

HISTORIC RESTORATION NEARS COMPLETION

PAGE 3



PHOTO BY DEE DEE HUBBARD

AT HILL, A 20 PERCENT PROJECT HAS 100 PERCENT SUCCESS

WHEN THE ACADEMIC YEAR BEGINS AT HILL NEXT MONTH, BEE STRIBLING KNOWS FULL WELL THAT WHEN THE NEW FOURTH GRADERS COME INTO HIS CLASSROOM FOR THE FIRST TIME, MANY WILL IMMEDIATELY WANT TO KNOW WHEN THE "TWENTY PERCENT" PROJECT ON HIS CURRICULUM MIGHT BEGIN

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OATH OF HONOR

MIDDLEBURG TOWN COUNCIL REPORT



DAN MORROW

At the regular August meeting of the Middleburg Town Council on August 10, 2017, Police Chief Panebianco conducted Oath of Honor ceremonies for the town's newest Police Officer, Jason Davis.

Davis, of course, had already been officially sworn in by Clerk of the Loudoun County Circuit Court.

In Middleburg, however, a special oath, introduced here by Police Chief Panebianco at the very beginning of his administration of the department.

The Oath of Honor, taken by a new Middleburg Policeman in front of Town Council, the officer's family and the citizens he will protect and serve, is designed to hold him to a higher standard.

Chief Panebianco noted that Officer Davis had taken this oath once before, when he became a part-time officer in Middleburg but was reaf-

firmed it as the Town's newest full-time police officer.

A significant part of the ceremony is marked by the officer's family members pinning his badge on his Middleburg uniform.

At the conclusion of the ceremony on August 10, Officer Davis thanked the Council for trusting him to serve, noting that he had worked as a part-time officer, as well as at Middleburg's Safeway. Davis said he "loved this area" and thanked the Town for letting him "come home."

Seven Loaves

Stephen Plescow appeared before Council to thank the Town for their ongoing support Seven Loaves and its efforts to provide food for those in need.

Though the organization had "another good year," Plescow told Council that the organization had "experienced a dip in patronage after the election, although the numbers were coming back."

Their Board of Direc-

CONTINUED PAGE 21



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NEWS OF NOTE

MIDDLEBURG UNITED METHODIST CHURCH STEEPLE REPAIR

Visitors and residents alike have stopped to stare at the scaffolding surrounding the Methodist Church's steeple since February. Extending 90 feet above ground, it was put in place to re-clad the steeple after the hail storm in June of 2016 that decimated most of Middleburg's roofs. However, after only a few days' work, the roofers were shocked to realize that the spire on the steeple was moving during the repairs. This realization prompted a careful inspection of both outside and inside the steeple, the latter a challenging undertaking given the small spaces and precarious climbing inside a structure 160 years old.

The inspection found that over the years, unknown leaks had rotted the main structural timbers at two locations, the base of the spire and the base of the steeple where it joins the church so that nonstructural elements were holding up the steeple. The presence of the scaffolding allowed the identification of the problem,

since the leaks were inaccessible to standard inspections. Major repairs were needed by a highly skilled team following careful plans from structural engineers. Given the age of the building and the construction methodologies of the pre-Civil War era, this would be a challenge and an expensive one.

The church was fortunate that a member, Ryan Michels of Loudoun Construction, is a building contractor and could mastermind the job. Ryan first had to find an engineering firm capable of drawing up a repair design and able to get right to work. The question was raised why not just lop off the steeple as owners of many other historical churches have done under similar circumstances due to the expense and the dangerous work? However, this was never seriously considered, since not only would there still be a considerable expense, but more importantly this steeple is truly a cherished Middleburg landmark in an antebellum church loaded

with history and right in the center of town.

With structural plans in hand, then the necessary permits were obtained and bids solicited from six structural contractors who were believed to have the expertise and experience required for such a technically challenging job. Three of the contractors declined to bid because they didn't feel confident about their ability to perform the work. The selection was not based on cost alone, as Ryan contacted numerous references for each bidder and carefully researched their experience in similar, difficult jobs.

The work had to proceed meticulously and methodically and involved much measuring and remeasuring of conditions within the steeple that could not have been known until work commenced. The first stage of repair consisted of shoring up the steeple internally with ten 500-pound steel columns and 46 wood framing beam members. It took eight men to carry each steel

CONTINUED PAGE 31




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NEWS OF NOTE

THE GAY MEN’S CHORUS OF WASHINGTON RETURNS TO MIDDLEBURG TO SING BENEFITING THE ANDY BERGNER CENTER

The Gay Men’s Chorus of Washington (GMCW) first came to Middleburg to sing a benefit for A Place To Be to a sell-out audience at the community center. They are now returning with an exciting collection of the best in pop and show tunes. The concert will benefit the new Andy Bergner Center and will be held at Emmanuel Episcopal Church at 105 East Washington Street, Middleburg.

The Andy Bergner Center is a community outreach ministry of Emmanuel which provides a free day of fun, fellowship, food, and life enhancing information designed to stimulate the mind, body, and heart of Adults 45+ who want or need a day of diversion.

A reception will be hosted by Emmanuel’s At The Parish House Arts Series after the concert to celebrate the official Grand Opening of the Andy Bergner Center which has been in pilot since April. Andy Bergner’s daughter (Laurie Maggiano) of Middleburg and grandson (Chase Maggiano) as well as other mem-



bers of the Bergner family will attend to cut the ribbon for the official opening.

GMCW has performed all over the nation including at the White House, Carnegie Library, Symphony Hall in Boston, Carnegie Hall in New York, Kennedy Center Honors, and for

Presidents Barack Obama and Bill Clinton’s inaugural. Chase Maggione is the past director of GMCW and to honor his grandfather, GMCW volunteered to sing a benefit for ABC before the first doors opened in April.

Seats in the church are available for \$30 per person (seating

limited and sold on a first come/first served). To obtain Reservations for church seating call Emmanuel at: 540-687- 6297

Those with reservations in the church can pick up tickets at the “Will Call Desk” at the Parish House on Concert Night (Parish House next door to the church)

Seats will also be available in Emmanuel’s Parish House, next to the church, where the concert will be live streamed on a wide screen. This seating will be available for a Free Will offering (suggested offering \$15.)

MARSHALL POSTMASTER HONORED FOR 12 YEARS OF SERVICE



MARSHALL POSTMASTER BLAIR LEAR CELEBRATES HIS RETIREMENT AFTER 12 YEARS OF SERVICE TO THE COMMUNITY.

THE FAUQUIER HERITAGE & PRESERVATION FOUNDATION ANNOUNCES THE DEDICATION AND GRAND OPENING OF THE ROBERT L. SINCLAIR EDUCATION CENTER

The Fauquier Heritage & Preservation Foundation announces the dedication and grand opening of the Robert L. Sinclair Education Center on Saturday, October 14, 2017 at 4118 Winchester Road, Marshall, Virginia, next to the John K. Gott Library. The dedication will take place at 9:30 am and will be followed by an open house. The dedication is in honor of Mr. Sinclair’s decades of service to the Foundation. During the dedication a plaque will

be unveiled honoring the people most instrumental in the founding of the Education Center.

After the dedication visitors can tour the new facility which includes space for lectures, presentations and exhibits. On display will be newly acquired household artifacts, recently transcribed letters, and historic county maps. The theme will be Fauquier People, Places, and their Homes. Music will be provided by Skip Glascock’s Cobbler Mountain Grass Band. Light refreshments will be

served.

The Fauquier Heritage and Preservation Foundation is home to the county’s superb repository of research materials for history lovers and genealogists

The event is open to the public.

Contact the Fauquier Heritage & Preservation Foundation at 540-364-3440 or 703-403-1309 for further information.



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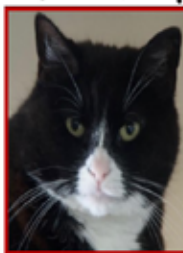
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NEWS OF NOTE

ARF, A LOVE STORY



URSULA LANDSRATH AND HUSBAND KEN RIETZ

URSULA LANDSRATH
PRESIDENT, ARF

I like calling the "ANIMAL RESCUE FUND" story a "LOVE" story as there are no better words to describe it.

As I have always loved and rescued animals it was incomprehensible to me that every year tens of thousands of animals were euthanized or died from neglect. Most pet owners are not aware that when they drop off their once beloved pet at a pound, the chances are that this family member will face death.

This in mind and having heard yet another horror story, I approached my husband with an idea. Could I please open a shelter for animals scheduled to be euthanized by County Shelters in Virginia. I would then try to find them loving, forever homes.

My husband Ken is the kindest man I have ever met, and not being used to hearing a NO from

him in our 30 years of marriage; I was taken aback at his hesitation.

He explained, "Honey, I know you. Once there is a rescue in your care you will be unable to give it up". Then added, "Let's not re-invent the wheel."

There are lots of small rescue organizations in desperate need of funds for food and vet care. They often don't have the time or contacts to raise funds. Why don't you start an organization that raises money to help them".

I saw the light. Ken was right. With his encouragement, I sprang into action.

Ken came up with the name, ANIMAL RESCUE FUND (ARF). A dedicated group of ladies helped with the necessary initial requirements and Senator Jill Vogel, our wonderful attorney, did the 501c(3) application. Hard to believe this is almost ten years ago. To this day her law firm does all the ARF legal necessities pro bono. Adding to our family is County Commissioner

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JIM SCAMODELLA AND HIS WIFE BRENDA FROM "PAWS FOR SENIORS" RECEIVING A CHECK FROM ARF VICE-PRESIDENT MARY JOHNSON.

Mary Leigh McDaniel, PLC, whose firm generously does, pro bono, ARF's accounting.

We have been blessed with numerous, generous locals who know that we are all volunteers. There are no wages paid, nor rents incurred. The million dollars we have raised over the years have helped over 30 small rescues.

Our Grant Request form is online, short and uncomplicated. Our Board Members ask the identity of the applicant, the EIN and for what they need funds. The following year we ask for an accounting of the funds they received from ARF.

All organizations are located in Virginia. They include well-known rescues like 'The Middleburg Humane Foundation' which rescues all kinds of pet and farm animals, as well as organizations dedicated to the rescue and rehabilitation of wildlife. They include local 'Wildlife Veterinary Care,' overseen by Belinda Burwell, D.V.M. as well as the further afield, 'Southside Virginia Wildlife Center,' located in Danville.

A recent experience demonstrates what ARF is all about. Two ARF Board members, Sandal LaRose and Kathy Durand, joined me on a mission to rescue a German Shepherd in distress. His family had fallen on hard times. They were no longer able to look after him. When we saw him, our hearts stood still. He was such a good boy. He was underweight and scratching. He smelled of feces and urine, and we knew an immediate trip to the vet would be followed by a visit to the groomer.

He did not have any proof of vaccination. Neither rabies nor DHPP and was never checked for Heartworm.

He settled down in Sandal's car like a perfect boy. With the windows open we still held our breath as much as possible.

After a thorough examination,

which included weighing him, a 'wellness test,' three blood drawings and X-rays, he was given all the vaccinations required by law.

The vet's diagnosis was kind and to the point. He tested positive for Heartworm. This required keeping him calm for several months preventing the worms from spreading through-

out his body. The medications were numerous and the instructions overwhelming. It was Sandal who volunteered to take on the task of caring for him. It would be challenging. Medicating several times per day, keeping him separate from her own animals plus trips to the vet.

I mention this experience as



THIS LITTLE FELLOW WAS UP FOR ADOPTION....BUT NOT FOR LONG... AT ARF'S ANNUAL DOG & CAT FEST.

an example of what hundreds of volunteers do every day in Virginia. To save animals in need, they spend their time, energy and often their own money.

For me, it again emphasized the necessity of raising funds for the small rescue organizations that tirelessly carry out this work.

My husband and I are proud

to have created The ANIMAL RESCUE FUND, but it is the ARF Board of Volunteers and the many contributors who deserve the credit and gratitude for helping ARF nurture Animal Rescue Organizations in Virginia.

For more information about ARF, please visit www.arfrescueva.org.

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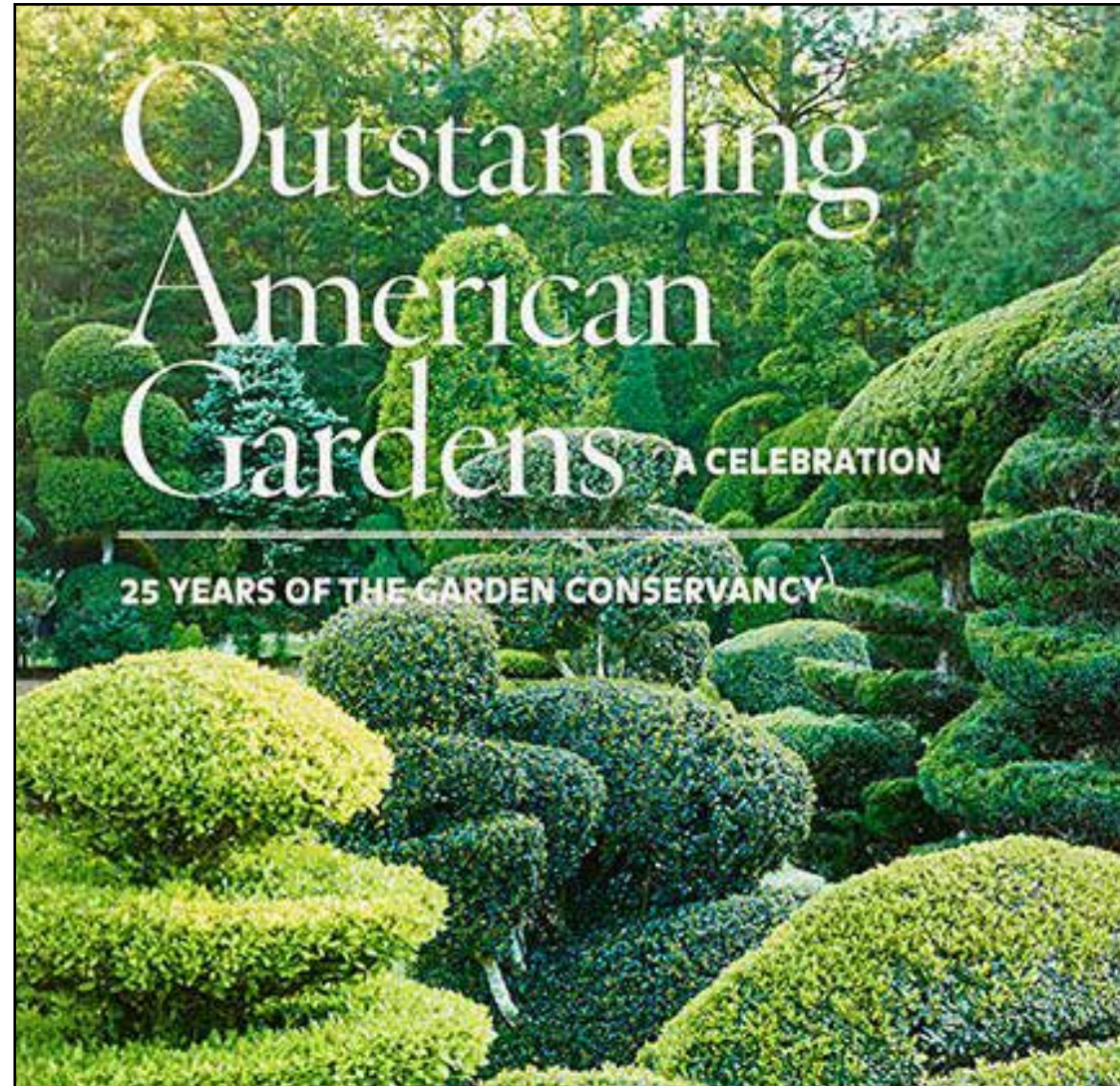
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NEWS OF NOTE

PIEDMONT GARDEN CLUB LUNCHEON AND LECTURE



The Piedmont Garden Club will present a luncheon and lecture on Tuesday, Oct. 10 at the Middleburg Community Center with Ben Lenhardt, chairman of the Garden Conservancy.

