

LOUDOUN COUNTY'S COMPREHENSIVE PLAN: A PLAN WITH MANY PROBLEMS FOR RURAL LOUDOUN

FULL STORY ON PAGE 5



HONORARY CHAIR ANN MACLEOD WITH BETH ANNE MOSCATELLO,
JENNIFER SIRIANNI, AND KELLY JOHNSON

MIDDLEBURG TOWN COUNCIL REPORT

DAN MORROW

New Town Administrator

Middleburg has formally announced that it has hired Danny Davis as its new Town Administrator, replacing Martha Mason Semmes who, after 8 years of service in the post, will retire in January.

Middleburg Mayor Bridge Littleton commented, "We are delighted to welcome Danny, who has extensive experience in local government and will be a huge asset to the town," said. "At the same time, we're sorry to see Martha retire. We thank her for her many years of service. Her leadership and dedication have made a significant difference to the Town of Middleburg."

Semmes had first served Middleburg as its Town Planner and Zoning Administrator 1995-2003. She returned in 2010 to take the position of Town Administrator.

Davis has nearly 15 years of public and private sector leadership experience. Most recently he served as President and Executive Director of an assisted living community.

Prior to that, he worked in local government for almost 14 years, serving most of that time in policy development and executive management for the Loudoun County government. In the last post with the County he served as Chief of Staff to the County Administrator. He then served as the assistant town manager of Purcellville.

Davis has broad experience in local government issues including community and economic development, citizen engagement, fiscal management, organizational development, and public information and communications.

A native of suburban Atlanta, Georgia, Davis moved to Northern Virginia in 2000 to attend Patrick Henry College.

He received his Master of Public Administration from George Mason University in 2013.

He has been

a member of the Virginia Local Government Management Association and International City/County Management Association; served on the board of directors of Visit Loudoun from 2007 to 2010, and on the board of directors of Leadership Loudoun from 2016 to 2017.

Davis resides north of Gilberts Corner with his wife and three daughters.

The family is involved in many activities at Reston Bible Church in Sterling.

Middleburg Elections

Turnout was heavy in Middleburg for elections held on Tuesday, November 6, with more than 300 voters casting ballots in a special local election and more than 800 in the national midterms.

Town Council

In a special election for the Town Council Seat vacated by Middleburg's Mayor, Bridge Littleton, and occupied on an interim basis by former Council Member Bundles Murdoch, Chris Bernard defeated Kurt Abendschein 185 to 135. Three votes were cast for write-in candidates. Only residents of the Town itself were eligible to vote.

Bernard, 32, is West Federal Retail e-Commerce Director and manages three Middleburg businesses: Lou Lou Boutiques, Crème de la Crème, and Zest Clothing, Inc.

Bernard was formally sworn in by the Loudoun County Clerk of Court

U.S. Senate and House

Tim Kaine (D) received 491 votes to Corey Stewart's (R) 301. Kaine's 61% majority here was only slightly less than the 63% he received in the County as a whole.

In Middleburg Democrat Jennifer Weston defeated Republican Barbara Comstock for a seat in the U.S. House representing Virginia's 10th District 459 to 352. Wexton's 57% majority here was 3% lower than her roughly 60% majority in the County as a whole.

Both former Middleburg Mayor Betsy Davis and current Mayor Bridge Littleton had formally endorsed Comstock, in a joint letter under the heading, reading, "From the Desk of the Mayor. . .," a move that prompted some negative reaction in local so-

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WINDY HILL GALA STUDIO 54

PHOTOS PAGE 20



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NEWS OF NOTE

JUST KEEP WALKING: LIFE AFTER TRAUMATIC BRAIN INJURY

LAUREN R. GIANNINI

Celebrating Thanksgiving will be easy for the Stone Allen family as their horn of plenty overflows with the continuing recovery of Forrest Stone Allen, now 25 and an enthusiastic student at George Mason University. Almost eight years have passed since Forrest's snowboarding accident in 2011 when he suffered a fractured vertebra and near-fatal traumatic brain injury.

Airlifted that fateful day to the University of Virginia Hospital, specialists opted for craniectomy, removing the front third of his skull to relieve pressure on Forrest's swollen brain, and prepared his parents for the worst. Forrest was unlikely to emerge from the medically induced coma and, if he did awaken, it was uncertain what his life would be like.

Forrest had great support from his parents, Drs. Rae Stone and Kent Allen, both veterinarians. There aren't enough superlatives to describe Rae, Kent and Austin, Forrest's older brother. The intrepid leaders of Team 44, they created the blog that chronicles Forrest's journey, "Thoughts and Prayers for Forrest Stone Allen" and refused to accept the ini-

tial prognosis. During that first week they had to go to court in Fauquier County to petition for legal custody: Because Forrest had just turned 18 and was considered an adult, his parents had no legal authority to make decisions about Forrest and his treatment. They won that round and, granted legal custody of their adult son, initiated the best possible support for Forrest.

"Team 44" became the proverbial village that "raised" Forrest. Composed of family, extended family, friends, medical professionals, and caregivers, Team 44 surrounded Forrest with powerfully positive thoughts, prayers, love, laughter, music, sheer faith, hope — and more hope.

When Forrest emerged from the medically induced coma on day 10, Rae had been sitting at his bedside, talking, holding his hand when she felt him squeeze her hand. Thus began the perilous but empowering journey of an 18-year-old determined to win back his life. That day's post, written by Austin and Kent, set the tone for the coming years with love, incredible faith, and dogged determination for Forrest to regain his voice, locomotor skills, and essentially his very life: "We have become believers

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SEASON'S GREETINGS

Richard Allen

Duchessa

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Greenhill Gift Guide



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NEWS OF NOTE

UPDATE: LOUDOUN COUNTY'S COMPREHENSIVE PLAN: A PLAN WITH MANY PROBLEMS FOR RURAL LOUDOUN

BRIDGE LITTLETON, MAYOR
TOWN OF MIDDLEBURG

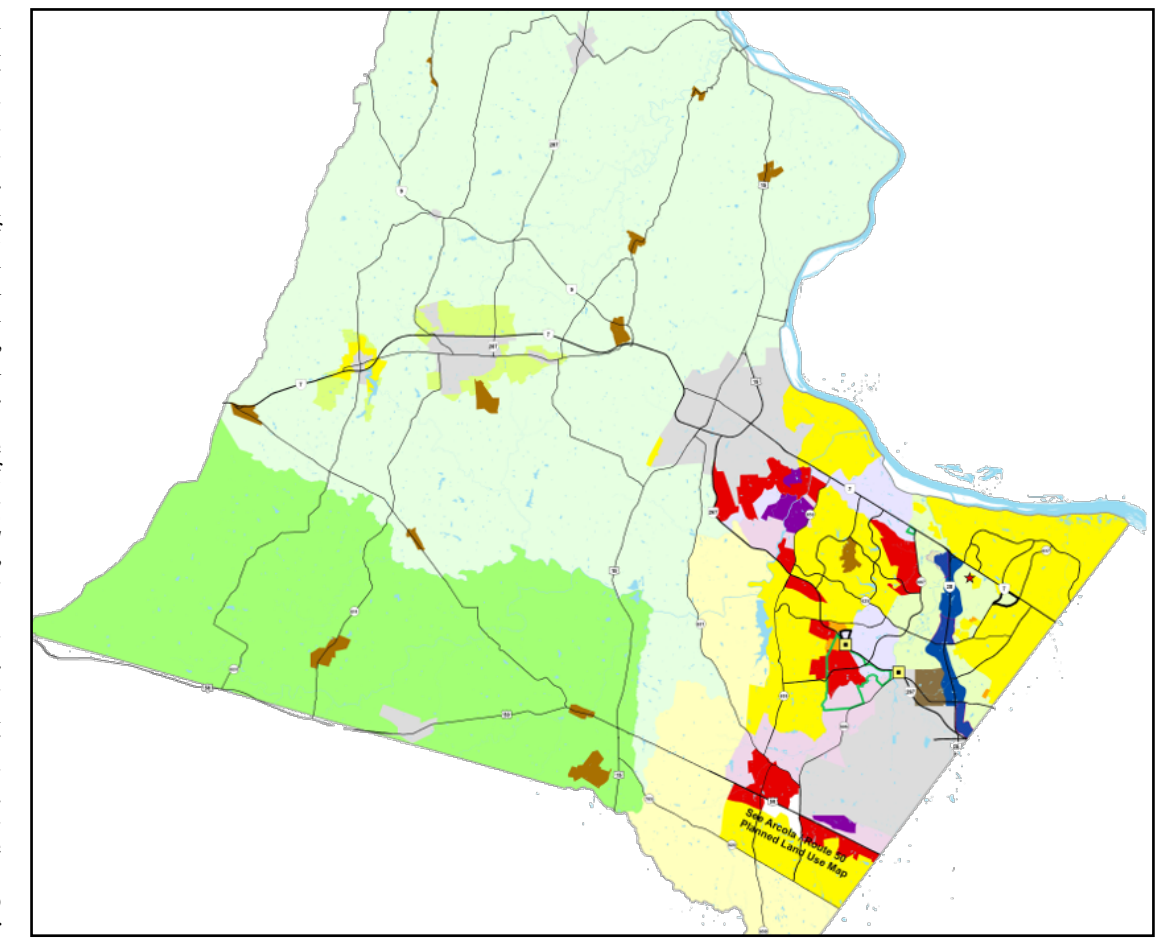
The Loudoun County comprehensive plan is in its final stages of being written. Despite two years of work and effort, the comprehensive plan currently being drafted sets Loudoun down a dangerous path which could see the erosion of rural Loudoun and financial distress. While there are numerous concerns with the plan, we focus on two here: Unchecked growth in the Transition Policy Area (the TPA), and the plans fiscal impact on the County.

Over the last 20 years, the County has seen explosive, unconstrained housing growth in eastern Loudoun. In 1990 Loudoun had 87,000 residents. This year we will top 400,000. Nearly all of this growth occurred in eastern Loudoun. For decades the west has been protected by the TPA, the small buffer zone of land shown on the map in light green. The TPA was created to protect western Loudoun from the sprawl in the east. Currently, only 10,000 homes are permitted in the TPA, by design. Unfortunately, the draft comprehensive plan sets to change this. The Loudoun Planning Commission, the authors of the new plan, propose to put an additional 20,000 more houses to the buffer zone, tripling its housing density. This will effectively destroy the buffer zone between east and west and open rural Loudoun to the next wave of development over the next 20 years.

The fiscal impact of this plan is a critical factor in understanding its sustainability. While housing is an important element and needed for residents there must always be a balance as they create more cost than they can support. For example, the average house in Loudoun pays \$5,016 in real estate taxes. However, each student in Loudoun costs \$13,800/year, and each house has an average of 1 child. The results are that each household in Loudoun costs the County Government \$8,700 more per year than they pay in taxes – just for education. This does not include the funds needed for roads to the new homes, utility expansion to provide water and sewer, additional police and firefighters, or the host of additional services they County must provide for these new residents. This chart shows just a few examples of how our already overbuilt housing is impacting the Counties fiscal stability. The draft plan will only make it worse.

In closing, it is important to remember why we must protect rural Loudoun. Recently, the Coalition of Loudoun Towns, known as COLT, comprising all the Mayors of the 7 towns of Loudoun, expressed this sentiment in a letter to the County Planning Commission and

Board of Supervisors: "Western Loudoun is a unique place with its natural beauty, rich history and bucolic way of life. Communities like ours are quickly disappearing across the Commonwealth and indeed our nation... Over the last 20 years, Western Loudoun has transformed itself from sleepy insulated towns and dormant pastures to a unique and vibrant part of the County, filled with wineries and breweries, equestrian sports and events and our popular historic destinations. This evolution enhances the lives of those who live there, but more importantly, offers a balance of life for the busy residents in eastern Loudoun. It has become THE tourism engine for Loudoun, drawing in over \$1.8b dollars annually, supporting over 18,000 jobs and nearly \$700m in wages – top in the Commonwealth. This is the definition of successful land use for Loudoun's rural area; a diversified, growing, low intensity and low impact, prosperous place to live and visit. What's more, rural Loudoun delivers a net positive in taxes to the County compared to the services the County provides, which too is unique in relation to the other parts of Loudoun. Western Loudoun's bountiful existence has been achieved by hard work, innovative thinking and a desire



to create a positive economic impact for our citizens in a way that honors our past and ensures

a legacy for future generations." Please reach out to the Board of Supervisors and let them know

your concerns on this plan. Their joint email is BOS-EMAILS@loudoun.gov.

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NEWS OF NOTE

HELP YOUR NEW “BEST FRIEND” SURVIVE THE HOLIDAYS

BEEZEE CEO (CANINE EXECUTIVE OFFICER) – SMART, FUNNY, BETTER THAN A WISE GRANDMOTHER...

We just moved for the third time this year. It's lovely where we are, albeit temporary. The first couple weeks were tough, but so far, so good. We planned my column around Thanksgiving and gratitude, but being a rescue, it seemed more helpful to discuss how to survive bringing home a puppy or rescue at Christmas time.

[Human: This elderly CEO is learning new tricks! We interviewed France Bognon of Pet Connect about introducing new pets during the “12 Days of Christmas” – huge topic! Part 2 is about addressing issues with this new member of your family, and Part 3 focuses on lessons in obedience and agility from France’s associate, horse-and-dog trainer Geraldine Peace. That training, even if we don’t compete, is fun and can only strengthen our partnership.]

Rescues are often abused, neglected, and/or uprooted from a familiar home – it may have been awful or lovely, but it was home. We don’t know what’s going to happen to us. Most of us want to be good, to be your best friend and faithful companion, but we

need time and patience.

Christmas means puppies or dogs on wish lists. Here’s France to help you and your new “fur-baby”

BeeZee: Puppy or older dog?

FRANCE: Puppies may be teeny and cute, but don’t be fooled by their size! Many families have returned puppies after adopting them because they can’t manage the work involved. Puppies are like infants. They need pretty constant attention. They’re harder to train because they don’t have the mental capacity to hold the information that you can convey to an adult dog. Puppies have tiny little bladders so they can’t hold their pee as long – many young pups can’t make it through the night without you getting up to take them outside. Much worse in the winter! They have tiny sharp teeth. Adults rescues come with their own baggage, but they’re generally much easier to train, can be expected to stay alone longer (need fewer potty breaks), and don’t cost as much. Puppies need all their shots and to be spayed or neutered. When the dog has been in a foster home, you get a much better sense of their personality than if it’s a puppy. It’s much easier to match an adult dog with the right temperament to your family’s needs. If you’re set on raising a puppy,

the owner needs to be home most of the day for the first several months. The question is whether you can truly commit to the time, the finances, and the effort.

BeeZee: Why is crate training important for puppies and rescues?

FRANCE: The crate becomes the safe space for the puppy or dog, a familiar comfortable safe place to retreat to when they’ve had enough kids, family, other animals, etc. It’s also safer for the family because the puppy or dog can’t get into any real trouble in the crate where they don’t have to be on strict surveillance like when they’re loose. The crate is really critical for potty and housetraining if that’s necessary. It’s good for them to feel comfortable in a crate if they ever need to be boarded at the vet for medical care, for travel by car or airplane, or to wait their turn with the dog groomer.

BeeZee: What are the basics of crate training?

FRANCE: The most important thing is not to leave them in the crate for too long. Depending on the puppy’s age, anywhere from 1-4 hours maximum (tiny bladders need more frequent potty breaks!) and if adult, 4-5 hours maximum. Never use the crate as a punishment (it will have a negative association for the dog).

The crate is like a crib – a training tool that you use in the beginning when the dog is adjusting when you need it. Eventually, most dogs mature out of the crate and can be left free to roam the house.

BeeZee: How can people make potty-training easier for puppies and rescues?

FRANCE: Consistency. Patience. And a crate. For puppies, it’s a matter of time and being consistent about taking them out frequently and giving them a reward every time they “go” outside. They learn quickly that pottying outside is fun. Be sure to distinguish between the trips outside for potty and those for play. If the puppy gets busy playing outside, it won’t remember to potty until it’s back in the house. It’s also important not to let a puppy run loose in the house – always keep them under surveillance or contained in a crate or pen. Puppies will wander off and have accidents, but you’ll have no way of controlling it, so they’ll think it’s permissible. Most adult dogs have been trained at some point. Treat them like puppies in the beginning and keep them under surveillance in the house, take them out frequently and give them positive reinforcement every time they go potty outside.

BeeZee: What are the most



common mistakes humans make with new pets?

