

MIDDLEBURG LIBRARY TURNS 30 YEARS OLD



PHOTO BY ALIX COOLIDGE

KERRY PHELPS DALE

Thirty years and countless patrons and borrowed books ago, Middleburg Library opened in their newly built facility at 101 Reed Street.

The sun-filled building was the culmination of many years of a hard-working group of volunteers proving that Middleburg deserved a Loudoun County-funded brick and mortar library. The county had provided only a bookmobile that visited the community monthly. Residents, led by Donald Musch, decided in 1984 to set up a library in the basement of what was the Health Center, later the Police station, and now the new home of the Old Ox Brewery on Madison Street.

To prove the viability of a new library and the community support, the committee went door to door in Middleburg and raised enough money to stock and operate the Regional Library of Middleburg. Professional librarian Steve Matthews volunteered for a few hours a week, and community volunteers covered the remaining hours. Operating as a non-profit organization for five years, the group demonstrated its community use to the scrutiny of the county, and plans began for the building of a new library in Middleburg, adding to the county's growing number of public libraries.

It was the gift of the Middleburg Community Center's granting the library a 99-year lease for \$1.00 that helped seal the deal. As a show of appreciation, the exterior design of the small building resembled that of the iconic Middleburg Com-

munity Center.

"In some ways all of this library is magical," says Sheila Whetzel, head librarian of Middleburg Library since it's 1990 opening.

The library has become a staple of our community. Some patrons come in daily to use the computers and WIFI for telecommuting. Others show up several times a week to peruse books or pick up a stack of books they have reserved online. There are adult book clubs and children's storytime and activities, events scheduled throughout the year, and the community room serves as a meeting place.

"People don't realize that we have so many services and hours open to them," says Whetzel.

The growth of the library's patronage called for a physical expansion doubling the library's size in 2013. The addition, designed by Middleburg architects Bill Turnure and Tim Clites, was utterly community funded.

"A lot of people had to come together to make this work," says Whetzel.

"Middleburg is so fortunate to have such an extraordinary library staff," says Advisory Board President Alix Coolidge. "We have a true gem in our small library and our librarians and have enjoyed tremendous community support for the last 30 years."

To celebrate its 30th anniversary, the library hosted a celebration on February 12. A hundred and ten locals showed up for cake and the opportunity to take a book of their choice home from the cache of those donated for the annual book sale.

Middleburg Library, 101 Reed Street. Hours Monday-Thursday 10 am-9 pm. Friday and Saturday 10 am-5 pm. Closed Sunday.

SHOPPING THE LOCAL FARMER'S MARKETS YEAR ROUND

FULL STORY ON PAGE 30

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NEWS OF NOTE

THE 100TH RUNNING OF THE MIDDLEBURG SPRING RACES



PHOTO COURTESY OF MIDDLEBURG PHOTO

The Middleburg Spring Races will celebrate its 100th running on Saturday, April 18th, 2020 at Glenwood Park in Middleburg, Virginia. A gathering that found its humble beginnings in the spring of 1921, this year's event will be a celebration of the sport of steeplechasing and its partnership with Middleburg's deep

equine history.

Founded by the Middleburg Hunt's Master of Foxhounds, Daniel Cox Sands, and known previously as the Middleburg Hunt Race Meet, the Middleburg Spring Races is made up of seven races run over a one-of-a-kind American steeplechase course. One of these races, coined the 'Alfred

Hunt Steeplechase', includes every type of jumpable fence: ditches, banks, brush, timber, and coops.

That third Saturday in April lends itself to bright spring blooms, extravagant tailgates and powerful Thoroughbreds thundering down Glenwood Park's iconic stretch. Thousands travel from near and far

to catch a glimpse of a sport steeped in tradition.

The Middleburg Spring Races is a culmination of a love for the land, the horse, and the people who have made the great sport of steeplechasing their life's work and enduring passion. Those who arrive to experience the spectacle for the first time are greeted with an

unforgettable experience while sharing in a way of life that has shaped the surrounding community.

Tickets can be found online at www.middleburgspringraces.com, as well as options to reserve a spot for picnic parking. The Middleburg Spring Races Office can be reached at (540) 687-6545.

Nature's Best Hope

A Free Lecture by Professor & Award-Winning Author Doug Tallamy

RECENT HEADLINES about global insect declines, the impending extinction of one million species worldwide, and three billion fewer birds in North America are a bleak reality check about how ineffective our current landscape designs have been at sustaining the plants and animals that sustain us. Such losses are not an option if we wish to continue our current standard of living on Planet Earth. The good news is that none of this is inevitable. Tallamy will discuss simple steps that each of us can- and must- take to reverse declining biodiversity and will explain why we, ourselves, are nature's best hope.



Sunday, March 29

Reception at 5:00 pm and Lecture at 5:45 pm
The Hill School Theater, 130 S. Madison Street, Middleburg, VA 20117

Hosted by the Oak Spring Garden Foundation in partnership with Virginia Working Landscapes.

Tickets are free and available at doug-tallamy-middleburg-lecture.eventbrite.com

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Eccentric

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\$9,950,000

PAUL MACMAHON 703.609.1905



SPRING GLADE

MIDDLEBURG, VIRGINIA

French Country home, recent renovations | 4 BR, 5 full & 2 half BA, 5 FP, hardwood floors, flagstone terrace | Beautiful drive to hilltop setting overlooking lake & mountains | Improvements include pool, 2-car garage, 2 BR guest house & apartment | Lovely boxwood gardens | 79.89 acres

\$3,900,000

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SALEM HILL

MARSHALL, VIRGINIA

Well protected Fauquier location | 6 bedrooms | 4 full and 2 half baths | 3 fireplaces | Great views | Pool with large flagstone terrace | Large country kitchen | 4-car detached garage with apartment/office | 9-stall barn | Covered arena | Outdoor ring | 4 stall shed row barn | 51 fenced acres

\$3,690,000

PAUL MACMAHON 703.609.1905



CREST HILL FARM

HUME, VIRGINIA

203 acres in Fauquier with 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 with stunning views overlooking Blue Ridge Mountains and private pond | Situated amongst protected properties | 5-stall Jim Fletcher barn with pristinely maintained paddocks, pasture and gdns | 2-car garage with in-law suite | Old Dominion Hunt territory | VOF Easement

\$3,600,000

ALIX COOLIDGE 703.625.1724



MAYAPPLE FARM

MIDDLEBURG, VIRGINIA

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

\$3,400,000

PAUL MACMAHON 703.609.1905



HALCYON HILL

RECTORTOWN, VIRGINIA

17 acres of rolling pasture land in the village of Rectortown | Convenient to both Routes 50 & 66 | Newly renovated | Private setting with magnificent mountain views | 4 bedrooms, 4 full baths, 1 half bath, 2 fireplaces | Heated pool & spa | 2 bedroom guest house | Large shed & 2-car garage

\$2,250,000

PAUL MACMAHON 703.609.1905
HELEN MACMAHON 540.454.1930



HARMONY CREEK

HUME, VIRGINIA

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 | 3-bay equipment shed/work shop, guest house, 4-stall barn complex, riding ring, spring-fed pond and stream

\$1,650,000

PAUL MACMAHON 703.609.1905



TWIN CREEK FARM

ALDIE, VIRGINIA

Quiet country living on 33 acres with great proximity to the conveniences of nearby shopping, restaurants, schools & hospital | Rare find to get this acreage and have FIOS - work from home while enjoying the privacy of your own farm | Rolling acreage, stable, fencing & bold creek | 5 BR home has been well maintained | Southern exposure with great light & lovely views | Main floor master suite & 2-car garage

\$1,395,000

MARQUI SIMMONS 703.774.6109
HELEN MACMAHON 540.454.1930



111 E. WASHINGTON ST.

MIDDLEBURG, VIRGINIA

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

\$995,000

PAUL MACMAHON 703.609.1905



ELMORE FARM

MARKHAM, VIRGINIA

Elmore Farm c. 1820's on 40 acres bound by Goose Creek | Gracious old home with original floors and stone fireplaces, high ceilings and huge back porch | 4+ bedrooms and in-law suite | Bright kitchen with family room addition for today's living | Great views and open pasture & pond | True old Virginia home | Sold in AS IS condition

\$725,000

HELEN MACMAHON 540.454.1930



WINCHESTER STREET

WARRENTON, VIRGINIA

Very private home with 3 bedrooms and 3 1/2 baths | Lots of light - All brick colonial home surrounded by mature plantings and extensive hardscape | Located in the Warrenton historic district | Detached 2 car garage, in-ground pool & fenced patio | Fully finished basement with separate entrance | Master bedroom balcony over looks pool

\$605,000

MARGARET CARROLL 540.454.0650
ANN MACMAHON 540.687.5588

NEWS OF NOTE

LOUDOUN LAURELS FOUNDATION SEEKING NOMINATIONS

The Loudoun Laurels Foundation is seeking nominations from the greater Loudoun Community for its 2020 Laureates. This year's Laureates will be honored at the Foundation's annual Gala to be held on Friday, September 25, 2020, at Lansdowne Resort.

The Foundation's mission is to honor exceptional community service for the benefit of Loudoun County citizens and to develop future civic leaders through scholarships and mentorships. Each year the Loudoun Laurels Foundation honors at least two community leaders with the Loudoun Laureate award. Nominations for this year's Loudoun Laureates will close on March 15. The honorees' names will be announced in April, and they will be honored at the Gala in September.

Among the Loudoun, Lau-

reates are Joseph T. Boling, Kristina Bouweiri, Childs Frick Burden, Stanley Caulkins, Di Cook, Dr. John H. Cook, III, The Honorable Betsy Davis, Fred Drummond, William H. Harrison, G. Kimball Hart, Dr. Edgar B. Hatrick, III, The Honorable Thomas D. Horn, J. Hamilton Lambert, The Honorable Joe T. May, Margaret Morton, James P. Roberts, Karen Hatcher Russell, Karen, and Fred Schaufeld, Eugene M. Scheel, Judy, and Lang Washburn, The Honorable Robert E. Sevila, Al P. Van Huyk, Su Webb, Cate Magennis Wyatt, and Paul Ziluca.

In addition to honoring members of the community for their leadership, service, and philanthropy, the Foundation's Stewardship Trust awards four-year scholarships to at least two Loudoun County Public School (LCPS) students each year. Typically, these students are

first-generation college attendees whose potential for success has been demonstrated by hard work and personal sacrifice. Since 2013 the Loudoun Laurels Foundation has awarded \$800,000 in scholarships to 20 LCPS students. These students are its Loudoun Laurels Scholars. Each \$40,000 scholarship is distributed to the Virginia college or university chosen by the student in annual \$10,000 increments for the four-year term of his or her college career. In 2019, four generous donors contributed \$550,000 to fund the Loudoun Laurels Stewardship Trust endowment.

For more information on gala sponsorships and invitations, prior Laureates, the Loudoun Laurels Stewardship Trust, and the Loudoun Laurels Scholars go to www.loudounlaurels.org or email info@loudounlaurels.org.



NEW APPLETON CAMPBELL FACILITY SUPPORTS CONTINUED SERVICE EXCELLENCE

TOP LOCALLY OWNED RESIDENTIAL SERVICES PROVIDER CONTINUES TO EXCEED CUSTOMER SERVICE EXPECTATIONS OF NORTHERN VIRGINIA HOMEOWNERS



Appleton Campbell, a leading provider of residential HVAC, plumbing, and electrical now in its 44th year of top-rated service to Fauquier and surrounding counties, is looking forward in 2020 to opening a new facility in Warrenton.

The new building, located at 285 Alwington Blvd., will enhance the teamwork and efficiency that have been the foundation of Appleton Campbell's success and supports future growth.

"Our current location in Warrenton has served us well for many decades," said Mike Appleton, president of Appleton Campbell. "We rented additional training and warehouse facilities several years ago due to our growth. The new building, as well as the parking and storage area, will be a precious asset for the success of our team moving forward. I thank our customers and communities for making this all possible, and I look forward to continuing to serve you for another 40-plus years."

Mike Appleton has been part of Appleton Campbell since his grandfather founded the company in 1976. He learned the home

service trade as well as valuable principles and work ethics by watching his grandfather during those early years. Applying those lessons has allowed Appleton Campbell to grow from one truck to 90 employees in 2020.

The new facility streamlines communication between the office, technicians, and customers, maximizing efficiency in response times and dispatch throughout Appleton Campbell's nine-county service area. It will also include a warehouse and training facility all under one roof with plentiful parking. The entire team at Appleton Campbell is very excited and eager about the move that will enhance the next chapter in the Appleton Campbell story.

"The new building provides everything a successful residential services company needs to build its team and exceed customer expectations for service and quality for many years to come," said Scott Wayland, vice president of Appleton Campbell.

For more information about Appleton Campbell, please call (540) 347-0765 or visit <https://appletoncampbell.com/>.

Seeking Nominations for 2020 Loudoun Laureates

— Nominations Due March 15, 2020 —



Recipients honored at The Loudoun Laurels Gala

Friday, September 25, 2020

Lansdowne Resort & Spa • Leesburg, VA

Visit LoudounLaurels.org/Nominate for more information about Laureate candidate qualifications and how to make a nomination.

The Loudoun Laurels Foundation
loudounlaurels.org/nominate • info@loudounlaurels.org

NEWS OF NOTE

MARCH SPECIAL EVENTS AND PROGRAMS AT SKY MEADOWS STATE PARK

Below are March events and programs with their corresponding dates, times, location within the park and description. All programs and events are free with \$7.00 parking fee on weekdays and weekends. Children are welcome at all March programs. All events and programs are held at Sky Meadows State Park: 11012 Edmonds Lane Delaplane, VA 20144

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

Website Link: <http://www.dcr.virginia.gov/state-parks/park-events-list?srchloc=SK&eventtype=all&BDate=02/12/2018&EDate=02/12/2019>

Astronomy for Everyone – March 21 - 7:30 p.m. – 10:30 p.m. - Historic Area

Our evenings begin with a half-hour children's "Junior Astronomer" program, followed by discussion about the importance

of dark skies and light conservation. Then join the NASA's Jet Propulsion Lab (JPL) Ambassadors for a presentation on the latest news in astronomy and space exploration.

In good weather, the presentation is held on the lawn behind Mount Bleak house, and visitors should bring their own lawn chairs and/or blankets. In case of inclement weather, the presentation will be given in the carriage barn, and benches will be provided.

After these presentations, get oriented to the celestial skies with a brief sky tour. Finish the evening by looking at deep space objects through telescopes provided by our astronomy volunteers. Feel free to bring your telescope or binoculars for your own exploration.

Are you an astronomy enthusiast interested in volunteering for our monthly programs? Contact our park by emailing SkyMeadows@dcr.virginia.gov.

Note: Parking fees apply. Entrance gates close one hour after program start time. In the event of rain or clouds, only the "Junior Astronomer" and multimedia presentations will be provided.

