases and avoid rework.

We can schedule an appointment to view a home you're considering or your current to offer you a thorough remodeling analysis. We will let you know if certain things can or cannot be made to happen with the home. A purchase consultation is designed to give you every available option before you sign a contract and find yourself stuck with a home that cannot be remodeled in the ways you want.

Tim Burch is a Vice President of BOWA, an award-winning design, and construction firm specializing in renovations ranging from master suites and kitchens to whole-house remodels. A Northern Virginia native and third-generation builder, Tim enjoys calling on his 30 years of design build experience to solve clients' home-related challenges. He is the Construction Advisor for The Mosby Heritage Area Association and sits on the Board of Building Appeals for Fauquier County. Prior to joining BOWA, Tim 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 540-687-6771.



tion 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 540-687-6771.

BALANCED EXERCISE AND KNEE HEALTH

FITNESS PROFESSIONAL

KAY COLGAN, BS CERTIFIED FITNESS PROFESSIONAL, CERTIFIED HEALTH COACH

As babies are knees are flexible and grow strong as we learn to walk and maneuver around obstacles. Our muscles become stronger as we learn to run, reach and bend and do all the things that children do. Fast forward to adulthood, and we continually put stress on our knees. The problem isn't the stress we put on the knees but rather the imbalances that we create in the surrounding muscles that support the knee. Repetitive movements that do not allow a balance to the muscles that surround the joint will put undue stress on the joint

itself, causing misalignments.

In the most simplistic terms, our knees lose their cushioning (cartilage) because the bones no longer line up as they should. In other words, imbalances have occurred in the muscles which will alter how the bones line up. In a perfect world, we would not sit all day, and we would balance our activities to create a balance within our muscles. But, for the majority commuting and possibly working behind a desk and at a computer is the reality. Sitting creates short hamstrings and hip flexors. To counter the sitting, one needs to stand and stretch out their hamstrings and hip flexors. Working the quadriceps muscles (front of the thigh) will strengthen the muscles in front and sides of the knee. Simple leg lifts while lying supine, can create a strong and functional quadriceps. Walking is probably one of the best exercises for the knees. Paying particular attention to extension when walking.

Pay attention to your knees. Treat them kindly. Create a balanced workout that does not overtax them, but creates flexibility and strength. Functional muscles are preferred over constricted tight, inflexible muscles. A well-rounded workout that incorporates all the muscle groups is more effective than always targeting the same muscles. Creating a balance is the goal. Pilates and yoga can create that strong, supple body without overtaxing the joints. When we are young, we don't think about our joints too much, but as we age, the reality of what we have done in the past becomes our future. Remember we only have so many miles on our joints, pick wisely what you put them through. Balanced workouts that do not overtax the joints are better suited to joint health. So stretch, reach, bend and extend for the health of your joints.

For more information about health and fitness, please contact: Kay Colgan, 14 S. Madison Street, Middleburg, Virginia or call 54-687-6995.

ANNUAL SUMMER ALBUM SIX PACK

IN UNISON

STEVE CHASE



Another damn heat wave. It seems like we live in Florida with these ever-high dew points. Oh well, nothing a cold Mt. Defiance cider or glass of Slater Run Rose won't cure. This is the season for backyard parties, and a musical soundtrack is always necessary. So here's my annual summer album six pack issue, all the music you'll need for your next BBQ with friends. You can hear my Spotify playlist at <https://ti-nyurl.com/yabyvkmw>, and you can find this music at a variety of online sources, like iTunes, Amazon, or Spotify.

Songs from a Ghost Town—Trampled By Turtles (2004)—I play music occasionally with Middleburg troubadour Hunt Lyman. He texted me and said let's play Whiskey by Trampled by Turtles. The song is from the Band's debut album Songs from a Ghost Town. These guys were rock musicians who moved over to the roots/bluegrass scene, and they made the transition well. While some call their material progressive, I see them as more foundational to the handful of bluegrass bands that have crept away from the traditional themes and sound of Del McCoury for a more hippie country feel. This debut is a great place to start exploring their material, and it's great party music.

Shanti's Shadow--Phoebe Hunt and the Gatherers (2017)--

Hot off the presses, Shanti's Shadow is a remarkable album of the very best acoustic music. Leader, vocalist, and fiddler Phoebe Hunt's tunes are complex audio tapestries made up of fusions of Celtic, new grass, folk, swing, a hint of Indian music. The band is hot, featuring Berklee graduate and crazy good mandolinist Dominick Leslie, and Brooklyn guitarist Roy Williams. The highlight for me is the extraordinary Road to Kolhapur; I could listen to it all day. Wow (www.phoebehuntmusic.com).

Aq Element Pt. 1 Live 2017—Aqueous (2017)—Perhaps influenced by the dance tunes of Umphrey's McGee, blended with some prog rock and a jazz groove all of their own, Aqueous is making some amazing music on the Jam Band circuit. The quartet just released Aq Element, and it's a kaleidoscope of audio delights, my Spotify playlist at <https://ti-nyurl.com/yabyvkmw>, and you can find this music at a variety of online sources, like iTunes, Amazon, or Spotify.

My Aloha—Peter Rowan (2017)—Let's head to Hawaii with our old friend Peter Rowan, and he's not singing Panama Red this time. This time around, Rowan has put together a set of great Hawaiian music, working with a fine group of Hawaiian musicians. There's ukulele, Rowan's tenor voice and guitar work, and even some yodeling. I know we can't just teleport to Hawaii but throw together some umbrella drinks, grill up the Mahi Mahi, light the tiki torches, and turn up the stereo. You'll swear you're at the luau.