Lenhardt, an avid gardener in Charleston, South Carolina, and Winnetka, Illinois, will discuss on "Why Are Gardens Important?"

His interest in garden preservation combines his keen interests in gardening and architecture, including historical preservation. He joined the board of directors of the Garden Conservancy in December, 2004, becoming vice-chairman of the board in 2007 and Chairman in 2011.

Lenhardt will show more than

250 slides of beautiful gardens around the world while giving a brief history of gardens, beginning with the Garden of Eden.

He'll speak about the many roles gardens play in everyday life, farming, and the economy, while providing beauty and comfort. He'll conclude with a description of

the Garden Conservancy's efforts to save and share outstanding American gardens for the education and inspiration of the public.

*Tickets to the lecture and luncheon are \$50
Contact: Nicole Perry
(540) 592-3380 or piedmont-gardenclub@gmail.com.
Deadline for reservations:
Oct. 3*

Copies of the book "Outstanding American Gardens: A Celebration: 25 Years of the Garden Conservancy" by Dickey and Marion Brenner will be on sale at the lecture at the Middleburg Community Center.

MIDDLEBURG UNITED METHODIST CHURCH STEEPLE REPAIR

CONTINUED FROM PAGE 3

beam since the tight space in the steeple did not allow the use of a crane to drop them in from above. Not only did the work require multiple workers to be in very cramped space with five-foot ceilings and no ventilation, but the temperature many recent days has been in the 90's. Every day the work consisted partly of composing detailed specifications for fabrication of structural columns and brackets, depending on what was found and measured as the work progressed.

The majority of the shoring work is complete, and Ryan has breathed a sigh of relief that this most challenging part of the project has gone without a hitch. Replacing the bad sections will shortly be possible, after which the recladding of the roof can proceed. A new spire will be built on the ground and raised to its lofty position by a crane. Most of the shoring material will then be removed, including all ten steel columns which will be recycled. The church should be back to its finished condition by the end of September.

The Church has been very grateful for the support and forbearance of the community during this project. Special thanks go to Middleburg Millwork for supplying and storing materials to minimize the use of park-

ing spaces around the Church. JB Custom Welding of South Riding has worked through the night multiple times to produce materials for which the specifications were measured during one day's work and which were needed for the next day's work. The team from the shoring contractor Gerald C. Staley Builders has performed prodigious tasks in extreme conditions, surprisingly with smiles on their faces. Staley's knowledge and experience have been instrumental in the success of the project.

The remaining challenge for the Methodist Church will be to pay for the repair. Less than half of the estimated \$275,000 cost is covered by the insurance payment for hail damage. A fundraising campaign is getting underway, beginning with community spaghetti dinners at the Church on the second Wednesday of each month (August 9th is the first dinner from 5 to 7 PM, and the cost is \$15/person.) Those who wish to donate to the campaign are encouraged to send a contribution to the Church for the steeple fund at PO Box 284. The Church has faith that community members who value this iconic part of Middleburg's history and beauty will respond generously to help with the need.

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NEWS OF NOTE

A GREAT TREE HAS FALLEN

DIANNE RUSSELL

Longtime Laguna Beach resident, founder of Stu News Laguna, community stalwart, baseball fanatic, and 2016 Citizen of the Year Stu Staffer, brother to Claudia Young of Middleburg, passed away May 20 after surgery to ease his long battle with lung disease.

Born in 1942 in Washington, D.C., Stu spent his early years in Middleburg. His father, the town's doctor, was known for forgiving the debts of those in the community who could not pay for healthcare. These were the values that guided Stu throughout his life: kindness, loyalty, and the importance of giving back to the community. A relative once told Stu that he was "just like his dad and his brother."

A gifted hitter, Stu won a baseball scholarship to the University of Virginia, but due to family circumstances, was unable to accept the offer. Instead, Stu studied radio broadcasting and advertising sales at night at what is now George Mason University, and by day, to support his wife and young child, delivered the U.S. mail and coached baseball at a junior college.

Over the years, his passion for journalism grew. However, fate continued to intervene and Stu went to work for his older brother as a semiconductor sales engineer in California rather than work for the Houston Chronicle. Stu attended law school, passing the California Bar, and later, founded a successful mortgage brokerage, Churchill Financial.

Stu hosted a sports radio show in Orange County, CA, where he was able to show off his encyclopedic knowledge of baseball, and for many years coached little league teams. He was Laguna Little League commissioner from 1995-1996 and received the Rhoads Martin Award in 1999.

In 1998, Stu became a beat reporter for Laguna's Coastline News and in 2002 he started a local paper, The Independent. Six years later, after The Indy was sold, Stu created a local online newspaper, Stu News Laguna. With his business partner and good friend, Shaena Stabler, Stu News Laguna became the voice of the town. Stu's policy of not taking sides, editorializing, publishing puffery, or censoring letters except for those that are outright personal attacks made Stu News Laguna an essential read. In 2016, Stu and Mrs. Stabler expanded their news model to

Newport Beach, with partners, founded Stu News Newport.

Stu's dearest hope was that through his colleagues, many friends, and readers, his dedication to providing the community with timely news would continue and prosper through Stu News.

The quintessential Stu: that appreciation of everyone's worth, that emphasis on valuing and cheering everyone's individuality and talent, that understanding that we are all different but important to each other and the community, that sense that we are all in this challenging world together and it's best to be kind to each other.

Stu leaves behind his daughter, Jackie Miller, of Naples, California, and her sons J.R., 19, Charlie, 16, John 14, and Peter, 14; Brandon Leahy, of San Francisco, with whom he had a close father-son like relationship; his daughter, Laura Law, of Atlanta, Georgia, and her children Katherine Law, 28, and Will Law, 25; as well as his sister, Claudia Young, of Middleburg, Virginia; and grandsons Ryan Lipert, 33, and Michael Lipert, 28, from his pre-deceased daughter. He was pre-deceased by his two brothers, Tom and Thornton "Doc" Saffer, and his daughter, Liz Lipert, of Capistrano Beach, Cali-



fornia.

Donations may be made to the Laguna Beach Little League or Friendship Shelter, two of Stu's favorite non-profits, or any non-profit of your choice.

My dear friend and business partner was a Great Tree in our community...he had a way of making each person in his life feel special and worthy, and empowered to be the best versions of themselves...Stu News Laguna

will continue on. --Shaena Stabler

His casual approach was disarming and helped him gracefully dig for the story. He created dedicated readers... started conversations and cre-

ated memories...Stu changed Laguna. --Laguna Mayor Toni Iseman

Truly a special man, and I'm a better person for having known him. --Mark Christy



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Sunday October 15, 2017

In-person registration opens: 11:30 AM
Walk, Run and Prance start: 1:00 PM

Start Location: Foxcroft School
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Middleburg, VA 20117

Online registrations and donations:
CherryBlossomBreastCancerFoundation.org

Visit our Facebook page:
facebook.com/cbbreastcancerfoundation

LEGENDS BY LANTERN LIGHT



The Mosby Heritage Area Association is bringing its Mosby Heritage Area Interpretive Group to Clarke County on Saturday, August 19 for another of its popular Legends by Lanternlight programs. Historic Clermont Farm, an 18th century structure, will serve as the program's backdrop. The program will start at 7:30pm at Clermont Farm at 801 East Main St, Berryville, VA 22611.

A young George Washington surveyed Clermont Farm in 1750. Structures on the property

date to as early as 1755, and have undergone many alterations in the previous centuries. Members of the McCormick family owned Clermont Farm from 1819 to 2004, when the site became deeded to the Virginia Department of Historic Resources.

Saturday evening's program will focus on the Civil War in Clarke County, particularly stories relevant to Clermont's experience in the years immediately before, during, and after the war. Costumed interpreters of the Mosby Heritage Area In-

terpretive Group will share the horrors and triumphs of Clarke County's Civil War, from Mosby's Rangers to interactions between Union soldiers and Berryville's citizens, and more.

The August 19 program will begin at 7:30 pm. Admission is \$15 for adults and \$8 for students and will be taken at the door. Please bring walking shoes and dress appropriately for the weather. The Clermont Foundation will host the event and will provide refreshments served from the 1777 kitchen.

NEWS OF NOTE

LOCAL KNOWLEDGE, GLOBAL REACH IN THE PLAINS

“We tried the town of Middleburg, but they said they had already reached Realtor capacity,” Malone said with a laugh.

2017 marks Chris Malone's 30th year selling real estate. After owning Middleburg Real Estate from 1995 to 2010, Malone founded The Plains Real Estate Company. Malone's firm is newly located on Main Street in The Plains beside The Rail Stop Restaurant. “I'm super excited to be ramping up again. Tom and Linda Neel had a wonderful shop and gallery here for a long time, and I always coveted the space. When it came available, and Jen signed on, I jumped on it. And I have great neighbors in The Rail Stop and Bittersweet Garden.”

“Up 'til now, it's just been me in my little building here in town, taking care of existing clients. The town is home, I'm on the town council, and I feel The Plains is the ideal location to service the greater Middleburg market. But I wouldn't have made the move to the new space without Jen coming on board. Someone has to do the real work,” Malone said, smiling.

Jen Kitner has, what seems like, a lifetime in hospitality and marketing. The majority of her career was spent at Marriott Ranch where her event management and sale efforts increased sales, over the course of 10 years, by 1,000%. More recently she held the position of Director of Sales & Events and Goodstone Inn in her time where she increased event rev-

enue by over 100%. Jen attributes her success to the simple art of listening. “You have to understand, and completely embrace, what is important to the client in order to help them meet their goals,” Jen says. “In my personal experience, there is nothing more frustrating than speaking to a salesperson who only sees dollar signs.”

Jen has been house hunting since she was a young girl, exploring possible rehab properties with her father. “I love the hunt,” Jen says with enthusiasm. “This is my dream job, being able to help people find or sell a property in the prettiest areas of Virginia.”

The Plains Real Estate Company offers general real estate brokerage services along with



property management.

“It's about matchmaking, giving solid advice and prompt service,” Malone says. “In order to pay close attention to our clients' needs, we're going to keep it small, not taking on too much at one time. Our focus will continue to be farms, land and residential. We'd ideally like to add only 2 to 3 agents. Even at Middleburg Real Estate I never wanted a big firm. We had a close knit group of agents there who took care of one another. I'd like to recreate that here.”

In an industry that has become widely accessible to everyone online, it is crucial that a brokerage has something else to bring to the table. Jen says, “I am thrilled with the technology we have to offer our clients. It opens doors for buyers and sellers alike.” Jens background in marketing made her a great match for Chris's years of expertise. “Together we are a powerful team, and we have the same desire to remain “localists,” Jen

says. Chris agrees. “A good broker adds value to the transaction beyond placing ads and posting on the web. That's where years of contract experience, living through up and down markets and knowing the properties and players comes in. Conservation buying and tax credits add a whole other dimension. So every deal reinvents the wheel. It's more than just data.”

Chris and Jen are excited about their new space on Main Street in The Plains. The “shop” is full of open space and light and is welcoming and practical. Jen says, “We have some interesting ideas that we are developing to incorporate the local farm and artisan communities into our space. A way to create more exposure for all of the talent in our area....stay tuned.”

The Plains Real Estate Company is located at 6474 Main St., The Plains, VA

www.theplainsrealty.com
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**Dolores Martinez
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NEWS OF NOTE

THE GIFT OF MEMORIES

PART 1



AARON KROEBER

Stephanie Carter, the most beautiful girl in the sophomore class, hung out with the “popular” kids, while I played online games in computer lab. Before school she

would huddle with her posse, talking about who was dating who; where the best party was this weekend; who had the cutest outfits. I would be playing Runescape with friends, trading magic cards, and deciding who should be dungeon master for another endless game of D&D.

Entirely too often I would catch myself staring at her, thinking Play it cool Chase. Don’t let her catch you.

There was just an undeniable beauty to her that never stopped drawing me in: long flowing auburn hair; deep blue eyes, ocean blue: dimples, yes dimples when she laughed. Magical.

Then back to reality. Sitting at my desk I heard a voice echo through the classroom.

“Hey Chase!”

Then louder, “Chase!”

I looked around to see if anyone else heard it, but they were all staring at the teacher in the front of the front of the class.

“CHASE!”

It was almost unbearably loud now.

I cringed and covered my ears.

I looked around and locked eyes with Stephanie.

She looked worried . . . and then smiled.

“Bye” she whispered and all went black.

“CHAAAAAAASE!!!”

My head flew up off my desk.

NEW WRITERS

Each Month The Eccentric will feature in this space new work by young writers heretofore unpublished.

An Army reservist and avid hiker

Aaron Kroeber lives and works in Reston, Virginia

I looked around, confused for at least a minute, maybe more, as cold reality began to return.

I was in my cubicle.

My motivational cat poster was on the wall.

Greg, my co-worker and best friend from high school, was standing behind me.

“Dude,” he said “You okay?”

“Yeah man,” I replied , still out of it. “ I just had the weirdest dream, we were back in high school, in Mrs. Cortoochie’s class.”