Backcountry Basics: Earth Connection Series – March 22 – 10 a.m. - 12 p.m. – Meet at the Carriage Barn

Connect with the park's landscape and get a taste of the skills you need to thrive in the backcountry. Participants will join experienced outdoor skills instructor Tim MacWelch on a guided hike to learn the basics of fire starting, edible and medicinal plants, animal tracking, wilderness first aid and more. This free "sneak peek," including a visit to the park's Backcountry Campground, serves as an introduction to the skills learned in greater detail in Tim's Guided Hike Workshops. No registration necessary for this free introductory course. All ages welcome. Held rain or shine. Bring water, dress in layers, and wear sturdy shoes.



Join us for the remainder of the Earth Connection Series:

Backcountry Crash Course: Saturday, April 4 to Sunday, April 5

Spring Wild Edible Plants: Saturday, May 2

Summer Wild Edible Plants: Sunday, June 28

Backcountry Basics: Sunday, July 26

New World, New Plants: Sunday, August 8

Backcountry Crash Course: Saturday, September 12 to Sunday, September 13

Fall Wild Edible Plants: Sunday, November 1

Surviving Through History: Sunday, Dec. 6

For pricing information and to learn more or register for these workshops, visit: <http://advancedsurvivaltraining.com>.

FULL ACCESSIBILITY AND INCLUSION AWARDS



AWARD RECIPIENTS: SALAMANDER RESORT & SPA, THE NATIONAL CONFERENCE CENTER, ECHO ORIGIN, AND CMX CINEMAS VILLAGE 14

The Loudoun County Disability Services Board (DSB) created the FAIME (Full Accessibility and Inclusion: Moving toward Equity) Awards specifically to recognize Loudoun County businesses that do NOT provide services to people with disabilities as a core of their business plan, and yet have a focused and committed mission to provide an inclusive work environment, to welcome people with disabilities as staff and to develop all peoples' careers within the organization, including people with disabilities. We received a host of nominations for businesses that:

Demonstrate a commitment to hiring people with disabilities, and providing them with opportunities to develop their skills and careers.

Offer a welcoming work environment for people with disabilities.

After review of all the nominations received, the DSB selected the 2020 FAIME Award winners - Salamander Resort & Spa, The National Conference Center, Echo Origin, and CMX Cinemas Village 14 (formerly Cobb Cinemas). All exemplify this level of commitment and inclusion in the workplace

The Disability Services Board, is an at-large advisory body appointed by the Board

of Supervisors, identifies and advises on issues of importance to people with disabilities, their families, and caregivers to help make Loudoun County an accessible and inclusive community for all

givers to help make Loudoun County an accessible and inclusive community for all

givers to help make Loudoun County an accessible and inclusive community for all

givers to help make Loudoun County an accessible and inclusive community for all

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NEWS OF NOTE

REV. DR. WILLIAM SWANN RECOGNIZES FOR HIS COURAGE THAT PAVED THE WAY FOR DESEGREGATION IN MIDDLEBURG



On Sunday February 10 at Mount Zion, St Louis, during our Black History Service, Rev. Dr. William Swann was presented with the “Mayors Proclamation” by Middleburg Mayor, Bridge Littleton. Rev Swann was

recognized for his leadership to desegregate eating establishments in the town of Middleburg. Because of his courage and that of Mr. James Smith and others in 1961, Middleburg became the first town in the Commonwealth of Virginia to fully and com-

pletely desegregate. We owe a great debt to this unsung hero in our midst.

It was a true honor to recognize Rev. Swann for his heroic contribution to our community in ending segregation. His brav-

ery in the early 1960s paved the way for Middleburg to integrate at a time when most towns were still divided. Thank you Rev. Swann and your wife Sylvia for all you have done and continue to do for the Middleburg Community. Thank you as well to

the Mt. Zion Baptist Church in St. Louis for a wonderful service. Bridge Littleton, Mayor Town of MiddleburgTown of MiddleburgMiddleburg, VAWestern Loudoun Community Connect (WLCC)



TALKIN’ TRASH, 2019: AB INBEV IS THE WINNER OF THE 2019 FOXCROFT ROAD TRASH TITLE

2019 was the seventeenth consecutive year of volunteer action to control trash on the Foxcroft Road. The author conducts this survey as a single observer. The numbers here noted are understated but true. In 2019 there was a total of 1027 individual pieces of trash. For the seventeen years, the total is 17,825.

To aid those first time readers and as a reminder to past readers of this column, the course of trash collection is a 4.6 mile route of dirt and hard road that includes portions of the Polecat Hill Rd. (Rt. 696), the Foxcroft Rd. (Rt. 626), the Snake Hill Rd. (Rt. 744), and the Millville Rd. (Rt. 743).

In conclusion the stand out contributors to our road trash study should be acknowledged. They are ranked by single numbers and percentages of total trash:

1. AB InBev: 121 (12%)
2. Plastic and Paper Bags: 83 (8%)
3. McDonald’s: 72 (7%)
4. Generic Cups and Bottles: 68(7%)

5. Pepsico: 54 (5%)
6. Paper Napkins: 45 (4%)
7. Miller/Coor’s: 32 (3%)
8. Coca-Cola: 31 (3%)
9. 7-Eleven: 19 (2%)
10. Car Parts: 15 (1%)

In the race to the bottom AB InBev (12%) followed by other American staples, McDonald’s (7%), Pepsico (5%), Miller/Coors (3%), Coca Cola (3%), and Seven-Eleven (2%) are the standout contributors. Of the other contributors, plastic and paper bags (8%), generic cups and bottles (7%), paper napkins (4%), only car parts (1%) can really be classified as “accidental.” The tobacco category (3%) has dropped precipitously, down from 9% in 2012, in the last few years. Presumably the drop is due to our national government’s regulation of the tobacco industry by enforced publication of the untoward effects of tobacco addiction. By and large the other corporate entities cited above concern themselves primarily with shareholder value and public image first, and the ambience of clean roads is down the list.

On 30 October 2019 Coca Cola, Dr. Pepper, and Pepsico pledged \$100 million to capture more PET bottles with a major recycling group. Since bans on single use plastic products are becoming more evident at the state level and abroad, one wonders if this recent recycling effort is actually a diversionary tactic, whilst the bottling industry ploughs ahead by employing hordes of lobbyists to thwart any threat of regulatory legislation. According to The Recycling Institute, countries with strong recycling and container deposit laws have recycling rates as high as 80%, whereas the U.S. rate for recycling PET bottles in 2017 was 29%.

The road trash problem is much like global warming in that anyone counting the actual numbers should be concerned. Our national leadership acknowledges global warming as a “Chinese hoax,” and, therefore, can take a pass on regulation of exorbitantly profitable corporations. Presumably to them, global warming and road trash will just wither away, not unlike the Marxist state.



Maybe the reason Greta Thunberg has been nominated for a Nobel prize, while the covetous Don Trump’s entreaties go unanswered, is the former’s responsible public position on the health of our planet.

On the local scene Keep

Loudoun Beautiful (KLB) has volunteers to help clean streets and open space. KLB can be reached at 703-475-0202 or info@keeploudounbeautiful.org.

MAGNIFICENT MUSIC TO AWAKEN SPRING!

WITH A STRING QUARTET FRESH FROM CARNEGIE HALL

As part of Emmanuel Church’s At The Parish House series, the Heimat String Quartet will perform in Middleburg on March 15th. Their recent debut at Carnegie Hall was well received, and the authoritative

music magazine, The Strad, describes them as “performing with a warm sound and much joy...sincere...vivacious.”

Currently affiliated with Winchester’s Shenandoah Conservatory, Heimat has been applauded for performances in North America, Europe and South America. The quartet’s young performers are avid chamber musicians, each bringing wide experience and energy to whatever they

play. Beyond Shenandoah, they are also part of a year-long orchestral and chamber music residency at Shippensburg University.

Violinist Aubrey Holmes of the quartet states, “What distinguishes our quartet is our focus on the music and audience connection. I think that’s been a bit lost in this day and age as people and groups strive for perfection. Our focus is always on the mu-

sic!” The quartet’s Middleburg performance will include favorites of theirs: Mozart’s String Quartet No.15 in D minor and Mendelssohn’s String Quartet No. 2.

The concert is Sunday, March 15 at 3 p.m. at Emmanuel Episcopal Church’s Parish House, 105 East Washington St. in Middleburg. Reservations are recommended,

At The Parish House...
Magnificent Music to Awaken Spring
Sunday, March 15 at 3 p.m.
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Heimat String Quartet
Emmanuel Church Parish House
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1 The HomeAdvantage program is made available to you through a relationship with CU Realty Services. Program Cash Rewards are awarded by CU Realty Services to buyers and sellers who select and use a real estate agent in the HomeAdvantage network and are based on the commissions paid to the agent. Using Northwest Federal for a mortgage is not a requirement to earn Cash Rewards. Cash Rewards incentives are void where prohibited by law. The HomeAdvantage program is not available in all states.
2 Not all borrowers will qualify; credit qualifications apply. Homebuyer's Edge is available on primary residences (single-family, townhome, condo) with loan amounts up to \$650,000.
3 Private Mortgage Insurance (PMI) is required to be paid by the lender.
NMLS #411458

NEWS OF NOTE

BLUE RIDGE WILDLIFE CENTER TAKES IN FOUR EAGLES SUFFERING WITH LEAD POISONING

THE COMMON USE OF LEAD CORE RIFLE AND SHOTGUN AMMUNITION FOR HUNTING CAN BE DEADLY TO NONTARGET BIRDS AND SCAVENGERS

Blue Ridge Wildlife Center, one of the largest wildlife veterinary hospitals in the Mid-Atlantic, has recently taken in numerous eagles and other raptors suffering from lead poisoning. Currently, the Center has four eagles in its care, three were found in Stafford County and one was found in Loudoun County. They all have abnormally elevated lead levels with lead poisoning being the primary cause of admission in three cases. While the lead levels are decreasing, the birds have a guarded prognosis since high lead levels can cause organ damage.

"Wildlife centers across the state and around the nation are seeing numbers of raptors come in with high lead levels," said Blue Ridge Wildlife Center Director of Veterinary Services, Jennifer Riley, DVM. Riley has written numerous articles on the lead issue. And, it's not just eagles, BRWC has found lead in vultures, hawks, and scavenging mammals like opossums as well. "There are reports of greater than 120 avian species being affected by lead poisoning," Riley explained. "Even low levels of lead, though not causing overt signs, may still cause disorientation such that the animal flies into a car, building or other object." Last winter, Riley and her team tested all scavenging raptors that came into the Center regardless of clinical signs. Over 90% of eagles and 85% of vultures had some level of lead in their blood.

"Many research groups have looked at the positive correlation between hunting season and lead toxicity cases in wildlife and there has been a significant correlation," Riley continued,

"Radiographs and necropsies performed at wildlife centers all over the country frequently prove that lead ammunition has been ingested."

It's very important to note that hunters and their families also eat this lead-contaminated meat which is a threat to their health. One study revealed that 80% of processed deer meat shot with lead core ammunition contained lead fragments (<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0005330>). There is no safe level of lead intake for animals or humans.

In 1991, there was public outcry when it was learned that nearly four million waterfowl in North America were dying each year from lead poisoning. Waterfowl were ingesting bits of lead they found while filter feeding on the bottoms of marshes, wetlands and other bodies of water. The lead fragments ingested were mainly shotgun pellets that had missed their primary target and rained down into the water. The use of lead sinkers in fishing was also an issue.

After years of debate, the federal government passed a ban on the use of lead shot for waterfowl hunting. The use of lead remains legal to hunt upland species of game. While many hunters assume that the presence of entry and exit wounds in an animal means the bullet, or other projectile, has just passed through and is not a threat, it often is a problem. In nearly every case, traditional lead-core bullets (even those jacketed in copper) will fragment or break apart leaving as much as 30% of the lead in the target animal, especially if they hit something hard like bone. Because the fragments left behind are often



so small, many hunters underestimate the significance. Fragments, not visible to the human eye have been found as far as 18" from the wound channel. Tiny fragments of lead can be deadly if ingested by scavenging birds or other animals.

Unfortunately, lead hunting ammunition is still widely used and the Humane Society of the

United States estimates that 10 to 20 million nontarget animals die each year in this country from lead poisoning.

With the successful recovery of raptors such as the Bald Eagle, the once-endangered bird has seen decreased habitat and has been forced from living close to major bodies of water to moving into habitats where it is more difficult to find food. Many are consuming fragments from lead-based ammunition that are left in parts of animals that remain in the field. In some cases, deer are left in the field after being shot, running away from a hunter and not being found. In other cases, the deer are dressed in the field by the hunter and parts of the animal are left behind. Eagles and other raptors scavenge on these and ingest lead fragments.

Frequently, radiographs of raptors show lead shot or bullet fragments still in the bird's digestive tract. No level of lead is considered to be safe and, once lead enters the gastrointestinal tract, it remains virtually forever accumulating in the bones and continuing to have a negative impact. If the bird is exposed to additional lead over its lifetime, the toxin will increase and affect the bird's ability to survive. Cumulative impacts can last over years and only get worse over time. "Unfortunately, we've had

rescued birds brought to us that have succumbed to lead toxicity despite treatment. These had severe levels of lead and some degree of organ damage," Riley said.

"Most hunting manufacturers now offer non-lead shotgun and rifle ammunition that are equal or superior to their lead counterparts and comparably priced" Riley stated. "The answer to the problem is for hunters to either use non-lead ammunition or to be sure to completely bury the remains of any parts of the animal they leave behind."

"At Blue Ridge Wildlife Center, we respect the rights of gun owners and the long tradition of hunting in this country. We firmly believe that no ethical or responsible hunter wants to be responsible for the death of eagles or other nontarget animals. As such, we are committed to educating hunters, and the public, on the dangers of lead ammunition" Riley stated.

Blue Ridge Wildlife Center takes in over 2,200 animals each year. The Center is a training facility for other wildlife veterinarians and provides education outreach and on-site programs for school children and adults throughout Northern Virginia. For more information, visit www.blueridgewildlifectr.org.

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NEWS OF NOTE

RHINO POACHING DROPS FOR 5TH STRAIGHT YEAR IN SOUTH AFRICA

MATT SHEEDY

In 2015, the world faced a wildlife conservation crisis. The population of African rhino had plummeted from an estimated 500,000, at the turn of the 20th century, to just 25,000. South Africa, home to 80% of the world's remaining rhinos, was in the throes of a poaching epidemic. Driven by Asian black-market prices that could reach over \$750,000 for the horns of a single rhino, poaching deaths had spiked from only 13 in 2007 to 1,215 in 2014. On its current trajectory, rhinos could be extinct in the wild within the next 10 to 15 years.

Recognizing the gravity of the situation, government agencies, non-government organizations (NGO's), donors and the private sector worked together to develop an integrated strategy to save the rhino. On the interdiction front, additional manpower and equipment were brought to bear while better private sector detection technologies were developed and deployed. Cooperation improved between law enforcement entities at the local, regional and national level as well as across international borders. Interdictions and arrests increased and, more importantly, so did mean-

ingful prosecutions.

NGO's, such as Peace Parks Foundation, provided critical resources and expertise to improve security, expand habitat, reduce human/wildlife conflict and create economic incentives for local communities to protect rhinos.