FRANCE: A pet is a lifelong commitment. It’s adding a new member of the family. If you’re lucky, the animal will be with you for the next 10 -15 years – in most cases, long past the children growing up. When parents surprise their kids with a puppy, many want them to be responsible for the dog – while I think it’s a great way to teach children about responsibility, structure, dedication, etc., they should not and cannot be responsible for an animal. They should help, but ultimately it’s the adults who will be the ones to ensure that the animal is fed, walked, vetted, cared for, trained, etc. Each family should hold a meeting – it’s a big commitment.

BeeZee: Purebred or hybrid vigor? Puppy or adult? Big or small? High energy or low energy?

FRANCE: I can wholeheartedly say that rescues are worth their weight in gold! Obviously, I’m a bit biased. In addition to doing something good for society and saving a life, a rescue is often a better choice for your family. First of all, they know somehow that they have been rescued and will live every day for the rest of their lives grateful to you for saving them. It gives you the option of bringing an adult dog into your home, which is best for most families. The nice thing about a mutt – hybrid vigor – is getting a mix of characteristics from a few different dogs. Some say mixed breeds are smarter, but also mutts tend to be healthier because they aren’t susceptible to a lot of issues that come with inbreeding. It’s important to work with a reputable rescue to help place the right dog in your home. I always say there’s a home for every dog and a dog for every home – it’s matchmaking!

Happy Thanksgiving!

PS Please remember: cooked bones from turkey and all poultry can cause serious, often fatal, injuries to your pet’s digestive tract.

For more information: www.petconnectrescue.org

THE PIEDMONT SINGERS’ 20TH ANNIVERSARY CONCERTS CELEBRATE CHRISTMAS IN MIDDLEBURG WITH THE CHRISTMAS PORTION OF HANDEL’S MESSIAH



On December 1st and 2nd The Piedmont Singers, a musical outreach of Emmanuel Episcopal Church, Middleburg, will celebrate their 20th anniversary by performing the Christmas portion of Handel’s beloved oratorio MESSIAH, conducted by Wendy Oesterling and accompanied by chamber orchestra. We invite you to enjoy the day of Middleburg parades, decorations, shopping, and food and end the experience by hearing the world famous and favorite Christmas music. Everyone attending is welcome to join the choir in singing the Halleluia Chorus at the end of the concert. What a joyous and fitting finale to the annual Christmas in Middleburg festivities!

The Piedmont Singers was organized in 1999 specifically to present a musical celebration of Christmas at the close of the Christmas in Middleburg festivities. At that time The Rev. Marc Andrus, rector of Emmanuel Episcopal Church, asked Wendy Oesterling, the Music Director (both then and now), to conduct the nine-member Emmanuel Choir in Handel’s MESSIAH. For obvious reasons, Wendy believed such an ambitious undertaking would sound better if sung by a larger choir. Wendy subsequently asked and obtained permission to invite singers from churches all over the region to join in singing Handel’s masterpiece. Her call drew dozens of singers eager for the opportunity to sing this wonderful music.

For the last twenty years, The Piedmont Singers have presented a Christmas concert at Emmanuel Church to conclude the Christmas in Middleburg celebration. In memory of the initial performance, they sing the Christmas portion of Handel’s MESSIAH every five years. Since this is their 20th Anniversary celebration, they again will treat Middleburg to Handel’s beautiful music.

The Piedmont Singers cur-

rently number over 45 singers from 17 churches as well as non-church affiliated singers who come from as far away as Virginia Beach. Over the past twenty years, more than 160 singers have participated in the concerts, representing more than 40 churches in Virginia.

The Piedmont Singers have served five cathedral residen-

cies in England and Ireland, have sung Evensong at our own National Cathedral in Washington, D.C., performed with The Piedmont Symphony and have been invited to sing in many churches in Northern Virginia. Several settings of the Evensong service have been specifically written for The Piedmont Singers by well-known composers. The Piedmont

Singers perform an additional concert each year at Emmanuel Church in Middleburg at Easter.

Come to join us on Saturday, December 1 at 5:00 p.m. or on Sunday, December 2 at 3:00 p.m. for a glorious musical celebration to the Christmas in Middleburg 2018 celebration.

Emmanuel Episcopal Church

is located at 105 East Washington Street, Middleburg, VA. Tickets are not required. A free will donation of \$15 is recommended. For additional information, call Emmanuel Church at 540-687-6297.

The Piedmont Singers as the Choir-in-Residence at Christ Church Cathedral, Oxford, England, in August of this year.

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Fauquier Bankshares, Inc. and its principal subsidiary, The Fauquier Bank (the "Bank"), are pleased to welcome Patrick Heijmen as the Director of Wealth Management Services.

Mr. Heijmen brings to the Bank over 15 years of experience. Prior to joining the Bank, Mr. Heijmen served as a Senior Vice President and Program Manager at Middleburg Bank, a Division of Access National Bank. Previous to his position at Middleburg Bank, Mr. Heijmen worked at The Fauquier Bank and also Morgan Stanley in Washington, DC. Marc Bogan, President and CEO of The Fauquier Bank says, "We are excited to bring someone of Patrick's caliber into our organization. He will be a great addition to our outstanding Wealth Management team, and will play a big role in moving our organization forward."

Mr. Heijmen's entire wealth

management and banking career has been based in the Northern Virginia market. He says, "I am excited to be back at The Fauquier Bank and cannot wait to share the TFB story with our customers. It is wonderful to be a part of a full-service, community oriented, financial institution. I want our clients to be aware of the breadth and depth of services our experienced team can provide."

Mr. Heijmen has a Bachelor's degree from the University of Texas with a concentration in marketing and a minor in business. He also holds the Certified Financial Planner™ designation and is a Certified Trust and Financial Advisor. He most recently served on the board of Saint James Episcopal School.

Mr. Heijmen is a 16-year resident of Warrenton, VA, and enjoys spending his spare time with his wife, Elizabeth and two children. Hobbies include traveling, playing golf and reading.



MIDDLEBURG LIONS CLUB 2018 CITRUS SALE



The Middleburg Lions Club for over 35 years has conducted an annual citrus sale in the town of Middleburg. This year the sale will begin on November 26th, the Monday after Thanksgiving. Available will be Navel Oranges, Florida Indian River Ruby Red Grapefruit, and Florida Hamlin juice oranges. The state of Florida has been experiencing a massive citrus disease known as the "Greening Disease". The disease impacts all Navel oranges and a few other specific varieties of Florida citrus. Florida navel oranges are no longer available,

therefore this year all navel oranges will come from California. California produces some of the finest navel oranges in the world and the fruit is expected to be fresh from the growers and delicious.

There are two ways to obtain citrus from the Lions Club. The Lions Club truck will be parked on Rt 50 in front of the Middleburg Safeway store from November 26 through December 9, 2018. Interested persons can also reserve citrus by going to the Middleburglionsclub.org website and follow the instructions. The Lions Club recom-

mends using the website because you are guaranteed to obtain the freshest fruit and the Club can order enough citrus to meet the community's needs.

All proceeds from the annual citrus sale are kept in the Middleburg area and are used to support its many needy people and causes. The Middleburg Lions Club prides itself in not having overhead costs and applying all its fundraising efforts to assist Middleburg area residents. You can help by purchasing fresh citrus from the organization you have known to trust since 1946.



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ORTHOPEDIC TEAM THAT
CAN'T WAIT TO HELP HER



THE BEST YEARS OF HER
CAREER ARE ABOUT TO BEGIN

Marie, 59, English professor, community leader, and mother of three. These should be the best years of her life, but she's been living with knee pain for the past six years. Six years of working long semesters, mentoring students, leading her department, and working through the pain. The fear of missing work and not being able to recover quickly made her put off surgery. One dedicated orthopedic team brought her relief.

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NEWS OF NOTE

INTERNATIONAL GOLD CUP: GREAT DAY OF RACING



LAUREN R. GIANNINI

Mother Nature showed her sporting side on October 27 when she blessed racing enthusiasts at the International Gold Cup with a brief light drizzle. Their umbrellas mostly furled, intrepid spectators were treated to a superb day of racing with cool temps and even a bit of sunshine.

It's a bit of craic, as the Irish would say, to be part of the cheerful crowd that gathers at Great Meadow. If you're among the folks who opted to stay home because it was raining wherever you were, you missed a great day at Great Meadow. Rain or shine, savvy fans know to be prepared with suitable layers.

This year's 81st running of the International Gold Cup was like a huge block party with bling and blue jeans, a sport-

ing fashion show of waxed outerwear, great hats (fancy and practical) and boots. Photo opps abounded, and tailgate parties ranged from simple to sublime.

The Kiechlin-Mohanty party occupied two spaces on the homestretch where they held their traditional birthday celebration for James Kiechlin. His wife Nikki Kiechlin was kind enough to email the group photo and answer a few questions.

"We started going to International Gold Cup about five years ago," Nikki said. "Our family friend has had a plot on the rail for many years. About three years ago, we started getting our own plot. James's birthday is October 26, always right around the time of the races so we made it a tradition to go each year and celebrate."

The Kiechlins didn't grow up around horses. "We only started getting into horse racing in the last five years," Nikki added.

"We love the energy of the races. Our favorite part of the day was going up to the betting tent to place our bets, then returning to the rail to watch the races and cheer on our horse. Some of us won, others may have left with less than they came with."

At their first Gold Cup, they had 10 people in their party although the number has grown each year. "We now have to secure a shuttle bus to get everyone there," Nikki said. "The largest number we had was 30. Most of our friends live in Arlington, like us, and D.C. Some even come from Maryland. It's definitely an event everyone looks forward to! They really enjoy getting dressed up and betting on their favorite horse. Even though it rained early on, we had a great time. Knowing it was going to be cool, everyone dressed for the weather. It ended up being a nice day and later on the sun even shown a bit. We

made some great memories."

The race card was championship quality with Doc Cebu scoring a second straight win in the \$75,000 International Gold Cup Timber Stakes. Piloted by Haddon Frost, Doc Cebu bested a competitive field of proven timber winners by 5¼ lengths. Super Saturday, owned by Irvin Naylor, provided spectators with a rousing drive for the finish line to claim second place over Michael Smith's Le Chevalier, trained by Julie Gomena.

Doc Cebu, owned by Charles C. Fenwick, Jr., Michael Han-kin, and Charles Noell, is trained by Jack Fisher, who has an affinity for quirky talented Thoroughbreds and takes his 'chasers foxhunting. He began his jockey career in 1976, sanctioned meets, and saddled his first runner in 1987.

As the 2018 NSA season concluded in November, Fisher again clinched top NSA year-end honors by earning both Trainer titles: Races Won and Money Won. Fisher's NSA (sanctioned-only) stats for the year include 22 first, 28 seconds, and 16 thirds in 134 starts. Fisher's jockey record — 109 wins and 94 seconds in 493 career starts — began with pony races, his trainer career in 1987. He's a Gold Cup specialist, having trained and ridden the great Timber Champion Saluter for owners Mr. and Mrs. Henry Stern.

Deemed Horse of the Century and considered a Horse of a Lifetime by Fisher himself, Saluter earned back-to-back wins in the International Gold Cup (1998,1999). Saluter and Fisher scored six wins in the Virginia Gold Cup, retiring the coveted trophy for only the seventh time in the May Timber Stakes' history after five consecutive wins (1994-1998), adding the sixth victory in 1999 when Saluter was 11. After the 2000 season, Saluter retired from racing and

continued to live at Fisher's farm in Maryland where he lived a good life, enjoying spins in the hunt field with Fisher and then total leisure until he passed at 28 in 2017.

Doc Cebu garnered the crown as the leading 2018 NSA Timber Horse. Haddon Frost finished fifth in the Timber Jockey Standings for Money Won with four wins and two thirds in only nine timber starts.

Doc Cebu was highly favored to win the International Gold Cup and went off at very short odds, returning less reward for your bet, but that's horse racing. Pari-Mutuel betting at the Gold Cup races is serious craic. By investing a fast two bucks for a winning ticket or \$2 across the board (six bucks total), spectators enjoy an inexpensive personal stake in the outcome of the race. It's exhilarating to cheer "your horse" home and a buzz to cash in your tickets — just don't bet the mortgage payment!

The Gold Cups at Great Meadow, major fixtures on the National Steeplechase Association's calendar, take place in October and May. The Virginia Gold Cup runs on the first Saturday in May, like the Kentucky Derby at Churchill Downs in Louisville. It's a grand way to celebrate spring, cheer on your faves and, at the conclusion of racing at Great Meadow, you can bet on and cheer your horse in the Run for the Roses, which is broadcast on the Jumbotron. It's a great outing and fantastic venue to establish a new tradition, be it a birthday, anniversary Mother and Father's Day, or simply to celebrate spring.

For more information:
www.vagoldcup.com
www.nationalsteeplechase.com
www.centralentryoffice.com
www.greatmeadow.org





NEWS OF NOTE

DAN KASEMAN NAMED SHENANDOAH UNIVERSITY EXECUTIVE IN RESIDENCE

Middleburg's Dan Kaseman is bringing his industry knowledge to the Harry F. Byrd, Jr. School of Business as its newest executive in residence.

The Executive-in-Residence program has been in place at Shenandoah since 2005. It started with one executive in residence, William Brandt, co-founder and retired CEO and chairman of American Woodmark Corporation.

The executive in residence is meant to be a liaison between the school and the business community who leverages industry connections to assist students. The executive in residence also does guest lectures and serves in an advisory role providing mentor-

ship and career advice to students in the business school. They also work with the business school's leadership team to provide input for new programs.

Kaseman joins Clyde Lamond, who has served as the executive in residence for the Harry F. Byrd Jr. School of Business since fall of 2014; J. Knox Singleton, the newly retired chief executive officer of Inova, who is Shenandoah's health care executive in residence; and David Darsch, a strategic business advisor who is the entrepreneur in residence.

"The Shenandoah students are as bright and driven as any I have encountered," Kaseman said. "It's an honor to work in this high-energy environment. I hope

I can give them some real-world experience and help them build confidence."

Kaseman is a resident of Purcellville. He owns Kaseman Capital Partners, a commercial real estate investment firm that owns and operates buildings in Northern Virginia. He is also the managing partner and co-owner of Middleburg Real Estate/Atoka Properties — a residential and commercial real estate brokerage firm serving Northern Virginia and the Eastern Panhandle of West Virginia. He serves on the board of NOVA Parks, which oversees 13,000 acres of parkland in Arlington, Fairfax, and Loudoun counties and the cities of Alexandria, Falls Church and Fairfax.



RICHARD KLERK HONORED FOR HIS YEARS OF SERVICE



On Nov. 8th, Gary M. Clemens, Clerk of the Loudoun County Circuit Court, presented a resolution from the Virginia Court Clerks Association honoring long time Middleburg resident Richard Klerk to Mr. Kirk's family for his many years of service.

CELEBRATING THE PIANO WORLD AT GREENHILL WINERY



Come celebrate with us the timeless music of Brahms, Schubert, Grieg, Dvorak, Liszt, Mussorgsky and American composer Samuel Barber. This exciting program will be performed by internationally recognized pianists Nikita Fitenko and Caterina Zaitseva.

This is a great opportunity for you to kick off the Holiday Season and also support the Middleburg Music Fest Interna-

tional. This non-profit organization is the creative outcome of local resident and artist Miguel Diaz. His passion for the piano and the classical repertoire led him to conceive the future implementation of a 3 to 4-day music festival of international scope by inviting the participation of globally acclaimed masters and rising stars of the keyboard.

This year's piano recital will take place on December 2nd, at 4 p.m. The location of the

event will be the stunning Barrell Room at Greenhill Winery and Vineyards, located at 23595 Winery Lane, Middleburg, Virginia. This event also includes a post-concert reception - included in the ticket price - where the attendees will have the opportunity to meet the artists and enjoy Greenhill wine with lite bites.

Individual tickets are \$75. They are for sale through Eventbrite.com. You may also pay by cash or check at the door. The

space is limited and for logistical purposes we would prefer your advanced purchase through Eventbrite.com.

This event is taking place thanks to the generous contribution of the Town of Middleburg, as well as the co-sponsoring participation of Greenhill Winery and Vineyards and Jordan Kitt's Music.

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NEWS OF NOTE

LOUDOUN IMPACT FUND GRANTS

THE LOUDOUN IMPACT FUND

In early November The Loudoun Impact Fund awarded \$125,000 in grants to 16 nonprofit organizations serving Loudoun County. The awards were made possible through the generosity of more than 50 individuals and businesses that pooled charitable gifts. The fund is administered through a joint effort of the Community Foundation for Northern Virginia and the Community Foundation for Loudoun and Northern Fauquier Counties.

“In the last five years, the Loudoun Impact Fund has contributed almost \$500,000 in grants,” noted Amy Owen, President and CEO of the Community Foundation for Loudoun and Northern Fauquier Counties.”