“Umm....Okay?” Greg muttered anxiously. “We obviously don’t have time for that stuff.”

“Why?” I asked, still confused.

“Seriously dude! Snap out this, we have to present to Carter in like 10 minutes! Get all your stuff and let’s go!”

It was finally all coming back to me.

As I gathered my charts and presentation notes I told myself You are Chase Gunston. You work for Carter Tech Solutions. You and Greg designed a new software, and you are now going to show you boss how amazing,

(to be continued)

SKY MEADOWS STATE PARK EVENTS AND PROGRAMS

Welcome Campfire - 09/01 & 15 - 7:00 p.m. to 8 p.m. - Campground Amphitheatre
Nestled at the base of the Blue Ridge Mountains, Sky Meadows’ campground provides you with a fantastic place to enjoy peaceful rejuvenation, but how much do you know about this wonderful park? As you sit around a flickering fire hearing the crescendo of nature’s night life, be inspired by the story of Sky Meadows State Park. Hear of the many programs, events and recreational opportunities that await you, your family and friends during your visit.

The Farmer’s Forge - 09/02 - 12:00 p.m. to 3 p.m. - Blacksmith Forge, Historic Area
The forge is fired up and the blacksmiths are hard at work in the Historic Area. Members of the Blacksmith Guild of the Potomac have set up shop and are ready to show off their skills. Stop by the Blacksmith Shop, located behind the Dairy Barn in the Historic Area, and see them fashion iron into helpful tools and kitchen items used on the farm.

Mount Bleak House Tours – 09/2 – 11 a.m. to 4 p.m. – Mount Bleak House, Historic Area
Walk through history by touring historic Mount Bleak House. Join a ranger or docent and hear the story of the many owners of this 1840’s house and how they shaped the history of Sky Meadows. Feel a part of their stories as you enjoy opportunities to sit in historic reproduction furniture. Tours are subject to ranger or docent availability.
Please inquire inside the Visitor Center for a tour.

Astronomy for Everyone - 09/16 - 7:30 p.m. to 10:30 p.m. - Historic Area
Our evening of space exploration begins with our half-hour “Junior Astronomer” program, for children ages 5-12, led by volunteer Ambassadors of NASA’s Jet Propulsion Lab. Immediately following the children’s program, join the Ambassadors for a half-hour multimedia presentation on the latest in the United States’ space research. Then, get yourselves oriented to the celestial skies with a 15-20 minute “sky tour” by a volunteer Star Guide.

Meet the Beekeepers - 09/17 - 1:00 p.m. to 3 p.m. – Historic Area
What’s that buzzing? Meet with local apiarists Doug and Ramona Morris of the Beekeepers of Northern Shenandoah (BONS) and discover the art of Apiculture (a.k.a. Beekeeping). This monthly program series examines all aspects of beekeeping from hive construction to honey extraction. See the park’s apiary and learn how to set up and care for your own hives using historic and modern agricultural techniques.

Civil War Encampment - 09/30 - 10:00 a.m. to 4 p.m. – Historic Area
Get up-close and personal with history! Immerse yourself in the sights, sounds and smells of a Civil War Encampment. Interact with the 21st Georgia Infantry as they perform daily tasks of the Confederate soldiers. Activities may include recruitment and enlistment ceremonies, unit drills, weapons demonstrations and camp cooking.

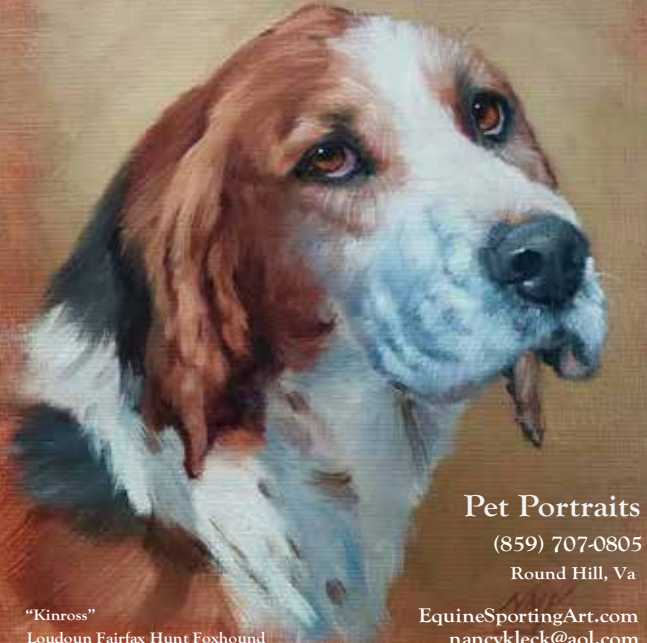
National Public Lands Day - 09/30 - 11:00 a.m. to 3 p.m. – Meet at Visitor’s Center
Sky Meadows continues a 300 year-old tradition of farming that depends on pollination. The butterflies, bees and birds that pollinate are declining. Join us to learn how Sky

Meadows is teaming up in the fight to save pollinators by growing pollinator friendly plots. Help us continue our efforts by harvesting pollinator seeds to ensure the sustainability of these vital habitats. Also, find out how to take these ideas home and increase habitat for pollinators and conserve these species in your own backyard.

There is free parking/admission for this day. Be sure to wear proper shoes, sunscreen and bug spray, and bring plenty of water.

Contact info for all programs and events is: SkyMeadows@dcv.virginia.gov or (540) 592-3556

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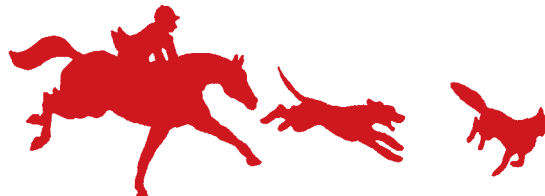


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www.BluemontFair.org 540-554-2367

NEWS OF NOTE

MIDDLEBURG CONCERT SERIES JOINS THE EMBASSY OF MEXICO TO PRESENT "UNA NOCHE EN MEXICO"



The Middleburg Concert Series travels south of the border for its September performance. Famous Mexican soprano, Dolores Martinez Rangel and accordionist/pianist, Jose Alfonso Valadez will join Artistic Director, Dr. Alan Saucedo (cello) and Cynthia Saucedo (violin) in a lively rendition of traditional Mexican music. Many Mexican favorites such as "Besame Mucho," "Solamente Una Vez" (You belong to my heart), and "Sabor a Mi" (Be true to me), will be featured on the program. The concert is presented in collaboration with the Embassy of Mexico and made possible by the generous sponsorship of Ann MacMahon, Sheridan MacMahon Realtors, as well as grants from the Town of Middleburg, the Virginia Commission for the Arts and the National Endowment for the Arts.

The concert will be held on Sunday, September 17th at 4 PM at the Middleburg United Methodist Church, corner of Washington and Pendleton Streets.

Dolores Martinez Rangel is a versatile international vocalist whose expansive repertoire includes opera, huapango, bolero, son and music indicative of Northern Mexico. At the invitation of Luciano Pavarotti, she has presented concerts in Rome, Lisbon, and Modena. Jose Valadez will make a return engagement to the Middleburg Concert Series where he awed the audience with his incredible dexterity on the accordion keyboard at the September concert in 2015. He is currently a member of the faculty

of La Escuela Superior de Musica y Danza de Monterey where he teaches Collaborative Piano, a talent which becomes apparent as soon as he touches the keys of the accordion.

There will be tamales and sweets for the reception immediately following the concert, sponsored by Briones Auto Repair of Winchester and La Familia Saucedo. The hosts will be the artists, Elsa Borja and Alberto Fierro from the Embassy of Mexico. Admission to both the concert and reception is free; Donations are welcome. For further information, please visit www.middleburgconcertseries.com, email middleburgconcertseries@gmail.com or call 540-303-7127.



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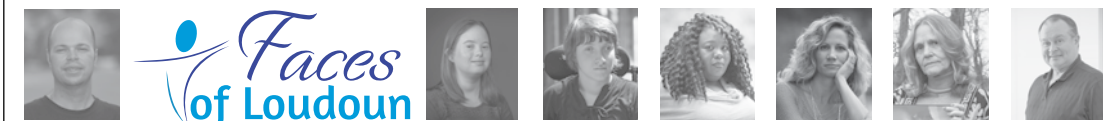
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NEWS OF NOTE

OPIOID ADDICTION IS IN OUR OWN BACKYARD



Service Should *Trickle Down* From One Generation To The Next



I retired from the Sheriff's Office after 23 years on the job. Helping people always made me feel good. That's why, at 84, I drive to Winchester to pick up donated food and bring it back to the food bank in Middleburg. It's so important to teach the next generation to give back.

If We All Pitch In, We Can End The Need In Loudoun

EndtheNeed.org

Real People. Hear their stories.
Unexpected Stories. Celebrate their victories.
Right Here in Loudoun. Learn how you can help.



This ad is underwritten by Tom & Ann Northrup and Middleburg Eccentric, LLC

Seven years ago, I lost my wife to cancer. It was a long and brutal struggle, requiring mountains of opioids to help her cope with pain. My daughter, Katie, was 19 when her mother passed away. She was deeply troubled by her loss and, before I realized it, turned to her mother's meds for an escape from her grief.

So began years of addiction and all the baggage that insidious disease carries with it. Katie began seeing a psychiatrist. But, the allure of the high was just too seductive. She had always been a good girl before the drugs, but, after her mother's passing, she was arrested twice and was facing serious jail time when she died from an overdose in March of 2016. She was not quite 26.

No family in Loudoun should lose a child to drugs. Unfortunately, we lost 1,100 kids last year in Virginia. We are on track to lose another 1,400 this year. Too many. Too soon.

The Next Chapter

Six days after my daughter died, I saw an article in the paper about a program out of the local sheriff's office. He is trying to raise awareness about the local opioid crisis. He wants

people to know that heroin is easy to find in our region and inexpensive to boot. To make matters worse, dealers are modifying their products to intensify the high—adding in chemicals that are, unfortunately, also lethal in small doses.

Last year alone, 44 children in Loudoun and Fauquier counties died from their addiction. This scourge is indiscriminate, taking people from all walks of life. It affects everyone. There are only three outcomes: you quit, you go to prison, or you die. But, people refuse to see the problem. We try to get our speakers in front of students, parents, and educators. But, too often the response is, "There isn't a problem here." As a society, we are in complete denial. The few of us who know the truth soldier on.

I just hope that, before I die, one person approaches me to say, "I heard you speak, and you helped me." That would help me make sense of a senseless tragedy and to do my part to End the Need in Loudoun. Won't you join us and help save a life?

Learn more.

Share this story.

Volunteer your time.

Donate Now.

MIDDLEBURG TOWN COUNCIL REPORT

CONTINUED FROM PAGE 1

tors, he noted, "was actively trying to increase the organization's penetration and the number of patrons.

Although Seven Loaves is currently open three days a week from 10:00a.m.-12:00 noon, Plescow reported that his Board believed "they were missing a segment of patrons who need them but who could not come in during the day."

Would it make sense, they wondered, "to be open on a weekday evening and a Saturday" and if so would Town Council approve and work with them on parking.

Councilmember Mark Snyder said that, in his view, "there would not be a lot of conflict with the business community if they were talking about a weekday evening or early morning on a Saturday or Sunday."

Mayor Betsy Davis, however, noted "there could be a conflict caused by Saturday weddings since Seven Loaves used a church parking lot.

Town Administrator Martha Semmes noted "that this should not be offered on an occasional Saturday" and suggested, "it simply needed to be well structured."

Asbury Church

Town Administrator Semmes reported that, after speaking with Mayor Davis, she had added an item to the evening's scheduled "closed session" to talk about bids for the restoration and repair of Middleburg's Asbury Church property.

At the conclusion of that session Councilmember Mark Snyder moved, and Vice Mayor Darlene Kirk seconded a motion, that "Council phase the project for the restoration of the Asbury Church and negotiate with Cochran Stone of Lincoln for a phased project, with the first phase not to exceed \$175,000, with subsequent phases to be negotiated and determined as appropriate.

When Councilmember Kevin Hazard offered a friendly amendment that the amount be increased to \$190,000, Snyder and Kirk agreed, and the motion was passed without objection.

Parking Ticket Fine Collection

Vice Mayor Darlene Kirk asked Council "why Town Clerk [Rhonda North] appeared to be "waiting for the Leesburg Police Department to run license plates for the past due parking tickets" in Middleburg.

Town Clerk North explained that she was simply following official procedure and that "this was the system that was in place."

North prepares a list of license plate numbers linked to outstanding fines, forwards them to the Leesburg Police Department, which then "runs the plates" to identify the owners of the offending vehicles.

"This time," she noted, it was, for some inexplicable reason, taking longer than normal to get the

report back."

North also reminded Council that they had approved an August 31st deadline for granting amnesty for those owing late fees and because of the processing delay she might not be able "to get notification letters out before that deadline passed."

She asked for and was granted an extension of the deadline in such cases.

Ten Years as Town Clerk

Town Clerk North also noted that "ten years ago on this day [August 10], she attended her first Council meeting for the Town of Middleburg." At that meeting, Council gave its definitive approval to the Salamander Resort project, which has transformed Middleburg.

Mayor Davis congratulated North and Council, in its closed session, voted unanimously to "approve a \$500 bonus in recognition of her service and loyalty."

Business Development

Middleburg's new Business & Economic Development Director Jamie Gaucher reported that he had "hosted his first company visit of Middleburg earlier in the day and reported that the prospective business looked at six properties."

He has also "drafted an outline of a marketing and communications plan, which he had shared with EDAC Chair Vincent Bataoel and Councilmember Phillip Miller.

Town Administrator Semmes noted that she and Gaucher had met with Beth Erickson, of Visit Loudoun, to further discuss a draft, formal, Memorandum of Understanding between the Town and Visit Loudoun, tourism in general, and how Middleburg fit in with Visit Loudoun's ongoing work on behalf of the County.

Public Workshop on the Comprehensive Plan

Town Planner Will Moore reported that Middleburg's Planning Commission had tentatively set date "for a second Comprehensive Plan public workshop for September 25, 26 or 27th and that an on-line survey on the topic was also underway.

New Treasurer's Assistant

Town Treasurer Ashley Bott reported that the Town had received roughly one hundred thirty applications for the position of Assistant to the Town Treasurer. Two of the 130 had been scheduled for the second round of interviews.