Other conservation organizations, such as WildAid, worked to lower demand by educating Asian consumers that rhino horn provides no medicinal value and the horn trade was decimating the wild population of these iconic animals. According to Peter Knights, CEO of WildAid, these demand reduction efforts have increased consumer awareness of the false claims about rhino horn and has dropped prices by two thirds - from \$65,000 per kilogram to around \$22,000 per kilogram.

All these efforts have started to pay off. On February 3, 2020, South Africa announced that rhino poaching had declined for the fifth straight year with 594 rhinos poached in 2019, down from 769 poached in 2018. Although the annual loss of 594 rhinos is still tragically high, it represents a reduction of over 50% from the peak of 1,215 in 2014.

It's also very important to note that all these conservation initiatives are not just benefit-

ing rhinos. They protect all the wildlife that live within those ecosystems. Since rhino are, by far, the most valuable and easiest to poach of all African wildlife, the intensive security umbrella necessary for their protection dramatically reduces the poaching of other high target wildlife such as elephant, lion and pangolin. Just to give one example, the number of elephants poached in South Africa declined from a relatively low number of 71 in 2018, to just 31 in 2019.

Over the past five years, Jason Paterniti and I have had the opportunity to experience, first hand, how this collective effort has come together to help save the rhino. Working through GEOS Foundation, which Jason founded, we and our donors have been supporting our counter-poaching operating partner, Dyck Advisory Group. Our focus has been at the epicenter of the rhino poaching crisis, along the border of South Africa's Kruger National Park, in Mozambique.

GEOS and Dyck Advisory Group are working in partnership with Peace Parks Foundation, one of the largest and most respected conservation wildlife charities in Africa, and in close collaboration with the government of Mozambique, South

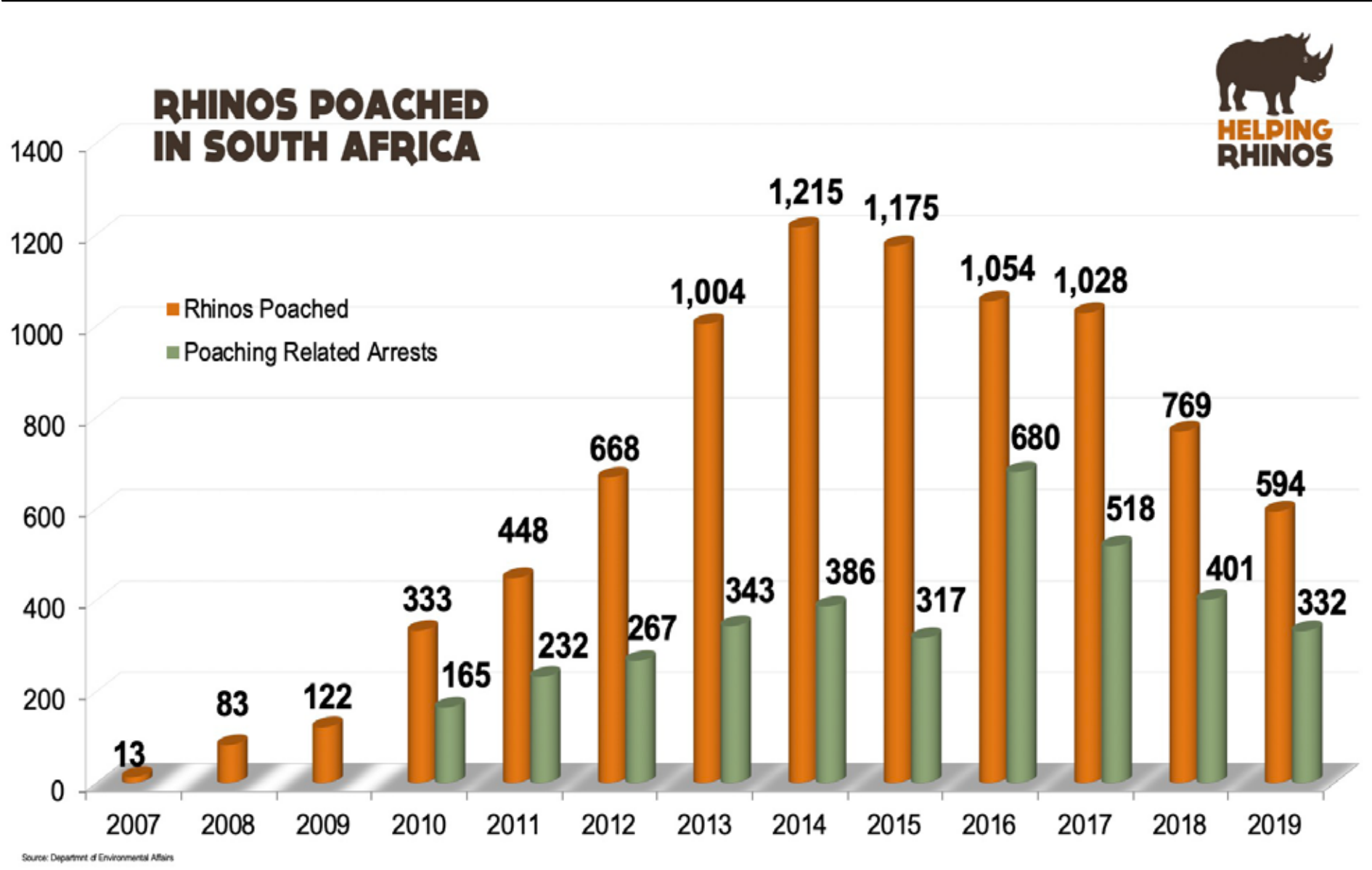


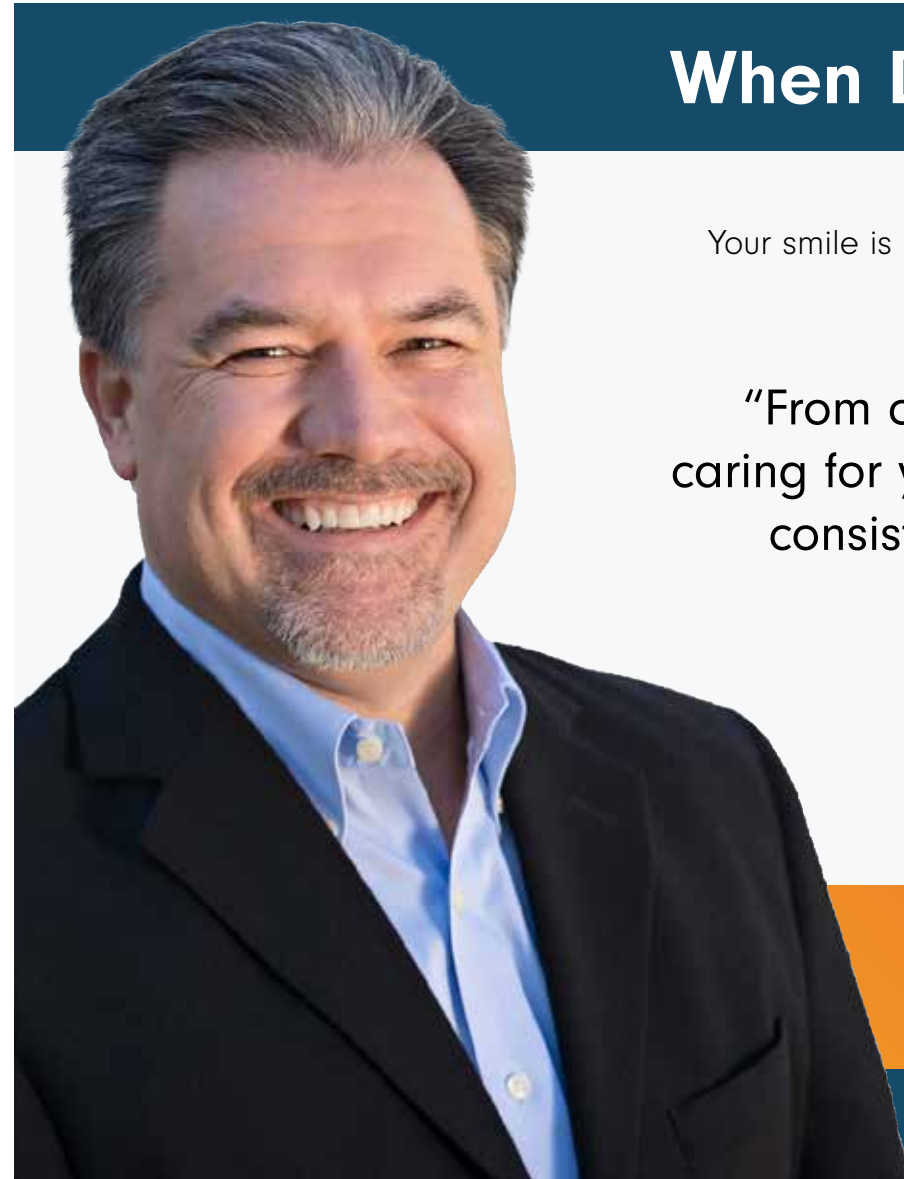
African National Parks (SAN Parks) and Wild Foundation. We are now providing training, technical expertise, strategic management and equipment to support counter-poaching operations in four national parks comprising over five million acres of critically important conservation land. A team effort that has yielded significant and quantifiable results.

I would be remiss not to give special recognition to the counter-poaching rangers who operate in often brutal conditions and literally risk their lives every day in pursuit of heavily armed poachers. I've had the privilege to get to know and work with a number of these individuals and their dedication is truly awe-inspiring.

All that said, no one should have any illusions as to the fragile nature of this progress. There is still endemic corruption at every level and the incentives to continue poaching remain huge. Further, some of this improvement may be the result of there being fewer easily accessible rhinos to poach. It will take an expanded effort by government, NGO's, donors and the private sector to ensure that all the magnificent wildlife of Africa, and the ecosystems which support them, remain in existence for generations to come.

Still, in an era where conservation success stories seem few and far between, it's important to take a moment to appreciate the victories when you can.





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NEWS OF NOTE

MIDDLEBURG TOWN COUNCIL REPORT

JAY HUBBARD

Special Recognition by Mayor and Council

William F. Swan and James Smith were recognized for their role and courage in the process of desegregation in the Town of Middleburg.

In late February 1961, Loudoun County was racially divided, as much of the south was at the time. President Kennedy was visiting Middleburg regularly. There were no restaurants for African Americans in Loudoun County; most often, they were served a rear door of the establishment.

Mr. Swan and Mr. Smith chose to sit at the counter of Flounoy's Drug Store to test the new civil rights they had been given. They were refused service. Local chapter of the NAACP announced they would organize a mass sit-in at Middleburg's three restaurants, the same day President Kennedy attended mass at the Middleburg Community Center.

The Minister that preformed

the mass, Rev. Albert F. Pereira and Mayor Edwin Reamer, did not want to "embarrass the president or give the town a bad name." The two spoke with the local businesses, and on April 9, 1961, "two local black customers sipped colas at Flounoy's lunch counter." Making Middleburg the first lunch counter desegregation town in Virginia. For a full accounting of this story, visit <https://www.loudounhistory.org/history/civil-rights-middleburg-va/>.

Christmas in Middleburg in Review

Jim Hebert, Chairman of Christmas of Middleburg, presented an in-depth report about the event to Council. The report found the day went very well, with very few flaws, and the overall community perception was positive from a residential, business, and visitor aspect. The biggest issue was a miscommunication of how the Police should give priority to parking shuttle buses over the general Rt 50 traffic. The shortage of busses caused a safety issue when people choose to walk from the parking area down the

shoulder of Rt 50 when there were no buses to take them the mile and half to Town. Herbert said that plans are being put in place to handle the safety issue for next year's parade.

Staff Reports Highlights

Utilities, there is a March 2 target date to have Well 4 completely ready to bring online when needed.

The joint towns RFP for waister management is on the street.

Economic Development Strategy held a business round table on February 12, 2020. The made recommendations will be drafted and presented to the EDAC committee at the March meeting.

Treasures Report - Meals and TOT Revenue are exceeding expectations.

US Census

Middleburg and Aldie have the worst Census participation rates in Loudoun County. The Town hopes to use its resources to aid in getting the word out to assist in the improvement of the participation numbers.



COUNCIL ADOPT A RESOLUTION OF APPRECIATION TO THE MIDDLEBURG ARTS COUNCIL, ARTISTS IN MIDDLEBURG GALLERY, MIDDLEBURG GARDEN CLUB, MIDDLEBURG COMMUNITY CENTER, VIRGINIA MARBLE & GRANITE, CRÈME DE LA CRÈME, GOSKINS CARY, SANDY DANIELSON, OLIVIA RODGERS, THE CADENAS FAMILY, JASON & MELISSA CRAIG, VIVIANE WARREN AND ERJU ACKMAN FOR THEIR CONTRIBUTION TO THE CREATION AND DEDICATION OF THE BRONZE FOX SCULPTURE LOCATED IN FRONT OF THE MIDDLEBURG COMMUNITY CENTER.

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COUNCIL ADOPTED A RESOLUTION EXTENDING ITS APPRECIATION TO ERIC COMBS FOR HIS SERVICE ON THE MIDDLEBURG PLANNING COMMISSION FROM JANUARY 12, 2012 THROUGH DECEMBER 16, 2019.



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NEWS OF NOTE

THEY'RE BACK! RAPPAHANNOCK HUNT RACES CELEBRATE REVIVAL WITH NEW COURSE

LAUREN R. GIANNINI

Steeplechasing enthusiasts and fans of Downton Abbey are invited to make plans to enjoy the exciting spectacle of beautiful horses racing over fences on Saturday, March 7, when Rappahannock Hunt Races, which last ran in 2008, kick off the 2020 Virginia Point-to-point Association season at The Hill Farm on Route 522 North, just outside Culpeper.

Jump racing on natural terrain is great fun to watch and you can't help getting excited, cheering for "your" horse to win, but first you have to get to the course. Your outing becomes a special adventure when you find yourself driving along a farm lane that leads you into a glorious expanse of open countryside with mind-boggling views of the horizon where the Blue Ridge Mountains meet the sky.

It's so easy to organize a party of family, friends, and busi-

ness associates. You can choose general admission (GA) at \$7 per head or the discounted book of 10 GA tickets for \$50, both options with free parking and a short walk to the course. Food trucks and vendors will be on site if you prefer to travel light.

Reserved parking with premium and direct views of the course provide another terrific way to enjoy your day at the races. Patron Parking (\$125) and Railside Parking (\$125) put your party of four in a pre-assigned parking place. Another option is Side-by-Side Parking: \$225 reserves two adjacent parking spaces and four occupants per vehicle. There's also an option for tent parking (\$175) with parking for one vehicle with four occupants, but you have to provide your own tent, maximum 10x10. Have a huge guest list? No worries: purchasing GA tickets (\$7 per person) or discounted book of 10 will get your besties to the party. GA tickets will be sold at the gate on the day of the races.

Note: no dogs allowed, for

safety reasons.