Revolution Come... Revolution Go Gov't Mule (2017)—Can't believe it's been 20 years since the first Gov't Mule album. Back then, it was a side project for Allman Brothers players Warren Haynes and

Allen Woody. What an amazing album it was, with some of my favorite tunes, Trane and Mule. This latest effort is considered by many to be one of their top three, nearly getting the elusive five-star rating on allmusic.com. It's gritty but melodic, with powerful guitar riffs and a polished ensemble sound that isn't slick in the least. Leader Warren Haynes is one of the busiest musicians in rock, playing with The Dead, the Allman Brothers, the Jerry Garcia Tribute, along with producing his Mountain Jam festival and appearing alongside all of the best rock musicians. Take a listen to him playing Cortez the Killer with the Dave Mathews Band live in Central Park—simply the very best.

Stone Cold Rage open the album, a power rocker that is a reflection of the 2016 election season and reminds me of the riffs and story telling of a hard rock Anders Osborne tune. The title track is a bundle of polyrhythmic patterns held together by the melody, with Hayne's great voice, a staccato walking organ, and a legato walking bass combined in a way that only the Mule can do it. Warning, best played very loud.

Live At the Barn—The Wood Brothers (2017)—Meticulously recorded, you swear you are in the Barn when you listen to this great live album by Oliver and Chris Wood. These guys smoke it every night, with a sound that nobody else has. Oliver Wood's bluesy tenor voice and tube amp powered archtop guitar form their foundation, with Chris Woods complex and jazzy base filling the cracks. I love these guys. Never ever miss them if they come to DC, and always remember to throw them on at your next backyard BBQ.

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

MAKING IT BETTER

THE PLANT LADY

KAREN REXRODE

Triumphs and challenges abound for the gardener. The vegetable gardener, flower gardener, even the gardener of containers suffers from periods of dissatisfaction. When these low points arrive, it's wise to write them in your garden journal and take a photograph. A valuable lesson can be gained by doing both; there's time to reflect and view the of-



fense, corrections can always be made at a future date. In my paid position as an estate gardener, I find areas of a garden that might be lack luster can become successful with this trial and error approach.

At home, in my own garden, it's an entirely different story. Experimentation rules! I don't plan for success, at least not the kind that involves designing for the far future. The idea is to try something new, and in this space, annuals find a home every year, lots of them. If anything, I hope for that glorious mayhem, I have seen it done well, the gaudy blends of orange and pink, something that is much harder to accomplish that you would think.

For spring of 2017, I planned for things to be a bit different (of course). When buying seeds this spring, I purchased all three col-



ors of purple 'Benary' zinnias. With that, I also bought oodles of purple Gladiolus 'Violetta'. My usual zinnia 'Benary' colors were also bought, but to a lesser degree, salmon, green, and white are scrumptious. Gloriosa lilies, six each of two colors were added, a blue climbing snail vine, and some coleus for cutting. This whole plan was actually hatched by a desire to try all of these plants as cut flowers. Things like alternanthera, tuberose, salvias, well these are a given, and they cut well too.

As June and July passed, the zinnias grew, so tough and reliable, if only all plants behaved this way. The gloriosa lilies were a failure; well one grew and flowered very early, too early. The snail vine hasn't flowered yet, and the gladiolus are okay, but the oddest color of purple, not a match for the lavender/purple zinnias. But luck would have it that I already have Hydrangea 'Endless Summer' and Allium 'Millenium', one of the greatest new perennials that flowers for at least two months in summer. So bountiful were these established plants that it was easy to create a pleasant floral bouquet, enhanced of course by my purple zinnias. In my book, this was a triumph, although achieved serendipitously.

If there's a lesson to be learned, gardening is good for you. Emotionally we leap and fall. The more you plan, and the more you work at it, the better it might be. It's a humbling experience.

COSMETIC DENTISTRY UPDATE

CROWNS, ONLAYS AND INLAYS



DR. ROBERT A. GALLEGOS

Why is this important? If you have damaged teeth or cosmetic issues and would like attractive, strong teeth, then read on. Dentistry has had some major advancements in a very short period of time especially in the materials we use to restore teeth. Knowing about the various materials will enable you to make more informed choices

if you need any of these services.

Crowns, or caps as they are commonly called, cover the whole tooth. These are needed when a tooth has considerable damage or cosmetic problems. Crowns can be made of all gold, ceramic over metal or all ceramic. Many years ago researchers developed a process where ceramic could be added over metal for a more esthetic look than all gold. The traditional ceramic over metal crown can be very beautiful. Its drawbacks are that it can leave a dark area at its edges if not planned well and the ceramic over the metal is weak and prone to fracture. There is also an all ceramic crown that has been around for many years, but it is very weak and subject to fracture. To summarize, gold is the most durable and least esthetic, newer ceramics are the next most durable and can be very esthetic, and the older all ceramics are the least durable but very esthetic.

Onlays are partial coverage restorations that allow the dentist to restore only the damaged part of the tooth leaving the healthy part of the tooth undisturbed. Onlays are great options for back (posterior) teeth that are damaged but not bad enough to need a crown. These are partial coverage restorations that can be made in gold or ceramic. When restoring teeth, it is important to preserve as much healthy tooth structure as possible because most teeth that are restored will need to be restored again sometime in the future. It is possible to make these restorations look so much like natural teeth that it is hard to tell that the tooth has been restored.