Parking Tickets and Fines

Chief of Police A.J. Panebianco reported that the Town's new timed free parking system was working well, noting also that parking tickets were going well and opined that approximately sixty-two of the tickets written by his officers, an extremely high percentage, had "already been paid since the new system was in place."

'tis the season.
soft-shell crabs
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Soft Shell Sundays

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UPCOMING EVENTS:

Friday September 22nd: Moonlight Harvest Dance
Saturday October 28th: Fox Manor: A Party to Die For
More information and tickets available through Eventbrite

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



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NEWS OF NOTE

BIG DOG POTS POTTERY: WHERE KIDS OF ALL AGES CAN SHOP, CREATE & CELEBRATE



LAUREN R. GIANNINI

Big Dog Pots Pottery, since its opening in 2014, has become a destination for kids of all ages as they discover the fun and wonder of getting hands-on in the creative arts.

Activities include Pottery Painting, Hand-building with Clay, Fused Glass, Canvas Painting, and Wheel Throwing. At Big Dog Pots you can count on a warm welcome and friendly cheerful atmosphere, as well as being encouraged and mentored

by Lori Langford and her great staff.

If you think you're totally without an artistic gene, no worries: Langford knows firsthand that every person has a streak of creativity — however deeply it might be hidden. In fact, a family joke that she "couldn't draw, couldn't paint" still produces smiles, but Big Dog Pots Pottery is proof that Langford has a gift for her craft.

"I really don't consider myself an artist, but I am creative," said Langford. "My husband is a beautiful artist, a true Renais-

sance man. Our children are also talented. It was a big surprise to my entire family that I could do this."

This, meaning Big Dog Pots Pottery, located at 8287 East Main Street in Marshall. The increasing popularity of the creative arts studio and gift gallery resulted in its expansion, thanks to Lori's husband, Hugh Langford, who built an impressive two-story addition on the east side of the 1890 house. Downstairs, the huge bright studio offers seating for 50 and nine potter's wheels. The upstairs features a marvelous space for groups of 30, such as parties,

family reunions, bridal showers, meetings, corporate team building, etc.

It all started ten years ago when Lori needed grief therapy after the sudden loss of her mother. Given Lori's liking for ceramics, Hugh suggested that she try making pottery. As it turned out, the so-called "art-less" one found both healing and enterprising fulfillment in shaping lumps of clay into functional and decorative stoneware — everything from mugs, dinnerware, flower pots, colanders, berry bowls, dog bowls, candlesticks to you-name-it.

Hugh built a studio behind their home in Fauquier County, and Lori filled it to the rafters. He built an addition, and she filled that, too, in spite of gifting items to all their friends and selling her wares at craft shows.

"When we bought this house on Main Street, it was going to be my studio with a sales gallery on the front, but ever since I opened the doors, it has taken on a life of its own," Lori said. "Big Dog Pots Pottery has been well received by the community. Our customers consistently expressed the desire for hands-on art-making experiences, and we kept growing in response to their enthusiasm."

One "enthusiast" recalls smiling every time she drove by and saw the Big Dog Pots sign. "I always wanted to go there, and in 2015 I took my first series of four lessons, hand-building in clay," said Karen Jackley, Middleburg. "I made several mugs and two wonderful vases that I use all the time at home."

In April Jackley signed up for Pottery Wheel lessons and continued taking lessons into summer. Totally hooked, she started doing "studio time," a great program offered to Lori's wheel students when they're ready to work on their own.

"I have learned that you can strive for perfection with laughter. That stuff happens, that clay is independent, that it picks up on you and how you handle it," said Jackley. "I've made a lot of wonky things, but I'm getting there. The other day, I was trimming the best bowl I ever made — it was really beautiful — and I broke it. I was kind of upset, then I realized, hey, no problem, I can make another one!"

Pottery Painting, one of Lori's first offerings, turned into a runaway success, and Big Dog Pots

now stocks a selection of more than 500 pieces. Canvas Painting also proved wildly popular and resulted in a huge inventory of pre-sketched canvases that become personal works of colorful art.

The Gift Gallery showcases Lori's work with displays of functional and decorative stoneware. She also fills custom orders for wedding gifts, dog bowls, and other pieces. There's no doubt that watching her make magic with clay on her wheel led to Big Dog Pots offering lessons on the Potter's Wheel. Classes and special events, such as kids' birthday parties with Pottery Painting, etc., expanded to include Hand-building With Clay and Fused Glass.

"We're excited that the next activity we offer will be Stained Glass that Hugh and I will teach," said Lori. "It's going to occupy our former pottery wheel room, which is the last room that Hugh will work on. He'll probably get to it late this fall, and we're hoping to offer the first Stained Glass classes after the New Year."

One thing for certain at Big Dog Pots: you will find something that piques your interest. You may know nothing about the particular medium, but that's part of the fun of going to Big Dog Pots — where everyone's hoping to liberate that creative streak.

"Even though I stay very busy with the horses and other critters on our farm, all I can think about every day is when can I get back to working with clay on the wheel, because it is the best antidote to daily life stress," said Catherine Mack of The Plains. "Plus, it's the perfect outing for the whole family, especially for people with all ages of grandchildren to entertain. There's something to interest everyone. It's addicting. It takes you right out of your life."

Open seven days a week, walk-ins are welcome, but groups of more than four, such as Scouts, 4-H, after school classes, home school classes, birthday parties, family/friend groups, and classes, are encouraged to call ahead.

Check out BigDogPots.com and Facebook for "Try It" stand-alone classes and special events. September marks the return of weekly kid/teen/adult classes, geared to beginners, in Wheel Throwing and Fused Glass. To schedule private sessions, contact Lori.

Heads up: on Sunday, September 10, Washington Area Animal Adoption Group (www.WAAAG.com and on Facebook) will hold its Bingo fundraiser at Big Dog Pots from 2-4 p.m. Pre-purchase tickets for \$35 or pay \$40 per person at the door. 100%



of the proceeds will be donated to WAAAG.

Big Dog Pots Pottery is the place to go to find a special gift

or liberate your creative self. There's always a warm welcome, and hands-on creativity is a great antidote to stress. If you're feeling isolated, it's a happening

happy place.

Drop in and say hello. Tell them Lauren sent you.

www.bigdogpots.com

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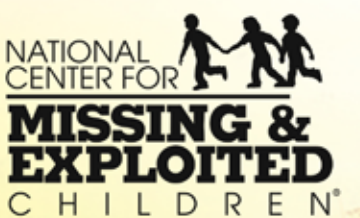
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Questions & Registration
missingkids.org/events
Matt Foosaner 703.926.2710



PLACES & FACES

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DR. WILL ALLISON, SUSAN WIGHT AND CRISTINA ALLISON



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SARAH HANSAR, GEORGE BETHEL AND SANNON VENEZIA



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ROBERT MILBAUGH, BREANNA GUNNELL, PAUL DIETRICH AND JONATHAN BILOWUS



LES AMIS: NICK GREGORY WITH MATT THE DOG, DARYL MULLER, PAMELA WATSON, JAMES ROGEK, KRISTIN SINKO, LUCY & CLAY DOUGHTY, WALTER CRONKITE AND PATRICK SMITH.



CHARLES CARROLL, DEBBIE NASH, BILLY BENTON, ALLEN NASH, CARL COS AND BOBBY DRYER



POLLY GAULT, BEN COOPER AND MARIE BYRNE



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PLACES & FACES

NATIONAL NIGHT OUT 2017 IS MIKE'S NIGHT

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



GREAT MIDDLEBURG CLEAN UP & SCAVENGER HUNT

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

PHILIP MILLER

It was a sunny, faintly humid Saturday morning in downtown Middleburg, ideal weather by August standards. A local real estate agent was showing a home that morning to a Connecticut couple. They asked what was going on in Middleburg referring to the groups of people in yellow safety vests cleaning the sidewalks. The couple was astonished to learn these were local volunteers and not paid contractors. They remarked they hadn't felt this sense of community in the other area towns they were considering for their new home.

That Connecticut couple had just witnessed the first Great

Middleburg Clean Up and Scavenger Hunt. I can relate to their surprise. The scene was something out of Saturday Evening Post cover by Norman Rockwell. Where do you see this these days? Young children draped in a yellow enthusiastically pulling weeds and picking up trash.

On arriving, it was clear how many had shown up, more than 45 in fact. The crowd ranged from seventy plus to just over two-years-old. The eager crowd was ready to do some serious work. They'd shown up to clean Middleburg's streets and sidewalks of weeds, cigarette butts, litter, dog waste and whatever else they found on their assigned route. Police Chief Panebianco gave the safety briefing, and Council Member Bridge Little-

ton explained the purpose of the cleanup effort, while granola bars and bottled water trickled through the huddled volunteers. We were organized into groups and assigned streets.

For the next two hours, we worked. Yanking out weeds, spraying those we couldn't pull, and collaborating to solve scavenger hunt questions. We had fun while doing good. That's what this community is about. We were just neighbors, friends and locals who showed up for something we care about. There was a shared passion that morning. Passion always yields results. This group certainly did. Fueled by community spirit, it produced staggering results in just two hours.

- 14 Yard waste bags (30 gallons each) | Equal to filling the bed of a large pickup truck
- More than 1,000 cigarette butts | Nearly 10 pounds or 5 liters by volume
- 4 - 55-gallon bags of recyclables | Enough to pack a high capacity home refrigerator
- Team Washington won the Scavenger Hunt with a perfect 10/10 correct answers

The event was such a success Bridge Littleton, an organizer who provided the stylish safety vests - along with Punkin Lee and Peter Leonard-Morgan - says they plan to repeat the cleanup

event in April and bi-annually after that to keep Middleburg looking its finest. Most importantly, thank you to everyone who turned out to help. It couldn't have been done without you.

Thank you to the Go Green and Street Scape Committees along with the Middleburg Futures Group for organizing such a spirited event. The event wouldn't have been possible without contributions from the following: Middleburg Police for keeping us all safe, Common Grounds for keeping us hydrated, and Salamander Resort for feeding us. Special thanks to Rick Allison of the King Street Oyster Bar for providing 16 gallons of homemade eco-weed killer and Lynn Kaye for the cigarette recycling.



THE ENTIRE CLEAN UP CREW



PETER MORGAN LEONARD, MAN BEHIND THE CAMERA AND KIM SHELLEY



MIDDLEBURG POLICE CHIEF A.J., DELEGATE RANDY MINCHIEW AND TOWN ADMINISTRATOR MARTHA SEMMES



MIMI STEIN AND JOANN HAZARD

PLACES & FACES

CONGRATULATIONS TO TIM COLE ON 23 YEARS OF SERVICE

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

Congratulations to Tim Cole on 23+ years of service at the Middleburg Community Center. Not only was he the Facilities Manager of the Middleburg Community Center for over two

decades, prior to that he was a lifeguard at the pool, and even worked in the basement setting up pins when the bowling alley was in operation. It has been a true family endeavor for Tim over the years. He and his father en-

closed what is known today as the Terrace Room - previously the outdoor terrace. Together they built the marquee sign out front, patched stucco, and had their hands in endless repairs and improvements over the years. When

Tim's mother Joanne Cole retired as Executive Director in 2014, Tim stayed on proving himself to be invaluable as the MCC's historic record, and the authority on the mechanics of the old buildings, and swimming pool.

On August 10th friends and family gathered in the Ballroom to thank him for his tremendous dedication over the years, and wish him well at his new position with the Town of Middleburg.