Two Middleburg-based nonprofits received grants:

A Place To Be received a \$10,000 to expand music therapy services to at-risk youth residing in the Loudoun Youth Shelter, in partnership with Grafton Integrated Health Network.

Windy Hill Foundation re-

ceived a \$10,000 grant to support summer day camp for school-aged children residing in WHF affordable housing units, bridging the summer childcare gap for participating families.

Other grantees include:

- A Farm Less Ordinary: \$10,000 to support the construction of a greenhouse and employ more adults with intellectual and developmental disabilities.
- All Ages Read Together: \$5,000 to support school readiness programs to at-risk children ages 4 and 5.

- Children’s Science Center: \$5,000 to support STEM Community Outreach Program, providing Summer Mini-Labs for low-income children.
- Crossroads Jobs: \$5,000 to support job counseling for people with disabilities, including employer outreach, and consultation, and follow-up support for newly hired clients.
- ECHO: \$8,500 to create a sensory room to help day support program participants with disabilities engage with their senses, leading to increased attention, communication, and mobility.
- Fenwick Foundation: \$7,500 to provide dental care to low-income older adults and adults with disabilities through portable dentistry delivered to the patient at their facility, group home or residence.
- INMED Partnerships for Children: \$8,000 to support after school programs for at-risk elementary school students, providing academic and social support.
- Loudoun Abused Women’s Shelter: \$8,500 to provide support group services and recreational activities to child victims of domestic violence and sexual assault.
- Loudoun Habitat for Hu-

manity: \$5,000 to support the Home Repair program to help seniors age in place, providing home repair projects to low-income, elderly homeowners.

- Loudoun Hunger Relief: \$10,000 to support the Senior Adult Food Security Program, providing food to at-risk older adults, in partnership with HealthWorks for Northern Virginia, Madison House Apartments, and the William Watters House.
- Loudoun Literacy Council: \$7,500 to provide literacy enrichment programs to at-risk preschoolers from low-income families.
- Loudoun Volunteer Caregivers: \$10,000 to provide transportation, shopping assistance, respite care, home visiting, money management, and home repairs to older adults and adults with disabilities.
- Ryan Bartel Foundation: \$10,000 to implement Sources of Strength program, an evidence-based youth suicide prevention program, in partnership with LCPS.
- StoryBook Treasures: \$5,000 to provide literacy enrichment with trained teachers to disadvantaged students, in partnership with LCPS STEP preschool program.

PRESERVING HISTORIC RURAL ROADS



The Mosby Heritage Area Association, the nonprofit preservation and education organization, and the America’s Routes initiative have joined forces to bring attention and recognition to Loudoun County’s 300 miles of historic rural roads.

Loudoun County is home to Virginia’s largest network of rural roads. Many of these 300 miles of byways pre-date America itself, carved out of Virginia’s hilly terrain by early settlers who helped shape our nation and communities. The roads tell the stories of pioneers, terrible wars, slavery and the struggle for freedom, the coming of the automobile, and the modern era existing beside traditional farms.

While some residents or visitors feel that dirt roads are old or neglected, the actuality is that they are authentic living artifacts that people use and need every day and have for over 300 years. As parts of the historic landscape disappear from Loudoun with development and growth, this rural road network – America’s Routes -- remains unique to Loudoun County. It is ours alone.

Rather than allowing rural Loudoun and its roadways to turn into anywhere America, this initiative seeks to document, commemorate and educate about this irreplaceable resource.

To celebrate and honor this unique resource, America’s Routes will create a collection of products to reach a variety of people including a photographic essay, stories of the people who live and work on these old roads, a pocket guidebook of selected tours, an authoritative historic documentation, a curriculum for use in school programs and access to all this information via social media and a dedicated website.

An independent committee within the Mosby Heritage Area Association will focus on America’s Routes. The group currently comprises: Douglas Graham, international award-winning photo-journalist; Danielle Nadler, author and managing editor of Loudoun Now; Rich Gillespie, Historian Emeritus for the Mosby Heritage Area

Association; Jane Covington, award-winning historic preservationist and consultant; Mitch Diamond, Retired business executive and preservationist; Emily Houston, Board member of the Loudoun Equestrian Alliance and editor of Horse Times; and Lee Lawrence, award-winning historian and author.

For more information, please visit www.americasroutes.com or call Jennifer Moore at 540-687-6681.

Donations towards the project are welcomed and a strategic fundraising effort will be launched in the coming months.

The mission of the Mosby Heritage Area Association is Preservation through Education—to educate about the history and advocate for the preservation of the extraordinary historical landscape, culture, and scenery in the Northern Virginia Piedmont for future generations to enjoy.

For more information, visit www.mosbyheritagearea.org.



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NEWS OF NOTE

JUST KEEP WALKING: LIFE AFTER TRAUMATIC BRAIN INJURY

CONTINUED FROM PAGE 3

in miracles.”

Forrest spent that first year in hospitals, battling infections, various physical and cognitive setbacks, and six grueling surgeries. He could not speak or swallow and needed a feeding tube to his stomach. He couldn't use his hands or turn over in bed by himself. He couldn't walk. He had to re-learn language.

Rae and Kent refused to listen to the doctors' grim words. They knew their son was still there, just trapped. They surrounded him with positive energy, faith, love, hope, prayer, perseverance, and more hope. The first flicker of his eyes to indicate he understood what they were saying led to more little successes – his trademark thumb's up, first nerf ball caught, first words, first assisted steps, one day at a time, one step at a time. Hopes grew ever bigger as they celebrated the tiniest of triumphs.

“That's really the curse and the beauty of a brain injury – there are no crystal balls,” Rae said. “Even when the prognosis was really bleak, no one knew what was possible. Within that uncertainty, there's the opportunity for recovery and for hope. There's no guaranteed path. When one of Forrest's doctors would say, ‘I don't want to get your hopes up,’ our response was ‘Then we have to find a different doctor.’”

The Stone Allen family can't say enough good things about the combined benefits of Music Therapy with Tom Sweitzer, co-founder of A Place To Be, and Physical Therapy with Del Wilson, owner of Middleburg Physical Therapy. Both experts in their fields, they contributed far more than professional expertise. They brought to Forrest's bedside their unfaltering dedication and passion for their work, “can do” attitudes, and genuine camaraderie. They banked on Forrest's competitive nature and indomitable will to survive. Every effort he made, no matter how tiny, was met with cheers and loving encouragement by members of Team 44 led by Forrest's equally indomitable parents and brother.

Routine and continuity can be considered contributing factors to this success story. When Forrest wasn't able to work in person with Del or Tom, they would still have their sessions via Facetime. About ten of Forrest's best school friends kept him connected to life. They spent hours with him in person and on facetime, sending messages, reading to him, reminiscing and filling in what his brain might not recall.

Laughter really is powerful medicine. It didn't matter who was working with Forrest, they often brought humor and laughter with them. Tom and Del's work complemented each other. It was more proof of Team 44 in action.

“Rae had all the support there you needed to work with Forrest,” Del said. “Everything that could be done to keep Forrest safe and protect his brain was in place.

He wore a safety helmet just in case. No matter how hard it was he always tried. There are certain sequences that are foundational for moving your body around the planet. While Forrest was stuck in bed, we worked on rolling, getting up on all fours – movements that would help him to stand up and to walk again.

Babies and toddlers experience those foundational sequences as they roll, sit up on their own, get up on all fours, crawl, stand, stagger, fall – getting up again and again until they gain balance and can walk unaided. That's much harder to do when you're 6'2" tall, weigh only 120 pounds, your muscles are weak, stiff and uncooperative, and there's only a flap of skin covering the frontal lobes of your brain. But Forrest learned to walk again.

“Del is an amazing physical therapist and became a wonderful mentor for Forrest,” said Rae. “We have so much to be grateful for – Tom, Del, their camaraderie, skill, energy, and faith in Forrest.”

Tom helped Forrest to breathe better, to produce notes on a small wind instrument. Forrest was humming, but words still weren't being formed. A few months before Christmas 2012, his mother Rae told Forrest that what she wanted more than anything was to hear his voice. He whispered “good morning” on December 11.

Forrest found his singing voice and soon was performing on stage. Meanwhile, Del's sessions helped Forrest to gain strength and stamina, balance and locomotor control. All along, Del paid great attention to Forrest's frame of mind so that he knew exactly when and how to ask for more. Both therapists played to Forrest's passions and interests: music, performing arts, sports, and competition.

“My objective was always to give Forrest the benefit of the doubt and not assume he can't do something,” said Del. “Forrest will always try. I took the approach of challenging him a little beyond what he was doing even if it seemed a bit much at the time. Rae had the support there you needed to work with Forrest and keep him safe.”

When Rae and Kent knew their son was coming home from the hospital for the first time in a year, they got ready for Christmas in a very unique way. They equipped what became known as the Man Cave with everything Forrest might need, starting with an electric hospital bed. They re-created equipment used during his PT sessions at National Rehabilitation Hospital (NRH) in Washington, DC. They modified an electric lift with a custom-welded part to support Forrest while he relearned to walk, installed safety rails on the stairs and a Forrest-Mobile, to name a few.

“When I began working with Del, I started from scratch after spending months and months in a hospital bed,” Forrest explained. “Muscle atrophy had begun all throughout my body after not using my muscles for such a long time. So many things motivated me when I began working with Del. He became one of the key people to help me recover.”

Credit his mother with addressing her son's extreme weight loss, which helped Forrest gain the strength he needed to get better. “When things were bleakest with Forrest, we took control of his nutrition,” recalled Rae. “His feeding tube delivered a commercial hospital formula including corn syrup and preservatives – highly inflammatory and difficult to digest. We were determined to get real nutrients into his system

and started in the hospital, sneaking organic green juice into his feeding tube. Then we created an organic, homemade formula and gradually took over his nutrition entirely. The body can't heal without wholesome food. The hospital staff was very resistant at first, but when they saw the progress Forrest was making, a few commented that they wished more families would do what we were doing.”

Forrest is living proof that thinking outside the box can make a huge difference. The fact that he's attending GMU is proof of the miraculous power of love, faith, hope, prayer, laughter, positive thinking, and more hope. His skull was rebuilt with grafts from his remaining skull and ribs. He speaks a bit nasally, but he's able to scuba dive and play golf with Del. The sky really is the limit.

“College has been an incredible experience – ever since my injury, I've been longing for the ability to live my own life,” Forrest said. “Realizing that this is only the beginning is not a new thought but a welcoming one.”

Forrest is in the George Mason Life Program, and this first semester is about building skills. His studies include Banking, Mathematics, Mason Exploration, Literature, Writing, Art, and Independent Living: Meal Planning and Preparation, Residential Housing, Self-Regulation, Fitness (Water Aerobics), Human Sexuality and Relationship Fundamentals.

“I will be able to take core classes this spring on the main GMU campus,” added Forrest. “I plan to study the environment and business.”

That's a lot for any first-year college student, but Forrest has always lived 140% gung-ho. His recovery has opened many minds

within the medical world, and his story shines like a beacon of hope to others whose lives have been interrupted by brain injury.

Forrest's Tribute to Del, posted on YouTube on January 12, 2016, honors the Physical Therapist with the song written and performed by Forrest himself: “Just Keep Walking.” Rest assured Del isn't finished with Forrest, not by a long shot, pun intended. Del introduced Forrest to golf as part of his ongoing PT.

“Golf is very challenging, it won't come easy, but Forrest is so competitive,” said Del. “He's learning to use himself better stooping to pick the ball out of the cup, how to hit the ball to get a good drive, ways to lift the ball to get a few hops to the cup. Some days he walks, some days he drives the cart. Golf challenges every atom in his body. It's the hardest game ever to learn to play, but I think it's really good for Forrest and that he could be very good.”

This Thanksgiving, please spend some time contemplating your blessings and remember that, no matter what challenges you face, hope is the best way forward. Forrest and his family will return to NRH, this time to visit with and encourage other families dealing with brain injuries – letting them know they aren't alone. Forrest is living proof that miracles can happen when you harness the power of positive thinking, faith, hope, prayer, and hope, always choosing hope.

For more information:

www.ForrestStoneAllen.blogspot.com

www.aplacetobeva.org

www.Middleburg-PT.com

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NEWS OF NOTE

MIDDLEBURG TOWN COUNCIL REPORT

CONTINUED FROM PAGE 1

cial media.

At the November regular session of Middleburg Town Council Mayor Littleton spoke directly to the issue noting that: 1) the endorsement was NOT written on official town letterhead, nor was it meant to appear so; 2) it was clearly identified as from and on behalf of the Comstock campaign; 3) both he and former Mayor Davis were simply exercising their right of free speech as private citizens; and 4) there was nothing unusual at all in seeing a Middleburg Mayor or other elected official stumping on behalf of a candidate.

Both Kaine and Wexton carried the State, as well as the County and Town.

A special election in January will fill the seat in the Virginia Senate vacated by Wexton.

New Middleburg Police Officer

Police Chief A. J. Panebianco administered the Oath of Honor to Middleburg's newest addition to its Police Force, Officer Ryan Gray, at special badge-pinning ceremonies held at Town Hall in the presence of the Town Council, the general public, family and friends.

Ryan, Chief Panebianco reported, "comes to Middleburg from the Warrenton Police Department by way of UPS."

Rural Summit Calls for Action

A three-quarter-day RSVP "Rural Summit" of concerned citizens and community leaders was held at Middleburg's Salamander resort on November 14, called by Loudoun County Board of Supervisors Chair, Phyllis Randall.

The full house of attendees expressed almost universal concern that, in the words of Attorney John Flannery, "the push by developers,

favoring suburban gentrification of Western Loudoun, threatened to build thousands of residential units that will compromise, if not destroy, the natural treasure that is Western Rural Loudoun."

Middleburg Mayor Bridge Littleton helped open the conference. "It's all about the Comprehensive Plan," he told attendees. "The Comprehensive Plan is 'the' document which will govern land use for all Loudouners for the next 20 or 40 years. It's just as important to Loudouners in the East as it is to the West. If we continue unconstrained development, it means worse schools, higher taxes, more transportation, and we destroy the Western Loudoun ... we all enjoy."

Lovettsville Vice-Mayor Jim McIntyre concurred. "I think the biggest thing we have to communicate is the value of Loudoun's Rural West," he said. "We can't emphasize that enough."

Chris Van Lack, the President of the Loudoun Farm Bureau, called for "... a Comp Plan that recognizes that we need a critical mass of acreage for agriculture so that we can have the economic strength so that those farms can continue, and also [continue to wield] the conservation tools that ... help keep our water clean, and serve the entirety of Loudoun County, [and] take the pressure off having to do more structural water cleanup in the Eastern part of Loudoun County."

Controversy

Tia Walbridge, an active sheep farmer, in Western Loudoun, a founding board member of "Save Rural Loudoun," an associate director of the Loudoun Soil and Water Conservation District, and member Virginia Agricultural Council was originally named as MC for the

Summit.

She withdrew, however in the face of accusations that the assignment was evidence of political partisanship on Walbridge's behalf on the part of Loudoun County Chair Randall. Walbridge had announced her intention run for the post of Blue Ridge District Supervisor. Tony Buffington presently represents the that District

According to reporting by John Flannery, "In the political tumult that followed, a Lovettsville activist threatened online to bring a crowd to disrupt the Summit - if Walbridge does not withdraw as the Summit's MC."

"Walbridge," Flannery noted, "confirmed the threats in an interview, and said that she withdrew so as not to distract from 'the important business of the Summit.'"

Both Blue Ridge Supervisor Buffington and Catoclin Supervisor Geary M Higgins attended the Summit.

A Flawed Process?

From the beginning of the "Envision" process, by which the County set forth to draft a new County Comprehensive Plan, there has been legitimate community concern that the "process" suffered from a grave risk that it was calculated to deliver a pre-determined outcome.

The thousands of comments

from the citizens (recorded in small 10 pica type), as part of the "process," demanded the Board preserve Western Loudoun as Rural:

"Stop the urban sprawl and protect Western Loudoun."

"Maintain two distinct areas, rural west, urban east."

"Keep the West rural."

The residents' opinions were at loggerheads with a separate "Foundation Report" that claimed, "Loudoun County has evolved from a collection of rural villages" and from when it was "primarily an agricultural community."

The Report insisted that there was a "growing market demand for new types of development and community amenities."

The Report then took aim at the rural lands of Western Loudoun, "the remaining uncommitted or underdeveloped residential land that could be developed in the future is approximately 1/3 of available land in the Rural and Transition areas ..."

Western Loudoun's rural land, as envisioned in the Report, represents an inventory of land "available for development" of 82,600 acres.

The number of residential units "envision[ed]" for Western Loudoun has crept upward as the "process" marches on; thus the public outcry.