Inlays are meant for medium sized restorations where most of the tooth is intact. Today, inlays are less commonly needed due to the advancements in the strength of both bonding adhesives and tooth colored filling materials,



so I will not discuss these in any depth at this time. Historically, crowns, onlays, and inlays were made from all gold for strength. It is rare, but even today there are a few situations where maximum strength, all gold, is most appropriate. The newest generations of all ceramic materials are much stronger than previous all ceramic and ceramic over metal materials. There are two main types with one being extremely strong but less esthetic (zirconia) and

the other being very strong and very esthetic (lithium disilicate). These new alternatives give the dentist and patient more choices when deciding on the right combination of strength and esthetics. If your tooth or teeth need to be restored due to damage or esthetic problems you and your dentist now have many options to consider to attain the right combination of strength and esthetics.

Happy Smiling!

RESTORE YOUR TEETH

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Lysa is thankful she found Middleburg Smiles after a bad experience with some reconstructive dental work. Dr. Gallegos and his team restored her beautiful smile and her confidence. She is thrilled with the result and appreciates the special attention to detail that makes her feel special every time she visits.

"Dr. Gallegos is one of the nicest people you will ever meet. I absolutely trust him and his whole team... they are so professional and they make you feel comfortable. He even knows what kind of music I like and every time I come in, they have it playing for me. I have never been happier with my smile."

Lysa, Middleburg Smiles Patient

ROBERT A. GALLEGOS, DDS & RONALD D. JACKSON, DDS
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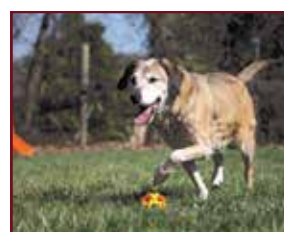
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Lola
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Purcee
Calico
14 years old



Dusty
Buff medium hair
1 1/2 years old



Ned
Grade Horse
27 years old



Rusty
Coonhound
5 years old



Amy
Calico
1 year old
tripod



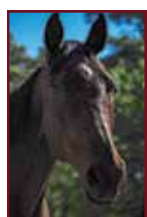
Guppy
Maltese
8 years old



Kirk
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10 months old



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Beagle
10 years old



Radiance
Standardbred
25 years old



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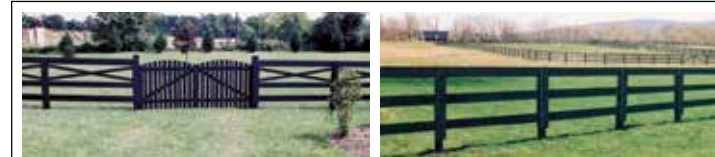


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WHEN GOVERNMENT WORKS

The failings and inefficiencies of the Federal Government often lead the frustrated to call for devolution. Let states and localities rule.

The failings and inefficiencies of local and state governments often lead the frustrated to call for Federal intervention. Govern from the top down.

Here in Middleburg we at the Eccentric have witnessed a Town Council willing to admit its failings, address its ineffi-

ciencies, constantly re-invent itself, and over the past decade and a half become stronger, more efficient, and more effective.

It has worked with its citizens, business community, fans and friends to produce a Middleburg that looks better and works better, without losing any of its historic horse-country charm and ambience.

Financially, the town has moved from near crisis to sol-

id, well-managed, far-sighted solvency.

Aesthetically, the town endured dust, dirt, and disruption for months, and came out on the other side more beautiful than ever.

While some nearby towns have killed their customer traffic for downtown businesses by imposing burdensome parking fees and regulations, Middleburg has gotten rid of its meters and offers timed free

parking.

Middleburg's Police Department is more professional and more highly respected across the state than ever before.

Attention is paid to detail. Signs promoting local events are changed on time. Repairs are made. Charities are supported. And, perhaps best of all,

new people are both ready and willing to serve as members of Town Council, on committees, and as volunteers for our non-profits and special events.

Kudos to the citizens of Middleburg, the Council they elect, the professional staff that Council hires, and to all the businesses, friends and fans of Middleburg that make it the special place that it is, and by all accounts, will remain.

THE PRESIDENT AND THE PRESS

BLUE

DAN MORROW

“... were it left to me to decide whether we should have a government without newspapers, or newspapers without a government, I should not hesitate a moment to prefer the latter.”

-- Thomas Jefferson (1787)

Our accidental President hates “mainstream” media.

Although he readily admits he doesn't read much, he professes to be a great fan of the likes of Fox News, RedState, Breitbart, and other “news sources” he can watch, listen to, or read on his phone.

He's apparently not keen on media with ethics, professional editors, and investigative report-

ers; or papers like the New York Times, the Washington Post, or the Wall Street Journal; or networks like CBS, NBC, or ABC.

He likes media that don't win Pulitzer Prizes.

He doesn't think it proper for journalists to ask embarrassing questions, expose misstatements and blatant lies, uncover embarrassing truths and brand blatant self-serving propaganda for what it is.

Indeed, he has pronounced ethical journalism as an “enemy of the state.”

Why?

Trump believes “the press” is “making up” all the stories they print about his petulance, ethical failings, missteps, misstatements, carping, complaining, random Tweeting, vulnerabilities

and lies and those of his staff-family, professional associates, appointees, and assorted supporters, sycophants, and pen-for-hire hangers-on.

Furious at the inability of his Press Secretary, Sean (Trump's crowds were larger) Spicer, to handle the PR disasters the President himself engenders and feeds, Trump hires an old buddy, a slick sycophant with little else to recommend him to serve as Spicer's boss. That was more than even Spicer could stand, and he resigned.

Stories about Trump and birtherism? Not Trump's fault.

Stories about fake universities and lawsuits? Old news if not fake news.