TIM COLE, KATY TYRRELL, BETHANN BEEMAN AND OLIVIA ROGERS



OLIVIA ROGERS, TIM COLE AND SHERI CONRAD



MARIE PISKORZ, MARGARET LITTLETON, TIM COLE, GAIL WOFFORD, BETHANN BEEMAN, CAROLYN SAFFER & JOHN Z



CAROLYN SAFFER, MIMI ABEL SMITH AND LYNNE WINE

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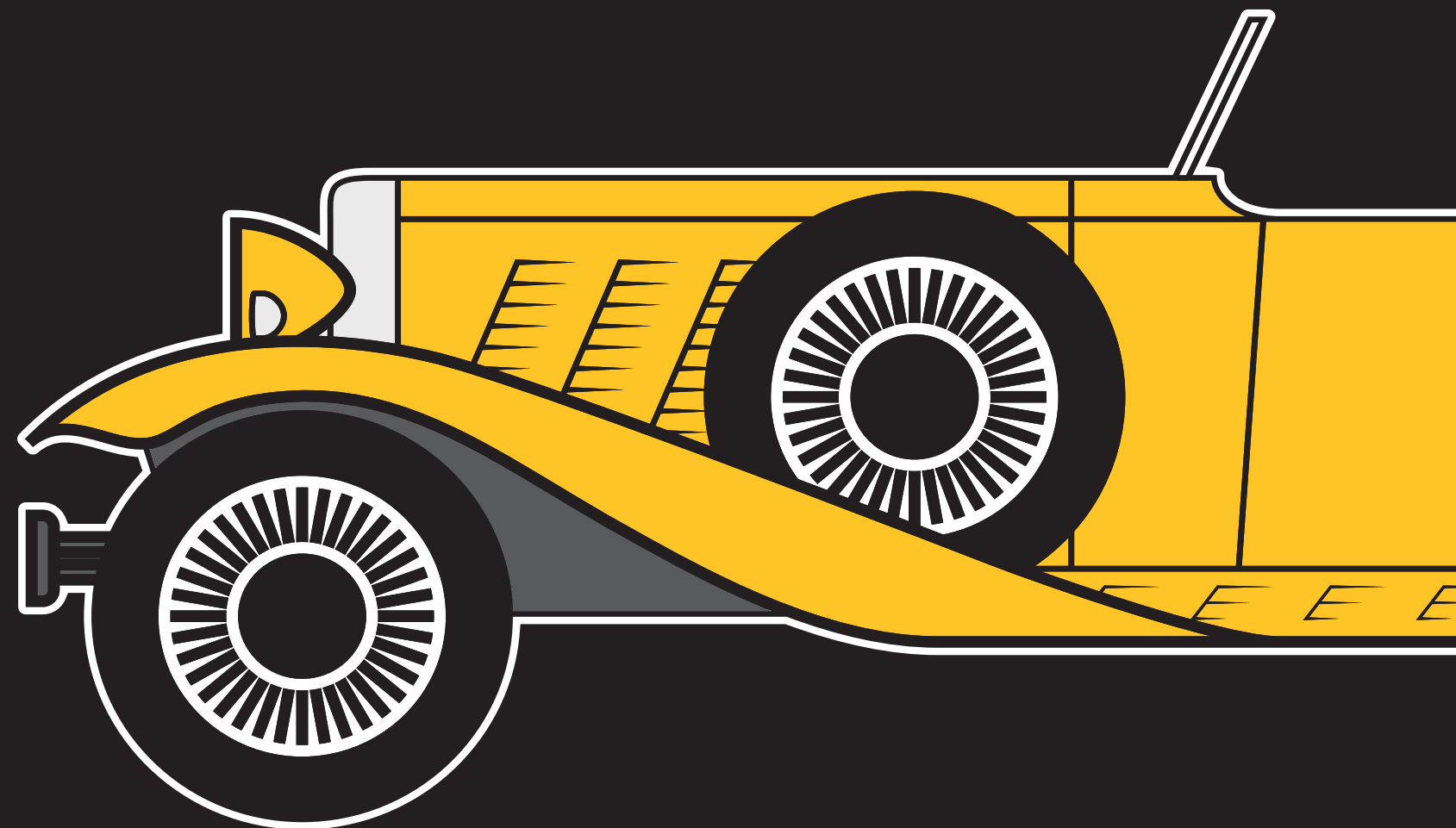
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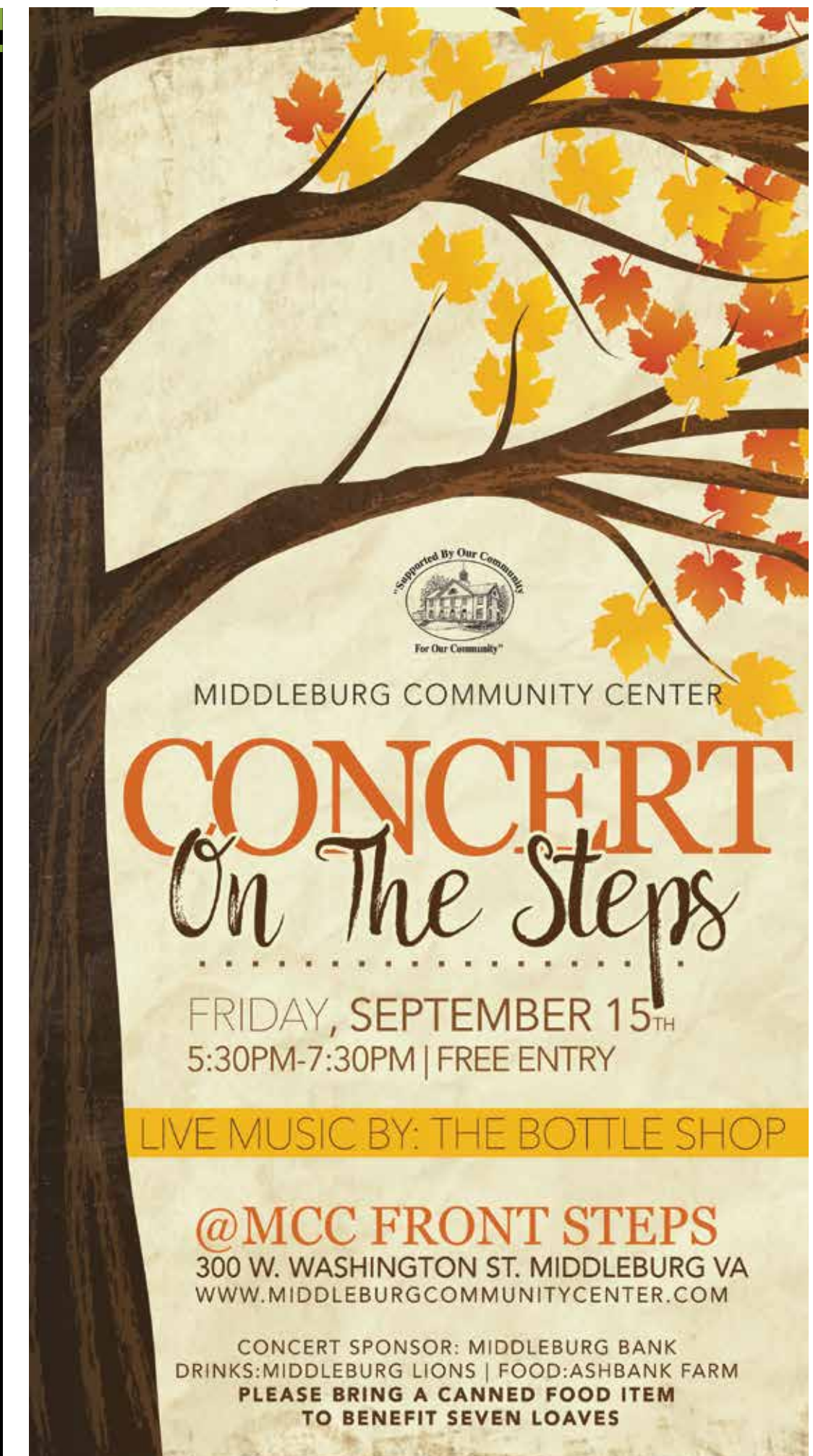
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PROGENY

TROOP 2950 CELEBRATES A NEW EAGLE



On my honor, I will do my best. To do my duty to God and my country and to obey the Scout Law; To help other people at all times; To keep myself physically strong, mentally awake and morally straight.

SAWYER LONG, JAY HUBBARD - SCOUTMASTER TOORP 2950

HUNT LYMAN

When Sawyer Long entered his senior year in Highland School, he had to summon the energy for the final push to Eagle Scout.

It had been a long journey for Sawyer. He started in third grade by joining Cub Scout Pack 21737 at Middleburg Elementary School, and when his family moved to Palo Alto in California he joined Troop 50 and completed the rank of First Class. In his 8th grade year his family moved

back to Middleburg, Virginia and he joined Troop 2950 to continue his journey to Eagle Scout. These many changes were challenging, as Sawyer had to adapt to different Troop leaders and move between a shifting group of peers.

As he moved through high school, other interests also started competing for Sawyer's time and energy. He played on competitive varsity soccer and lacrosse teams at Highland School, which involved long practices, games and tournaments, and several division and state championships. He became a skilled saxophone

player who performed with a jazz band at Highland, and in his senior year he was cast as one of the leads in Highland's production of Gilbert and Sullivan's The Mikado. Meanwhile, he was taking advanced courses and preparing to apply to college. He was busy, but also determined not to neglect his goal of achieving the Scouts' highest rank.

Sawyer faced many challenges in completing his Eagle Project. Initially, he planned to build dug-outs at the county-run baseball field, but getting this project off the ground became mired in

red tape. He went back to Hill School, where he had graduated from 8th grade, and worked with Grounds Supervisor Bob Dornin to build garden planting boxes at the school's outdoor Science Center. These boxes are essential for the school's Place-Based Education Program, and they will be used by students for years to come.

Sawyer was awarded the rank of Eagle Scout at an honor court at his mother's house on August 21. In his remarks, Sawyer thanked the many people who supported him in achieving his

dream.

Becoming an Eagle Scout is very challenging -- which is why most people don't earn this honor -- and Sawyer had to keep himself focused through many moves, changes, and challenges over a decade. Through his achievement, he joins men from many generations who have demonstrated persistence, hard work, focus, and character. These values, at the heart of scouting, are reliable indicators for happiness and future success. Congratulations to Sawyer on his achievement!



COMMUNITY MUSIC SCHOOL OF THE PIEDMONT HONORS ITS FIRST PIANO TEACHER WITH ANNUAL SCHOLARSHIP

Community Music School of the Piedmont is pleased to announce the creation of the annual Katherine Jameson Piano Scholarship. The scholarship honors the late Katherine Jameson, a well-known and much-loved musical educator in our community.

"Katherine was our first piano instructor at CMSP," said Martha Cotter CMSP Executive Director. "She was devoted to music and to educating children about the power and joy of music. Katherine taught all ages, from early childhood through adult students. She covered the widest spectrum, from shy beginners to promising, motivated musicians. She met her students where they were and helped to launch their progress. Many of her former students have continued their musical studies, and they credit Katherine with inspiring them to do so."

CMSP now invites students with a dedicated interest in piano instruction to apply to receive the Katherine Jameson Piano Scholarship for the 2017-18 academic year. The scholarship, which is organized in partnership with Katherine's family, will provide one student with piano instruction from the CMSP for one academic year.

Students between the ages of 10 and 18, regardless of previous piano instruction, are eligible. They must have demonstrated a passion and ability for music. The application consists of two things. First, submit a letter of recommendation from someone outside their family (ideally a music instructor) familiar with their musical interests. Second, write a 500-word essay on the role that music plays in their life and why they consider musical study to be an important and valuable undertaking. A successful essay will also demonstrate the student's interest in studying the piano in particular.

The Scholarship Committee will accept applications from September 1 to September 30, 2017. A committee comprised of piano faculty and CMSP board members will review the applications and announce the winner on October 15, 2017. Lessons through the Katherine Jameson Piano Scholarship will be available beginning the month of November.

Serving our community since 1994, CMSP is dedicated to providing high-quality music



instruction and performance opportunities to all members of our Piedmont community, offering private lessons and group classes

on a wide variety of instruments. To apply for the Katherine Jameson Piano Scholarship,

please go to our website: piedmontmusic.org.



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CMSP is a non-profit, 501(c)3 organization,
serving Northern Virginia since 1994.

PROGENY

AT HILL, A 20 PERCENT PROJECT HAS 100 PERCENT SUCCESS



PHOTO BY DORSEY DEBUTTS

When the academic year begins at Hill next month, Bee Stribling knows full well that when the new fourth graders come into his classroom for the first time, many will immediately want to know when the “twenty percent” project on his curriculum might begin.

Some of them had older siblings who had already experienced—and thoroughly en-

joyed—an innovative program Stribling had adapted from some of the largest corporations in America, including Google, 3-M and Hewlett Packer (HP).

Those Fortune 500 companies had instituted what is now known as a “free-time rule,” allowing their employees to spend 20 percent of their weekly time on anything they wanted. Google founders Larry Page and Sergey Brin highlighted the idea

in their 2004 initial public offering (IPO) letter to potential investors.

“We encourage our employees, in addition to their regular projects, to spend 20 percent of their time working on what they think will most benefit Google,” Page and Brin wrote. “This empowers them to be more creative and innovative. Many of our significant advances have happened in this manner.”

In fact, among the innovations that came out of the 20 percent Google experiment included the development of Google News, Gmail, and even AdSense. At 3M, it led to post-it notes.

In Stribling’s fourth grade class, the results are not quite that game-changing, but still quite effective in teaching children the importance of research, critical thinking and following their own particular passions.

And so, this past spring, Brooks, now entering the fifth grade, was developing a motorized skateboard, the better to make commuting to Hill for anyone living nearby far more efficient, and clearly a lot more fun. His classmate, Wagner, built a detailed diorama on the D-Day invasion of Normandy during World War II, all the while learning about its significance in the allied victory over Nazi Germany.

Every other student in the class worked diligently on their own individual passion projects. They ranged from Ally and Ella studying how therapeutic horses help wounded veterans and people with disabilities and Emily learning about the effect of jokes and comedy on health, and what exactly does happen when you laugh. A broken water fountain out in the hall inspired Lilah to do her research on hydration and its importance for human beings.

“Before we start,” Stribling said, “they will all sign a contract that says none of their research will be done for evil. It has to be all good.”

A 36-year-old native of Markham, his family has owned the historic Stribling Orchard not far from Interstate 66 for over 200 years. A graduate of Fauquier High School and Mary Washington University, he’s got a Masters in American history from George Mason and

has been teaching at Hill for the last five years. He also runs the school’s popular summer camp program.

The 20 percent project runs for about two months toward the end of the school year. Stribling said there are three major components—coming up with a driving question that will fuel their research; making something with their own hands (a diorama, a web site, a blog or even video games, for example), and finally doing a public presentation on what they’ve learned in front of their classmates and their parents.

“It makes the learning authentic,” Stribling said. “It’s a student-centered project with traditional skills most kids that age have. Being a 10-year-old is a great age. They’re highly capable and very curious. They have lower school charm with upper school capabilities.”

The students spend about 2 1/2 hours a week on their projects. One of the more important premises involves working with an expert if possible. Children doing projects dealing with animals have interviewed a veterinarian. When one student wanted to learn how to become a sculptor, she consulted with Linda Conti, head of Hill’s art program and an accomplished artist herself.

Stribling also takes very much to heart the reminders about one of the school’s guiding principles to all teachers from Head of School Treavor Lord. It originally came from the late Reverend Richard C. Peard, speaking at the Hill School graduation in 1986.

“When you find your place in this world,” Rev. Peard said that day, “remember to help others find theirs.”

At Hill, that’s truly the school’s 100 percent project.