Attendees and presenters at the

Summit were unanimous in their view that a rural West is also an invaluable financial, cultural and environmental asset for our fellow citizens in the East.

"Talk to your Supervisors and to the County Staff, for sure," several presenters urged, "but also talk to your friends and neighbors who live in the east. Saving the west is good for us all."

Town Cash Grants for Non-Profits

At its November regular meeting Town Council approved a total of \$40,000 in cash grants to the following non-profit organizations:

A Place to Be:

\$4,000

Backpack Buddies:

\$3,000

Cherry Blossom Breast Cancer Fund:

\$2,000

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TOWN OF MIDDLEBURG’S 2ND ANNUAL BEST VOLUNTEER OF THE YEAR AWARDS

THE PARISH HALL OF THE EMMANUEL EPISCOPAL CHURCH PHOTOS BY CINDY PEARSON



Middleburg thanked the board, commission and committee members who volunteer for the Town, as well as the Pink Box Docents. All of the volunteers were awarded the “Best Volunteer of the Year” Award. The theme was Oscars/Golden Globes in keeping with the awards theme. We also had a few “fun awards”. Eura Lewis won for Best Dressed Woman and Snooks Swain won for Best Dressed Man. Bill Turnure won the Lifetime Service Award as the longest serving member on a Town Committee

(HDRC since July 1, 1990); Punkin Lee won the Glutton for Punishment Award for serving on multiple Town committees (HDRC, Middleburg Arts Council & Streetscape, not to mention the many other non-town committees that she serves on); Tim Clites won an award for being an individual who returned in a recurring role on a Town committee (HDRC); and Rita Lang won the Quiet One Award. On a more serious note, we gave an Outstanding Town Artist Award to Deb Cadenas for all the work she does on behalf of the Town. Kathy Fisher received

a certificate for her ten year anniversary on the BZA and Jeri Coulter received a certificate for her fifth anniversary on the Pink Box Advisory Committee. Tutti catered the food so it was delicious as always. Mayor Bridge Littleton was the MC of course. Kevin Daly took on the role of being the body guard to the “stars”. Council Member Philip was our “Mr. Blackwell” – only awarding best dressed as opposed to worst dressed awards.



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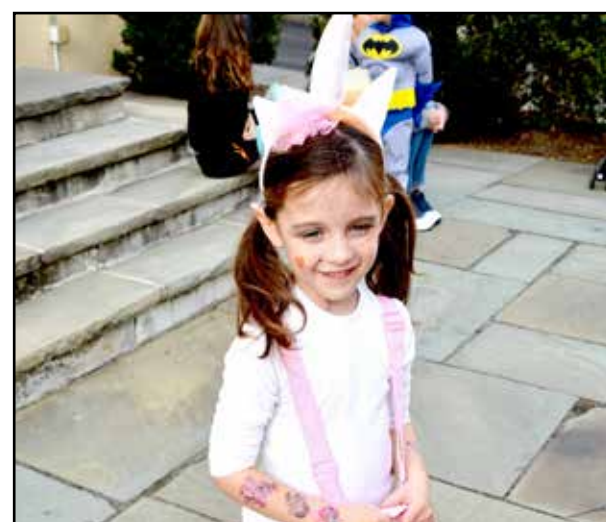
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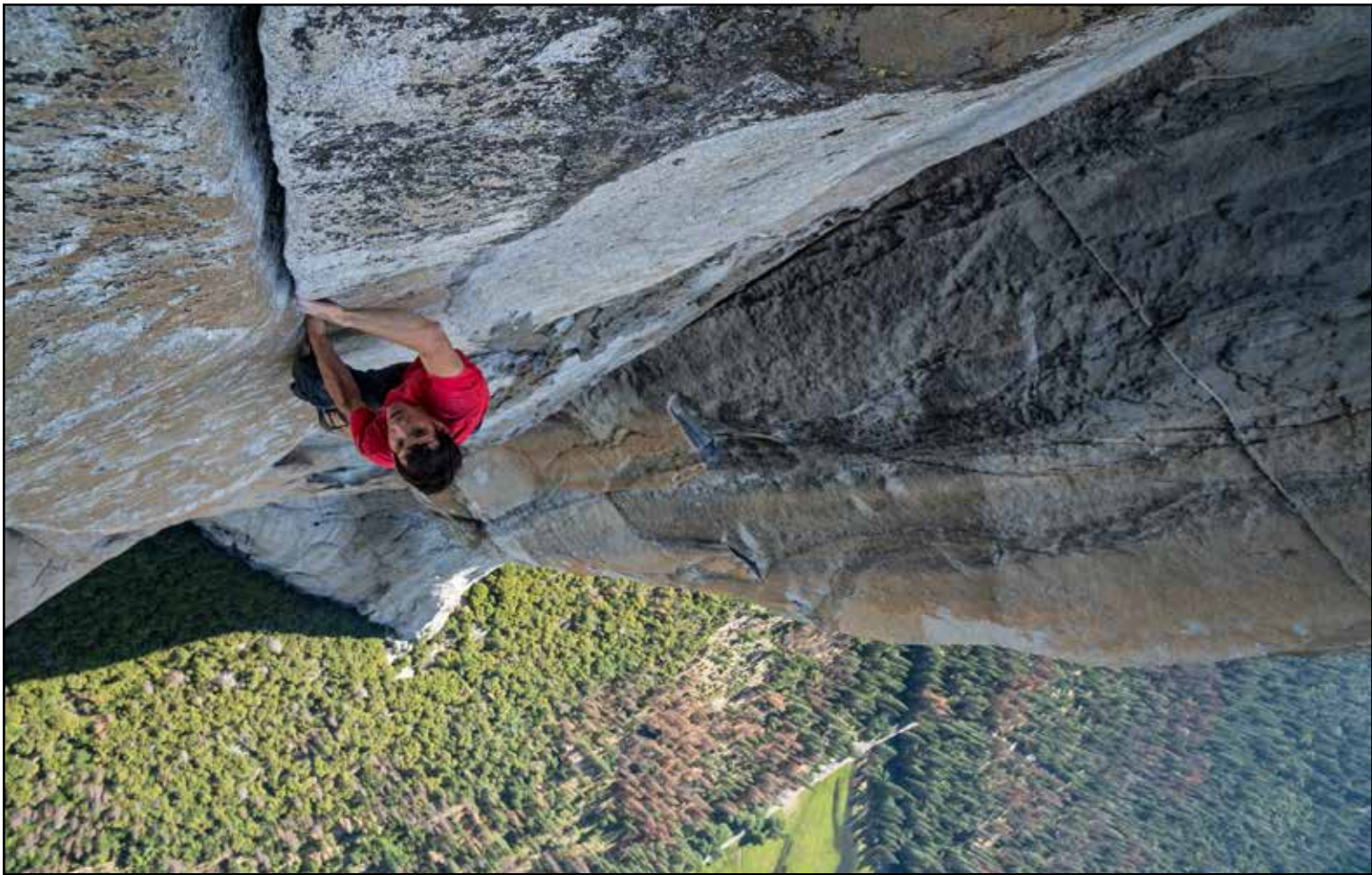


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PROGENY

MIDDLEBURG FILM FESTIVAL STUDENT REVIEWS

FREE SOLO



Ryan Perry

I don't know much about sports, but I do know this: if a good sports movie has all the right ingredients, it can stir a rousing excitement in me.

It's even more fulfilling when it's a sport and a story that I know nothing about, because now, a good movie has become an enlightening opportunity. Free Solo gave me just that experience, and for that, I loved it.

The unbelievable true story

is centered on Alex Honnold, a 33-year-old rock climber who has over 1,000 "free solo" climbs under his belt. For those who are uninitiated (as I was prior to the screening I attended), free soloing refers to a type of climbing in which the climber doesn't rely

on ropes, harnesses, or any other such protective gear. Basically, just hands, feet, and rocks.

Now that you know what free soloing is, here's where it gets really crazy: Alex's greatest goal is to free solo El Capitan, a natural-made rock wall in Yosemite

that stands at 3,200 feet of pure granite, straight upward. Here we go.

Before seeing the film, my mind was reeling was curiosity as to the inner machinations of Alex's mind; what could possibly make a person want to have a staring contest with death itself, much less a thousand times? This guy must be crazy! But the more that the story unfolded, the more his motivations became clear, and began to make some sort of sense. Without giving away any spoilers (because this movie works so much better the less you know about it), it's actually rather inspiring.

But inspiring as it is, that doesn't make the climbs any less suspenseful. In order to capture footage of Alex at his most daring heights, he was filmed via drone cameras, an effect that only adds to the dizzying sensation of being up in the air. Viewers with a fear of heights, beware.

Honestly, there's really not much more to add to this movie without delving into spoilers; it's a fascinating documentary about an interesting person attempting to tackle a tremendous sporting feat, layered with equal parts inspiration and suspense. This is a film whose ability to have an effect on its audience simply speaks for itself. Free Solo is currently playing in limited theaters, so if you happen to be close enough to see it, I strongly advise doing so.

I give Free Solo four out of four stars.

ROMA

Ryan Perry

Alfonso Cuarón is a filmmaker with a talent for transporting audiences to new places. In Harry Potter and the Prisoner of Azkaban (the best in the series), he teleported viewers to a school of magic. With Children of Men, he visited a bleak dystopian sci-fi future. With Gravity, Cuarón showed us the vastness of outer space. And now, his newest film, Roma, promises to take us on a journey to a very real hidden world: that of Cuarón's childhood in Mexico City.

The story, loosely based on Cuarón's childhood experiences, is centered on Cleo (debut actor Yalitza Aparicio), a maid working for a middle-class family. Cleo, as well as the family that she works for, are each experiencing their own personal triumphs and hardships (more so the latter), and though the two parties' stories tend to parallel, this is undoubtedly Cleo's personal story, through and through.

For a debut performance, Aparacio is absolutely astound-

ing. At a Q&A following the screening I was able to attend, it was revealed that in her hometown, she works as a preschool teacher, and after having meeting her, I definitely believe it. She is sweet and loving, channeling her natural personality into her performance as a caretaker. She has a very maternal bond with the children she cares for, and it's not uncommon for her to put the needs of others ahead of her own.

The character of Cleo is just one of many aspects of the narrative that are based on real-life people, settings, and events that Cuarón recalls and attempts to recreate from his childhood. In fact, all of the scenes were either shot on location in Mexico at the exact spot where a specific event occurred, or recreated on sets that were exact replicas of locations that no longer exist. The amount of painstaking attention to detail at hand is unmatched, and easily makes Roma the most personal film of Cuarón's career.

The director's desire to recreate his most fragile memories to such assiduous detail also lends itself to another charming effect: the ability to teach an audience

about Mexican life, heritage, and culture. So many of the plot's happenings are rooted in Mexican traditions, but rather than feeling like the viewers are being led on a guided tour with Cuarón holding our hands through it all, it feels natural, because we're experiencing everything through the eyes of the protagonist.

On that note, there is a rather horrific scene of a protest that erupted into a violent riot that holds a frightening grip on the characters and the audience, but the context is rather unclear. I had to look it up after viewing the film, and discovered that this was a true tragedy that occurred on June 10, 1971, wherein a group of student protesters were assaulted and murdered in large numbers by army soldiers. Apparently, this went unexplained because for viewers from Mexico, this tragic event is on the same level of common knowledge that the September 11th attacks are for us. I personally don't consider it a spoiler to clarify the context, just something to help uninitiated viewers stay engaged.

While it doesn't play a significant factor into the execution of



the plot, the cinematography is worth noting. Cuarón, as well as acting as director and sole screenwriter, is the eye behind the camera, and he frames the scenery in a very subtle but effective format. When he wants us to take in a new location, he employs a gorgeous wide shot, but when our eyes are being told to follow someone or something specific, pans and tracking shots keep only what's necessary in frame. Cinematography isn't a highly complicated aspect of filmmaking; in fact, every film has it. It's merely the way that the camera tells us what we're supposed to see. But good cinematography that sticks with you is very hard to pull off. It also helps that the film is shot in beautiful black and white, naturally showing off a variety of contrasting light sources.

Roma is a stunningly beautiful film, not simply from a visual perspective, but through the writing as well. To describe the events of the plot wouldn't paint the most uplifting picture, but it feels inspiring to view such authentic hardships through the lens of a protagonist who defines herself by selflessness. Cuarón has managed to craft something truly special out of the workings of his own mind and heart, and I would honestly be shocked if Aparacio wasn't nominated for Best Actress come Oscar season. The film is set for a limited theatrical release on December 14, with a wide distribution on Netflix, but I stand by the opinion that it deserves to be seen on a big screen, by a big crowd. But wherever and however you see it, I give Roma four out of four stars.

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THE FRONT RUNNER

Ryan Perry

I saw my first Jason Reitman-directed film in a college film class, in the form of a quirky teen drama-comedy called Juno. I like Juno. And then I watched Reitamn's earlier film, Thank You for Smoking, and I was absolutely blown away by it. So naturally, I was pretty excited for the director's newest outing, The Front Runner. And how does it hold up?

The true story examines the three crucial weeks leading up to Senator Gary Hart (Logan and Prisoners' Hugh Jackman) practically seizing the Democratic Presidential nomination. But in those three weeks, something happened. Something that unraveled Hart's entire campaign: stories began swirling about another woman outside of Hart's marriage, and when the Miami Herald when to print with it, Hart's chances at sitting in the White House went up in flames.

Right away, the most effective component of the film is Jackman's charismatic performance. Were it not for the marriage scandal that infamously derailed his campaign, Jackman makes you believe that Hart easily could have won on the merit of his charm alone. No matter where he went or who he talked to, Hart seemed to know exactly which buttons to press in order

to get a smile out of someone. And though he is confident, he does have his own buttons that are better off not being pressed. His "smile-for-the-camera" public persona masks a boiling temper, which says a lot about how people strategically project themselves in the public eye.

The rest of the cast do their jobs just fine, particularly J.K. Simmons (a mainstay in most of Reitman's films) and Vera Farmiga (the beating heart and soul of the Conjuring movies), but no one matches Jackman's level of energy.

What helps them all keep up is the dialogue. At times quick and snappy, exchanges of lines are fired off in short rounds that are pretty funny, similar to lines taken out of a Marvel movie. At other times, eruptive monologues add a cold weightiness to the room. Although these moments are pretty clearly spelling out what the themes of the movie are, I don't really mind, because of the passion behind them.

What really sold me on this movie is the execution of its themes. The script touches on a political scandal, and addresses the issue from both sides: the politician under attack, and the journalists covering it. Let's start with the journalists, since films about news reporting frequently captivate me, and this one was no different. While that aspect

isn't the primary focus (especially in comparison to hits like Zodiac or Spotlight), the scenes that touch on it have a lot to say about the responsibility that reporters have to cover something properly. If you have knowledge that no other news outlet has, there's no rush to get the story to print before a rival publication can jump on it; in other words, take your time and explore every detail. That is, if the story even needs to be known. Some details qualify as essential information, and some things fall under mere muck-raking, and it's vital to know the difference.

With that said, however, the reporters at the Herald wouldn't have any dirt to expose, had it not been for Hart's dirty actions. Surely, he was wrong; that detail isn't in question. But it's interesting to examine the conduct of a person constantly under watchful eyes, and the justification behind his actions. There's a truly compelling scene wherein Hart is quoted by someone on his campaign team as saying, "what if I want to take a break from the cameras and attention and take my kids used book shopping?" On the one hand, he does have a right to do just that. On the other hand, "taking a break from the cameras" just isn't what a presitive, you're supposed to feel defeated, like not much actually got accomplished throughout the runtime. That may not sound like



as they are, but as they should be. And when things aren't as they should be, he explodes with defensive (and arguably misplaced) passion. Yes, he's right that the media shouldn't be digging into his personal affairs. But if he didn't have anything to hide, it wouldn't matter, anyway.

Early reviews for The Front Runner have been kind of middle-of-the-road; people don't hate it, but nobody's excited about it, either. I think that's because this potentially-heated political drama doesn't erupt in a dramatic conclusion, but rather fizzles out in the realistic and unsatisfying way in which it actually occurred. If you're watching the movie from Hart's perspective, you're supposed to feel defeated, like not much actually got accomplished throughout the runtime. That may not sound like

a resounding recommendation, but I think that's exactly the sensation that Reitman and his creative team were going for.