Stories contradicting blatant misstatements of fact (think

crowd size; Obama's birth; 3 million illegal voters). Not Trump's fault.

Stories about money linked to Russia, Russian oligarchs, and personal and corporate friends of Putin, flowing to Trump's family and friends and appointees? All fake, and in any case not Trump's fault.

Reporting of Russian efforts to influence our elections? The press is clearly out to get Trump.

Stories about climate change? The press is out to make Trump and his appointees look stupid.

Coverage of the President's mad tweetstorms? Carping insistence on consistency, or spelling, or telling the truth.

Stories about obsessive demands for personal “loyalty.” Petty fear-mongering.

Indeed, from Trump's perspective, none of his problems are of his own making. The “press” is at fault for investigating and reporting on them.

The current Democratic candidate for Governor of Virginia has labeled Trump a “narcissistic maniac.”

Trump's fear of the press and what appears to be his visceral hatred of anyone or anything not willing to sing his praises is indeed, arguably, symptomatic of “malignant narcissism.”

More distressing is what appears to be his complete lack awareness of the purpose and meaning of the First Amendment ... coupled with a similar lack of awareness of his sworn duty to protect and defend it.

More distressing is what appears to be his complete lack awareness of the purpose and meaning of the First Amendment ... coupled with a similar lack of awareness of his sworn duty to protect and defend it.

Mr. Jefferson weeps.

gan. In later years I joined my teammates in prayer before football games. We respected our elders and said please and thank you and were taught to respect the laws and those enforcing them and were taught to respect our public officials regardless of political party.

Today, prayer has been

banned at most public functions. The only time we see an athlete kneel on a field of play is to demonstrate against our national anthem and all for which our flag stands. On college campuses, speakers are shouted off the stage. Public meetings are disrupted by shouts of those who disagree.

Our law enforcement officers have become targets for assassination.

City officials openly defy federal law by creating sanctuaries for known criminals. Our private property rights are challenged by mobs, and the presumption of innocence only counts for the hardened

criminals.

Leftist bullies are teaching our young people that they can ignore the law. They are teaching them that free speech and the rule of law are only available to those who agree with them.

With divisive political discourse coming from leaders of

both political parties, we are gradually losing the freedoms for which our founders fought.

If our basic freedoms are not respected, we will ultimately lose them.

Just like exercising a muscle, you use it or lose it.

Ken's book is available in Middleburg at Chapter Two.

TOTAL SOLAR ECLIPSE

A SCIENTIST'S PERSPECTIVE

DR. ART POLAND, PHD

Next month, August, on the 21st there will be a total solar eclipse of the Sun passing through the U.S. This is a fairly rare event, and I would have to say you should definitely not miss it if at all possible. To really experience it, you need to be at the right location as the path of totality is rather narrow. The difference between a partial solar eclipse and a total is literally the difference between night and day. If you are in an area of partial eclipse, you may not even notice it as the Sun and sky will just be less bright. If you are in the region of totality, it becomes so dark that you can literally see the stars in the middle of the day.

The path of totality will go from Oregon through the midwest, and then through parts of Kentucky, Tennessee, North

Carolina, Georgia, and South Carolina. Helpful web sites are:

<http://www.mreclipse.com/Totality2/ToalityCh11.html>

<https://elipse2017.nasa.gov>

<https://www.cloudynights.com/gallery/image/45258-solar-eclipse-2017-highway-traffic-density-map/>

The conditions needed for a total solar eclipse are not common, so total eclipses are rare. First, the moon needs to be between the Sun and the Earth; this happens once every month during a new moon. However, the orbits of the moon and Earth are such that the moon's shadow usually passes either below or above the Earth. However, when the relative positions of the Sun, Earth, and moon are right, we get a total solar eclipse. Depending on the timing in the orbits the eclipse may or may not occur over the U.S.

INTERNATIONAL PENDULUM - AND THE QUEST FOR ORDER

THE PUBLIC SQUARE

JERRY VAN VOORHIS
CHANDLER VAN VOORHIS

of the universe. As Alexander Pope once said, “Order is the first law of heaven.”

We also know order is central to people's lives. Maturity in adults comes from a world of both surrounding and underlying instruction. All people must individually glean, grow, strive, and rise to new understandings in life to build frames of reference, or order, for themselves.

One cannot leave faith out of the realm. Faith helps subdue distractions, overcome willful parochialisms, and move thought beyond the self without any middleman. Order gives individuals everywhere a calm reserve, a sense of stationary power.

America has also been notable as mainly a land of order during its history. Even our large contentions as a society have been cradled inside the bright candle of evolving order. Our founders carefully built a spacious and expansive foundation for us. The rule of law beneath this edifice created the fabric of trust, which by nature puts all our citizens in the same

civic tradition.

There are also generous informal support networks people require. Beyond government welfare, these include housing, education, social, financial, employer, family, friends, charitable organizations, and faith. So it has been in the world at large, all the way back to the tribe, for a long time. But increasingly, nations in a complex world need something more.

Many take solace in our “rules-based” international order today. Yet in the United States where the rule of law comes from within and ties across the body politic, a rules-based international order has been built mostly top down. This progressive hegemony has come to mirror over time its own governing precepts. Our modern foreign affairs outlook is not therefore a fair or full extrapolation of American ideals, and many across the world continue as well to chafe at a “report card” approach to international relations.

We know doctrines and systems of belief can only carry us

so far. They rise, succeed, and fade over time. Some larger, elemental truths are needed to stabilize the future relations of our globe. As Shakespeare noted of Caesar, historical figures “bestride the narrow world like a Colossus.” They are here, however, for only a moment in time.