Steeplechase Tailgate Party 101

What To Wear: it helps to be prepared for extremes in weather, so get updated forecasts, and remember that layering is the best bet. Country casual covers a wide variety of fashion, and rural styles bring sophisticated practicality to your sartorial splendor. Plan on waterproof and warm outer layers and several light layers that are easy to remove. Pack along extra socks and wear waterproof boots that protect you from puddles, mud, snow. Don't forget gloves, scarves, neck-warmers. Hats are more than a fashion statement: wearing one prevents the loss of 50 percent of your body heat. Even if you aren't a shopaholic, be sure to stop by Rappahannock Hunt's tent and check out the sporting selection of apparel with distinctive running fox logo.

Food and Drink: Your tailgate picnic, fancy or casual, is up to you. If you're attending general admission and you

don't feel like carrying picnic basket or cooler, food trucks and vendors will be on site. If you reserve a tailgate parking space, it's easy to put on the ritz or keep it simple. If you're a guest at someone's tailgate, it's nice to offer to bring something, but some enthusiasts are serious DIYers – just go and have a good time. Hosting? Keep a list of who and what: bouillon, coffee, wings, ribs, fried chicken, various salads, deviled eggs, ham biscuits, brownies—everyone has a favorite dish to share. If you bring adult beverages, please remember to designate a driver so that your fun day at the races doesn't end with flashing lights.

The Venue: The Hill, situated on Durantes Curve (Rt. 522) in Boston, VA, is extremely well named, offering sensational views of the Blue Ridge Mountains. Driving through The Hill to the new course is like going back in time: all you can see is natural countryside and distant mountains that span the horizon



PHOTO COURTESY OF LAUREN R. GIANNINI

like slumbering dragons.

Post time is 1 pm for the program of timber and flat races. Gates open at 10:30 a.m. You don't have to know horses to enjoy an exciting day of racing over fences amidst breathtaking views and spacious skies... like scenes from Downton Abbey, but live.

For more information:

RappahannockHunt.com – hover your cursor anywhere on the digital poster to get to where you'll find everything you need to secure your tailgate parking space, general admission tickets, and other information

CentralEntryOffice.com – for the full schedule of racing and much more.

GRACE CHURCH CONCERT SERIES

On Sunday, March 1, 2020, the Grace Church Concert Series in The Plains, VA features the Tysons McLean Orchestra, directed by Miriam Burns, performing Rutter's Serenade, J.S. Bach's Brandenburg Concerto Number 3 and F.J. Haydn's Farewell Symphony.

The Tysons McLean Orchestra provides professional-level orchestral concerts in an easily accessible location and at reasonable cost to area residents. A small paid staff and a dedicated board of skilled volunteers support the orchestra's effort to foster the appreciation and enjoyment of live classical music in a growing and enthusiastic audience.

Today's orchestra is composed of over eighty talented professional musicians who deliver outstanding performances. The orchestra aspires to continued organizational growth and artistic excellence. Collaboration with other arts organizations, free community concerts designed to acquaint new audiences with classical music, and educational outreach efforts aimed at children and teens further extend our impact in the community.

Miriam Burns has been on

staff with the New York Philharmonic as one of their Cover Conductors from 1999 to 2007, having been appointed by Kurt Masur as a result of a competitive audition by invitation-only. In this capacity, she accompanied the orchestra on tour to the Far East as the tour Assistant Conductor to then new Music Director, Lorin Maazel, and for eight years was entrusted as an assistant conductor on call for countless specific, fully prepared programs under many guest conductors of international repute. Ms. Burns begins her fourth season as Music Director and Conductor of the Tysons McLean Orchestra (VA),

continuing as the Music Director of the Orchestra of the Redeemer in New York City since 1995. Versatile in all genres, she is active as a guest conductor for orchestral and operatic performances. An avid chamber musician, Ms. Burns was an original member of what is now the Chester String Quartet.

The performance will be at 5 p.m. at Grace Episcopal Church, 6507 Main Street, The Plains, VA 20198. A catered reception with the artists will follow in the parish hall. Tickets are \$25 – Student tickets are \$15



– Youth under 18 are admitted free, but must be accompanied by an adult. Additional infor-

mation and tickets are available online at www.gracetheplains.org or by calling the church office at (540) 253-5177, ext. 107.

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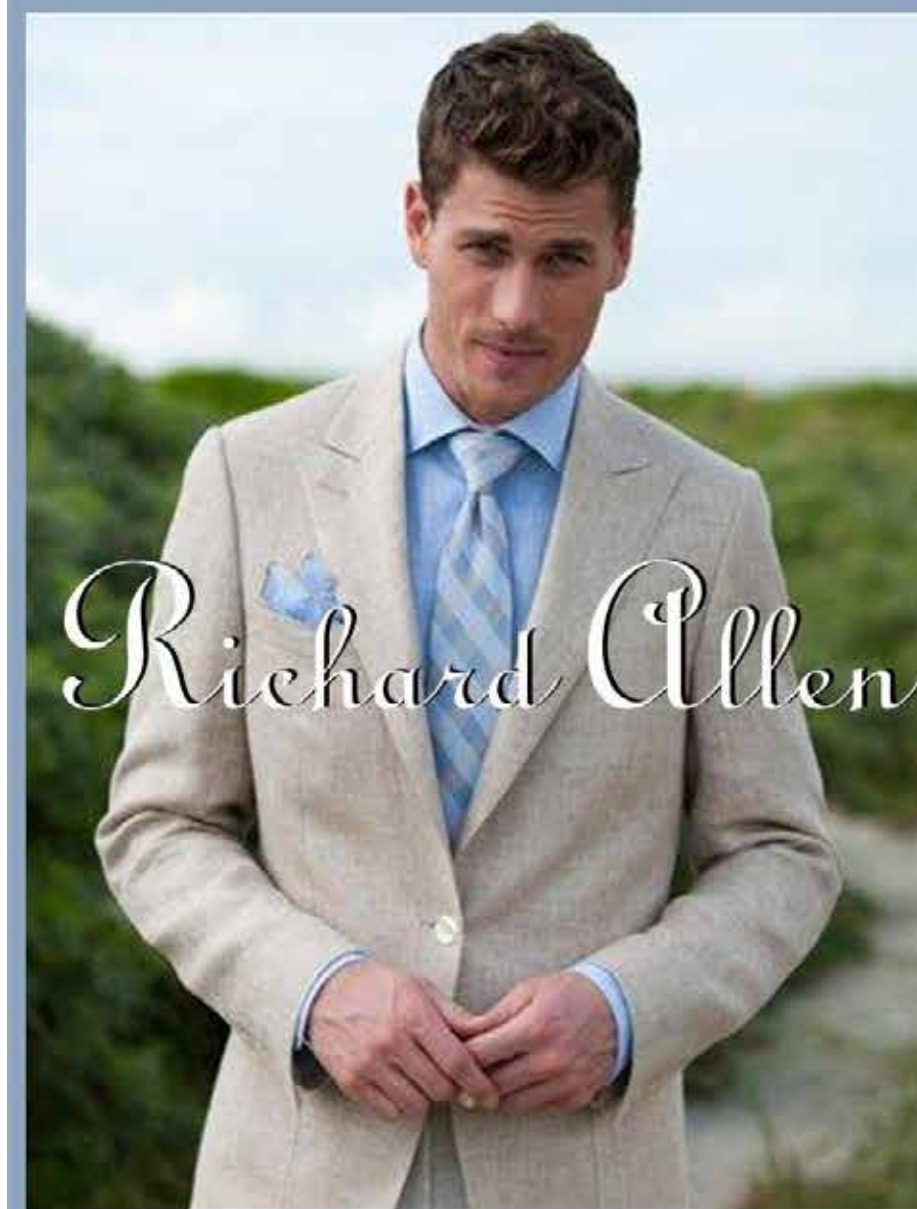
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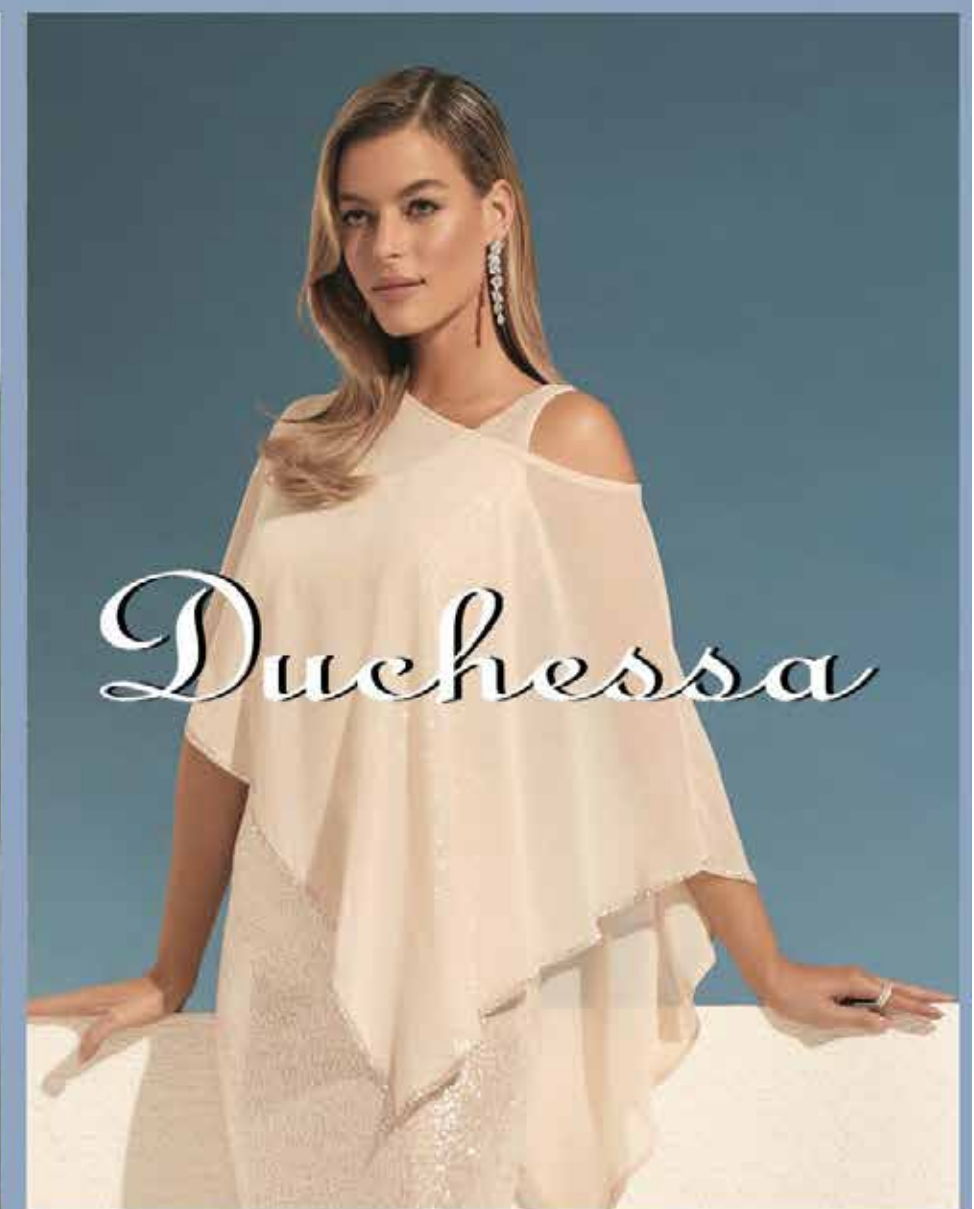
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SOUTH MADISON STREET ~ PHOTOS BY MIDDLEBURG ECCENTRIC



PROGENY

THE SCIENCE OF TEACHING SCIENCE AT THE HILL SCHOOL



LEN SHAPIRO

At The Hill School, there is a well-thought-out science to teaching science, both in the classroom and all around its magnificent 140-acre campus.

Harrison Schroder, a chemistry major at Middlebury College in Vermont, teaches sixth, seventh, and eighth grades. He works closely with lower school science teacher Susan McCaskey, Places Based Education teacher Mike Barreda and Grounds Supervisor Bob

Dornin.

"Our program is based on student experiences and hands-on learning," Schroder said. "When they leave here and go to high school, we want them to know how to use a science text but also how to interpret data from the outside world."

And so, his sixth graders focus on ecology, nature, and environmental science. They study weather and weather patterns. And they also build their own hot-air balloons, the better, as Schroder said, "to figure out the best place to launch based on the wind and the temperature. They design them, and then they fly them."

His seventh graders have more of a physics focus. They study speed, velocity, acceleration, Newton's laws of motion, energy, sound, and light.

"We do one lab experiment every two weeks," Schroder said. "If we're doing an energy lab, the students will measure different objects they drop from the balcony of the gym. They'll do labs on skipping, walking backward, jumping, and then they have to graph the data."

Eighth graders are into chemistry. There are scads of experiments during the school year, many involving chemical reactions.

"The children plan them out themselves," Schroder said. "They write out the hypothesis and the procedure. They're also learning how to use all the equipment—Bunsen Burners, flasks, beakers. They deal with solids, liquids, and gasses. Again, all hands-on."

Harrison often works with Barreda and McCaskey, who specialize in science lessons based outdoors, throughout the school's extensive campus. There, each grade has at least two extended experiential lessons a year that include topics such as hypothermia, primitive shelter construction, and fire-building.

McCaskey recalls these sessions as "practical lessons on temperature, combustion, and constructions -- thinking exer-

cises and opportunities to find out what will work." Students explore their senses and learn to extend them to learn skills like using a compass to understand basic orienteering. The teachers often create dramatic situations to capture students' interest and introduce them to a variety of scientific concepts.

Another frequent Friday participant is Bob Dornin, Hill's Grounds Superintendent. He's also the son of an iconic and long-time Hill science teacher, the late Bob Dornin, who also believed in taking his students outside the classroom. Hill's science center off The Plains Road is named for "Mr. Dornin," and many of the school's Place-Based Education sessions are now taught at the Dornin Lab.

"Mike Barreda is insatiably curious about the outdoors," Dornin said. "That's what he is bringing to these students. It's also amazing how it connects them to this property. We also plant trees, shrubs, and flowers, and many years later, some of those students will come back and say, 'hey, I planted that bulb or that tree over there.' It's an investment in the school."

Dornin recalled showing some third and fourth grade Hill students a nest of tent caterpillars in a tree located near a small pond. Dornin spread open the tent with his fingers, and one of the youngsters put his hand in and pulled out a caterpillar. Then he threw it into the water.

"Right away, it was gobbled up by a bass in the pond," Dornin said. "Pretty soon, all the children were sticking their hands in there and throwing them in the water. We had the fattest fish around that day."

Just another priceless lesson learned at Hill, where there's a real science to learning science.

PETER CHITTICK- JAMES BLAND MUSIC COMPETITION



On Super Bowl Sunday, February 2nd, 2020, there was super music performed as the Middleburg Lions Club hosted the Peter Chittick- James Bland Competition held in the Hill School Theater. Lion Ron Lang was the emcee of the event, which featured 12 contestants from locations around our area, including Middleburg, Aldie, Leesburg, Warrenton, and Paeonian Springs. The Community Music School of the Piedmont worked with the Middleburg Lions to facilitate the event, including providing judges.