For me, it absolutely worked. The Front Runner may not be my first recommendation when it comes to journalistic or political exposés, but for what it's trying to accomplish, I think it pulls it off smoothly. Jackman carries the entire movie on his shoulders; the script takes a look at the proper (and improper) conduct of someone under close examination, as well as those holding the pens and microphones; and as someone who was anticipating this film, it gave me everything I was looking for. I hope that people get something out of The Front Runner when it hits theaters on November 21, and I give The Front Runner three and a half out of four stars.



may be divisive among viewers. The script earns its rating on the merit of its language alone, and to add to that, the tone and atmosphere is remarkably steadfast on being dour and grimly realistic. Because of this, I can't really recommend this film to everyone (definitely not a movie to plan a church trip to go see). But if you know your limits and think this sounds good to you, I say have fun with it.

One area of the film that is consistently without error is the acting. In addition to the strong cast of smart and efficient leading ladies, McQueen employs a whole supporting cast of impressive talent, including Colin Farrell, Robert Duvall (one of the all-time best), Liam Neeson, and Get Out's Daniel Kaluuya.

Everyone is as great as they usually are, but it's Davis who steals the show, commanding the film like a woman behind the wheel of a steamroller. You never doubt the emotional

turmoil that she's storing, but due to the urgency of her situation, she simply doesn't have time to grieve. Instead, she channels her pain into deliberately coordinating the most ambitious thing she's likely ever done, and you'd be smart to stay clear out of her way.

The only performer who exceeds Davis in terms of intimidation is Kaluuya, who constantly wears a deadpan expression that is downright terrifying. Even while he performs callous and horrific deeds, his face is locked in an expression of "unimpressed," and the sensation of being captivated by one of his scenes isn't too unlike the effect that Michael Myers has on the viewers of Halloween; what makes Myers scary visually is the blank, remorseless tone of his stark-white mask. Except here, the mask is simply Kaluuya's face. It's a great example of subtle acting taken to its fullest potential, and although his role is a minor one, he's one of the first

faces I remember.

While I wasn't over the moon for Widows when I first saw it (a week ago as I write this review), its qualities have definitely flourished the more it's stayed with me. Though the aggressive tone may turn off some viewers, and the pacing can drag a little, it's hard not to admire the film's steadfast and realistic approach to putting a twist on the heist genre. McQueen knows that in order to build such elevated tension for so long, you need to know how to deliver a satisfying payoff, and the final act of the film is nothing short of satisfying. While the script is far from being in bad shape, it's undoubtedly the acting that glues it all together, and is the first thing I think of when I think of why I like this movie. Widows will be released in theaters on November 16, and I strongly plan on seeing it again. Until then, I give Widows three and a half out of four stars.

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PROGENY

AT ETERNITY’S GATE FILM REVIEW



Tori Finn

Schnabel’s *At Eternity’s Gate* portrays the last years of Vincent van Gogh’s life in ways never seen before as you are immediately drawn in by the intense colors, passionate music, and pronounced pathos of this drama. The story begins with an art show in gloomy Paris. His paintings stick out like a sore thumb and his misery is clear. Yearning to “find a new light,” his friend Gauguin (Oscar Isaac) tells him

to go south, and thus Vincent’s journey begins in the brights and beautiful Arles, France. The epitome of a “starving artist,” Vincent (William Dafoe) is living off of his brother Theo and is barely scraping together the money to live, yet he is inspired and continues to paint in spite of the explicit hatred for his work. After persistent teasing from schoolchildren, harsh criticism from their teacher, and boys throwing rocks at him, Vincent has a violent outbreak and is placed in a hospital. Here is the

first glimpse of the severity of van Gogh’s mental health and stability. Dafoe is able to depict fear and anxiety in a heartbreaking way. One of the most vulnerable and emotional scenes, the stark white and lack of color in the hospital room draws all of your attention to the bond between Vincent and his brother Theo as we see them cling to each other for a few fleeting moments of comfort. After a few days, Vincent is let out of the hospital, and as stunning shots of France are shown

on the screen, we are able to once again see into the tortuous mind of this artist who wants to start a revolution in painting. He turns sharp edges into swirls and spirals, changes gorgeous greens into vibrant reds and yellows, and transforms landscapes into his own version of reality. The love that the artist has for nature and its beauty is seen clearly through his tender, fervid strokes. After Gauguin, Vincent’s best friend, tells him that he is leaving, it is clear that this is a breaking point for Vincent. He wails in agonizing pain as my eyes and those of the audience surrounding me well with tears. This is what sparks his descent into madness. The fits of violence and anxiety get worse as painting is all that is left for van Gogh. He paints in a fever state, saying that “the faster I paint, the better I feel.” He goes on in this fervid state until the end of his unacknowledged career. Schnabel was able to capture the last moments of the life of Vincent van Gogh in a way that kept the audience engaged and in awe of his own artistic talent. A shaky, handheld camera (disliked by some, but adored by me) was an element that added to the intimacy of the film, and at times gave some small insight into the hectic, turbulent mind of Vincent. With a handheld camera, there is expression and a sense of free-

dom that may not be present with a steadicam, and I felt that this addition was key to be able to accurately portray the passion in this film. The yellows and blues that van Gogh is famous for using in his work are dominant in *At Eternity’s Gate*; during pivotal moments, the scenes were tinted and layered excessively with a singular colour that established the emotion of the artist. Another element that was significant in my final perception of the film was the music. Tatiana Lisovkaia’s scores were beautifully written accentuated the highs and lows of the film. Nearly ever-present, the music enhanced the movie in a tasteful way, and any moment without it felt empty and lifeless. Schnabel’s view of van Gogh is romantic, and the audience can’t help but feel the same way as we see his brush fly across the canvas creating some of the most admired pieces of artwork today. Van Gogh states that “existence can’t be without reason,” and as the film comes to a close, we see that he has found his reason—his “relationship to eternity.” *At Eternity’s Gate* is one of the best movies I’ve seen on van Gogh, and the raw emotion it evoked in myself and the audience around me is something to be applauded. It is a film worth watching, and one that will stay planted in my memory for years to come.

BOY ERASED

NINA BONIN

To “Fake It” is to Survive in “Boy Erased” “God will not love you the way you are now,” proclaims the man apparently trying to help. “Our family’s just so normal,” insists his mother. “You’re gonna love it here,” claims a fellow patient. “You can’t live here if you’re homosexual,” asserts his father. Sent to conversion therapy by his religious parents, Jared Eamons faces an inner trial inflamed by vicious attacks under the guise of God’s grace in “Boy Erased.” As Jared (Lucas Hedges) lives out of a hotel room with his mother (Nicole Kidman) and attends the “refuge program” every day, he struggles to not break beneath the weight of the traumatic methods of conversion therapy and his own evocative emotions and memories. Jared reflects on the signs and events that led to his sexual awakening and his eventual outing as he writes lists of “moral inventory,” creates sin-filled genograms, and attends the funeral of a living boy at conversion therapy. Hassled by his mother for sticking his arm out the car window and expected to run the family car dealership by his father (Russell Crowe), Jared adopts the mantra “fake it ‘til you make it,” leaning into a feigned repentance to save what little is



left of himself.

“Boy Erased” illustrates the malicious environment fostered by conversion therapy, but it also tells a common story of imposed expectations and broken precursors. Jared faces a fork in the

road, forced to choose the path of a good-standing Christian boy that his parents have chosen for him, but Jared dreams of running down his own path of love and liberation. Self-effacement is expected of Jared, but he vac-

illates between concern for his family and elusive self-preservation. The other characters around Jared grapple with their own volatile trajectories: Jared’s mother must decide how to deal with the abject reality of conver-

sion therapy. Jared’s father must figure out how to reconcile with his son after exiling Jared to a life of despair and misery, and the patients of the refuge program must learn to survive under the barrage of abuse.



Traditional Christmas Pageant



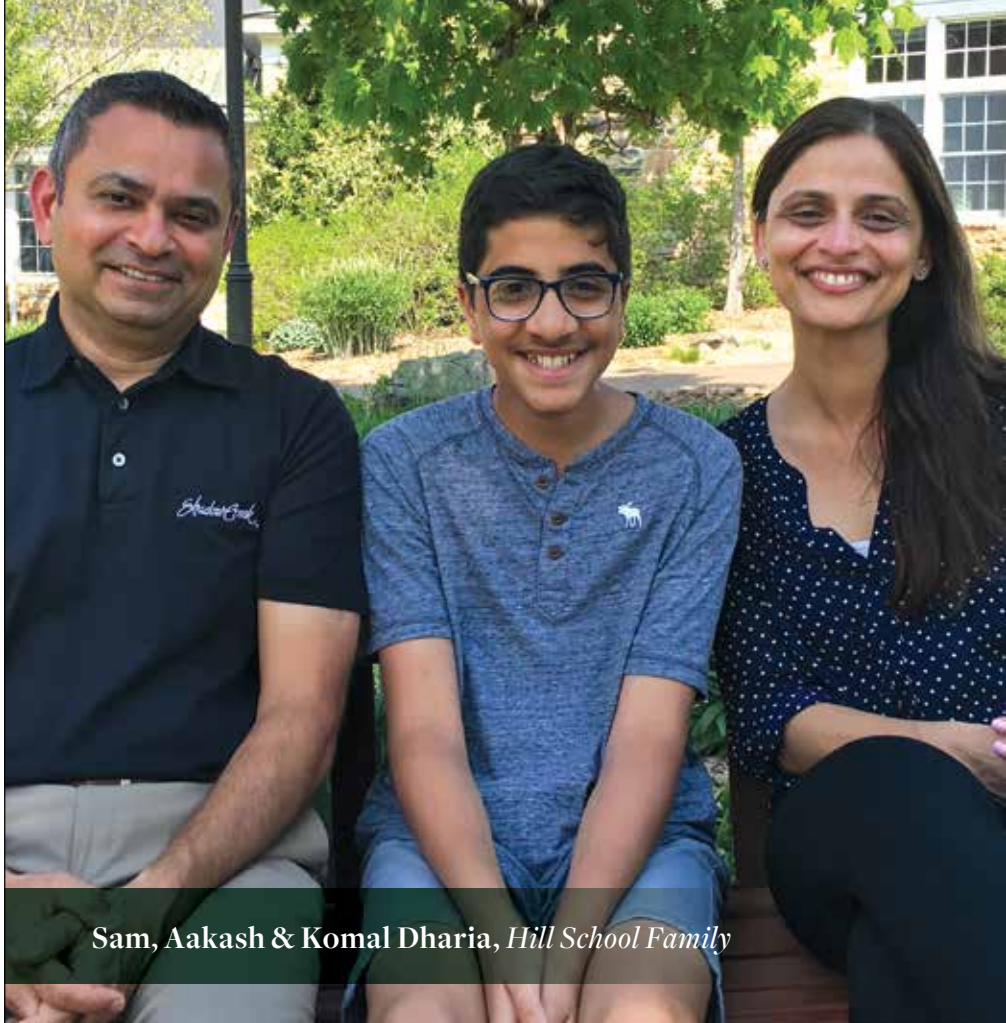
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PROGENY

FOXCROFT ADVANCES TO VISAA FIELD HOCKEY SEMIFINAL

WIN SETS UP SEMIFINAL SHOWDOWN WITH FREDERICKSBURG ACADEMY

Junior Allie McManamey, a First-Team All-Delany Athletic Conference selection, scored two goals and added two assists to spark Foxcroft to a 5-1 victory over Virginia Episcopal School on Tuesday in a Division II quarterfinal match of the Virginia Independent Schools Athletic Association state field hockey tournament.

The victory sets up another match with rival Fredericksburg Academy, a 4-0 quarterfinal winner over Nansemond Suffolk Academy, in the semifinals on Friday at the Evergreen Sportsplex in Leesburg. The game will be the fourth meeting between the two teams this season with FA, which beat Foxcroft in a shootout to win the DAC tournament last week, holding a 2-1 edge. The teams have met nine years in a row for the DAC Championship.

All-DAC Player of the Year Haley Buffenbarger '19 and All-DAC First-Team selection Loren Sepulveda '19 also scored for Foxcroft, as did freshman Lucy Moan. Foxcroft's defense also sparkled with All-DAC defenders Grace MacDonald '19 and Betsy Altenburger '21 consistently turning back attempted charges to the goal by VES.

"We had much better play inside the 25-yard line then we have all year," Coach Michelle Woodruff said. "I also liked the fact that several girls scored and I was able to get everyone into the game. We had good aggressiveness today."

Sepulveda got Foxcroft (10-4) started with her fourth goal of the season at 16:09 of the first half on a pass from McManamey and six minutes later Moan poked in a shot from the left side of the net off another pass from McManamey.

McManamey scored twice within a three-minute span early in the second half to make it 5-0 but VES (9-7) finally broke through at 17:55, scoring a goal on a corner pass. Foxcroft, though, had 11 corner attempts to only four for VES and was 8-0 in corners in the first half.

It was only the second varsity game played on Foxcroft's new artificial turf and the surface played well despite heavy rain Monday and again Tuesday morning.

Founded in 1914, Foxcroft School is a college-preparatory boarding and day school for girls in grades 9-12 with a mission of helping each girl explore her unique voice and develop the skills, confidence, and courage to share it with the world. Its 2018-19 student body is comprised of 178 girls from 15 countries and 23 states, as well as the District of Columbia. Nearly 40 percent of the students receive financial aid; 21 percent are international students, and 15 percent are students of color. The School offers 74 courses, including 16 AP classes, and a STEM program that inspires girls to pursue disciplines underrepresented by women. Foxcroft fields athletic teams in 10 sports, including the two-time state lacrosse champions and a nationally known riding program.



FOXCROFT SCHOOL'S MUELLER WINS INNOVATIONS IN TEACHING AWARD

VAIS HONORS FRENCH TEACH ANNE MUELLER, PHD



French teacher Anne Mueller, Ph.D., received the Virginia Association of Independent Schools Innovation in Education Award for upper school teachers on Monday, October 29, at the annual VAIS conference in Richmond, VA.

In keeping with the theme of the conference, "Better Together," this year's awards highlight teachers who are building cohesion and community in their classrooms and inspiring students, educators, and community members to connect anew. Dr. Mueller — aka "Madame" — introduced a number of student-driven, collaborative projects into her classroom last year, empowering students and getting them to work collaboratively and present publicly while speaking French. She also gave the opportunities to use The Innovation Lab @ Foxcroft in creative ways.

When French II students offered suggestions for different resources that would give them the vocabulary they needed to complete projects on, for instance, which French city should

host the next Olympic Games, Dr. Mueller responded quickly, providing them with vocabulary banks and grammas bsics online. With the help of a Kenan Grant for Professional Development from the School, she spent the summer expanding those customized resources for other levels of instruction.

Dr. Mueller joined the Foxcroft faculty in 2016. She hold a B.A. in French language and economics from Bates College in her home state of Maine and a Ph.D. in French and Francophone studies form the University of California, Los Angeles. She received her doctorate in 2016, after writing her dissertation on Memorializing the Genocide of the Tutsi through Literature, Music, and Performance.

Dr. Mueller was also a teaching fellow in the UCLA French Department for five years and was recognized as the best teaching assistant of the year (out of 20+ instructors). At Foxcroft, she serves at Lead Dorm Parent in Orchard Dormitory in addition to teaching four levels of French.

Get the Biz Buzz!

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PASTIMES

NAME GAME

SINCERELY ME



BRANDY GREENWELL

I am almost 6 months pregnant and in addition to fighting off people that think it's ok to come up and grab someone's belly, I am fielding questions about sex and names. I have already disclosed that we

are having a boy and a girl, but the names are under lock and key until D-Day.

Throughout my life, I've had the privilege to raise and thus name numerous horses, so instead of focusing on what my human babies could be called, let's go through a fun list of potential

horse names.

Swizzle Stick is the grey pony that does a little bit of everything and has her own special place in heaven for all the children she's carried safely in her 30+ years.

Coo Coo Ca Choo is the OTTB Eventer that has always been a little nutso on the ground

but is fabulous Cross Country.

Frozen in Time with the barn name "Botox" is the dark, dappled bay, Show Hunter with a ton of perfectly symmetrical chrome and weave in his tail.

Hanging Chad is the imported Warmblood who jumped small Grand Prix in Europe but had a complete identity change when entering the US Adult Amateur circuit.

The saintly once PMU foal who retired young due to unsoundness but found a new career in a Therapeutic Riding program is named Who's Your Daddy.

Dirk Diggler is the stout, chestnut cutting horse stud that has mares (and their owners) swooning for a dose.

Riding Aside is being revived like Downton Abby style and properness, so it would be fitting for their mount to be named Master Bates.

The chromy chestnut racehorse who finished dead last every time turned broodmare is Jockey Club papered as Walk of Shame but her new, studbook approved name is Fandango.

The horribly unattractive, yet as steady as they come, leopard appaloosa trail horse with no tail and plush bottom is named Blumpkin. He carries tourists safely on rides but doesn't have many pasture friends because he



is always surrounded by flies on account of his lack of a tail to swish them away.