Our power must be in our example, not its imposition.

We seem to have shed some first understandings for a creeping web of behaviors acting like a “colossus” of their own today. It seems the cultural and economic openness and centrism after 1945, for example, reigns more by its harder, residual effects than any original impetus. Implicitly, world arrangements incarnate the past.

Trump's visits were surely timely. He spoke movingly of the August 1- October 2, 1944 Warsaw Uprising and Jerusalem Street struggle for freedom (fought five years after Hitler invaded Poland on September 1, 1939) - and virtually 12 years following the July 7, 2005 terrorist attack in London.

Whether he is puncturing an expiring set of arrangements that some now call a “gaudy globalism,” or renewing our need to focus on the prevailing of the West at a difficult time - or both - remains to be seen. He does seem to be making us more aware that the world needs a stronger base than policy preferences to guide the ship of state, and that more than mapmakers have to be in charge.

George Washington in his Farewell Address counseled us to avoid isolation over independence in the dealings of nations while staying clear also of “passionate attachment” and “permanent, inveterate antipathies.” Both, he warned, impede good judgment in different directions. The Public Square supports Washington's probity and balance.

Order to be beneficial for our world must be greater than events swinging through a pendulum or deeper than guideposts that are selective brands of reality. The Public Square holds a fresh American independence needs to be found and asserted for our time.

YES, IT'S A WITCH HUNT

RED

JIM MORGAN

Donald Trump hates the press and the press hates Donald Trump. Surprise, surprise! Most of the media hate Republicans anyway, of course, especially Republican presidents. Had any other Republican been elected, the press would be going after him with the same determination (if not quite the same slobbering enthusiasm) that it directs at Trump.

The clearest example of Trump Derangement Syndrome is Russia. The only other time in our history that Democrats have cared about Russia was when Reagan was president, and they were insisting that we had to accommodate the Soviets and not be too aggressive. Liberals, both in and out of the media, liked and admired Gorbachev much more than Reagan. They still do. Birds of a feather.

And, let's not forget that Obama made fun of Mitt Romney during one of the 2012 presidential debates for noting that Russia is a threat.

But suddenly Democrats are consumed with the idea of Russia even though it has become quite clear that the American people have seen through the nonsense and are tired of it. Trump isn't helping, to be sure, but investigations at various levels have been going on now for nearly a year, and still, there is nothing to show collusion by the Trump folks.

Clumsiness, perhaps stupidity, and even a surprising naiveté, but nothing criminal as even the very liberal Alan Dershowitz has admitted: <http://www.foxnews.com/opinion/2017/07/11/dershowitz-did-donald-trump-jr-commit-crime-or-merely-political-sin-it-depends.html>

And there are so many other examples, mostly silly little

things but they do demonstrate just how absurd the media has gotten in its attacks on the president.

The Trump-CNN wrestling meme which Trump re-tweeted got him accused of “inciting violence.” The goofy flap over “covfefe,” a typo which the Democratic media operatives touted as evidence of Trump's unfitness for office. It's a good thing Trump didn't talk about campaigning in all 57 states or claim that Austrians speak Austrian, isn't it?

Here's one more silly little thing. The media got all exercised because Trump modified the coat-of-arms that was on Mar-a-Lago when he bought the place and now calls it his own. Oh, the humanity!

Next, we'll hear that Trump once farted loudly in church.

But then, in an age when “reality” TV shows are so popular,

is it really a surprise that fake news gets such traction?

And, per a recent CBS report, there's the FBI investigation of Jane (Mrs. Bernie) Sanders and her possible financial mismanagement of Burlington College. Bernie was on NBC's “Meet the Press” not long ago and was not asked a single question about it. None. Not one. Can anyone imagine the media not thoroughly, and viciously, grilling Donald Trump had he been the subject of that investigation?

And some folks (we'll call them “liberals”) wonder why the rest of us see a hard-core, far left media bias at work here and so are skeptical of the unending attacks on Trump. This is not the usual and predictable journalistic liberal bias. Everyone is used to that. Even liberals have admitted it on occasion as with the LA Times studies in the 1980's. No, this isn't business as usual in

that regard but something darker and indicative of a sea change in the very meaning and purpose of modern American journalism.

From the journalism professor in Missouri last year who called for “muscle” to help her get rid of a conservative student journalist covering a pro-BLM demonstration to the media's current obsession with all things Trump, what we're seeing is nothing less than a full-on assault on freedom of speech.

The NY Post's Michael Goodwin best described it as “the gobsnapping revelation that most of the mainstream media put both thumbs on the scale - that most of what you read, watch, and listen to is distorted by intentional bias and hostility.”

Trump is right. The media is engaged in a witch hunt. He's just part of it. It is despicable ... and frightening.

basic freedoms of speech, assembly, religion, the right to bear arms and the need to have a free press.

We pledged allegiance to the flag each day before classes be-

WHERE HAVE ALL OUR FREEDOMS GONE?

KEN RIETZ

The 4th. of July brought back a lot of fond memories of my childhood - Family picnics with lemonade, watermelons,

corn on the cob, potato salad, bratwurst, burgers, beer, apple pie and marshmallows on a stick roasted over an open fire. This year it brought me great concern about the freedoms for

which our forefathers sacrificed so much.

I spent my early years in rural Wisconsin. I attended a one-room schoolhouse where grades 1 to 7 were taught together. And

yes, I did walk 3 miles to school every day.