The event features vocal and instrumental components and consists of junior and senior divisions. There was a delightfully wide range of music presented from Chopin Etudes to Somewhere Over the Rainbow by Arlen and Harburg.

The competition, held by Virginia Lions clubs, is a tribute James A. Bland (1854-1911), an entertainer and a prolific composer, considered among the most significant black writers of American Folk Songs. As a sustained memorial, the Lions of Virginia established the James A. Bland Music Scholarship Program in 1948 to assist and promote cultural and educational opportunities for the musically talented youth of Virginia. The Middleburg Lions Club also honored long time Lion Peter Chittick for his devotion to and support of the Bland Competition over many years.

This year's winners were Cameron Hoang, Junior Instrumental, Anna Dawson, Junior Vocal, Raelyn Hoang, Senior Instrumental, and Madeline Wooden, Senior Vocal. The winners of the Senior Division will advance to the Lions Regional Competition to be held in March in Fairfax. Congratulations to all the performers for an afternoon of beautiful music!

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PROGENY

BETSY ALTENBURGER OF PURCELLVILLE ONE OF EIGHT STUDENTS AND TWO FACULTY MEMBERS ELECTED TO FOXCROFT SCHOOL CHAPTER OF CUM LAUDE SOCIETY



STEM TEACHER MEGHEN TUTTLE, JUNIORS BETSY ALTENBURGER, JULIA CLARK, MONI CORONA PERERA, EUNICE YANG, AND SCARLETT DONG, AND SENIORS CASSIE ZHANG, JOY WU, AND SHEA HOGAN WERE ELECTED TO THE FOXCROFT SCHOOL CHAPTER OF THE CUM LAUDE SOCIETY. ENGLISH TEACHER ANNE BURRIDGE (NOT PICTURED) WAS ALSO ELECTED. PHOTO BY BETHANY STOTLER COURTESY OF FOXCROFT SCHOOL.

Foxcroft junior and Purcellville native Betsy Altenburger, along with four classmates, three seniors, and two faculty members have been elected to the School's Chapter of the Cum Laude Society. President Lindsey Bowser announced recently. They join five members of the Senior Class who were named to the national high school scholastic honor society a year ago as juniors.

Seniors Shea Hogan, Joy Wu, and Cassie Zhang were elected

to Cum Laude, which is modeled on the collegiate Phi Beta Kappa. Also, Altenburger, Moni Corona Perera, Julia Clark, Scarlett Dong, and Eunice Yang were accorded the special distinction of being selected during their junior year. STEM teacher and Wellness Education Coordinator Meghan Tuttle, Ph.D., and English teacher Anne Burrbridge were also elected to the Society as a way to honor their dedication to scholarship, teaching, and the love of learning fundamental to the ideals of the Society.

Current seniors who were inducted last year include Kenzie Green, Tam Le, Nell Nicastro, Mimi Suh, and Maya Yuan. Together with the current faculty members of the chapter, they will officially welcome the new members into the Society at the Cum Laude induction ceremony held during Foxcroft's annual Awards Assembly in May.

Those current faculty members are Head of School Cathy McGehee, Assistant Head of School for Academics Courtney Ulmer, Athletic Director

Michelle Woodruff, Director of The Innovation Lab and History Department Chair Alex Northrup, and STEM teacher Lindsey Bowser.

The presence of a Cum Laude chapter at a secondary school indicates a commitment to outstanding scholastic achievement. Students selected for induction must have superior academic records, as reflected in their course load, grade point average, and other factors. They must also demonstrate a serious interest in the pursuit of knowl-

edge and academic integrity. National guidelines limit membership to 20 percent of a senior class; up to half of those students are eligible to be elected in the junior year.

The Cum Laude Society was founded in 1906 and has grown to include 382 chapters, the vast majority of which are located at independent schools in the United States. Foxcroft's chapter was established in 1958.

MADEIRA SCHOOL WINS HIGH SCHOOL DIVISION, IMMANUEL CHRISTIAN CLAIMS MIDDLE SCHOOL TITLE DURING FOXCROFT SCHOOL'S ANNUAL STEM CHALLENGE

FOXCROFT TEAMS TAKE SECOND AND THIRD IN THE HIGH SCHOOL DIVISION, WHILE THE HILL SCHOOL CAPTURES SECOND IN THE MIDDLE SCHOOL DIVISION



Madeira School and Immanuel Christian School each claimed the top prize in their respective high school and middle school divisions February 22 during the ninth annual Foxcroft School STEM Challenge.

Designed for middle and high school students, the competition saw 160 girls from 21 schools throughout Virginia, Maryland, and Washington, DC, using their knowledge of science, technology, engineering, and math to participate in challenges revolving around this year's theme, "Galaxy Trek," to restore failing systems onboard a space station and preserve the astronauts' scientific endeavors.

The event was highlighted by a visit from Dr. Sandra H. "Sandy" Magnus, former astronaut, and current Deputy Direc-

tor for Engineering within the Office of the Under Secretary of Defense for Research and Engineering serving as DoD's Chief Engineer for Advanced Capabilities. Magnus drew from her extensive career and experience living on the International Space Station to speak about the importance of girls in STEM, extending this piece of advice to the young girls present. "If you remember nothing else today, remember this — if you have a dream and you find that passionate thing that fires you up and you're enthusiastic about it, you owe it to yourself to go for it."

The winning Majestic Moons team from Madeira, comprised of Chi Hoang, Zelda Truong, Sophie Wang, and Caroline Cassidy, claimed the high school trophy, designed and fabricated by Foxcroft STEM students us-

ing the tools of Foxcroft's Innovation Lab. The Madeira team also won one of the five individual challenges.

Second place in the high school division went to Foxcroft's Nifty Nebulae team (senior Tam Le, Ho Chi Minh, Vietnam; juniors Scarlett Dong, Beijing, China; and Eunice Yang, Dongguan, China; and sophomore Finy Zhu, Beijing, China), while the Snazzy Supernovas (junior Jennifer Cramer, Herndon, VA; sophomore Elise Lanahan, Atlantis, FL; and freshmen Rebecca Cramer, Herndon, VA, and Emily Wang, Beijing, China) took third. Foxcroft School teams also won four of the five individual challenges.

In the middle school division, a team from Immanuel Christian School in Springfield, VA, also

FOXCROFT'S 2020 GOODYEAR FELLOW LAURA TIERNEY SPEAKS TO STUDENTS AND COMMUNITY ABOUT THE SEVEN STANDARDS TO #WINATSOCIAL

"That's the trickier part of standards," explained Laura Tierney, 2020 Alison Harrison Goodyear '29 Fellow and keynote speaker for the School's recent Wellness Weekend. "It's not just what you set for yourself. You should hold others to a high standard, too. I think it's vital that anyone who operates with high integrity has high standards in their lives."

Tierney, who also conducted a workshop on "Willpower" in addition to her keynote, is founder and CEO of The Social Institute, whose #WinAtSocial program — a gamified social media curriculum that challenges students to use social media and technology in positive ways — was adopted for the year as a part of Foxcroft's school-wide wellness program. Co-created with over 50,000 students at 60 schools nationwide, the program uses seven standards to teach students to champion high character, from themselves and others, on all social platforms.

"Who you become [depends on] not just the people you surround yourself with," advised Tierney. "I also think it's the content that we surround ourselves with every day that impacts the five inches between our ears. What brands are you following every day? Do they build your confidence? Or do they make you second guess yourself? What types of people are in your feed? Do they align with your values? Or do you find that they chip away at them? And it's not just about the people you look up to; it's also about the people who look up to you."

The Seven Standards to #WinAtSocial are:

Strike a balance - Balance our time and attention on technology with the people around us.

Play to your core - Click send on things that represent your values, character, and interests.

Use your mic for good - Amplify your voice to create positive change and promote ideas that you care about.

Find your influencers - Surround yourself with positive and credible influences.

Protect your privacy like you're famous - Stay in control of your personal information.

Cyber backing - Have each other's backs online (the opposite of cyberbullying).

Handle the pressure - Find your path, no matter the pressure of others.

Using examples and interactive challenges to illustrate her points, Tierney walked the audience through the seven standards and how social platforms can help students thrive when these standards are applied to their lives and social media choices. Students particularly enjoyed the Concentration Grid challenge, as Tierney tapped the girls' competitive sides to see who could get the highest score. At the same time, various distractions (much like the endless notifications that pop up on our screens) made a seemingly simple task more complicated.

Tierney also spoke about her journey with the seven standards — from her college experience at Duke, where she played field



hockey and got her first taste of working with social media, to her first job at ESPN, and now her life as an entrepreneur and mother.

"Frankly, at the end of the day," she reflected, "I think I just learned the importance of being genuine, [that] it's not about inflating your likes or your followers. How can you have a truly genuine presence?"

Indeed, how can we each have a presence that is authen-

tic and reflects the core values of respect, integrity, kindness, and service that Foxcroft encourages in us all?

About the Alison Harrison Goodyear '29 Fellowship

Offered through the generosity of the family and friends of Alison Harrison Goodyear, Foxcroft Class of 1929, the Goodyear Fellowship program brings distinguished speakers and provocative performers to Foxcroft to deliver a keynote

address and conduct small group seminars with students. Fellowship recipients during the program's 48-year history include such remarkable voices as Maya Angelou, James Baker III, Doris Kearns Goodwin, David McCullough, Sally Ride, Barbara Walters, tech entrepreneur Sheena Allen, National Geographic Adventurer of the Year Jennifer Pharr Davis, "Hello Fears" founder Michelle Poler, and most recently GenHERation founder Katlyn Grasso.



PROGENY

THE ART AND SCIENCE OF OBSERVATIONAL DRAWING ENGAGES HIGHLAND SCHOOL'S YOUNGEST STUDENTS



As the Project Approach takes hold as an engaging educational tool in the Lower School, Highland School's youngest students are learning to connect with their subjects and learn critical thinking skills through observational drawing.

What sets observational drawings apart from creative drawings done in art class? While all drawing requires students to develop specific skills and techniques, drawing from observation is not intended to be an entirely artistic process.

Led by Highland Librarian Jane Banse and Art Teacher Alice Laimbeer, Highland's Lower School students develop various skills that they will use throughout the year as they experience Project Approach endeavors. Projects are in-depth investigations that challenge students to apply those skills, knowledge, and strategies from different content areas as they do authentic research, analyze data, think deeply about topics, and draw conclusions.

WHAT IS OBSERVATIONAL DRAWING?

Observational drawing is an important component of the Project Approach. Completing observational drawings requires students to utilize an increased level of focus in order to create an accurate and detailed drawing. This improves students' observational skills and strengthens their attention to, and recognition of, detail. The observational drawing process encourages a greater level of cognitive processing than simple observation without drawing, and it promotes in-depth thinking.

Jane Banse, Highland School's Librarian, has attended several training workshops on the Project Approach and is an excellent mentor for Lower School students and teachers during their Project Approach experiences. Her in-depth understanding of this method allows her a unique perspective on the importance of the observational drawing component.

Jane says, "Observational drawing is both simple and deeply complicated. It is looking at an object and seeing it fully – its colors, shapes, size, patterns, perspective, and how all the details interact. It gives us a deeper understanding of the object in front of us."

Alice Laimbeer, Highland's Lower School art teacher, has been a valuable resource for the students as they learn about observational drawing. She presented an activity on observational drawing during the first Lower School Assembly of the school year in order to introduce our students to this component of the Project Approach.

IDENTIFY A BASIC SHAPE

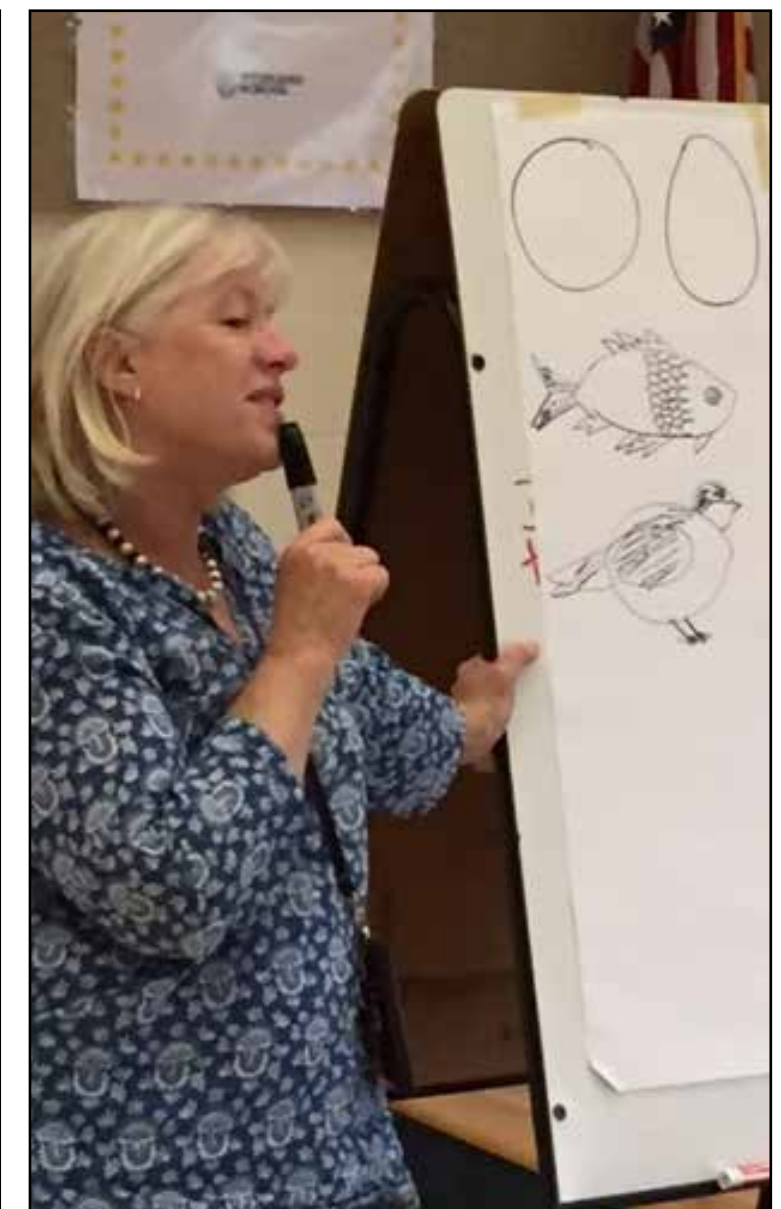
Laimbeer encourages students who feel intimidated by the process of drawing to step back and observe their subject before they

begin. She then helps the students identify a basic shape that encompasses the main part of the object. For example, students attempting to draw a bird might start with an oval, while students drawing a building would start with a rectangle or square. Once the main shape has been determined, students move on to adding smaller, secondary shapes and more details.