The plain bay Foxhunter who also Point to Points is named Hair of the Dog. That's why there are so many flasks out in the hunt field, and at the races.

The future Triple Crown contender is named Jungle Primary.

Shaken Not Stirred the floating dressage horse that only professionals can sit their trot.

The black Percheron/Warmblood Vaulting mount is lovingly called Studly Do-Right because he is flashy, cool and perfect.

Banana Hammock is the zippy Polo pony that loves post divot stomping photo ops.

Sister Golden Hair is the palomino Reining mare with the chiseled face, perfect chrome, extra long tail, and failing hocks.

Go-cart Mozart is the Combined Driving Horse competing at FEI level with ballsy Whip and incredibly limber Navigator.

What's your horses' name and where did it come from?

OPTIMISM AND HEALTH



KAY COLGAN, CERTIFIED PILATES, AND FITNESS TRAINER

Seeing the glass half full instead of half empty might improve your life. Being optimistic seems to have positive effects on our immune system as well as our health overall. A recent study showed that optimistic people are more likely to enjoy better health than their pessimistic peers.

Optimism is defined as having a generalized expectation that good things will happen. Evidence continues to mount showing that psychological resilience has positive effects on our health. Life hits us hard, we lose loved ones, a job, divorce and the list goes on. Having the ability to be optimistic will help us cope with all of our life changes. Starting a gratitude journal will help combat pessimism and increase optimism. Simply writing down

what we are grateful for will help to lift the heavy fog of pessimism. Also, writing down the best possible outcomes for various areas of our lives, such as friendships and careers will give us a more optimistic view of the future. Helping others be more optimistic in turn helps us be more optimistic. The news, life events knocks us to our knees sometimes. But, the ability to stand back up and see what is right and good instead of bad will be a boost for quality of life and an overall health recharger.

Life is not easy sometimes, but remember seeing the good and all the wonderful possibilities will energize and help us move forward in a positive way.

For more information about fitness and health please contact: Kay Colgan, 14 S Madison Street, Middleburg, Virginia or call 540-687-6995. Happy Thanksgiving!

THE ARTIST'S PERSPECTIVE



TOM NEEL

With the holidays upon us, so too should be our feelings of gratitude. Isn't it wonderful that we have a celebratory day of thanks? Of all of the traditions passed down to Americans, how great is a day where gratitude is suppose to be front and center. Thanksgiving is that day and it is my hope that all of you use this day not as a

reason for dinner, but as a true reason to be thankful to all that we have and to love and support not only our family and friends but those less fortunate than us.

Thanksgiving should also not just be a 24-hour run or a 12-hour cooking marathon. This day should be the Super Bowl of thankfulness as the culmination of a year's worth of days of being grateful. It's the days, weeks and months, leading up to the grandest day of gratitude of them all - Thanksgiving Day!

Unfortunately, our holiday season has gotten a bit off the mark. Here's how it should go. Thanksgiving, a day-long celebration of gratitude, which then sets us up for the celebration of Jesus Christ's Birthday known as Christmas. Instead, we have Thanksgiving, a day of jam-packed airports and highways and endless questions about how to properly cook a bird. Oddly, this day of attempting gratitude is followed by Black Friday, a day for which I'm certain no young

person and few older people even remember how it got its name. Here goes....

Black Friday has nothing to do with discounting flat panel TVs. The name Black Friday was coined as the first day of the year a retail business would likely start making a profit. This after 326 days of trying to do so. In accounting, a company operating in the black is a company making a profit and if not, it is a company operating in the red. So, it was at one time widely known that re-



tail companies mostly operated at a loss, or in the red, until the day after Thanksgiving, when because of Christmas gift-giving, they would begin to operate in the black. As Thanksgiving always falls on a Thursday, the day after would be known as Black Friday.

So, now we have what is suppose to be a day of gratitude more like a hectic day of travel, that is followed by a Black Friday where the only things anyone cares about are discounts on electronics or sales on everything. Even more ridiculous is that large box stores, chains, and online companies a handful of years ago, stopped even caring what Black Friday really meant and started having Black Friday sales weeks before Black Friday even came. In our mode of thankfulness, a large populous now try to kill each other for the latest toy or game station.

But wait there's more! We follow all of this travel and retail sales mayhem with a month-long marathon of buying more stuff in an ironic celebration of the birth of a person who wanted nothing but peace. We do so with an iconic jolly man as our representative who happens to be symbolic of Saint Nicolaus. A man, whom it is said, distributed his wealth to the poor and wanted to remain anonymous in his gift giving. Now a cultural icon, we oddly have illustrators and marketing plans to thank for our vision of the head of the elves. First Thomas Nast, and then Frank A. Nankivell. Then Norman Rockwell came and perhaps showed us a more human side of the now Santa Claus. Finally, it was Coca-Cola's advertising team and illustrator Haddon Sundblom who, in the early 1960's, likely gave us our truest vision of how we see Santa Claus today. Happily having a Coke!

In case you think I'm a ball of knots and disappointment over what is essentially the destruction of the message behind these two very separate holidays, I can share that yes, I do feel we've gotten off track. But I also believe in the goodness of people. So, if I can steer any of my readers to simply being mindfully thankful for the blessings we have and flexing your charitable side through community giving, I will be even more thankful, and so will you! We have been very hard and divisive towards each other recently as a nation. Let's prove human spirit is filled with thoughtfulness, kindness, and gratefulness! Happy Thanksgiving!

Live An Artful Life, Tom

PASTIMES

BLOGGING AND MUSIC

IN UNISON

STEVE CHASE

I was a blogger for a few years starting in late 2006. At the time, inspired by the writer Richard Louv, I was writing about human connections to nature on my blog People and Nature Journal. It was a tough job to research and write substantive posts while I was working full time, but I (<http://childrenand-nature.blogspot.com/>) was still able to pen over 500 posts before I tired of it all. I had to google myself to find it, but it is still there, inactive for eight years. I scrolled through a few months, and damn, it's not bad, even today. With the experience under my belt, I have great respect for the solo blogger and understand fully that a solid topical blog has to have multiple writers, researchers, and administrators to be successful.

With the blog in the bag, I started thinking about music more and began writing columns for The Observer over in Jefferson County. I had to really catch up on the current music blogs to immerse myself. Many of these blogs exist today, and a new generation of writers has also emerged, helping all of us discover new music, dig into the details of our favorite band, and give us the inside scoop on goings ons at the myriad festivals that happen year-round across the country. The whole format of blogs has changed over the years, becoming more complex and amalgamated in their format.

Once you find a blog you like, you'll want to be able to come back again and again and find new, decent content every time. The stale blogs die fast—clicks are their lifeblood.

Here are some great music blogs to help you broaden your musical palate.

DC Show List—A simple database of daily concerts in DC. It is a decent one-stop resource, except for its antiquated format, where you have to scroll down to find the latest dates. Lynyrd Skynyrd, the National Symphony, and Kurt Vile and the Violators are all there. www.showlistdc.com

Capital Bop—a non-profit online media outlet dedicated to building a community of jazz fans in DC and the surrounding area. This is the real deal, with album reviews, concert reviews, new artist features, and concert dates with a map to help you find the venues. There's also a great listing of local jazz musicians with links to their websites or social media. A super blog for Middleburg folks who want to explore the DC Jazz scene. www.capitalbop.com

DC Music Rocks—with an artist database, podcast, and a music resource amalgamation page, DC Rocks is a go-to resource for any local music aficionado. The local music calendar is superb, the resource page brings together hundreds of links on venues, festivals, blogs, social media groups, record stores, local music labels...it's all here,



you just have to look. www.dcmusicrocks.com

NPR Music—a broad website with a number of vital components, not always good. There are elements of the NPR page that promote the writers' musical tastes as better than everyone else. The same writers tend to pick music that fits a very narrow niche of sound and refuses to broaden their horizons. At least that's been my experience with the unbearable and pretentious All Songs Considered—you can only listen to so many Modest Mouse and Death Cab for Cutie sound-alike songs. Luckily, most the NPR Music site is amazing, with excellent feature stories, the sublime Tiny Desk Concert Series videos, some amazing radio station music feeds, and great concert videos. NPR music also brings you the great radio programming, including Mountain Stage, the Thistle and Shamrock, and the greatest Jazz radio show in history, Piano Jazz, hosted by the indefatigable Marian McPartland. All sins are forgiven, NPR. www.npr.org/music/

Allmusic—along with the album version database discogs.com, AllMusic is the best overall recording database to find out about an individual artist, song, or recording. You can look up an artist, get his/her discography, and then dig through their credits on other albums. Five-star reviews are few and far between. There are also new release reviews, star ratings, critical reviews, fan reviews, and fan ratings. It's my first stop whenever I need details about an artist. Best to sign up for an account so can record your star ratings for your favorite albums, and avoid at least some of the annoying ads that are needed to monetize and thus pay for the page. Who knew Sam Bush played mandolin on a Hootie and the Blowfish album? www.allmusic.com

This month's playlist is Thanksgiving Dinner Acoustic tunes, hope you enjoy them. Listen here: <https://tinyurl.com/yauoqy5r> and give me a follow on Spotify.

Steve Chase reads music blogs in Unison.

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PASTIMES

RISKY BUSINESS

THE PLANT LADY



KAREN REXRODE

It may not officially be winter, but the weather says otherwise. Cold, freezing nights would not be your typical time to flower, but our native witch hazel, *Hamamelis virginiana* does. I have a very large

plant in my garden and it begins to flower at the end of October, beginning of November. The yellow flowers are very fragrant (on warm days) and they arrive as the leaves are falling. This fall has not been kind, temperature wise, with numerous freezing nights

and a bit of snow. Despite that, there are still a few flowers hanging on, and this will continue into early December.

I've done a bit of research, trying to understand why a plant might make it so difficult for itself. I completely understand

the "out of season" bloom cycle, which attracts pollinators that may have nowhere else to go, but it seems that *Hamamelis virginiana* takes more risks, call it the Evel Knievel of shrubs. For one, its pollen is largely self-incompatible, which means you need more than 1 for pollination. My large shrub has only 1 seed pod from last year. Each seed pod contains 2 seeds, which take a full year to mature, at which time it opens on a warm day, launching the seed up to 30 feet away so seedlings have to find their own resources, away from the parent plant.

Even as the flowers have been on the plant for a little over a month, and some have been pollinated, the actual process of growing or expanding into a seed pod will not happen till spring. Any seeds that mature will be ready to fly come late fall, as new flowers are opening.

This lack of self-procreation seems to have botanists a little baffled too, especially when there are plenty in the wild. Our *Hamamelis virginiana* (I call it ours because it's named after Virginia), grows from Canada to Northern Florida. It's 1 of 2 witch hazels native to North America. If you do any hiking in Shenandoah National Park, you will find it in many locations. But, it's the only one that



blooms at such a bad time (even counting the other 2 species from China and Japan). One theory is that it flowers after *Hamamelis vernalis*, a more southern native in order to remain distinct. Kind of like the nice guy - no, you go... NO, you go...

Witch hazel is an amazing shrub, medicinally speaking, the bark and leaves make an astringent, give relief from bug bites and can be used in tea to stop internal bleeding, or give relief from hemorrhoids. As a strong tea (use bark or twigs), it can be used as a wash over poison ivy, a folk remedy that I was unaware of.

The name witch hazel comes from the Old English work *wicche* which means plant or bendable. Used by dowsters to find underground water when looking for well sites, some still use this method today.

I have this particular witch hazel because it was supposed to be H. 'Arnold's Promise', one of the earliest spring flowering hybrids. When it finally flowered (I bought it as a very small cutting), I was disappointed but over the years I've come to appreciate it, flowering when nothing else does and clearly up for the challenge. Now I'm not sure that I would have a garden without it.

MY NEW YEAR'S RESOLUTIONS

AROUND THE TOWN

HAZEL SWEITZER

Many of you probably don't think we dogs have New Year's resolutions. We do! Just like you, we have many things that we want to have a fresh start at.

Here is my list. You may have similar ones.

Cut back on food.

I do not have to eat the entire bowl Tom puts in front of me. This is sometimes an issue, especially if he didn't walk me to



sort of made that way. I think it's my eyebrows. I need to be better



Wylie Wagg where they give me treats. By the time I am home for dinner I am famished.

More exercise!

Even if Tom is slow while walking, I must keep a pace that actually gets my heart rate in a productive state. Tom tries to keep up a speedy pace, but God love his soul he's not as young as he used to me, plus he's always talking to people.

Reach out to friends.

Sometimes when new dogs get to close to me I sort of become a little aggressive. I will try to be more open to strangers and allowing them into my personal space. I once had a bad experience when I was a puppy and I have trouble forgetting that. Tom tells me all the time that everyone has personal trauma that they must recover from.

Stop visually Sulking

I have a tendency to look forlorn or miserable. I hate to come off needy, but my face was

when Tom leaves the house and remember he is coming back. This is a big issue for many dogs. I am thinking of writing a Self-Help book for my canine friends on this subject called, "They'll Be Right Back."

Be Grateful

I am a pretty grateful dog, but some days I don't take the time to smell the roses, or bushes, or even the defecation of other dogs. There is a lot around us that is beautiful and we must stop to notice what is beyond our own nose.

I hope you have your list of things you want to make better in your life and during this holiday season you take some extra time with your pet. We are all here for a short time and it's in moments like the ones that come this time of year that we must remember we lucky to have a home, a bed, and a human, or a pet.

Happy Holidays!
Hazel

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WHAT YOU SHOULD KNOW ABOUT SMOKING AND E-CIGARETTES



DR. ROBERT A. GALLEGOS

Cigarette smoking in the United States continues to decrease, as reported by the Centers for Disease Control (CDC). While this may be good news, cigarette smoking continues to be the leading cause of preventable disease and death in the United States. It is a huge burden on the healthcare system and healthcare costs. To combat nicotine addiction and cigarette smoking, e-cigarettes have been marketed as a safe and beneficial alternative. The bad news is that e-cigarettes are neither safe nor beneficial.

In 2018, the CDC reports an all-time low in the percent of both adult (14%) and youth (9%) cigarette smokers. That

is great news, however, there is an upward trend in e-cigarettes (vaping) use, particularly among youth. Today, middle school and high school use of e-cigarettes are ten times greater than it was in 2011. The upward tick of e-cigarette usage is due in part to marketing that promotes it as a less harmful alternative to smoking. For cigarette smokers, advertisers promise that e-cigarettes will reduce cigarette cravings and aid in cessation. The problem is that manufacturers of e-cigarettes also target youth, many of whom are not cigarette smokers, by offering things like candy and fruit-flavored products and college scholarships. Ironically, studies are finding that for previously non-smoking customers, the use of e-cigarettes has

served as a gateway to tobacco products, not to mention health issues caused by the chemicals in the e-cigarette and nicotine addiction.

What exactly are e-cigarettes? E-cigarettes are electronic devices that allow users to inhale an aerosol, which typically contains nicotine, flavorings, and other additives. Some of the additives include cancer-causing chemicals and tiny particles that embed deep into the lungs. They are not approved by the FDA as a quit smoking aid. Two studies show that e-cigarettes may help smokers stop smoking. However, studies also show that in most cases smokers do not quit smoking but switch to dual use of cigarettes and e-cigarettes.

The FDA is seeking ways to curb the accelerating youth trend of e-cigarette use which results in nicotine addiction. They are considering a ban on the sale of e-cigarettes from retail stores due to their lack of enforcement of age restrictions. They are also considering banning most flavored e-cigarettes because of the appeal to youth. Nicotine exposure during youth to early 20's can cause addiction and is harmful to the developing brain. Nicotine is also harmful to pregnant women and their babies.

Nicotine addiction is difficult but not impossible to overcome. It takes a strong will to quit and support from family, friends and often assistance from counselors and sometimes medications. For those wishing to quit smoking cigarettes, the best long-term success is reported to be the "stopping cold turkey" approach. The next best results are among those who enroll in a program that involves group counseling and medications to wean the smoker off their nicotine addiction. The least successful are those who try nicotine patches or e-cigarettes with no other assistance. E-cigarettes, unfortunately, is not a safe or effective alternative and instead seem to have created another unhealthy trend for our youth. Expect to see increased



restrictions on e-cigarettes as the FDA attempts to rein in what looks to be a growing, unhealthy epidemic, especially among the youth.

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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Here in horse country Christmas traditionally begins with Christmas in Middleburg!

The town fills with happy people from everywhere imaginable who come for the horses

and hounds, the best parade anywhere, and to shop and dine in one of the most friendly and delightful villages in the world.

As is the case for businesses everywhere, but ESPECIALLY

for the small businesses and special one-of-a-kind restaurants that make Middleburg . . . well . . . Middleburg, . . . the November-December Christmas season is critical.