In those days we were taught about the Revolutionary War and the drafting of our Constitution. We learned about the

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target dates. You can review the Vision Statement on the Town web site. Council also introduced the new Economic Development Coordinator, Jamie Gaucher. Mr.

been involved with recently. I mentioned the visioning exercise last month. Council is now reviewing them to determine the resources required and setting

Hello, Middleburg! This column summarizes recent council meetings and activities I have

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Gaucher replaces Cindy Pearson, who retires this fall.

I sit on the Utility committee with Martha Semmes - the Town Administrator, Bob Krallinger

-our engineer and the Imboden water system operators. Our agenda includes operations, maintenance, and improvements. The committee gets into many opera-

~ BE LOCAL ~

EDITORS DESK - LETTERS@MIDDLEBURGECCENTRIC.COM

APPALACHIA, COAL, AND WATER
WATERWORLD

RICHARD A. ENGBERG

The Appalachian Mountains trend from Canada south-south-west to northern Alabama but the part referred to as Appalachia is the part from southwestern New York State to Alabama. Geographically, the town of Marietta, Ohio is in Appalachia. My friend, Dr. Eric Fitch, who I have mentioned before in this column, runs the Environmental Science program at Marietta College

The July 2017 issue of Water Resources Impact, a magazine published by American Water Resources Association, headquartered in Middleburg, includes an article by Eric Fitch about coal and water in Appalachia, which I will summarize in this piece. I feel it is of importance to the read-

ership of the Eccentric since a part of Virginia not that far from Middleburg is in Appalachia.

As settlement of our fledgling country moved west in the early 1800's, pioneers discovered an abundance of natural resources in Appalachia including forests and coal. Because lumber was needed for building homes and businesses, some of the forests were mostly logged by ever increasing numbers of settlers, changing the hydrology in the logged areas.

When coal was discovered in Appalachia, mining at first was underground. While spoil from underground mining can be and was destructive to ecosystems and water resources, it wasn't until entrepreneurs in the 20th century discovered that they could remove entire mountain tops to get at coal,

that the problem intensified greatly. When you remove the top of a mountain, what do you do with it? You put it in the valley below, of course. According to Eric, negative impacts on ecosystems and hydrology increase tremendously, but also the landscape itself is significantly altered. "The valley fill process has destroyed many streams, truncated watersheds and added volumes of pollution to surface water and groundwater. Mine spoils contain soluble carbon, iron and other mineral content when mixed with water can produce acid mine drainage and other water pollutants."

It wasn't until the 1970's with the passage of the Clean Water Act (1971) and the Surface Mining and Control Act (1977) that the federal government took a serious

look at protecting the waters of Appalachia from mining. Regulations and programs included properly closing abandoned mines to prevent pollution of both surface and groundwater and established requirements for reclaiming and restoring mine lands. In the decades since passage of these Acts, significant strides have been made in protecting and restoring surface and groundwater resources, but much is yet to do.

These laws have not set well with the mining industry. "Many in and associated with the coal industry including politicians characterized these laws and regulations for environmental protection and restoration as a 'War on Coal.'" However according to Eric, "The truth of the matter is that increased mechanization has

greatly reduced employment in the coal fields and it is increasingly difficult to profitably produce coal from Appalachia especially in terms of electrical generation because utilities are shifting to cheaper, cleaner natural gas."

Eric is concerned that continued progress for cleanup may be curtailed. Because the current administration campaigned to return jobs to and increase production from the coalfields in Appalachia, he is concerned that some of the hard fought for regulations that have led to significant cleanup may be undone. He hopes this will not happen. As an almost lifelong hydrologist who believes water is the lifeblood of our nation, I hope not either.

UTILITIES
CONTINUED FROM PAGE 45

tional, maintenance, design, regulatory and other engineering details, and I see these meetings as highly productive. They are invaluable opportunities to discuss improvements to prevent problems, find cost savings and improve water quality. We also discuss issues raised by the Wellhead Protection committee, and two of us are members of both committees.

We are currently discussing an ongoing project to replace the West end pump station and a new one to replace old water lines in the

Ridgeview neighborhood. These projects both require regulatory approvals, and we are working to coordinate the water line replacements with VDOT (as we did with the improvements on Washington Street last year). We hope to start replacing water lines in 2018. VDOT will then resurface the streets.

Martha and I have worked over the past year or two with the utility committee to flesh out our utility capital improvement plan (CIP). This CIP is now in the rate model. Martha and I review it before each

budget cycle with Ashley Bott, the Treasurer, to make sure we are on track with these expenses. The CIP includes replacing major assets as determined by our engineer's analysis of expected useful lifecycles.

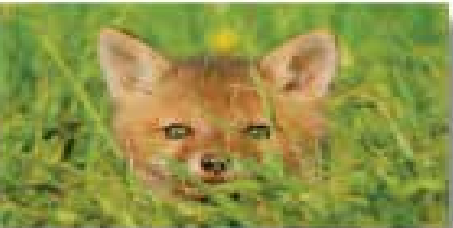
One of these assets is the micro-filter membranes in the wastewater treatment plant. The membranes have an expected life expectancy of approximately ten to twelve years. The Imboden staff, however, sees less than the predicted wear on our membranes and we may get about fifteen years before we need to re-

place them. They are quite expensive, so we are looking at options, including a financial one that Clark County recently entered with the vendor.

Council reviews the overall utility budget each year as part of the annual budget process. Including the CIP in our model helps us stabilize rates by including the capital costs. This helps prevent situations where we must increase rates dramatically to cover an unplanned replacement.

The committee also discusses ways to increase water quality, increase efficiency and achieve each regulatory review with the state departments of health and environmental quality. The regulatory approvals ensure that we meet health, safety, and environmental concerns. However, approvals also add many weeks to each project!