"Many children freeze when asked to draw something," Alice explains. "Breaking it up into basic shapes first gives the student a place to begin. It is really about training yourself to look intently at a subject and notice the details. Once the student has the ability to see things in basic shapes, they begin to notice proportions, lines, values, and textures."

This technique is simple and manageable for even the most anxious young artists; students who previously disliked drawing quickly warm up to this exercise. What's more, the process of observational drawing mimics the critical thinking process they need to develop for projects in all their other subjects.

The drawings students create are valuable tools throughout the Project Approach experience and are generally displayed as part of the final project culmination. In this way, the Project Approach includes and encourages creativity and promotes artistry and technique in even our youngest students.



PROGENY

GRATITUDE FOR A MONTESSORI EDUCATION

Middleburg Montessori School was honored to participate in the Loudoun County Public Schools Excellence in Education Banquet. This banquet honors senior students that are ranked in the top 5% of their class. Students are invited to attend the banquet with their parents and asked to invite an educator that they felt was influential to their academic success. This year, Middleburg Montessori School Elementary Guide and Assistant Head of School, Kim Walton, was chosen by alumnus Hannah Dick, senior at Loudoun County High School for this incredible honor. Middleburg Montessori is grateful to have had the opportunity to support the development of Hannah for over ten years along her educational journey and look forward to her future contributions! Our school is also grateful to Dr. Maria Montessori for the dedication she had to observe children and developing techniques for an educational method that allows a child to gain confidence and independence. If you are looking for an education that prepares your child to be successful in today's world, explore a series of special events Montessori schools, both private and public, are offering in your community. Your State Governor has again declared February 23 to 29, 2020, as Montessori Education Week.



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MIDDLEBURG ACADEMY EARNS AP® COMPUTER SCIENCE FEMALE DIVERSITY AWARD

RECOGNIZED FOR CLOSING THE GENDER GAP
IN AP COMPUTER SCIENCE

Middleburg Academy has earned the College Board AP® Computer Science Female Diversity Award for achieving high female representation in AP Computer Science A. Schools honored with the AP Computer Science Female Diversity Award have expanded young women's access to AP computer science courses.

Out of the 20,000 institutions that offer AP courses, 818 achieved this important result during the 2018-2019 school year, nearly 20% more than the 685 schools recognized last year. In 2019, Middleburg Academy was one of 143 recognized in the category of AP Computer Science A. An additional 36 schools received the award for both CSA and CSP.

"Our embrace of a STEAM approach that strengthened our students' access to and appreciation of the creative and collaborative forces in computer coding speaks for itself. We are especially happy with how our female students have led the way," said Head of School Colley Bell. "As educators, we understand how the thoughtful implementation of our STEAM educational outlook, conjoined with our Classical studies, will play a critical role in our students' professional and personal fulfillment well into the 21st century."

Schools receiving the AP Computer Science Female Diversity Award have achieved either 50% or higher female representation in either or both of the AP computer science courses, or the percentage of female computer science examinees meets or exceeds that of the school's female population.

"Middleburg Academy is empowering young women to see themselves as creators, innovators, and problem-solvers," said Stefanie Sanford, College Board global policy chief. "We hope to see even more high schools inspire female students to harness the potential of an AP computer

science education."

AP Computer Science A students learn to design and implement computer programs that solve problems relevant to today's society. The number of female AP CSA exam-takers has grown steadily, up nearly 60% in five years. Overall, AP computer science course participation has increased by 184% since 2016, broadening STEM career opportunities for more students. The number of female, rural, and underrepresented minority students taking AP computer science exams has more than doubled in three years.

Providing female students with access to computer science courses is necessary for ensuring gender parity in high-paying technology jobs and to drive innovation, creativity, and competition. A 2014 Google study found that women are more likely to pursue computer science if they are given the opportunity to explore it in high school.

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Summer Camps

A Place To Be summer camps are all clinically based, run by therapists and designed with opportunities for self-expression, addressing resiliency, flexibility and connections to others. Like all our programs, our camps are based on acceptance and understanding of others as well as joy and having fun. Our inclusive summer camp program encourages children of differing abilities to come together, learn from each other, be creative and experience the power of music therapy!

Musical Theatre Camp
BIGFOOT
JUNE 15 - 20TH
10 AM - 3 PM
COST: \$850
THE HILL SCHOOL
MIDDLEBURG, VA
AGES 12 & UP
*PERFORMANCES JUNE 28, 29, 30
Experience the fun, excitement and personal growth of being a part of a full-scale original musical! This year's show, Jack Wood's Bigfoot: The Musical, will offer campers the opportunity to embrace the entirety of musical theatre from fun costumes to original music and scripts, professional lighting, makeup and beautiful sets all culminating in three public performances to packed adoring audiences!
Register: aplacetobeva.org/summercamps

POP ROCKS CAMP
Wanna be a rock star?
Join us for an awesome week of music and fun!
JULY 6-10
10 am - 3pm
Performance on
July 10th @ 2pm
Ages: 10 - 18
Cost: \$425
Leesburg, VA
Register: aplacetobeva.org/summercamps
Trish@aplacetobeva.org - (540) 687-6740
aplacetobeva.org

Calm Camp
TRILLIUM FARM
Purcellville, VA
Ages 10 & up
Cost: \$425
July 27 - 31
10 am - 3 pm
Express your creativity through music and art in a calming environment!
Register: aplacetobeva.org/summercamps
Trish@aplacetobeva.org - (540) 687-6740

Theater Improv Camp
Discover a new sense of freedom and play! Theater Improv is the perfect way to unleash your creativity and strengthen communication skills.
August 3 - 7
1 pm - 4 pm
A Place To Be
Middleburg, VA
Ages 12 & up
Cost: \$200
Register: aplacetobeva.org/summercamps
Trish@aplacetobeva.org - (540) 687-6740

Music Improv Camp
Using music and vocal improvisation techniques, campers will be able to connect with others while enhancing self-awareness!
August 3 - 7
9 am - 12 pm
Ages 7 - 12
Cost: \$200
A Place To Be
Middleburg, VA
Register: aplacetobeva.org/summercamps
Trish@aplacetobeva.org - (540) 687-6740

Inclusive Indian Dance and Music Camp
For campers who want to experience dance and music from India! Led by Purva Sampath, M.Ed.
June 11th - 14th
10am - 2pm
Performance: June 14th 1:00 pm
Ages: 8-12
Cost: \$200
A Place To Be, Middleburg
To register visit: www.aplacetobeva.org/summercamps
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~ BE LOCAL ~

PASTIMES

SHOPPING THE LOCAL FARMER’S MARKETS YEAR ROUND

EMILY TYLER OF THE KITCHEN PHILOSOPHY

Apples, Honey and Winter Salads

Although we have not had much of a winter, I still long for the soft warm days of spring to arrive. There is great rejuvenation in visiting our local farmers markets, as many of them continue year round, it is always fun to see what they have to offer. Here are some of my favorite ways to use their seasonal offerings.



Apples, Goat Cheese and Pancetta

I love this simple appetizer, sweet, salty and savory all in one bite.

- 12 rounds of pancetta
- 2-3 apples, cored and sliced in ½ inch rings
- Fresh goat cheese
- Honey
- Microgreens

- Preheat the oven to 400 degrees
- Place the pancetta on a aluminum foil line baking sheet in a single layer
- Roast for 10 minutes or until browned
- Cool on a wire rack,
- they will crisp as they cool
- Start with an apple ring, top with the pancetta and crumbled goat cheese
- Drizzle with honey (warm the honey if it is too thick) and top with mico greens Apples, Honey and Winter Salads

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Kumquat Vinaigrette

This bright clean dressing has a great citrus base and is especially good paired with greens and avocado - you can also use this to top a simple piece of sauteed Cod.

- 12 Kumquats, washed and dried
- 1 tablespoon honey
- ¼ cup seasoned rice vinegar
- 1 teaspoon Kosher salt
- ½ teaspoon freshly ground black pepper
- (½ teaspoon sweet curry powder - optional)
- ¾ cup avocado oil

- Add all of the above ingredients, except the avocado oil in a food processor and blend until smooth
- With the motor running drizzle the avocado oil to emulsify the dressing, stop the motor with all of the oil has been added

Honey Mustard Dressing

This classic all purpose dressing is great for spinach, radicchio or field greens, especially nice with grated parmesan or goat cheese.

- 1/3 cup balsamic vinegar
- 2 tablespoons honey
- 1 tablespoons Dijon mustard
- 2/3 cup olive oil
- ½ teaspoon salt and freshly ground pepper

Ginger Miso Dressing

This dressing will stand up nicely to any winter green - toss shredded kale, sliced apples toasted cashews. I have also used this dressing for sauteed brussel sprouts or roasted turnips.

- ¼ cup seasoned rice vinegar
- 2 tablespoons white miso
- 1 teaspoon finely grated fresh ginger
- 3 tablespoons toasted sesame oil
- 5 drops green Tabasco sauce



Apple Cake

This beautiful cake is more apple than cake which makes it so moist and delicious. A dusting of powdered sugar is all the adornment it needs, although a little whipped cream never hurts anything..

- ¾ cup all-purpose flour
- ¾ teaspoon baking powder
- Pinch of salt
- 4 large tart apples - such as Granny Smith
- 2 large eggs
- ¾ cup sugar
- 3 tablespoons apple juice
- 1 teaspoon vanilla
- 1 stick of unsalted butter, melted and cooled
- Confectioners sugar for dusting top

- Preheat the oven to 350 degrees
- Generously butter a 9" springform pan and place it on a foil lined rimmed cook- ie sheet
- Whisk the flour, baking powder and salt in a small bowl
- Peel the apples, then cut them in half, remove the seeds and cut them into 1/4" slices
- In a medium bowl, whisk the eggs until they are foamy
- Pour in the sugar, apple juice and va- nilla and blend
- Add half the flour mixture and mix
- Add half the melted butter and mix
- Again the flour, then the butter mixing after each addition
- Whisk until you have a smooth batter
- With a rubber spatula, fold in the ap- ples and coat with the batter
- Pour into the pan, pushing down the apples a bit to level out the top
- Bake for about an hour and twenty min- utes or until the top is golden brown and a knife inserted in the center comes out clean
- Cool on a wire rack for 15 minutes, then run a knife around the perimeter and release the spring form
- Store at room temperature until com- pletely cooled
- Dust the top with confectioners sugar



Farmers Market List

Open now:

EatLoco Winter Farmers Market
Atwater Drive, at One Loudoun, VA
Open: Saturdays 9-1
<https://eatloco.org/oneloudoun-winter/>

Loudoun Valley HomeGrown Markets Cooperative
Leesburg Winter Market
Catoctin Circle, Virginia Village Shopping Center, Leesburg, VA
Open: Saturdays 9-12
<http://loudounfarmersmarkets.org/>

Purcellville Farmers Market
The Shops at Main and Maple, Purcellville VA
Open: Saturdays 9-1
<https://www.purcellvillefarmersmarket.com/>

Seasonal:

Archwood Green Barns
The Plains, VA
Open: May 3rd - December 20th
<https://archwoodgreenbarns.com/>

Middleburg Community Farmers Market
Stonewall Avenue, Middleburg
Open: First Saturday in May - Last Saturday in October
<https://www.middleburgva.gov/257/Farmers-Market-Vendor-Info>

Warrenton Farmers Market
Corner of 5th and Lee Street in Old Town
Open: April 20th to November 23rd
<https://www.fauquiercounty.gov/government/departments-a-g/agricultural-de-velopment/farmers-markets>

PASTIMES

THOUGHTS FROM THE FIELD: A BABY FOUND IS NOT ALWAYS A BABY LOST

FIELD CRAFT



NICK GREENWELL

With the unseasonably warm weather and the prediction on Puxatawney Phil, Spring will have sprung soon enough. Even now, the crocuses are threatening to bloom, irises are sprouting, and daffodils are thinking about reaching toward the sky. I fear (and kind of hope) that they may be in for a shock in the coming weeks. Our area needs a good, long cold snap. Given the germinating flora that is emerging, I got to thinking about the fauna. As people who spend much of our lives enjoying our land lets take a look at an often misguided gesture of kindness. Let us talk about interacting with orphaned or injured wildlife.

When I was in college, I had the privilege of working as a necropsy and lab technician for the Avrum Gudelsky Veterinary Center located in College Park, Maryland. This facility was the post-mortem facility for the Virginia-Maryland College of Veterinary Medicine, as well as for the USDA, and the Maryland Department of

Agriculture. As a matter of terminology, and simply put, “autopsy” translates from Latin to “self-examination” meaning that it is only used when referring to fellow humans. “Necropsy” roughly translates to “examination afterlife,” which makes the term useful when referring to other species. I was majoring in Animal Science and Equine Science at the University of Maryland, and my time in the lab was the perfect daily tutorial for my studies. I went to classes, labs, and discussions in the morning, and I went to work in the afternoon reinforcing what I was learning. I encountered many, many species, all of whom had a story to tell. I was there to help with the telling. Physical post-mortem examination, dissection, tissue preservation, histopathology, serology virology, bacteriology, etiology, and epidemiology, etc..... I learned all of it. Lots of “ologies.” Often, the lab would receive wildlife that had been found by good Samaritans, had received their well-intentioned care and had passed.

At the same time that I was working at the Gudelsky Center, I was working with a wildlife

veterinarian. He was an excellent steward of the critters that stare at us without our knowledge. His most significant piece of advice was always that they are more afraid of us than our worst “human” panic attack. Our “fostering” can literally kill them, and possibly harm us. Our avian friends are the most fragile. Imagine being abducted by aliens. That is their experience.

Contrary to common opinion, baby birds can, when possible, be returned to their nest. Birds do not identify their young by smell. In most situations, young birds, also called “fledglings” are out of the nest, can bounce around, vocalize, and will often have a parent warning from above. Leave these babies alone. Very young (no feathers) or obviously injured birds of any age, when not able to be “shooed” away, should be loosely wrapped in a towel, and placed in the smallest animal carrier available. Please do not attempt to feed them, or offer them water until you have spoken to a licensed wildlife rehabilitator. If you are not familiar with your local wildlife rehabilitation center (Blue Ridge Wildlife Center serves the Piedmont), call your

local Virginia Department of Game and Inland Fisheries office or the NON-EMERGENCY number of your local sheriff’s department, and they will guide you. I did many, many examinations on baby birds that were fed bread soaked with milk, and were then taken to a veterinarian. Now, let us talk about the cute “orphans” that we find: deer, raccoon, and rabbits. There is nothing more precious than finding alone, sleeping baby deer. In almost every case, leave it alone. Does will always place their young and leave them for hours while they forage. Fawns have no natural scent, so they are ahead of the food chain when predators are on the hunt. There exist a few visible indicators that you may need to intervene.