ELLA, LUCAS, MASON, EMILY, ISAAC, FLORA WITH BEE STRIBLING



PHOTO BY DORSEY DEBUTTS

BEE STRIBLING AND MAYA

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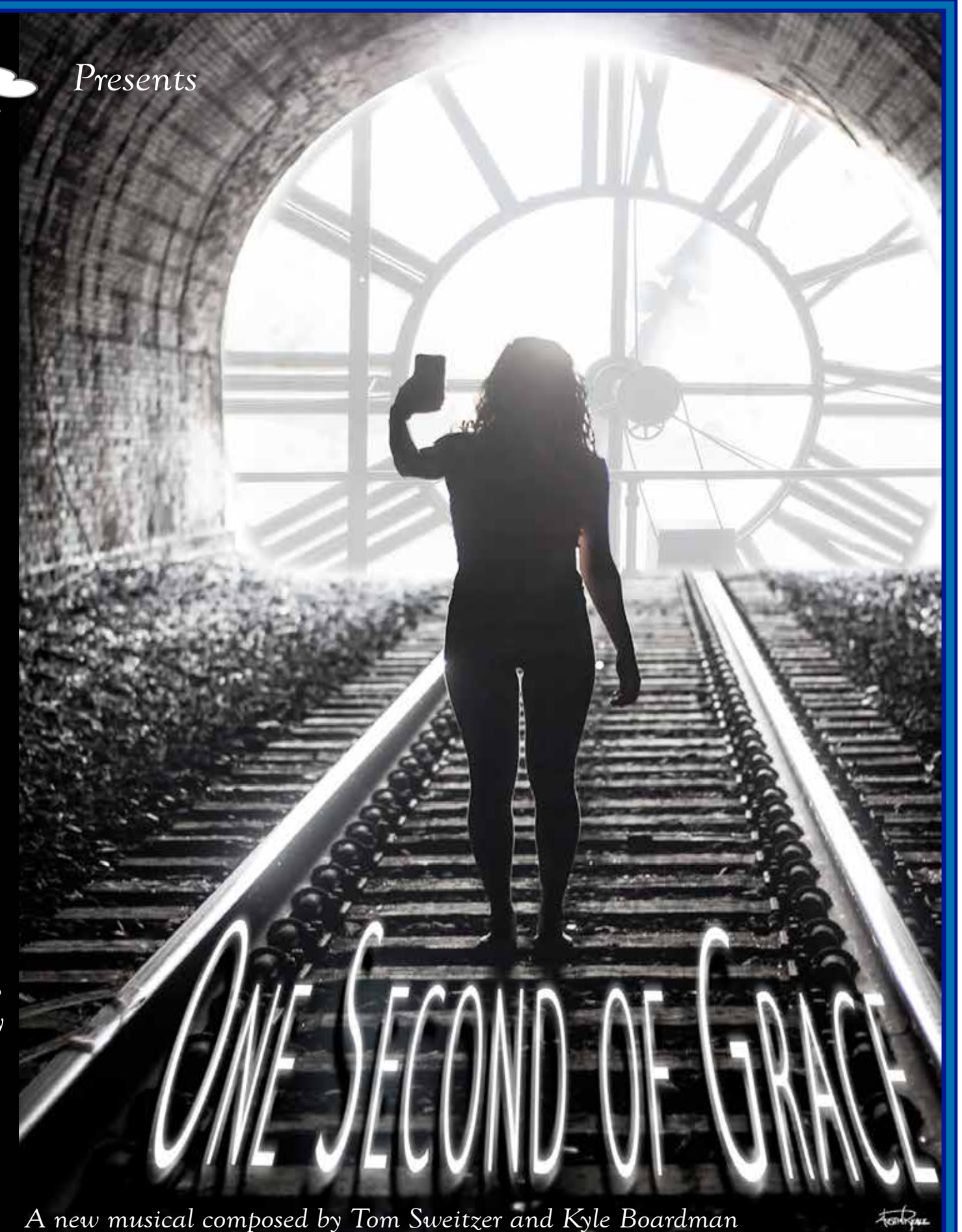
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PROGENY

WAKEFIELD'S AWARD WINNING STUDENT ARTIST FEATURED BY SOUTHERN TEACHERS'



For the second year in a row, Wakefield School has an award winning student artist featured in the prestigious Southern Teachers' calendar contest. Southern Teachers, located in Charlottesville, VA, is the oldest premier placement agency for private and independent schools across the South. The Southern Teachers Agency Academic Calendar features students' artwork which, "focus on a distinctive, recognizable feature of a campus building or structure of the school attended by the artist." Twelve pictures for publication in the art calendar and their website were chosen, one being from

Wakefield sophomore, Chloe Osborn of Upperville.

Chloe Osborn's watercolor, Senior Chairs, was chosen from hundreds of entries coming from states as north as Pennsylvania and as far west as Texas. She was one of two students selected from Virginia. Anyone familiar with Wakefield knows that the Adirondack chairs, traditionally enjoyed by seniors in their garden, and the view of the mountains in the background of her piece are a classic element of the school's picturesque campus. She chose the location to paint because she felt it best represented the distinct beauty only found at Wakefield's

campus.

Chloe, under the guidance of art teacher and local painter, Teresa Duke, completed her watercolor in her Studio Art I class. This was the first major art piece she has painted with watercolor. Chloe wanted to try a new medium she was unfamiliar with. In addition to being published in the calendar, Chloe was also awarded a certificate of commendation and \$ 50.00 gift certificate from Blick Art Materials. She plans to buy plenty of tubes of watercolor to paint more masterpieces.

Calendars were distributed to the winning recipients and over 2,000 schools this summer.

INOVA LOUDOUN HOSPITAL EXPANDS CHILD LIFE STAFF WITH FACILITY DOG



Inova Loudoun Hospital Expands Child Life Staff with Facility Dog

Inova Loudoun Hospital (ILH) is pleased to announce it is expanding the hospital's Child Life Team with a facility dog named Jeremiah. Jeremiah, a two-year golden retriever, will work primarily alongside the child life specialists in the pediatric ER and pediatric inpatient unit visiting the hospital's youngest patients.

"We are always looking for additional ways to improve our patients' experience and knew adding a dog to our staff would enhance their visit," said Dr. Jill McCabe, Medical Director, Inova Children's Emergency Room at Inova Loudoun Hospital. "Jeremiah supports the patients' overall social, physical, and emotional development by minimizing their stress."

Jeremiah has been training since he was eight weeks old with Hero Dogs, Inc. of Brookeville, MD,

which trains service dogs to assist veterans with a wide range of disabilities, including PTSD and anxiety. Jeremiah is a specialist, trained to work in a healthcare environment. Although his official graduation isn't until November, he has been working at the hospital and is quickly becoming one of its most popular employees. Jeremiah loves snuggling with patients and showing off his tricks, especially popping bubbles and giving high fives.

"Kids love dogs and associate them with comfort. In his short time here, Jeremiah is already making a difference with our pediatric patients. He's allowing us to connect with kids like never before," commented Child Life Specialist Allyson Halverson, Inova Loudoun Hospital.

Both the pediatric ER and inpatient unit have designated "dog free" patient rooms and areas that Jeremiah will not enter in order to keep these areas safe for allergic patients.

ASHLEIGH DOVE '14 RECEIVES RANDOLPH SPORTING SCHOLARSHIP "UNDER THE OAKS" AT UPPERVILLE



Ashleigh Dove, a Purcellville, VA resident who discovered fox-hunting while she was a Foxcroft School student and has been a regular participant with the Middleburg Hunt even while away at college, received the Theodora Ayer Randolph Sporting Scholarship "under the oaks" at the Upperville Colt and Horse Show last Saturday.

The scholarship, which carries a \$1,000 cash award, is given annually in memory of Randolph and the true sporting spirit she embodied. It goes to a young equestrian who is an active foxhunter with interest in several horse sports and a desire to improve her knowledge and skills of horses and hunting. Ashleigh continues to show hunters and jumpers in addition to riding to the hounds.

"This award was made for Ashleigh," said Penny Denègre, one of the Masters of the Middleburg Hunt (and a past Foxcroft trustee and parent), who nominated Ashleigh for the honor and attended the presentation. "She has experience in other riding disciplines, but also loves hunting so much that she drives up from Charlottesville to ride with us all the time."

As Denègre noted in her nomination, Ashleigh participated in the

Foxcroft School/Middleburg Hunt annual FoxHound Day four times, shadowing the huntsmen and other leaders of the Hunt. As a senior, she held an internship at the Hunt's kennels during Wintermission. She learned about the care and training of the hounds and then shared that knowledge with a presentation to the entire School community.

A rising senior at the University of Virginia, Ashleigh rarely misses a weekend of riding with Middleburg. Most often she works with horses that belong to the Hunt's honorary whipper-in Carey Scheffe. Ashleigh wrote about her love of hunting for eCovertside, the MFHA's magazine, while she was at Foxcroft, and the publication has featured her in a more recent issue.

From the moment Ashleigh first rode with the Middleburg Hunt, on October 1, 2011, as a Foxcroft sophomore, she was smitten by the sport. "After my first time out, I knew that this was for me!" she says. "I had found something that I wanted to do for the rest of my life."

Thanks to her friends at the Middleburg Hunt for nominating her and the Upperville Colt and Horse Show organizers for establishing the Randolph Sporting Scholarship, Ashleigh can take another step on her quest to do just that.



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PASTIMES

HAPPY HUNTING

SINCERELY ME



BRANDY GREENWELL

The 2017-2018 hunt season is upon us and for many locals opening cubbing day is like Christmas. Those that partake have spent the summer doing trot

sets in the extreme heat, wielded chainsaws and picked off ticks o' plenty to make sure the trails are clear for the field and sport, hosed off many a sweaty horse or human, probably had a run in or two with ground bees, and loved every minute of it to prepare for

what is, for many, the greatest time of year. There are a few reminders I would like to share to ensure a joyful sporting day.

1. Always wear a safety helmet. Always. No one wants vanity to supersede the fall out from a painful or sometimes life end-

ing bonk on the head. Be smart and safe, friends.

2. Don't tailgate the person in front of you. You probably don't like a nose up your bum, so don't do it to your neighbor. The only instance it is ok is if it planned and permitted.

3. Please learn and practice a forward reverse. It is shocking how many seasoned hunters crank their horses in a small circle when the field reverses instead of moving forward to create a safe about-face for all involved.

4. In any field, if you cannot keep up with the master, please yield so others can be front and center for the action.

5. It should go without saying, but be kind to your fellow hunters and greet and thank the staff and masters who have made it their profession to provide sport for you.

6. Try and turn out well for each meet. I know it can be hard, especially if you have a dirty grey like me, but it creates a standard of respect for your club.

7. Thank people for getting riders or gates. And always make sure someone stays back with the kind person who either can do from horseback or mount from

the ground when you didn't.

8. Please give an active reprimand to your horse if it kicks a hound or hunter. If you know (or don't know) your horse is a kicker a red ribbon should always be worn. No exceptions. It is a safety precaution for all involved.

9. If you are a trainer, please stay with your students. I once helped a rider whose trainer went in a different field and wasn't there to witness the literal brown spot on her student's breeches when she was terrified to go down hill.

10. No one wants to fall off, but it happens. Please make sure someone stays with them and aids in re-mounting or calling for the appropriate help. One day it might be you.

"The symphony has opened, day one."

Wishing everyone a safe and happy hunt season.



PHOTO BY LIZ CALIAR

MUSIC TECH HISTORY

IN UNISON



STEVE CHASE

This is mostly a hardware story. Remember the old Sony Walkman? Pop a cassette tape into the player, put on your headphones, and you could take your music with you! The first Walkman was released in 1980, and it was revolutionary, mostly in a good way, but also in a way that would negatively affect social interaction, we soon discovered as many bought and used them constantly. Described by International Research Center for Japanese Studies Professor Zhuhai Hosokawa as The Walkman effect, donning your headphones allowed you to essentially climb into a bubble and avoid interaction with those around you, much like wearing sunglasses help you avoid eye contact with others. I had a friend that would overcome this by using a double plug outlet, which made it possible for two people to listen to the same music.

Despite its social impact, sales of these portable music devices rose and then remained stable throughout the eighties and nineties. In that second decade, compact discs were fully integrated, and so you began finding cassettes on the bargain racks at your local record store. Digital music was overcoming analog music. In 1998, a software developer named Bill Kincaid released a digital music software package called SoundJam MP. The software allowed you to download digital cd files into a music database, and then be able to play them on your computer.

Steve Jobs quickly noticed SoundJam MP, and Apple soon acquired the software and re-named it iTunes. They brought Kincaid and two colleagues over to Apple to continue its development, and in January 2001, iTunes was released. Not only could you burn your CDs to iTunes, but you could also download digital media into the database. Jobs, of course, had more up his sleeve, and the true revolution began in October 2001 when he released the first Apple portable music device, the iPod. That same day, the Analog Sony Walkman was obsolete. The iPod allowed users to download digital music from iTunes, and it also started a new form of media, soon after called Podcasts, where music, radio programming, and other audio-only

content could be downloaded to iTunes and then transferred to the iPod.

The first iPod was elegant and intuitive in its design. It was the size of a deck of cards, had a small LCD screen and a mechanical wheel that allowed you to scroll through your library. Audio quality was excellent. I bought mine in early 2002, and my Walkman got thrown in a box, never to be used again. Over the rest of the decade, new models came out every year, getting more powerful, with more storage and increased battery life. My last iPod was a fourth-generation Shuffle, which is the size of a postal stamp, easily slipped in your pocket at the gym.

All good things come to an end. With the release of the revolutionary iPhone in 2007, it was only a matter of time before the iPod was finished. As the iPhone became more capable and powerful, you simply did not need the iPod anymore. What kept the iPod alive was the iPod Touch, that had Wi-Fi capability that allowed you to download tens of thousands of apps. Parents could get their kids a unit that looked like an iPhone but did not have the mobile capability and the costs associated with a mobile phone.

In July of 2017, Apple killed the iPod, with the exception of a new version of the Touch with a new processor and a camera. It's just as well. I have not used an iPod in several years now, relying completely on my phone for music. The advent of streaming services, which gave users incredible power in selecting music that they want to listen to, was best suited for use on the phone. My iPods have joined the Walkman in a box, and thanks to our digital hardware today, we are more addicted to our screens and socially isolated by them than ever before—we need to work on that.

This month's playlist would be a good one to play through your phone, enough to get you to Winchester and back. Download the Spotify App, and give it a listen. While you're at it, give me a "like" on Spotify. You can listen to the music here: <https://tinyurl.com/ybpywmmu>

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

THE ARTIST'S PERSPECTIVE

TOM NEEL

In about six months I will have been selling my paintings for thirty years. Most days I only think about the present and future of things, but other days I ponder the past and what makes up a long career. Not just one as an artist, but in doing anything.

Looking back at this span of time, I've of course painted a lot, but as a real thinker of what makes things tick, I think about how the world has constantly changed around me. Look at it this way. During my first year, there was essentially no internet or even email. Fax machines were all the craze and starting to become affordable. There were only laser printers, no ink jets. My wife, Linda, used a ledger for doing her bookwork. The first computer she had for her gallery back then, Leesburg Gallery of Art, was a brand new Macintosh which was given to her Mother has a promotional gift by her bank for, I suspect, opening a somewhat fat savings account. It was the first generation Mac made.

Not so long after getting started, I experienced my first recession as an artist in 1989. I had already experienced two previous ones in my working life thus far, but as an artist, I would encounter a total of three more, including the big one from 2007 to 2009. It's the one that people still talk about, and some are still recovering. Based on experience, we're due by the way. But there was

also other disruptions, like war. The United States has been in 13 conflicts around the world since the late 80's, and we've had Mad Cow outbreaks, brutal storms, and three government shutdowns, with the possibility of a fourth one looming over us. Then there was also the tragic day of September 11th. The point of this is that one must keep on keeping on.

Progress in that time has brought us the internet or the world wide web as they called it. It has given us iPods, smartphones, and digital cameras. Funny, I became a photographer in the mid 70's, and with film, I could have pretty much kept going with the same camera for decades. With the invention and eventual miniaturization digital cameras, I've bought no less than a dozen of them trying to keep up with increasing quality, only to find out most of us just need our phone's built in camera, and video camera, notebook, calendar, voice recorder and computer!