That is my opinion – what do you think?



The Middleburg Eccentric
Hunt Country Guide



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 wincomparable views extending beyond the Blue Ridge Mts • Orange County Hunt

Helen MacMahon (540) 454-1930



Marley Grange
Millwood, Virginia
\$1,995,000

Understated elegance • Finely appointed home built in 1997 on 76 acres • 4 bedrooms, 3 baths, 2 half baths, 5600+ sq.ft. • Very private • 10 stall barn • 224 ft. X 128 ft. blue stone ring • Fine horse property • Choice ride-out • In conservation easement, bordered by farms in conservation easement

Tom Cammack (540) 247-5408



111 E. Washington St.
Middleburg, Virginia
\$1,300,000

Stone building circa 1800 • Completely updated • New roof • Pine floors • Corner lot • 6 offices • Parking lot in rear • Shows well

Paul MacMahon (703) 609-1905



Willow Hill
Delaplane, Virginia
\$695,000

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

Paul MacMahon (703) 609-1905



Langhorne Farm
Upperville, Virginia
\$4,950,000

266 acres in Piedmont Hunt • Panoramic views of the Blue Ridge, Bull Run and Cobble mountains which surround the whole property • Improvements include 4 farmhouses, an iconic red dairy barn and many agricultural buildings • Ponds and traditional stone walls • This working farm is protected by a Virginia Outdoors Foundation conservation easement which allows 2 parcels

Paul MacMahon (703) 609-1905



Old Fox Den Farm
The Plains, Virginia
\$1,900,000

Restored 3 bedroom 1830's farmhouse on 65 acres • Multiple porches & fireplaces, lots of charm • Lovely pool, shared pond, 4 stall barn, workshop • Expansive mountain views, rolling open pasture & fully fenced elevated land • Gorgeous setting in the protected valley between Middleburg and The Plains • Conservation easement permits 2 more homes to complete the compound

Helen MacMahon (540) 454-1930



Old Gate House
Middleburg, Virginia
\$1,175,000

Charming antique brick and stucco farmhouse • Circa 1820 • Expanded to approx 4,000 sf • Well maintained 4 BR home w/recent addition including master suite & large family room • Wood floors • 5 FP • Whole house generator • Lovely walled gardens • Sought-after location • Private setting nestled among large protected farms close to Middleburg on hard-to-find small acreage-just under 2 acres • OLREA

Alix Coolidge (703) 625-1724



Pleasant Vale Road
Delaplane, Virginia
\$600,000

Great Fauquier County location • Small tract surrounded by large farms • Home built by current owner • 4 BR, 3.5 BA & 2 FP; huge 2-car attached garage • Room under garage can be used as a wine cellar • Shades in all rooms • New flooring throughout most of 1st floor & upstairs bathrooms • Freshly painted • Basement had workshop • 6.84 acres, fruit trees, stone walls, mountain views

Paul MacMahon (703) 609-1905



Rolling Meadows
Purcellville, Virginia
\$2,950,000

Stunning 267 acres between Middleburg & Purcellville • Rolling terrain - some open some wooded • Lovely building sites with mountain views & large spring fed pond • Miles of trails • Complete privacy with extensive frontage on Beaver Dam Creek • Very unique offering - can be divided once • Come hunt, fish, swim, ride and enjoy the outdoors

Helen MacMahon (540) 454-1930



Silcott Springs Farm
Purcellville, Virginia
\$1,595,000

Traditional fieldstone house, circa 1790 with 2009 addition and renovations • 4 bedrooms • 3 1/2 baths • 6 fireplaces • High ceilings • Gourmet kitchen • Guest house, barn, spring house, run in sheds • 44.61 fenced & usable acres • Spring fed pond

Paul MacMahon (703) 609-1905



Cobbler Springs
Marshall, Virginia
\$885,000

Very private setting, minutes from Rt. 66 • Hilltop setting with mountain views and shared frontage on 5+ acre lake • Colonial built in 1988, redone in 2016 • 5 bedrooms, 4 1/2 baths, 2 fireplaces, 2-car garage • Large rear deck, front porch, gardens • 6,000 sf of living space • 12.03 acres • Master suite on main level • Old Dominion Hunt Territory

Paul MacMahon (703) 609-1905



103 W. Federal Street
Middleburg, Virginia
\$419,900

Flexible, open & bright commercial space • 2 floors, separate entrances, high ceilings • Entire building including all major systems recently renovated • New roof, new stucco, new HVAC - immaculate & turn key space • Zoning offers many options • High foot traffic location • Currently used as a fitness studio on street level • Lower level currently leased to great tenant - potential continued income

Helen MacMahon (540) 454-1930



Belvedere
Middleburg, Virginia
\$2,295,000

Gracious home with 5 BRs • Gourmet kitchen • Two-story floor-to-ceiling window display of the Blue Ridge Mountains • 3 FPs, coffered ceilings, random wide rustic cherry floors • Large home office, gym, rec room, multiple porches and patios • Three finished stories, approx. 10,000 sf. • Carriage house • Garage • Privately situated on 27 acres

Helen MacMahon (540) 454-1930
Margaret Carroll (540) 454-0650



Cadore
Middleburg, Virginia
\$1,400,000

Custom-built stone & stucco home • 4+ bedrooms include 1st floor master • Gourmet kitchen • Home office with T-1 line & VIP security system & home automation • 4 stone patios • Perennial gardens & large mature trees • 3-car garage • Gated entrance, pristine grounds, pond, barn • 11 acres