Help keep us . . . US.

Walk the streets. Visit the stores. Meet the owners and all who work so hard to make our local stores special.

Shop, dine and buy from your neighbors

It's good shopping . . . and good for us all.

IN DEFENSE OF THE WEST

Kudos to Mayor Bridge Littleton our Town Council, and to the Mayors and Councils of all of Loudoun's towns for all their hard work in an effort to reshape Loudoun County's latest draft of its new Comprehensive Plan.

Littleton, in his former roles as Council Member and candidate, and now as Mayor, has

long insisted that we not only pay attention to the drafting of the new plan but become actively involved in shaping it.

Happily, he is not alone. The Mayors and Town Councils of Purcellville, Leesburg, Round Hill, Hillsboro, Hamilton, and Middleburg, have formally united in COLT, the new Coalition of Loudoun Towns. ALL

have not only expressed "concern" with "the expanded and unconstrained development" both allow and promoted in the current draft of the plan, but they have also combined to suggest thoughtful alternative approaches to growth.

Local organizations have become involved. Individuals and their friends are showing up to

speak at official County functions and to elected officials and County staff.

Keeping the west the west not only benefits the west, but it also benefits the entire county and all those surrounding us.

Indeed, one of the things that makes the east such an attractive place to live is . . . the undeveloped west.

Let's help everyone (not to mention the health of the planet) by telling that story to our friends in the east . . . and help reshape the Loudoun County Comprehensive Plan.

LETTER TO THE EDITOR

I too live on The Plains Road and for several months now have quietly observed Tony Wells' attempt to spread his particular brand of destructive politics through the Eccentric. Since he lives in a hollow far below the level of The Plains road, I have come to consider his comments as those of a person with vision obstructed by life's higher ground. I optimistically believe my view from The Plains is much clearer and contains a far more positive outlook for America.

There is no question that Mr. Wells completely dislikes the President of the United States. Every month he lists in the Eccentric his

misguided thoughts and opinions about our country and our President that are contrived out of partial truths spun to make his completely partisan points. As someone born in England who received a full career in the Royal Navy and who late in life immigrated to the United States, he demonstrates a decidedly European attitude towards our country. I find it particularly cheeky that he tries to lecture Americans, who have been born here and who fought for and in some cases died for our belief in our country's greatness, about flaws in our constitutional system and form of government. His comments about a lack of constitutionally mandated balance of power are total nonsense

and anyone familiar with our government realizes that the natural tension between the three branches ebbs and flows with the particular political era. Donald Trump is not a threat to that system any more than Obama or Roosevelt or Grant or Lincoln was. To advance the concept that a change in the House of Representatives is essential to prevent a downward slide of our country into Tony Well's myopic view of oblivion is equally ludicrous. The House is only half of the Legislative Branch and as a standalone has very little long-lasting power to govern. To pretend that Leslie Cockburn will somehow restore the US's world standing is beyond comprehension and under-

standing of our government and how it works. As a single member of the House, a Representative has a 1/435 vote or .0022% of any House vote, so good luck Leslie in your goal to "Make America Great" again. As any knowledgeable American knows one does not vote for an individual member of Congress but votes for a specific political party and its platform. The current Democrat Party is without a moral compass or any positive direction that would be approved by the majority of thoughtful Americans. Democrats stand only for gridlock and resistance to President Trump, something that responsible citizens know will in no way produce a better or more effective

government. To pretend otherwise is to lie to the American people or at best is disingenuous.

While I believe that Mr. Wells has the right to spew his often hateful viewpoints, I do question the value to the Eccentric by allowing him to do so without a responsible rebuttal. The paper already has an excellent point/counterpoint editorial in the Red/Blue opinion columns that faithfully show both sides of contemporary issues.

Ron Lang, Captain USN Ret, The Plains Virginia

NOW IS THE WINTER OF OUR DISCONTENT
BLUE

DAN MORROW

Already gloomy days grow ever colder and shorter for the President as we move toward January and the convening of the 116th Congress.

Voters pointedly gave the President the cold shoulder on November 6, an election in which he, himself, declared himself present on "every ballot." He was and he and the Trumpist GOP lost . . . around 40 seats in the House, not to mention governorships in the states whose Electoral College votes gave him the Presidency after losing the popular vote.

By all accounts still in a snit from some variant of post-election trauma, the President managed to embarrass himself and the country at ceremonies commemorating November 11, 1918, Armistice (or perhaps more accurately by his behavior AT some ceremonies commemorating the end of the First World War and his absence from others.)

One salutes the rank, not the man, combat soldiers say. The President

He pointedly refused to join heads of state who walked together in the rain to the Arc de Triomphe, then pointedly arrived late, in his well-armored limousine.

He pointedly skipped ceremonies at Belleau Wood entirely, a snub to both the spirit of the hour and to every Marine who ever marched behind a flag adorned with the most sacred of the Corps' battle streamers. Again, he blamed the rain.

He didn't cross the river to Arlington Cemetery on Memorial Day because he said, he was "busy."

Business Insider, not a liberal publication by any stretch of the imagination, joined a host of others, online and in print, in publishing photographs of better men in soaking rain honoring those who died for their countries. (See https://www.businessinsider.com/8-photos-of-world-leaders-honoring-falling-soldiers-in-the-rain)

He fired Jeff Sessions, his faithful and demonstrably sycophantic Attorney General, for conforming to the Justice Department's code of ethics and recusing himself from oversight of an investigation of entities in which he had played a leading role.

Trump then appointed as Session's interim replacement, (illegally in the eyes of most constitutional scholars) a man not only unvetted by the President (by his own admission), but singularly unqualified for the job, of questionable character, documentably linked to at least one

criminal enterprise, and outspoken in support of the President's self-serving point of view about a criminal investigation in which the President himself, the President's family and business associates, and members of his campaign staff and government are witnesses, targets, and in some cases already convicted felons.

Though adamant about "locking up" Hilleary Clinton for imaginary crimes years ago thoroughly investigated and dismissed, Trump continues, in the face of overwhelming evidence, to support: Vladimir Putin's discredited insistence that he "knew nothing" about Russian interference on Trump's behalf in the 2016 elections; Saudi Crown Prince Mohammad bin Salman's insistence that he had nothing to do with the murder of Washington Post columnist Jamal Khashoggi; and, Recep Erdogan's efforts have us hand over exiled Turkish cleric Fethullah Gullen to the mercies of Turkish justice.

At press time the President was

chose to salute neither while accepting honors rendered by those whose combat experience is all too often stated only by their ribbons.

At home things only got worse.

On the eve of the Thanksgiving holidays Trump sent troops, 5,000 of them, to the border with Mexico, ostensibly to "protect" us from a group of asylum seeking refugees, men women and children, old and young still a thousand miles away.

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busy blaming the victims of California's deadly forest fires for "not raking their leaves."

Perhaps Trump is Gloucester indeed, like Gloucester has consciously or unconsciously set a course.

"To entertain these fair well-spoken days,

I am determined to prove a villain

And hate the idle pleasures of these days.

Plots have I laid, inductions dangerous,

By drunken prophecies, libels and dreams"

Cold indeed.

But the earth revolves and things get warmer

Democrats with subpoena power take power in January.

And Special Counsel Mueller, by all accounts, has already filed a dozen or more sealed indictments.

Tic. Toc.

I REFUSE TO LET THE LEFT RUIN THANKSGIVING
RED

BRIAN VELLA

Thanksgiving is upon us and there is much to reflect on. In my lifetime, Thanksgiving was, until

politics knows no bounds, no traditions are safe. During the Obama administration, the President urged his supporters not to give thanks to our Creator on Thanksgiving, but instead to use the holiday as an opportunity to "get in the face" of relatives to push his health care scheme. Democrats on the Internet have continued that divisive tradition by putting out helpful tips on "trolling your Trump supporting relatives" at

Thanksgiving. Until more recently, one could always count on tuning out politics by resorting to the tradition of Thanksgiving Day football on television. Now, however, even this once safe space has been violated by liberals wearing cleats who refuse to stand for the American flag and our national anthem -- the flag and the anthem of the country that has made them millionaires for playing games. Another simple holiday

pleasure ruined by the left, and like many others, I will find other traditions besides professional football to enjoy on Thanksgiving.

What has America done to earn such disrespect? According to liberals, America is a land of social injustice, but even as liberals denigrate our country, thousands of people who are supposedly the object of American intolerance trek hundreds of miles

risking life and limb to try to come here. Why? They could have ended their journey in the more progressive socialist land of Mexico or traveled south to Venezuela but chose not to. The answer is obvious, for whatever faults it may have, America is still the beacon of freedom, opportunity, and individual liberty. It makes one wonder why those who are citizens of this country sometimes seem to value it so little when those who

are not will risk everything to try to come here. Maybe we could arrange a swap?

To all my liberal friends and colleagues, give all the craziness and lecturing and hectoring a rest for one day. Take stock of the freedoms and the bounty we are blessed with in this country, enjoy your family and friends. Have a Happy Thanksgiving.

SCIENTISTS AND NOV. 6

A SCIENTIST'S PERSPECTIVE

DR. ART POLAND, PHD

This month I'm writing about a topic that is science, but also political. In one word it is overpopulation. This particular writing was inspired by two things: 1) articles in this month's National Geographic and 2) the resurgence of hate throughout the world.

As a NASA scientist, now retired, I had the opportunity to see many pictures of the Earth from space. Some rather close up, 200 miles away, others from the moon, about 250,000 miles away, and others from distant planets, on the order of 100 million miles away. From 200 miles up you can see cities, jungles, deserts, and forest fires, a rather close up

view, but far enough away that you get a "global" perspective. From the moon, you can see oceans and continents, but no indications of human existence. From other planets, you see either a blue ball or just a white spec, depending on the distance. From other stars, we're not visible. As a high school student said when I was describing this to his class, "We're nothing".

From a time perspective, the Earth is about 5 billion years old. If theoretical calculations are correct, the Earth should be habitable for about another 5 billion years. Dinosaurs existed from about 250 million to about 65 million years ago. Human beings arrived on the scene about 5 million years ago. From the

planet's viewpoint, we haven't been here very long. As you read this, keep in mind that we have developed the technology that may be capable of making us go extinct now, after a very short run.

The first National Geographic article that struck me was about species extinction. Specifically, a bird that is likely to go extinct because of our "need" for oil. Each month seems to have an article about a different species. The argument, from a simple viewpoint, is do we save a species or do we satisfy our "need" for oil? Depending upon who is in political power we either save the species, or we get more oil. If we let the species go extinct, it is irreversible. I do need to say that sometimes we find a rea-

sonable compromise, but that word seems to have fallen out of favor lately.

The other article dealt with food. How do we feed the expected population growth? It discussed the pollution consequences of more beef and more plants of the type we are used to eating. It stated that we could eat insects. As an aside, I did eat roasted beetles in Korea and they were very rich and tasty. However, eating insects raises two questions: 1) will we run out of them too, and 2) do we continually degrade the quality of life for more people?

The issue of rising hate was covered in some experiments done with laboratory rats in the 1960s. It found that if you kept increasing the rat

EXOFFICIO

MARK SNYDER

Hello Middleburg! I speak here, I hope simply, as a citizen. I am examining infrastructure, and now I will address items other than the water utility.

Town Streets

The state of Virginia owns all but a few of the streets and adjacent sidewalks in town. The Virginia Department of Transportation, or VDOT, maintains them according to their schedules and criteria. Although this occasionally leads to contention between the town staff and VDOT

when maintenance falls behind, the town does not have the funding required to maintain our streets. In fact, the town staff is discussing with VDOT their taking ownership of a few more streets that are not currently in their inventory. VDOT will only assume ownership and maintenance of streets that meet state standards. Thus, we have a few streets in town that the developer never turned over to the state, such as Chinn Court. The recent repaving VDOT performed excluded such streets because VDOT does not own them. The town is currently analyzing how to make them meet state standards so VDOT will

maintain them.

Town Buildings

In addition to the properties owned and maintained by the water utility, Middleburg owns several buildings and rents others to house town staff, including the Middleburg Police. These include the Town Office at 10 West Marshall Street, built five decades ago and maintained through the Town's general fund. The town also owns a few properties used for storage, such one on South Madison Street. The town also currently rents space on Federal Street behind the Post Office to house the Middleburg Police. Finally, the town

KENNETH D. REID: AN OUTSTANDING LEADER IS RETIRING

WATERWORLD

RICHARD A. ENGBERG

The American Water Resources Association (AWRA) is a non-profit membership organization that, since 1999, has been headquartered in Middleburg. In 1981, probably the most important occurrence in AWRA's history happened. Kenneth D. Reid was named AWRA Executive Vice President. The Executive Vice President is the Chief Executive Officer of the organization.

Ken has remained in that position for 37 years but will be retiring at the end of December. He is a natural leader. Besides being intelligent and thoughtful, he has an effusive, larger than life personality that draws people to him. He's very extroverted. I've heard it said that if there is a group of people collected on a street corner, an introvert will cross the street to avoid them whereas an extrovert will cross the street to join them.

I will admit to first being amused, but later stunned by the notion that the Thanksgiving holiday should be characterized as a symbol of European colonialism, but to the left,

Ken will do that and shortly they will all be his friends.

AWRA was founded in 1964 in Urbana, Illinois, with a mission to promote an improved understanding of water resources and related areas by providing a multidisciplinary basis for information exchange, professional development, and education. In the 1970's, AWRA's headquarters was moved to the Minneapolis area, and in the 1980's to the Washington, DC area.

I joined AWRA in 1972. I had a paper accepted for presentation at the AWRA Annual Conference in St. Louis that year and made the decision to join them. I've never regretted it. I knew who Ken Reid was after he became Executive Vice President but didn't really get to know him until the 1990's when I took a more active role as a member of AWRA. In January 1999, I retired after a 37-year career with the U. S. Geological Survey and the Department of

the Interior. Within a couple of months, I went to visit Ken to see if there were any job openings. At the time, AWRA was headquartered in Herndon, VA, about 15 minutes from my home. To make a long story short, Ken hired me on the spot to work part-time in a position that came to be known as Technical Director. Shortly thereafter, the AWRA headquarters was moved to Middleburg.

My original plan was to work for three or four years. It turned out to be more than 16 years. I retired from AWRA in 2015. Why did I stay so long? Two words, Ken Reid. Ken made AWRA such a stimulating work environment and put together such an excellent staff that it was not possible to leave. He trusted his staff, was not a micromanager, but also, very importantly, he did not suffer fools. To hear his enthusiastic "Hola" echoing through both floors of the office was something we looked forward to when he returned from

a meeting. And my personal relationship with Ken was one of mutual respect that quickly became a strong friendship.

During his tenure, Ken adjusted to the times and accordingly AWRA adjusted as well. In the first decade of the 2000's, Ken supported the idea of a series of four water resources policy dialogues that AWRA sponsored in addition to our regular three conferences each year. These dialogues helped significantly increase AWRA's visibility in the national water resources community. Ken also became involved with the World Water Council as a member of its Board of Directors thereby increasing AWRA's visibility on the international stage. Under his leadership, AWRA's publications have become some of the very best in the field of water resources.

Membership in AWRA, in the beginning, was about evenly divided between academics and govern-

EDITORS DESK - LETTERS@MIDDLEBURGECCENTRIC.COM

HEALING HEARTS MOBILE ART STUDIO
IN OUR BACK YARD

SUZANNE VOSS

As you drive west on Highway 50 into Middleburg, there is often a sign that reads “Relax. You’re in the Village.” And I usually try, at that point, to do what the sign tells me to do, to take a deep breath, to slow the car to the required 25 mph, to set aside the irritations, the frustrations, and disappointments of the day, and to be glad to find myself back in such a safe and pretty place.

A friend says that she has to drive a few more miles to begin to put aside the hurly-burly of her days. “The beauty of Zulla Road usually does it for me,” she says. “But, if it’s been

a really bad day, I need ‘The Peace of Wild Things,’ like in the poem by Wendell Berry. On those days, if I can, I’ll pull off of Zulla and spend a bit of time beside a beautiful, little pond, just listening to the birds and watching the ducks. And, like the person in the poem, no matter how great my frets and fears, ‘For a time’ I’ll stop worrying. ‘For a time I [just] rest in the grace of the world.’

Another friend, when overwhelmed by life, cleans and organizes his garage, barn, workshop or attic, “establishing a bit of order in an otherwise disorderly universe.” Others pray or play tennis or jog or do yoga, romp with favorite dogs

or horses or gain perspective on their own troubles by helping others with theirs, by donating several hours a week of their time to organizations such as Seven Loaves, Middleburg’s food pantry.