When I started this career, your phone had a cord, and if you were lucky, a long one at that, and your television was in one of two places, on a stand or in an armoire. Today people are giving up land lines, and you have a hard time giving away an armoire! The Salvation Army won't even take them! I can remember the first flat screen television I saw. It was priced at \$13,000, and it sat on a stand. Today they're much bigger, 1/5th the price and they mount on the wall, usually right where art would go. Go figure.



In my career though, Linda and I have owned two gratifying art galleries, directed another very large corporate gallery which was an awesome experience. We worked for the largest fine art publisher [in its day], and I was exposed as an artist to a grand amount of talent and shows across the country. I've done over 40 one man shows myself and more group shows than I could possibly count. Each was a wonderful progression of the next, with artistic growth and meeting new art enthusiasts over the years. I've also had my paintings go all over the United States and to several countries abroad. It's been one step after another, having faith in my decision to live an artful life. A life of creativity, being inspired and hopefully inspiring others along the way.

I can remember having an investment guy who asked me, when do you want to retire? Retire? I said I do what people do when they retire!

Live An Artful Life, Tom

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PASTIMES

GETTING STARTED WITH THE RIGHT REMODELING TEAM

ASK A REMODELER

TIM BURCH

Is now the time to jump into that project you've been considering, but you don't know how to get started? In my opinion, finding the right fit in a renovation partner is the first and most critical step to setting the stage for a successful remodeling project and great client experience.

Your overall experience from the beginning of design through completion and beyond will be directly related to the person and company with whom you choose to partner. That's the most important decision you'll make, not what to do or how much to spend, but who you choose to help you make and execute on those decisions. We've all heard enough horror stories to know that all contractors are not equal, and not every contractor is suited for every job. The key is finding the right team based on your scope of work, preferred communications style and priorities.

First off, it's important that the sophistication of the contractor matches the complexity and scope of your project. Additions, whole-house renovations, kitchens and master baths are complicated. Conversely you may not need a fully staffed design build firm to replace your gate or install a doggy door. For larger projects, also ask yourself how involved you want to be in the day-to-day logistics required to manage the many people working onsite or who will be responsible for minimizing impact on your neighbors. And, consider what type of care and support you'll look for down the road. These factors and more play into finding the right partner for you.

A good place to start is a call to BOWA. Briefly describe your project and the top things that are important for us to know. Whether it's a kitchen redesign, while-house remodel or



new construction, we'll select the person best suited for your project. You can then expect a 5-15 minute chat by phone with the person you'll be meeting with, which will allow us to learn more about your project and budget goals. This brief chat allows us both to prepare and lays out clear expectations for our first meeting in your home.

Before we meet you may want to consider creating a "Needs, Wants, Someday" list for your home, focusing on the challenges you're experiencing, not the solutions. What projects NEED to get done, and what you WANT to get done if there's money left in the budget. The SOMEDAY list is for projects you know will allow you to enjoy your home more than ever. Fully understanding your challenges and dreams allows us to develop the optimal design solution and create a master plan for future work.

Let's plan to give our meeting 60-90 minutes of undivided attention trying to eliminate television, phone calls and other interruptions as much as possible. This should give us plenty of time to talk through BOWA's process, for you to ask your toughest questions and to share your ideas and inspirations from magazines and sites like Houzz. The goal of this first meeting is for you to get the answers you need to evaluate us and for me

to learn what's most important to you about your project, be it quality, timeliness, or keeping the area clean. If I know what you really care about, I'll care about it too.

This common sense approach encourages a collaborative, "working together" partnership that'll benefit you and your project and foster a great remodeling experience. You and your home deserve the best effort possible and choosing the right team to work with can help to make that so.

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.

SUGAR, THE LONG GOODBYE

FITNESS PROFESSIONAL



KAY COLGAN, BS CERTIFIED FITNESS PROFESSIONAL, CERTIFIED HEALTH COACH

The allure of the muffin at the corner store makes the strongest will power crumble. It is so hard not to cave into the cravings that we have for sweet especially surrounding sugar sweetened baked goods. Some of it is due to the kid in us that remembers how those cookies were comforting after a long day at school. Every celebration usually encompasses some type of decadent dessert. We celebrate birthdays with wonderful cakes and ice cream making the bond stronger with sugar. Baking cookies with family and friends is an enjoyable way to spend time together. Sugar in and of itself is not bad, but the amount we ingest daily is. Emotions are tied into sugar, we all grew up with cookies after school, etc. The stubborn weight issues that surround our society, more than likely can be traced back to the amount of sugar being ingested daily. We know sugar is in baked goods, but it is also in most processed foods. Getting sugar out of your diet while not easy is probably one of the best things you can do for your health. As the science comes in, we are learning that sugar is implicated in many dis-

eases such as heart disease, cancer, diabetes, dementia and many more. Getting sugar out of your diet will give you more energy and boost your immune system.

The keys to getting sugar out of your diet is to have a plan. Keeping your insulin consistently level and not up and down is the key to cut down cravings. First, you must eat regularly, three meals a day and a snack or two if needed. Whole foods are best as processed foods are loaded with sugar. Whole foods, including fruits and vegetables metabolically react different in the body than cane sugar. The addition of protein to your meals will help to alleviate any jumps in insulin. Having a smoothie in the morning with berries, greens, protein powder and unsweetened almond milk is filling and does not set off a surge in insulin. Snacks could consist of hummus and celery or carrots. Unsweetened almond butter with celery is another easy packable choice for a snack. Over consuming whole foods while better than processed foods will sabotage a weight loss program. If you are trying to lose weight the calories consumed need to be less than the calories being burned. Know the amount of weight you want to lose than decrease your intake by 3500 calories a week to lose 1 pound a week. Enjoying your food, by setting a nice table, turning off the television and sitting down will create an environment that enables you to slow down and enjoy your meal. By adding spices to your meals such as cinnamon, cloves, nutmeg will help to reduce cravings and keep insulin levels in check. Most of the complex carbohydrates we consume these days really are highly refined and react in the body just like cane sugar. Try to get complex carbohydrates that have not been highly refined. Exercise such as a 30-minute walking program most days of the week will help to keep blood sugar in check.

Getting off sugar has been equated to getting off heroine. Remember have a plan to help you once and for all get off the roller coaster of sugar addiction. Eating whole foods including protein will keep your insulin levels happy and will help to crush the cravings for sugar. Skipping meals will only derail your success in getting sugar free. Lastly, eliminate artificial sweeteners from your diet. They have a metabolic reaction in the body that actually makes you crave more sugar. So that 0 calorie soft drink is not really helping to bring your insulin levels down. Don't despair if you slip, just recommit and start again. The good news is the longer you are away from sugar, the less you crave it.

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

ALLIUM 'MILLENIUM'

THE PLANT LADY

KAREN REXRODE

Recently announced (August 2nd), the Perennial Plant Association chose the perennial plant of the year for 2018, picking a relative newcomer, an ornamental onion named Allium 'Millenium'. The program that selects these perennial standouts is a subsection of the Perennial Plant Association and members of the group are asked to vote for their favorite perennial, also choosing 2 for future consideration. Since this is an organization that represents the entire United States, it's preferable if the plant does well in many climates and garden zones. For 2017 the perennial plant of the year was Asclepias tuberosa or butterfly weed, a great choice considering the popularity of the pollinators garden and the need to feed the monarch butterfly larvae.

The story behind Allium 'Millenium' begins with Mark McDonough, a man that became infatuated with

ornamental onions while still in high school. An architect by trade, he is well known in gardening circles as "The Onion Man". He lives in Pepperell Massachusetts, and his work with onions is widely respected. Working primarily with rhizomatous onions or those that have tightly spreading roots and small bulbs, these are much different than the large bulb types that flower in April and May. Summer flowering with a good growth habit is his goal, a few species he is working with even have sweet, fragrant flowers. With 850 species of allium, there is a lot to work with. Mark concentrates on the smaller species of Central Asia, he has selected and named many hybrids but the marvelous Allium 'Millenium' has won the gardeners jackpot, so to speak, with recognition from an organization of professionals that have a big influence on the nursery trade. He is not a big nursery or even a big self promoter, choosing not to trademark or patent his selec-

tions.

The trail of hybridizing with this gem begins with one of Mark's older hybrids named Allium 'Satellite', a pink flowering hybrid from A. nutans (grows over all of Central Asia). Three of four generations later he tests another round of seedlings, recognizing that this one is a winner which he selects and names in 1990. Supposedly sterile, not producing seedlings, I can say that I have seedlings from the mother plant, little babies with a habit and bloom similar to the parent (and I have no other alliums in the area). To grow Allium 'Millenium' best

plant this perennial in full sun. My three year old plant is 18" tall with a 24" spread. I have used the flowers in flower arrangement from the first buds which I cut on July 17th. Here on August 21st, I still have 25 flower buds, so the span of flowering is over a month with an incredible amount of flowers, which are often visited by butterflies and bees.

Mine is planted with Sedum 'Autumn Charm', the variegated sport of Sedum 'Autumn Joy', and it's a great companion plant. For next year I plan on adding Calamintha 'Montrose White', the frothy white flowering catmint relative that flow-

ers for 3 full months in summer. The "piece de resistance", or at least I'm pretty certain it will be, is adding Agastache 'Blue Boa' with its short lavender-purple flowers that go for months and months.

The gardener is always thinking of ways to improve their space, either by adding plants that flower when little else does, or adding plants to bring in wildlife. This is a winner on both counts.



AIRWAY FOCUSED DENTISTRY



DR. ROBERT A. GALLEGOS

What is Airway Focused Dentistry? Isn't dentistry about the teeth and gums? Why would my dentist get involved in my airway?

These are the questions I asked myself as I observed patients through the years on whom standard dental treatments did not work. They still got cavities, had crooked teeth even after braces, and had gum disease. These were often patients who also had other medical problems: ADHD, ear infections, sinus infections, heart disease, obesity, stroke, diabetes, anxiety and depression.

I started paying more attention to the anatomy and habits of healthier patients and noticed some remarkable similarities. Most healthy patients had broad and long dental jaws and breathed through their nose. What I have learned by studying this is that broader and longer jaws also correlates with a better, larger airway. When the airway is larger we breathe better. Better breathing is nose breathing, not mouth breathing. When the jaws are short and narrow the airway is compromised leading to mouth breathing and at night, when muscles relax, leads to obstructive sleep apnea (stopping breathing for a time). Nose breathing filters the air, moistens the air, warms the air and adds nitric oxide. When we breathe through the mouth none of these things occur, this air is an irritant to the throat and lungs leading to chronic inflammation.

How can a dentist help with an airway issue? Dentistry is the only profession that can alter the craniofacial development through early intervention orthodontics. By catching habits and developmental issues ear-

ly we can affect the developmental outcomes so patients have healthier lives. Here is a short list of some red flags that airway structure may be a problem: babies who cannot breast feed, children who snore, mouth breathing, thumb sucking, continued bed wetting, speech problems, growth and development problems, ADHD, ear infections, sinus infections, asthma, anxiety and depression. That is not to say that airway is the only issue that may cause these problems but there is strong research evidence that airway contributes to and sometimes is the main causative factor.

Dentistry and medicine are now in the process of rethinking how we improve breathing 24 hours a day to impact the quality and longevity of life. Currently, dentists assist sleep apnea patients with nighttime only sleep appliances that open the airway as an alternative to CPAP machines. This approach does help symptoms but is not curative. The way to cure or prevent airway problems is to expand the airway and eliminate habits and obstructions that prevent nose breathing. This requires early detection of potential problems, like tongue tie, deviated nasal septum, enlarged tonsils and adenoids, and narrow and short jaws. If these problems are detected at a later age the treatments may be curative or will at least improve the quality of life and longevity. Identifying these problems is the responsibility of the pediatrician (tongue tie, ear infections, ADHD, growth and development) and dentist (tongue tie, enlarged tonsils, mouth breathing, narrow and short jaws).

I am currently developing an interdisciplinary group of dentists and physicians to identify and treat these issues in children and adults. You will hear more about this topic from me in the future, or for more information you can contact our office 540-687-6363.

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

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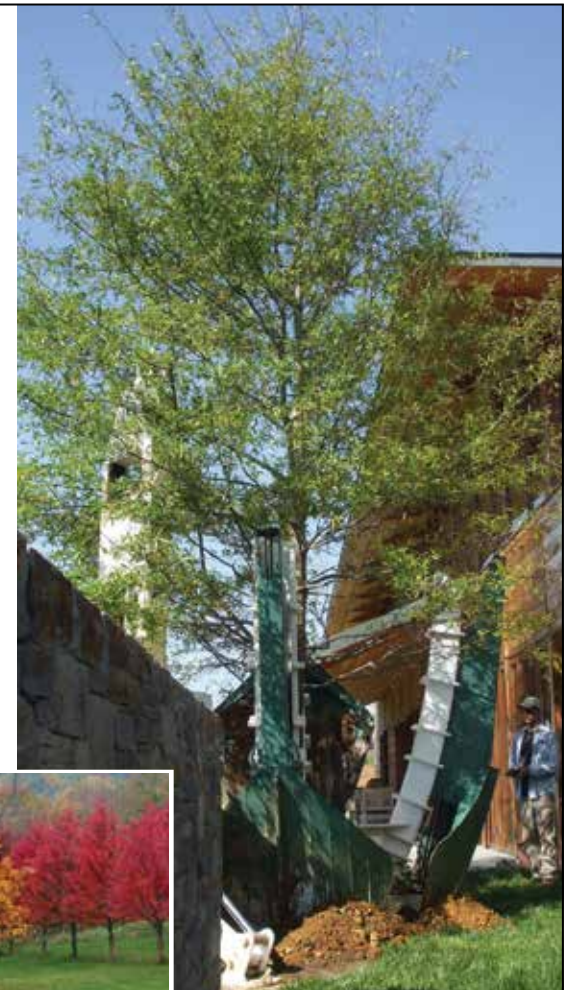
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GOOD PEOPLE

On Monday, August 21, the moon blocked nearly 80% of the light of the sun here in Middleburg.

The great eclipse of 2017 was not only a rare event, but it was also dangerous.

A celebration of the science and spectacle of the

event was matched only by off-repeated, pointed, and significant warnings about the dangers of looking directly at the sun, even if only for a few seconds.

NASA-approved special glasses for viewing the event had been snapped up

long ago.

Watching events on TV or projected onto a sheet of paper in home-made pin-hole viewers seemed, for most, the only alternative.

Enter Middleburg Charter School and the Middleburg Police Depart-

ment.

The School had a stockpile of approved eclipse-watcher glasses.