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



Kildare
Middleburg, Virginia
\$850,000

Private 6+ acres in a lovely setting just 3 miles from town of Middleburg • Stucco home with 5 bedrooms • Traditional yet open floor plan • Hardwood floors • Wood burning fireplace • Front porch, rear deck, patio & pool • 2 bay garage and main level master suite • Very pretty lot with mature trees and old stone walls

Helen MacMahon (540) 454-1930



Patrick Street
Upperville, Virginia
\$350,000

Charming stucco bungalow on a quiet lane • Hardwood floors • Flagstone patio • Updated kitchen and baths • Home office and first floor master with sitting room • Large fenced back yard • Very well cared for turn-key home and a great value

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GONE AWAY



The Plains~Set on a knoll with views of the Blue Ridge Mtns, this **83 acre** farm is well designed and was extensively remodeled in 2011 offering every amenity. The main house has 4 BD, 7 BA, 4 fireplaces, gourmet kitchen, and gracious entertaining spaces inside and out. There is a 3BD, 2 BA tenant house, charming guest house, swimming pool, outdoor kitchen, 4 ponds and extensive landscaping. There is a 4 stall barn, 2 stall shed row barn, equip. shed, 3 run in sheds. The land is protected by a VOF conservation easement. **\$4,980,000**

Emily Ristau (540) 687-7710

BONNIE GLEN



Middleburg~Absolutely charming, completely renovated, historic farm house on **25 acres** & minutes from Middleburg. Features 5000 SF of beautiful living space, new Master Suite with fireplace & luxurious bath. Vaulted ceilings in Great Rm with a gorgeous stone fpic & walls of windows overlooking **pond** & mountains. Gourmet kitchen opens to covered terrace. **Guest house, stable, run in shed.** Property is ideal for horses. **\$2,090,000**

Mary Ann McGowan (540) 687-5523

LYME KILN FARM



Polo! Foxhunting! Eventing! all these are perfect at Lyme Kiln Farm's unique protected enclave on **54+ Acres** in Horse Country. Surrounded by Goose Creek, with rare privacy so close to town, this property has it all: 4 Bedroom main house, 2 Bedroom tenant house, gardens, groom's flat, pool, pond, 10 stall barn, fenced paddocks. Ideal country home for family and/or horse enthusiast. **\$1,495,000**

Rein duPont (540) 454-3355

RECTORTOWN



A well maintained 2 story colonial style home has 4 bedrooms, 3 bathrooms, hardwood floors, 2 fireplaces, formal living & dining rooms, large mudroom, full basement & back up generator with auto start. A large deck provides for outdoor entertaining while taking in the beautiful views. Located in OCH territory with great ride out (by permission). There is a 4 stall, center aisle barn with attached run in: well drained 120' x 240' grass schooling ring; 2 large pastures & 3 paddocks. The **19.32 acre** farm is surrounded by larger holdings protected by conservation easements. A tractor building & kennel complete the package. **\$1,300,000**

Emily Ristau (540) 687-7710

POSSUM HOLLOW



Delaplane ~Extraordinary custom stone and cedar residence on **25 gorgeous acres** with spectacular views. Soaring ceilings in the Great Room with a stone fireplace, offer a fabulous place for entertaining. Wood floors, a gourmet kitchen, dining room with multiple windows, plus 5 bedrooms & 4 full baths on 3 finished levels. Custom decks overlook the pool & spa. Priced to sell! **\$1,190,000**

Mary Ann McGowan (540) 687-5523

ROSEDOWN COURT



Middleburg ~ Custom estate home on **3+ lush acres** minutes to town. This 6,000+ sq. ft. former model has open floor plan with 5 Bedrooms, 6 Baths, stunning Chef's Kitchen that opens to Family Rm w/ fireplace, wall of windows & spacious side covered porch. Formal Living Rm w/ fireplace, Dining Rm, Den/Office, & Master Suite with Sitting Room, his & her Walk-ins & Luxury Bath. Quality finishes throughout include hardwood floors & crown molding. Spacious Nanny Suite on top level. Fully finished lower level with Rec. Room. 3-car attached garage. **\$915,000**

Cricket Bedford (540) 229-3201

105 WALNUT STREET



Middleburg ~ Rare in-town parcel on quiet street. 1st Level features Foyer, Den, Living Room, Dining Room, Gourmet Kitchen with all high end appliances that opens to Family Room with fireplace, French doors to rear terrace. 9' ceilings & hardwood floors. 2nd Level has Master Bedroom Suite with sitting area, walk-in & luxury Bath. 3 more Bedrooms & full Bath. Separate Laundry Room. Unfinished Lower Level has walk-out stairs, designed to be a large Recreation Room and/or 5th Bedroom with Bath. 2-car detached Garage. **\$799,000**

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TAIL RACE FARM



Aldie ~ Wonderful horse property. Fully fenced with tremendous ride out potential in Middleburg Hunt Territory. RESIDENCE: Three level, 4 bedroom, 3 bath home perfect for extended family. Verizon FIOS, Greenhouse and Pool. HORSE FACILITIES: 4 stall & 2 stall shed row barns, paddocks, frost-free automatic waterers, 2 run-in sheds, 80' x 140' riding ring. **\$798,000**

Rebecca Poston (540) 771-7520

ZULLA ROAD LAND



The Plains ~ Rare **6 acre** parcel along prestigious Zulla Road only minutes to Middleburg, Marshall & The Plains. Fully wooded with slightly rolling terrain & house site farther back away from road. Existing driveway better entered driving North on Zulla. 500+' of road frontage. Space available within the woods to turn around. Small stream. Old septic permit available. Easy Access to I-66 and Route 50. **\$450,000**

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