And some make art!

Such is the mission of Healing HeARTS Mobile Art Studio, led by Diana Cercey. This non-profit charitable organization knows that anxiety, even despair, can be relieved by working with colors, symbols, and images and that expressing one’s doubts or fears, tensions or agitations creatively can lead to better understanding and, therefore, a better perspective. Particularly devoted to

teens, who have unique stressors in their lives but who may not have yet learned healthy ways of coping with difficult emotions, the team at Healing HeARTS offers custom, low to no cost, creative art programs for young people via workshops that are designed to promote creative thinking and problem solving skills, resilience and empowerment.

With the motto “Take care of you and let your light shine – the world needs you,” Healing HeARTS also helps teens learn the importance of self-care, that is learning how to identify and respect their own needs, in addition to other people’s, and how to treat themselves with the

same degree of kindness they try to extend to others. Coping mechanisms in addition to art are discussed and instruction in the creation of a “Tool Box” in such regard is provided, that is, a place to store items, notes or ideas that please or inspire, calm or soothe or center its maker and that can be turned to when challenging feelings or situations are experienced.

More information regarding this wonderful organization is available at their website at <http://www.healingheartsmobileartstudio.org/>, by e-mailing info@healingheartsmobileartstudio.org, or by calling Diana Cercey at 703-895-4724.

LETTER FROM THE PLAINS

ANTHONY WELLS

As I crossed the Atlantic to London recently in a Boeing 777 I mused on the systems controlling the aircraft’s flight path and associated parameters and its descent into Heathrow for an instrument landing in poor weather. The GPS, the autopilot, and all the other instruments combined, including the processing of external data sources such as weather and other traffic factors (to avoid airborne collisions) can permit a fully automated landing. All this led me to think about Artificial Intelligence (AI) and where we Eccentric readers will be in 10-20 years.

So what is AI? Very simply it is computer systems that perform tasks that normally require human intelligence, and where the computer learns from experience, adjusts to new data inputs and performs as if it was a human being. AI “processes data” often well outside the human’s immediate knowledge base and experience

and “integrates” it. The pilots in my 777, for example, cannot see other airplanes in poor to zero visibility and know their altitudes, courses, and speeds – satellite data integrates this information into the aircraft’s systems. Similarly, in the near future, you will be able to have a vacuum that automatically cleans your house, including the stairs. Fully automated driverless cars will be with us too. In other sophisticated applications in medicine, engineering, and a whole range of applied sciences we will see AI at work – the integration of extremely complex data with, for example, robotic machines that will be far more capable than current car assembly line robotics.

A single human being cannot integrate this amount of information. There has been a certain amount of fear generated about where AI might go in the future – the specter of the computer “HAL” in Stanley Kubrick’s 1968 movie, “2001: A Space Odyssey”, where the computer ignores and overrides ground control and locks the two astro-

nauts outside the spacecraft. This was far-fetched. The algorithms and coding for AI machines are written by programmers and the data generated is what controls the systems – no external knowledge can be incorporated as in the “dark side” of HAL.

AI systems are strictly focused on highly specialized tasks. As the 777 example illustrates the amount of data being processed and integrated, and displayed in real time, or within nanoseconds (one billionth of a second) is beyond the human brain to perform in that timeline and because the data sources are outside the human’s knowledge and experience. It’s very exciting, particularly in businesses, manufacturing/production industry, and the professions, especially medicine. Imagine the scope of AI for improving diagnosis, treatment, and surgery. Instead of taking jobs away AI is predicted to create a whole new industry in R&D, design, manufacturing, and servicing.

The late Stephen Hawking gave

a gloomy prognosis for long-term AI. It could “end mankind,” he said in a BBC program. “It would take off on its own, and re-design itself at an ever-increasing rate”. Hawking was a fine physicist but he has been proven very wrong several times and he never received a Nobel Prize. For example, he challenged early on the work of Professor Peter Higgs regarding the origins of the mass of subatomic particles. Higgs, of course, won a Nobel Prize.

Readers should remember one simple thing – it is we humans who generate the original algorithms and code that can include multiple fail-safe systems, not just against the totally fictitious “HAL” syndrome, but to provide many back-ups in the event of power failures, cyber hacking and other criminal activity, or the worst kind of software and hardware malfunctions that readers may well have already experienced on their computers.

Hacking and criminal interference such as ground-jamming the GPS network must be guarded

against by systems that are smarter than the miscreants, such as the inertial navigation systems in submarines or backups in jetliners installed alongside GPS.

TWA flight 514, a Boeing 727, approaching Dulles airport on Sunday, December 1, 1974, crashed into Mount Weather at 11.09 EST in severe weather conditions. All 92 people on board died instantly. The aircraft descended too low too soon. The NTSB Report states, “...catastrophic human errors and miscommunication between the pilots and air traffic control”. Today AI just will not allow this to occur. Software and systems reliability and security will be paramount with ever more increasing sophisticated AI systems, and will become a major industry in its own right. Redundancy will be vital. No one wants their automated vehicle to drive off the road because of a systems failure. AI will bring us many advantages. We just have to remember whose in charge – we are, not.....”HAL”.



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Crest Hill
Hume, Virginia
\$3,600,000

203 acres in Fauquier w/nearly 1 mile of Rappahannock river frontage • Elegant stone & clapboard house • 5 BR, 4 full & 3 1/2 BA • 4 FP • Wood floors • Gourmet kitchen • Gunnite pool w/stunning views overlooking Blue Ridge Mtns and private pond • Situated amongst protected properties • 5 stall Jim Fletcher barn w/pristinely maintained paddocks, pasture and gdns • 2 car garage w/in-law suite • Old Dominion Hunt territory • VOF Easement

Alix Coolidge (703) 625-1724



Mayapple Farm
Middleburg, Virginia
\$3,400,000

A purist's delight • Original portion of house built in 1790 in Preston City, CT • House was dismantled and rebuilt at current site • Detail of work is museum quality • Log wing moved to site from Western Virginia circa 1830 • 4 BR, 4 full BA, 2 half BA, 9 FP & detached 2-car garage • Historic stone bank barn and log shed moved from Leesburg, VA • Private, minutes from town • Frontage on Goose Creek • 37.65 acres

Paul MacMahon (703) 609-1905



Game Creek
Middleburg, Virginia
\$2,985,000

A remarkable property located within a private enclave just minutes from town • Stone and stucco manor house with main level master suite • 7 additional BR • 5 stone FP • Beautiful gardens, terraces, salt water pool, cabana, carriage house & stable with 2 paddocks • Lovely finishes throughout & sweeping lawn to private trails to Goose Creek • 31 acres • Private, elegant & convenient

Helen MacMahon (540) 454-1930



Waverly
The Plains, Virginia
\$2,950,000

Circa 1755, prime Fauquier County location, between Middleburg and The Plains • Additions in early 1800's & 1943 • Home recently restored • 62 gently rolling acres in Orange County Hunt • 4 bedrooms, 4 1/2 baths, 6 fireplaces • Improvements include salt water pool, pool house, large party house/studio, 2 tenant houses, stone walls and pond

Paul MacMahon (703) 609-1905



Belvedere
Middleburg, Virginia
\$1,850,000

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

Paul MacMahon (703) 609-1905



Harmony Creek
Hume, Virginia
\$1,650,000

Hilltop setting with beautiful distant views • Farm house circa 1920, completely restored and enlarged • 3 bedrooms, 3 baths, 2 fireplaces, wood floors, large country kitchen • 129.15 rolling & useable acres • Improvements include 3-bay equipment shed/work shop, guest house, 4-stall barn complex, riding ring, spring-fed pond and stream

Paul MacMahon (703) 609-1905



Piece of Heaven
Marshall, Virginia
\$1,490,000

Absolutely impeccable custom home on 50 acres with lake frontage 10 minutes from Marshall • Beautiful millwork, extensive plantings, porches & terraces • Fantastic mountain views from oversized windows, rolling pasture & private dock • 5 BRs, 3 FPs, hardwood floors • Extremely well built home with endless amenities • Very special home in pristine condition

Helen MacMahon (540) 454-1930



Stoneway
The Plains, Virginia
\$950,000

Well designed stucco single story • 3 BR • 4 full BA • 2 half BA • Master bedroom w/his and hers dressing room/bathroom en suite • Library • Sun-filled sitting room-dining room • Kitchen with breakfast nook and chef's caliber appliances • 2 FP • Large mudroom off 2 car garage • Cutting garden • Nestled on 10 private wooded acres in sought after Orange County hunt

Alix Coolidge (703) 625-1724



Grasty Place
Middleburg, Virginia
\$750,000

Charming home in desirable Melmore • Adjacent to the town of Middleburg offering proximity to town & privacy of almost 4 acres • High ceilings, light-filled rooms, new kitchen w/granite counters & stainless appliances • Family room w/fireplace, screened-in porch • 3 BR including bright master suite w/bay window • Home office (Verizon high speed internet) & finished LL & 2 car garage

Helen MacMahon (540) 454-1930



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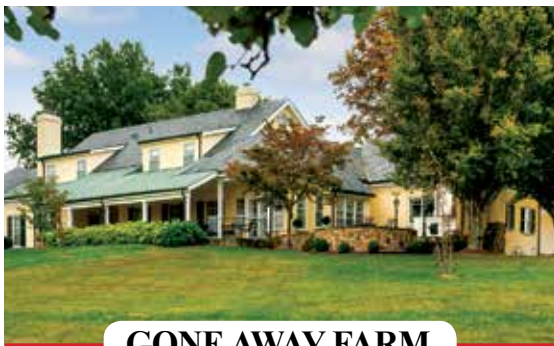
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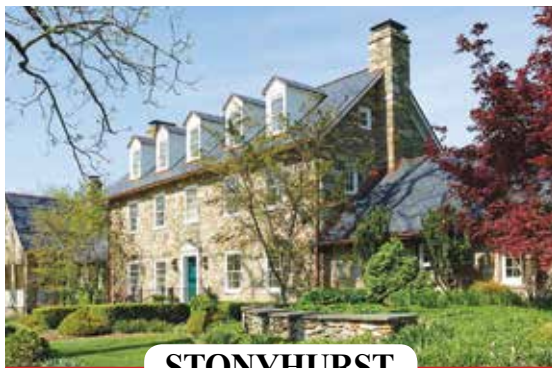
PROPERTIES IN HUNT COUNTRY



GONE AWAY FARM

Zulla Road, The Plains ~ Set on a knoll with views of the Blue Ridge Mtns, this **83 acre** farm is well designed, offering every amenity. The main house has 4 BR, 7 BA, 4 fireplaces, gourmet kitchen & gracious entertaining spaces inside and out. 3 BR, 1 1/2 BA tenant house; charming guest house; swimming pool; covered terrace; outdoor kitchen; 4 ponds; fruit trees and mature gardens. Newer 4 stall barn with heated tack, feed and wash stall; 2 - 2 stall shed row barns; 3 run in sheds. In Orange County Hunt territory. **\$4,495,000**

Emily Ristau (540) 454-9083



STONYHURST

Middleburg ~ Own a piece of local history. Meticulously renovated c.1890 VA fieldstone manor house set on **94 acres** only 1 mile from town. Features formal LR & DR, gourmet kitchen, 3+Bedrooms, 3 1/2 Baths, Office & 2 porches. Original hardwood floors, 5 fireplaces & custom cabinetry throughout. Extensive landscaping, rebuilt stonewalls and new driveway. Pool, 2 barns, workshop, old tenant house & 4-board fencing. 1 division allowed. **\$4,425,000**

Cricket Bedford (540) 229-3201



THE GRANGE

Stunning 2012 addition and complete restoration created a classic and elegant Virginia manor house. Attention to detail throughout including a custom designed kitchen open to the family room. Property also includes pool, guest house, 4 stall barn on **18 acres** located in the Orange County Hunt Territory. Convenient access to I-66, Rt. 50 and Dulles International Airport. **\$2,675,000**

Cricket Bedford (540) 229-3201



EASTVIEW

The Plains ~ Classic VA manor home on **47+ acres** with spectacular pastoral & mtn views off Zulla Rd. Fully renovated & move-in ready with 4 BR & 5 BA. 100 yr. old hardwood floors, fieldstone floor to ceiling fireplace, custom Jan Forte kitchen, 2 potential luxury Master Suites, fully finished LL, great entertaining spaces inside & out. Geothermal heating & cooling. Turn-key farm is fenced for horses. Large machine shed easily converted to a barn. 2 ponds & gorgeous pool complete the property! In Orange County Hunt territory. **\$2,650,000**

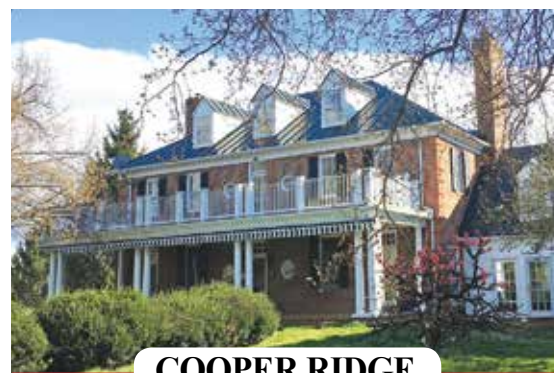
Cricket Bedford (540) 229-3201



KENTHURST LANE

The Plains ~ Custom Federal style residence with 6 Bedrooms, 7 Baths on **2+ acres**. Features high ceilings, hardwood, marble and antique ceramic tile floors, 7 fireplaces and exquisite details. Clive Christian Kitchen with LaCornue stove and light-filled Breakfast Room. Formal Living Room, Dining Room, Library, Great Room, Master Bedroom Suite with fireplace, luxury Bath, Walk-in Closets. Guest Bedroom suite on 3rd level. Walkout lower level has Family Room, Media Room, Music Room, Weight Room, Wine Cellar, 2nd Kitchen, Guest Bedroom Suite. Attached 3-car garage with Apartment. **\$2,085,000**

Cricket Bedford (540) 229-3201



COOPER RIDGE

Off Atoka Rd, Marshall ~ Completely renovated brick home on **22+ acres** in a private, park like setting. 4 BR and 4 1/2 BA, including a separate au pair or guest suite with fireplace. Hardwood floors, antique mantles, 10 foot ceilings, 5 fireplaces and custom woodwork. 2 level 13 x 49 porch. Full basement with work out room & sauna; play room; 2nd laundry and storage. 2 car garage. New 20 x 24 run in. shed. In Orange County Hunt territory. **\$1,987,500**

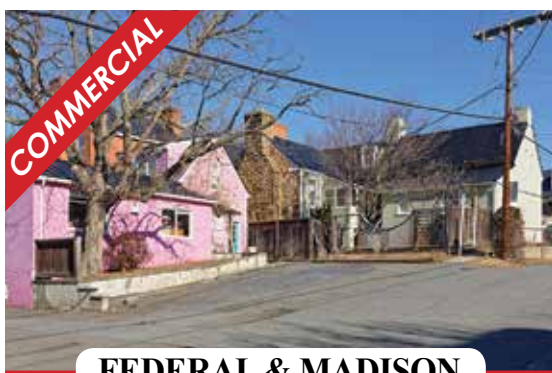
Emily Ristau (540) 454-9083



10 S. MADISON

HANDSOME COMMERCIAL BUILDING + TURN-KEY ESTABLISHED BUSINESS & INVENTORY in the center of Historic Middleburg. Stunning upscale home items, crystal, unique gifts, cards, custom stationery, gourmet chocolates & much more. Approx. 1/2 of inventory is offsite and is included in the sale. **\$1,400,000**

Rebecca Poston (540) 771-7520



FEDERAL & MADISON

Middleburg ~ Bring your company to Middleburg. Excellent commercial investment opportunity in downtown Middleburg. One commercial building which appears like two that are adjoined on the corner of Madison and Federal Streets. Offers 4 separate entrances. Mixed Use includes retail & office spaces. Includes 7 parking spaces off Federal Street. Established business in one building. Seller desires to rent back. Priced well below appraised value. Zoned C-2. **\$799,000**

Cricket Bedford (540) 229-3201



ASHBY GAP

Paris ~ Great location, Rte 50 on top of Paris Mountain. Over 3,000+ Sq. Ft. of useable commercial work space on 2 floors. Plenty of parking, Zoned Commercial/Industrial. Large reception area & room for a conference table, a spacious side office is filled with windows, 2 BA and 2 storage rooms. The 2nd Floor can serve as an apartment as office space with a company employee kitchen and sitting area. Negotiable Commercial Lease prepared by Landlord. Use subject to Clarke County approval. No smokers. Security deposit, credit report & references required. **\$2,200**

Cricket Bedford (540) 229-3201

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