It gave them to the Middleburg Police Department.

And here in Middleburg

on the day of the eclipse, Middleburg Police Officers were seen handing out those glasses to citizens and visitors on the streets of the Town.

Beau geste.

GOODBYE RED

One of the ironies of American political history is that here in the States, because of some the earliest colored maps of election returns “red” voters and their supporters are not left-leaning but conservative.

This month the Eccentric, its readers, and staff lose one of its favorites “reds:” Jim Morgan.

For nearly half a decade, more than a third of the life of this paper, Jim has crossed swords (or pens, or perhaps even better still, keyboards) with our resident liberal, Dan Morrow.

Morgan (a highly respected historian, preservationist, indefatigable volunteer, State Department veteran, and Marine to the core) never pulled a punch.

He and Morrow exchanged well over 7,000 emails during Morgan’s tenure as “red.”

They apparently never agreed about anything, argued about everything, and yet, somehow, seemed ever the best of friends.

Asked why, Morrow observed that while he and Morgan nearly always

disagreed about ends and means, they never differed about things that counted: doing one’s best, to tell the truth as one saw it; as clearly and honestly as one could write it; with genuine respect and affection for each other.

We here at the Eccentric will truly miss Jim Morgan. He made us a better paper and, miraculously, helped

keep Morrow in line.

We hope you will join us in wishing him and his family the very best as he moves farther south to live among, as one sad liberal was heard to remark, among those wonderful people who brought us the Civil War.

Bon voyage, Jim . . . And thanks.

CHARLOTTESVILLE - A PERSONAL VIEW

BLUE

DAN MORROW

On Friday, August 11, 2017, along with millions of others, this writer watched a video of a torchlight parade on and around the grounds of the University of Virginia in Charlottesville.

More than half a century earlier I had been living there: across the street from St. Paul’s Episcopal Church where ministers were meeting on Friday in an effort to plan a non-violent response to the alt-right demonstrations scheduled for downtown Charlottesville the next day.

There were ten or so of us living then in what was then called “Koinonia House” owned by the St. Paul’s congregation. Three of us had been in voting rights demonstrations in Alabama in the spring of 1965.

I was pursuing an accelerated graduate degree in modern European history, focusing on the history of Germany in the 1920’s and early 1930’s. I had grown up in Danville Virginia, the “last capital of the confederacy” and the scene of bloody suppression

of voting rights marches my senior year in high school

My family had owned slaves. Too many relatives to count, including my great grandfather, had served under Lee in the North Carolina regiments of the Army of Northern Virginia.

What I saw and heard on Friday reminded me of nothing so much as the Germany I was beginning to know all too well and the Danville of bloody riot and massive resistance in 1963. Same slogans. Same faces. Same anger. Same violence.

On Saturday morning I drove to Charlottesville, arrived around 11:30 in the morning, drove straight into town and parked in the Water Street Parking Garage, two blocks away from what, in my day, was called Lee Park.

As I approached the park, I met alt-right demonstrators armed to the teeth with semi-automatic rifles and sidearms, carrying multiple 30-round magazines. They were quite outspoken about “taking the country back” from “Niggers” and “Jews.” Not

only Confederate battle flags, but stylized neo-nazi banners, and genuine Third Reich Nazi swastika banners were openly and proudly displayed.

I neither saw nor heard from anyone among the alt-right demonstrators who even spoke Robert E. Lee’s name, much less spoke of his statue, erected in 1924 at the height of the power of the revived KKK in the years following World War One and the debut of the pro-Klan epic “Birth of a Nation” . . . endorsed and deemed “History written in lightning” by another president who thus empowered the worst among us.

Anti-black, anti-semitic, and neo-Nazi “Blut und Boden” slogans predominated.

A tiny minority of counter demonstrators had arrived wearing helmets and carrying sticks. I saw no firearms among them. The vast majority, 99 % by my estimate, were carrying nothing more dangerous than signs. Many sang hymns. Most stood in silence. Some, however, openly taunted the neo-Nazis and KKK

demonstrators. That appeared to be precisely the response they had been hoping for.

As I arrived at the park fighting broke out between what can only be described an armed shield-bearing, riot-helmet-wearing, body-armored “protection detail” of alt-right demonstrators and a few counter demonstrators. Water bottles were thrown. People were beaten with sticks. Pepper spray was used.

Shortly after that the Governor declared a state of emergency and the park cleared.

I followed a heavily armed phalanx bearing battle flags and swastika banners that seemed to be headed for the grounds of the University. As a result, I was nowhere near the violence that left Heather Heyer dead and well over a dozen others injured.

By the time I returned to Water Street a police line had blocked all access to the park, and an armored personnel carrier, converted for law enforcement use, was rolling into position.

Counter demonstrators were

THANKS, AND FAREWELL

RED

JIM MORGAN

Well, as they used to say on the Mickey Mouse Club . . . “now it’s time to say goodbye, to all our company.” After nearly five years, your humble correspondent is stepping down as the Eccentric’s conservative columnist. The little woman and I (and won’t THAT annoy the Eccentric’s lefty feminist readers one last time!) are moving out of the area in the near future, headed for a warm, salt

water climate where I’ll never again have to shovel snow.

I’ll miss Virginia and its history and all the time and enjoyable effort I’ve put into working with so many wonderful, talented, preservation-oriented people at the Friends of Ball’s Bluff, NoVa Parks, Mosby Heritage Area Association, the Loudoun County Civil War Roundtable, Thomas Balch Library, the Loudoun Museum, and many others during the

23 years that we’ve been in Loudoun County. But it is time to move on.

Red and Blue have covered a lot of ground since I became Red in November of 2012. Hit all the hot topics like abortion, gun control, gay rights, women in combat, and Obamacare in addition to the dramatic insanity of the 2016 presidential election campaign. No doubt those exchanges will continue between Blue and the new Red.

I want to thank the folks at the Eccentric, especially my good friend and constant foil, Dan Morrow (aka Blue), for inviting me to write the Red column in the first place. Dan and I met when I joined the MHAA board on which he then was serving. Neither of us agrees with a thing the other says. Each of us thinks the other’s politics are absolutely nutty. We exchange emails, sometimes very heated ones, every day and anyone

seeing only those would think that Dan and I must hate each other’s guts.

But we don’t. We actually like and respect each other as men of (perhaps misguided) principle. I’m going to miss our exchanges as we’ve gone back and forth, bludgeoning each other about the Eccentric’s monthly Red-Blue topic and the daily happenings in today’s too-politicized America. Dan and I play hardball, and I imagine

that we’ll still do some of that as they do have email where I’m going.

My thanks also to Dee Dee Hubbard and her son, Jay Hubbard, for their efforts at keeping the Eccentric going under often very trying circumstances and for allowing me to write the column. Finally, I’m grateful to the late Glenda Cudaback for her editorial skills. She will be (no, she already is) missed.

These five years really have been both enlightening and entertaining, and that’s aside from the sheer fun of the thing. As one who does a lot of public speaking to battlefield tour groups and other, usually historically-oriented, audiences, I’ve enjoyed being able to do this sort of public writing on

UNEQUAL JUSTICE

KEN RIETZ

The difference in the way the Department of Justice has handled the investigations into Hillary Clinton and Donald Trump is an instructive lesson on how justice can be pursued unequally even for the rich and famous.

In the case of Clinton, she admitted to having her own internet server in the basement of her New York home. This was a violation of State Department regulation. The fact that she had top-secret information on that server was a violation of U.

S. law. She destroyed over 30 thousand emails, another violation of State Department regulations and U. S. law.

Hillary lied to a congressional committee while under oath. The Clinton Foundation took in hundreds of millions of dollars from foreign entities while she was Secretary of State. This included a multi million dollar contribution from a Russian company that ended up with the rights to U. S. uranium.

So, how did the Department of Justice handle this investigation? Attorney General Loretta Lynch met privately with for-

mer President, Bill Clinton. She then instructed FBI Director Comey to stop calling the FBI probe an “investigation” and instead to refer to it as a “matter.” This was the same way the Clinton campaign was describing it. But it gets worse.

The Justice Department refused to impanel a Grand Jury. Therefore, the FBI could not subpoena witnesses, issue search warrants or indict anyone. When the FBI interviewed Hillary Clinton, she was not even under oath.

Trump, on the other hand, is facing the full Monte. Despite

views have, in fact, had an effect on mine and sometimes even have caused me to take a second look at what I believe – or, at least, at why I believe it. Being a liberal, he’s almost always wrong, of course (rearrange the letters in “liberal” and they spell “wrong”), but it still has been nice to bounce things back and forth with him and find myself tested.

Thanks, Dan, you old commie.

And thanks to you, gentle readers, for your expressions of support and even for your occasional insults. Either way, it means you’ve been reading my columns and, for that, I’m grateful.

Best to all of you, good luck to the Middleburg Eccentric, and God Bless America!

an Obama administration 2014 report that the Russians would try to influence the 2016 election, Obama did nothing to prevent it. Trump made the mistake of joking during the campaign that if the Russians had Hillary’s missing emails, they should publish them.

For that remark, Trump was charged, by the Democrats with “colluding with the Russians.” There has been no proof of collusion. In fact, no one is even sure it would have been illegal.

The Washington establishment did not want Trump to be President. So, without proof of

NUCLEAR WAR

A SCIENTIST’S PERSPECTIVE

DR. ART POLAND, PHD

With all of the turbulence about North Korea and nuclear war, I’ve been getting some questions lately about what does nuclear war really mean. My simple answer is, NOT GOOD.

The first aspect is fairly normal for war if you want to call anything about war normal. Nuclear bombs are very destructive on a pound for pound basis. For a relatively small size, they destroy a relatively large area. While in Oklahoma City several years ago a truckload of fertilizer bomb destroyed a building and a few other surrounding

buildings, a nuclear bomb of comparable size would flatten a rather large part of a city. However, this is a relatively small problem with respect to nuclear bombs.

The biggest problem with nuclear bombs is the radioactivity associated with them. Think in terms of the Japanese nuclear power plant, Fukushima, or the Ukraine power plant fire, Chernobyl. Both areas are still uninhabitable because of residual radiation. This radiation consists of high-energy particles given off by the elements in the bomb. These particles interact with our body cells’ reproduction processes causing an in-

crease in mutations. The mutations are frequently bad, and we end up dying prematurely, radiation sickness, or if we survive longer, they frequently result in cancer. The radioactive decay is such that this residual radiation is around for quite some time. Also, the wind carries it over a large area, so the problem is not just restricted to the attack site.

The big question becomes for how long and how far is the radiation a problem. My thoughts years ago were that the US could explode all of our weapons right here and kill every living mammal on the planet. This sort of thinking was promulgated by the 1959

movie “On The Beach.” One of my Swiss physicist friends built a new house and was required by the government to build a bomb shelter in the basement. He decided to also build a wine cellar. The shelter was to the left the wine cellar to the right. He always said that in the advent of a nuclear war he would go right. In a discussion with one of my colleagues the other day, we had a similar discussion about the usefulness of a bomb shelter. While he doesn’t have a shelter, he told me he had done some calculations with respect to the decay of radioactive material in a bomb. His results indicated that after two weeks

you could survive coming out of the shelter. Other articles I have recently read indicate that a nuclear war is survivable from a physics and biological viewpoint.

However, there are many other considerations outside the realm of science. For example, there would most likely be a serious destruction of infrastructure. How would survivors get food, safe water, etc.?

Based on the science as I understand it, a nuclear war is survivable, but its consequences are beyond my imagination. It is something I would definitely prefer to not see happen.

PAX AMERICANA AND THE FERRIS WHEEL

THE PUBLIC SQUARE

JERRY VAN VOORHIS
CHANDLER VAN VOORHIS

August is the month Columbus in 1492 set sail for America and the Pilgrims set forth in 1620 on the Mayflower. Optimistically, “...August hangs at the very top of the summer... like the highest seat of a Ferris wheel” (Natalie Babbitt).

August is also known historically for conflict. August is the time Caesar invaded Britain (55 BC), the British captured Washington DC centuries later (1814), the start of World War I (1914), the Battle of Britain (1940), the dropping of two atom bombs (1945), the building of the Berlin Wall (1961), and our entrance into Vietnam (1964).

On August 28 (476 AD), Rome also fell. But August

need not be part of our wholesale appetite today for statistical pies. The important fact may be our position on the Ferris wheel. History could be a dead end, but a Ferris wheel at the top implies direction – fall back, and it doesn’t look good; swing forward, and it’s dicey.

At a House Armed Services Committee hearing January 31, General David Petraeus spoke on the 70-year order of world peace known as Pax Americana. “Americans should not take the current international order for granted,” he noted: “It did not will itself into existence, We created it. Likewise,” he added, “It is not naturally self-sustaining. We have sustained it. If we stop doing so, it will fray and, eventually, collapse.”

What is this order? Starting at the end of World War II, Pax Americana funded the Marshall

Plan, helped fashion a long period of growth by rebuilding Europe and Japan, supported free trade through the robust spread of world commerce, and promoted the gradual decolonization of the Third World.

But today, the world is a more dangerous place. North Korea is a 2017 August hotspot. Then, there’s Iran. The Middle East stays unstable, and ISIS is afoot. Russia presses for Empire, China for regional solidarity. Venezuela is chaotic. Brexit still threatens the European Union. The trade winds are tougher.

America’s brilliant recovery leadership after World War II is perceived globally still as among our greatest achievements – and gifts to civilization. And the recent UN Security Resolution on North Korea is another slice of rare unity of

action. But neither now are the norm.

Because the international order is set in time with arrangements frozen since 1945, the health of the global order is today mixed. The Trump presidency is the consequence more than cause of our post Cold War foreign policy. It’s becoming apparent our direction in foreign policy is not as wise or successful as the evidence shows. Many also feel the need for our future international participation to align more germanely to the priorities of American citizens.

So it seems worth keeping two things in mind. The world needs to get beyond relying on autopilot since 1945. Things change with time. Although visionary relationships 70 years ago are now messy, nations like people spend a lifetime becom-

ing something they were not when they started out. Fortunately virtues do not depend on systems. Systems in the end don’t matter. Over time, something other than rates of success or failure must underscore, write, and renew world pacts.

Let us also remember that American founding ideals – liberty, law, order, principle – are yet the most generous force the world has known among nations. So as the nation most blessed to have “set sail,” they must shine more amply. The international order General Petraeus credits us with creating and sustaining is a tie, which cannot collapse. The Public Square clearly contends we have a responsibility to secure the world’s proverbial balance on the “highest seat of the Ferris wheel.”



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