Visible and extensive bleeding, heavy oral panting, or curled ears. Fawns that have been without milk for several days will exhibit ears that are curled. This is a sign of dehydration. In all cases, CALL FOR HELP. DO NOT ATTEMPT TO REHABILITATE THE FAWN. Raccoons, rabbits, (and squirrels) are also of note. They tend to have precocious young, and crawling; inquisi-



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PASTIMES

LETTUCE TIME

THE PLANT LADY

KAREN REXRODE

Taking full advantage of our cool seasons, lettuce seed can be sown in fall or early winter with an alternative round of seed sowing in February or March. Days to harvest from seed can be as long as 70 days and as short as 35 with our climate driving the calendar as we strive for a better taste before bolting or bitterness. True annuals, lettuce, and many greens are cool-season plants, their trigger to complete the cycle arrives with longer days and warmer temperatures.

A cold frame is the best way to grow some of the smaller head types which require the longest days to harvest. But I must add that vast improvements have occurred in the last 20 years, most notably the inclusion of dwarf types or dwarf head lettuce, which allows us to grow varieties that used to grow poorly with our short spring season.

There are about seven types of lettuce varieties with hybrids between head lettuce and looseleaf. The beauty of looseleaf types or a mix of tender greens is the ability to cut them as they grow, harvesting over a long period. As days lengthen, a hint of bitterness will be evident, but I have found that an afternoon in the fridge will improve the taste. A list of the various types follows, and I have



included some of my favorites. Nasturtium leaves can be added for a peppery taste, viola flowers for their beauty and health benefits (vitamin C), and red mustard if you like it spicy.

Listing types from the longest to harvest to shortest, as you might imagine, the head types take longer. The most common head lettuce requires 60 to 70 days to harvest and was devel-

oped for long-distance shipping. Inferior in taste when compared to others, these are called the crisphead or iceberg types. With their prolonged growing requirements, they are poorly suited for growing here.

The Batavian, also known as French or summer crisp, are intermediate between butterhead and crisphead. Loose heads form with a harvest time of 50 to 60 days from seed. My favorites for slow to bolt or heat resistance are 'Nevada' and 'Muir.'

The butterhead types include Boston lettuce. Small, dense heads ripen in 50 to 60 days. The flavor is light and delicate with red leaf types such as 'Red Butter' and 'Red Oakleaf.'

Bibb lettuce is heat tolerant; the most popular variety has been 'Buttercrunch,' which requires 55 to 70 days to harvest. New dwarf types can be harvested in as little as 40 days, adorable with their small compact size and ideal for our climate. I recommend 'Little Gem' and 'Rosaine.'

Leaf types are also known as looseleaf or cutting lettuce. Very successful March sowing will give you some gorgeous leaf types. Harvest time for a full head (loosely speaking) is 50 to 58 days, but harvesting can begin when the leaves are small. I even like to mix these into the garden beds or mixed containers. There are many to choose from with varying colors of bright green, to a pinky green with 'Vulcan,' to bronzy reds with 'Ruby Sky.'

Oak leaf lettuce has a distinctive leaf which is beautiful in a salad. New dwarf varieties can be harvest in less than 50 days, forming very loose heads of bright green or dark burgundy. 'Galactic' was always my favor-



MIDDLEBURG COMMUNITY CENTER EVENTS & PROGRAMS



SEED STARTING WORKSHOP

MONDAY MARCH 9TH | \$50 PER PERSON

2 CLASS TIMES: 10:30AM -12:30PM OR 4:30-630PM

SENIOR LUNCHEON

THURSDAY MARCH 19TH: LUNCH, BINGO MUSIC AND MORE!

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PASTIMES

PILATES AND HEART HEALTH



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Heart disease claims thousands of lives each year in the United States. This can be caused by stress, high blood pressure, high cholesterol, lack of nutrition, and lack of physical activity, to name a few. One way to help combat the effects of heart disease is through pilates. Now, of course, you should always check with your physician to see what treatment is best for you, pilates is still a great supplemental activity.

There is a big focus on breath in pilates. The type of breath used in pilates is mindful breathing; it combines deep inhales and exhales, which calm the mind and nourish the body. A lot of people do not concentrate on their breathing, and it becomes shallow breaths in the upper part of the chest. This type of breathing increases heart rate and anxiety because the pressure is being put on the wrong areas of the body. When breathing correctly in pilates, you are exhaling all of the old germs and carbon dioxide through your mouth and inhaling new fresh air through your nose. The exhale is done during the most challenging part of the exercise, and the inhale during the recovery/preparing part. Pilates is a low impact exercise, which means it does not make your joints and bones grind together

or violently compress your spine. People have been led to believe that if you hurt after you exercise, that means you are getting results. Injuries do not mean progress. Low impact exercise creates less of a chance for injury and can be done often.

Additionally, the heavy focus on breathing in pilates can also be applied to other types of exercise as well. However, HIIT type of training might not be advised with those who have high blood pressure. If there is no focus on breathing during any form of exercise, it can result in injury and increased heart rate and blood pressure. By focusing on every movement and tying that in with breathing, pilates is working your whole body, inside and outside. It is not an exercise for solely focusing on getting bigger triceps or getting a six-pack of abs. Pilates is concerned with the whole individual; the movements are meant to be conducted slowly, controlled, and focused.

Pilates has a flow and a rhythm; there are no sudden ups and downs; it is very balanced. When focusing on breathing and every movement, no matter how small, pilates helps to lower blood pressure and stress, which can help combat the effects of heart disease.

For more information, contact Kay Colgan at Middleburg Pilates and Personal Training, 14 S Madison Street, Middleburg, VA, or call 540-687-6995.

IN UNISON



STEVE CHASE

The jazz world was delivered a blow on February 11 when the word came out that one of our finest jazz pianists, Lyle Mays, had died. I first heard Mays play in 1978 when I saw the Pat Metheny Group in Telluride. Besides Pat Metheny's guitar playing, it was Mays' powerful piano and synth prowess that changed the way I thought about music. He was a master of harmonic realms and a skilled improviser, with a touch of a classical pianist. After that show, I was hooked and ended up seeing the Pat Metheny Group, with Mays, play about 25 times over 25 years. Mays was Metheny's musical partner and muse, and the music they composed was sublime, melodic, and beautiful, album after album. Besides his virtuoso piano playing, Mays' signature analog synth ocarina sound was his hallmark, and many musicians since have programmed their digital synthesizers to sound like Lyle.

Lyle Mays was born in 1953 in Wausaukee, Wisconsin, and by age nine was playing the piano and organ, after studying classical music. It was at the music camp that he began listening to jazz, and albums by Bill Evans, Wayne Shorter, Keith Jarrett,

and Miles Davis influenced him greatly. In college at North Texas State, a prominent jazz school, he became one of the top musicians, and after graduation, joined Woody Herman's Big Band for a European tour. It was in 1974 that he met the young guitar prodigy, Pat Metheny, and the two began a close collaboration of composing and playing music.

His work with Metheny is nothing short of extraordinary, as he co-wrote some of the Pat Metheny group's most beautiful music, and joined Metheny on the wondrous duo album, *As Falls Wichita, So Falls Wichita Falls*. It was on that album that he and Metheny gave us the long ethereal title track, he played the extraordinary piano solo on *Ozark*, and they performed quite possibly their most beautiful and poignant tune, *September 15*, in honor of the pianist Bill Evans. On the album *Pat Metheny Group*, Mays quarterbacked the piece, *San Lorenzo*, with quite possibly his most heartfelt solo, filled with passion, jazz prowess, and grace. He reprised that work on the album *Travels*, and his rendition that time around still can bring tears to my eyes. I could go on, as Metheny and Mays composed and performed song after song, a legacy of mu-

sical beauty, lyricism, and sheer virtuosity. May's death is a huge loss that cannot be replaced.

Mays spent almost thirty years with the Pat Metheny Group, touring and recording, and still had time for some fantastic solo projects, such as his namesake *Album*, *Lyle Mays*. His swan song with Metheny was 2005's *The Way Up*. A three-part Jazz symphony that I was lucky enough to see at the Lisner Auditorium at GWU that year. After that tour, much to every fan's dismay, and mostly retired from the Group and became an architect and computer coder—a renaissance man. His protegee Alex Sill said, "I realize one of the biggest lessons Lyle imparted, and that is that one's interests outside of music can inform our music, making for the better, and lead us to become more integrated human beings." We'll miss him.

Here is a partial list of recommended albums and songs by Mays to listen to, you will not be sorry.

Pat Metheny Group—Pat Metheny Group (1978)—This signature album has some of the earliest and greatest tunes Metheny and Mays wrote. Besides *San Lorenzo*, listen to May's solo on *Phase Dance*, which is joyous, and on *Lone*

Jack, a more straight-ahead expression of his Jazz sensibility.

American Garage—Pat Metheny Group (1979)—On the tune *The Search*, Mays introduces us to his ocarina synth sound, which he would use again and again. On *The Epic*, he continues with a progressive rock feel in his synth playing, getting the best out of his Oberheim 8 Voice and Prophet 5 synths. He gives us another acoustic piano solo that is unmatched in its complexity and beauty.

As Falls Wichita, So Falls Wichita Falls—Pat Metheny and Lyle Mays (1981) While a duet album, Mays is the true influence and lead player here, as he holds together the sprawling title track—and avant-garde epic from the heartland; and gives powerful performances on *September 15*, *Ozark*, and *It's for You*.

Travels—Pat Metheny Group (1983) Recorded during the 1982 tour; this album includes a few tunes not found on other Metheny Group albums. Mays' work on *Straight on Red* and *San Lorenzo* are nothing short of genius.

First Circle—Pat Metheny Group (1984) After the crazy *Forward March* that saw the Band marching into the concert

hall with Mays on bad trumpet listen to the title track *Tell It All*, and *Mas Alla (Beyond)*, a great Mays performance with Pedro Aznar on vocals.

Lyle Mays—Lyle May (1986) In his first solo effort, Mays brings his signature to the music, breaking from the Metheny Group sound for a more relaxed and organic style. Guitarist Bill Frissell and bassist Mark Johnson add much to his laid back sound, but this is not smooth Jazz. I like *Highland Aire*, the solo piece *Mirror of the Heart*, and the very popular *Close to Home*.

Still Life (Talking)—Pat Metheny Group (1987)—Pat Metheny Group Another masterpiece, this time infused with Brazilian rhythms. Listen to Mays and Metheny's *Minuano* (six-eight) and *Third Wind*. Two of my favorites.

Letter From Home—Pat Metheny Group (1989) A great album, listen to the title track, perhaps one of May and Metheny's greatest tunes.

Please listen to my Lyle Mays playlist on Spotify at [tinyurl.com/v75ctbf](https://open.spotify.com/playlist/5v75ctbf).

Steve Chase is in *Unison*, in awe of the musical legacy of Lyle Mays.

PASTIMES

BABY TEETH ARE IMPORTANT

CHILDREN’S DENTAL HEALTH MONTH

DR. ROBERT A. GALLEGOS

February is National Children’s Dental Health Month. While children are growing and developing, specific patterns are established that later cannot be changed. As such, health during childhood will have lifelong implications for overall health, including the baby (deciduous) teeth.

In this article, I will focus on the health and maintenance of the baby teeth. Most children will start getting their baby incisor (front) teeth erupt into the mouth around age six months, and the last baby molars will erupt into the mouth around age 3. The first baby teeth to be lost are the front teeth, about age 6, followed lastly by the molars by age 12. The baby teeth play a very crucial roll in the growth and development of the jaws and airway and social development.

The baby teeth are crucial for the growth and development of the jaws. As teeth erupt into the mouth, the bone around these teeth provides a frame for the future adult teeth. When baby teeth are missing or lost early, the jaw does not grow properly in these areas leading to malformation and undergrowth. A typical result of missing teeth is crowding of the adult teeth, malformed jaws, a small airway, and sometimes socialization issues.

Breastfeeding is significant for the first 6-12 months of life, and the addition of and eventual transition to solid foods helps develop the jaws. The proper suck-



ing action of breastfeeding develops the jaws and is not replicated by bottles or pacifiers. Tongue and lip ties will interfere with correct feeding and impair development. Solid foods stimulate the muscles, teeth, and bones of the face and greatly influence proper growth. Processed, purified baby foods should be avoided as a primary food source and only used to supplement solid foods if needed. Improper feeding habits from bottle feeding to soft foods will lead to underdevelopment of

the jaws and airway.

The roof of the mouth is also the base of the nose. Proper feeding, nasal breathing, and tongue position are what directs the development of the jaws and airway. When these things are working together, the jaws, airway, teeth, and tongue develop correctly, and all work in harmony.

Baby teeth must stay healthy. I have already mentioned that proper nasal breathing, breastfeeding, and solid foods will



or temporary crowns, for large cavities. Today there is a new option for some cavities, silver diamine fluoride (SDF). SDF is a treatment that can arrest a cavity rendering it inactive. This treatment alternative will allow for the preservation of the baby tooth and avoid the need for injections and drilling, which can be very difficult with young and active children. SDF treatment can be used on any tooth, not just baby teeth. It does have the downside; it stains only the decay area dark brown/black. If this dark area is in an area where it looks terrible, a white filling can be placed, removing the stained area.

In summary, baby teeth are crucial for the growth and development of every child. It is essential to nasal breath, eat properly, and start seeing the dentist when the baby teeth begin to erupt and on a regular schedule after that.

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

ELEVATING YOUR STAIRCASE DESIGN

ASK A REMODELER



TIM BURCH

Creating a beautiful, thoughtful design typically involves elevating every detail to enhance the experience throughout the entire home. The staircase is an often-overlooked design element, but not in our projects. Our team often uses the staircase as a statement that ties a design throughout the whole house, a vessel for bringing in more natural light, or even an impactful tool to improve our clients’ lives at home otherwise. Here are some recent projects that utilized the staircase in different ways to create a more beautiful and functional home for our clients.

Contemporary Climbers

When our clients wanted to transform their traditional home into a modern, contemporary design, their entryway staircase was a critical item to update. It was the first thing any guests would see as they enter, so the traditional banister and spindles

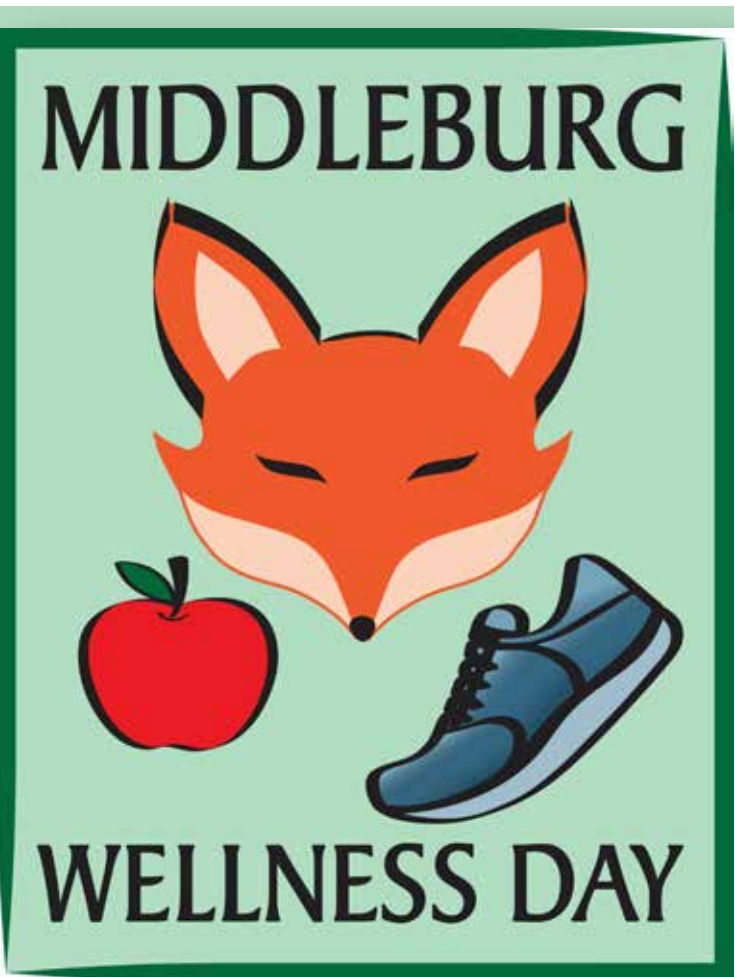
were replaced with something that spoke to the new design of the home. Sleek glass panels with white banisters not only brought their vision to life but also made the foyer feel more substantial thanks to the natural light that now pours through the glass paneling.

Bring in the Light

Regardless of the project, it seems that finding ways to incorporate more natural light is at the top of many of our clients’ minds. In a few recent projects, we have addressed this challenge by incorporating a large skylight immediately above the staircase. This solution brings abundant natural light and creates an impressive lightwell effect throughout the home. Even on rainy days, the sun shines through the staircases and produces an open and bright environment on every level while adding an interesting and unique design aesthetic.

Location

There have been projects



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Saturday March 28th, 2020
10 a.m. to 3 p.m.
at the Middleburg Community Center

Presented by Middleburg Go Green
middleburgva.gov/wellnessday

ARE YOU PREPARED TO SAVE A BRAIN AND A LIFE?

LYNNE KAYE

Every year members of the Middleburg Community suffer brain damage or die because the people who come to their aid in a medical emergency - a fall from a horse, a traffic accident, an accidental drug overdose, a stroke, a heart attack - do not know to or do not know how to administer CPR. At the same time, they wait for the EMTs to arrive.

Do you feel comfortable performing CPR to keep blood and oxygen flowing to some-

one’s brain in a medical emergency? If you answered “no,” you aren’t alone. Less than 30% of Americans feel comfortable performing CPR in a medical emergency. That’s a scarily low percentage because it only takes six minutes without oxygen for the brain to begin to die, yet the average wait time for an ambulance in the U.S. is almost 8 minutes. Wait times can be significantly longer if the medical emergency happens in a field, a paddock, the woods, or a traffic jam. The bottom line is that to save the brains and lives of our friends, neighbors, and loved ones, it is critical to be able to

administer CPR between the medical emergency and the arrival of the EMTs.

The Town of Middleburg’s Go Green Committee wants everyone to know how to save a brain and a life. We are offering FREE CPR training as part of Middleburg Wellness Day. Come learn CPR on Saturday, March 28, from 10:45 to noon at the Middleburg Community Center. Melissa Schaaf, an experienced and certified instructor, will teach you how to perform cardiopulmonary resuscitation (CPR) and how to use an automated external defibrillator (AED) on specially designed manikins. Learning and practicing the various CPR techniques will help you feel confident and prepared to act in the event of an emergency. No mouth-to-mouth resuscitation required, we promise! So, what are you waiting for? Be prepared to save a brain and a life. Sign up for a CPR training course today at bit.ly/MWD-CPR (case sensitive).

The CPR training is free thanks to sponsors Northwest Federal Credit Union and GreenLight Environmental Management. CPR training is part of Middleburg Wellness

Day, which focuses on brain health this year. In addition to CPR training, the Wellness Day includes speakers on other topics related to keeping your brain healthy, including how to keep your brain young and how to repair any damage you may have already done. There will also be fun walking tours, helmet fitting, and over 20 exhibitors. Please join us from 10 a.m. to 3 p.m. on Saturday, March 28, at the Middleburg Community Center. Doors open at 9:30 a.m. Admission is free, and you only need to sign-up if you are doing the CPR training - which we hope you will! See you there.

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PASTIMES

HIGHJACKED

SINCERELY ME



BRANDY GREENWELL

February marks my first year as a mother. If you are a regular reader, you know what's coming next: A list on what I've learned in my first year of motherhood.

Love has been redefined. My heart is so full that sometimes it aches with love.

I have learned to fall asleep with a heavy blink and have a fully functional day with little to no rest.

In my 45 years on this planet, I have never had more men come on to me as when I am pushing my children around in their stroller. It can't be the epically matted mom-bun that could stay up on its own or the mascara application that is well past its freshness date that attracts them. I figure it's because they know, for a fact, by evidence of my children that I put out.

I am strong. Like superhuman strong so that I could move a car with a pinky or hear a pin drop in Indonesia from my porch in Middleburg.

***Hey, You. Pssst. Exs-scuisse-meh! I'm

here to interrupt your regularly scheduled list-nonsense with a plea. This is Dixie, and I used to get all the attention before those little "Bean" things came around. Nobody knows the trouble I've seen. Nobody knows my sorrow.

Let me tell you the story... It was just me and my human for five years. Next, this tall dude and his dog moved in, which actually turned out ok because it brought more fun and a best friend. Then, about seven years later, my human started to get really fat, and when I laid on her belly, I knew that something was in there. Not like the bubbles of ice cream or stinky cheese, but something alive. We snuggled for months, oh how those were the happiest of days. Then all of a sudden, my human left didn't come home. I was really upset, but I got to talk to her every night, and after what seemed like forever, she came home with THEM. Now a year later, they're STILL HERE. What the actual frick?! Nobody ran this by me.

I mean, the good things are it rains food a lot, and there are extra hands to adore me, but it



is NOT the good 'ol days of me, me, me. Plus, it is exhausting ruling over more humans now. My bestie is really having a rough time though. They up and changed her name to "Dammit." They mostly call her that when she tries to be right underfoot when they are carrying one of those Bean things.

And what about these ducks? Several times a day, my human says "duck," and I just have to draw the line. We do not have any room for ducks here.

No matter how many times I wee on my human's clothes in protest, she doesn't get it. I think that attention to stealing Beans is here to stay. So if you're passing by, I am accepting adoration in the form of extra treats, please. Respectfully, Dixie (and Dammit can have some too, I guess.)

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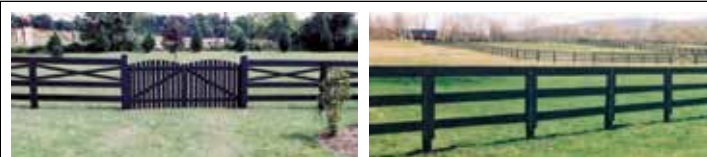
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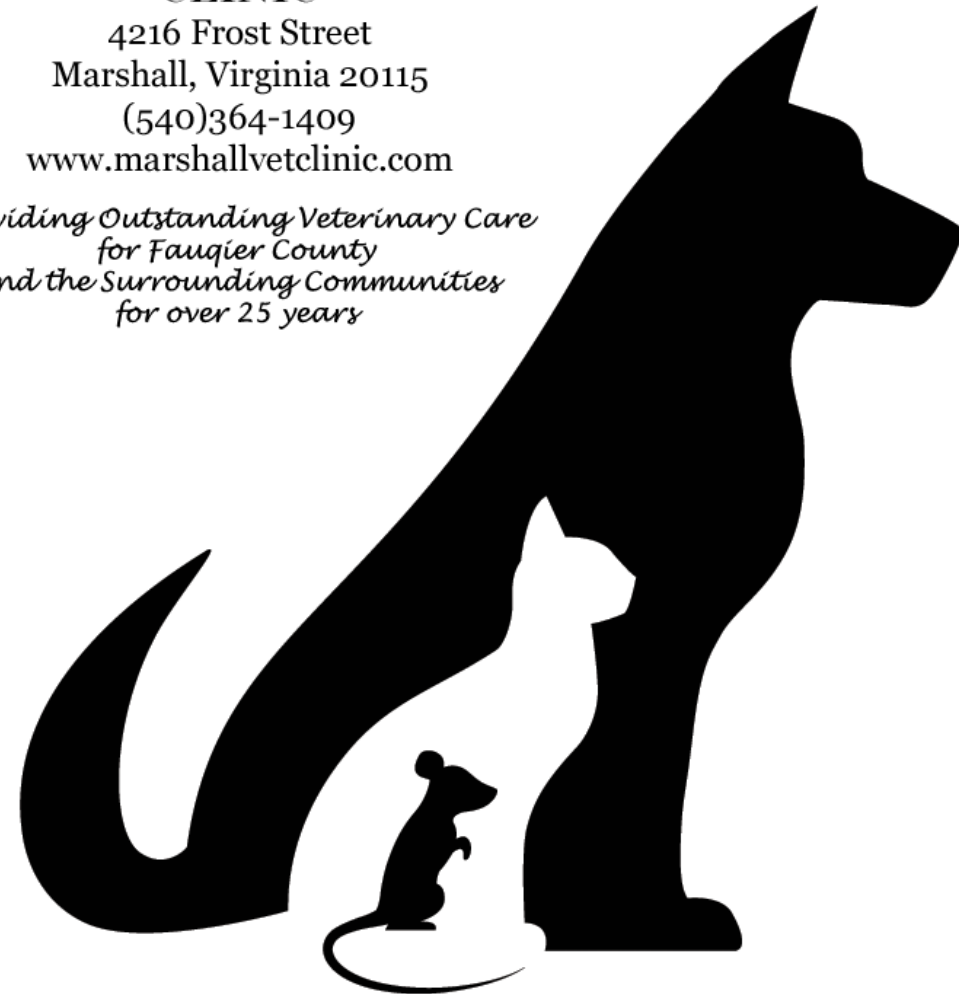
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OBITUARIES

JAMES P. BUSHROD

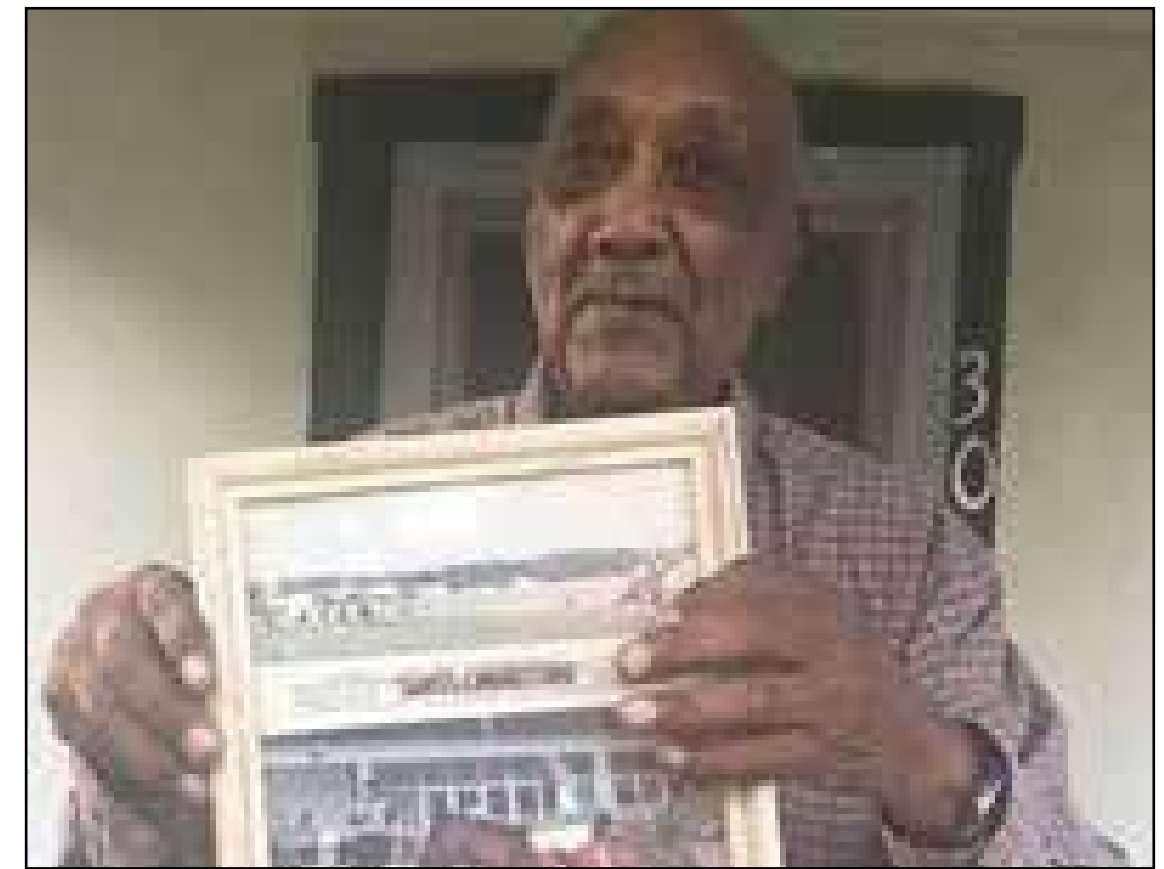
James P. Bushrod, 87, of Leesburg, formerly of Middleburg, VA died on January 22, 2020 at Heritage Hall Nursing and Rehab Center, Leesburg, VA. He was born on September 18, 1932 in Leesburg, the son of the late Clarence Bushrod and Rose Jackson Bushrod. On June 29, 1957, he married the late Irene Bushrod (Marshall), together, they shared 52 years of memories.

James worked as a horse groomer in Middleburg for most of his life. He loved working with the horses so much, which explains why he only retired a few years ago. He was also an avid fisherman.

James was the loving and

devoted father of Carleton N. Preston of Dumfries, VA, James F. Bushrod of Leesburg, VA, Sharon Anderson of Leesburg, VA, Arnisha Murillo and her husband Simon of Woodbridge, VA and the late Michael Bushrod, brother of the late Rose Helm, proud grandfather of 11 grandchildren and 23 great-grandchildren.

The family will receive friends on Saturday, February 1, 2020 from 11:00am until the time of service at 12:00pm at Royston Funeral Home, 106 East Washington Street, Middleburg, VA with Rev. Herman Nelson officiating. Interment will immediately follow at Solon Cemetery.



MARY OWEN LYON CHATFIELD-TAYLOR

On February 18, 2020, Mary Owen Lyon Chatfield-Taylor died at home in Lincoln, Loudoun County, Va. surrounded by her family. She was 100 years old.

Mary Owen Lyon was born on May 7th, 1919 (the day of the Treaty of Versailles), at Wester Ogle, a family house near Pikesville, MD, where her father had been born in 1883. The fourth of six children born to Moncure Nelson Lyon and his wife Marie Constance Bentley Lyon, Mary Owen and the family moved south to Loudoun County, VA, eventually settling at Black Oak Ridge, outside Purcellville. Her father was an electrical engineer who co-founded the Loudoun Light and Power Company, and brought electricity to Purcellville and most of Loudoun County. Once they had moved to Black Oak, he retired and took up dairy farming.

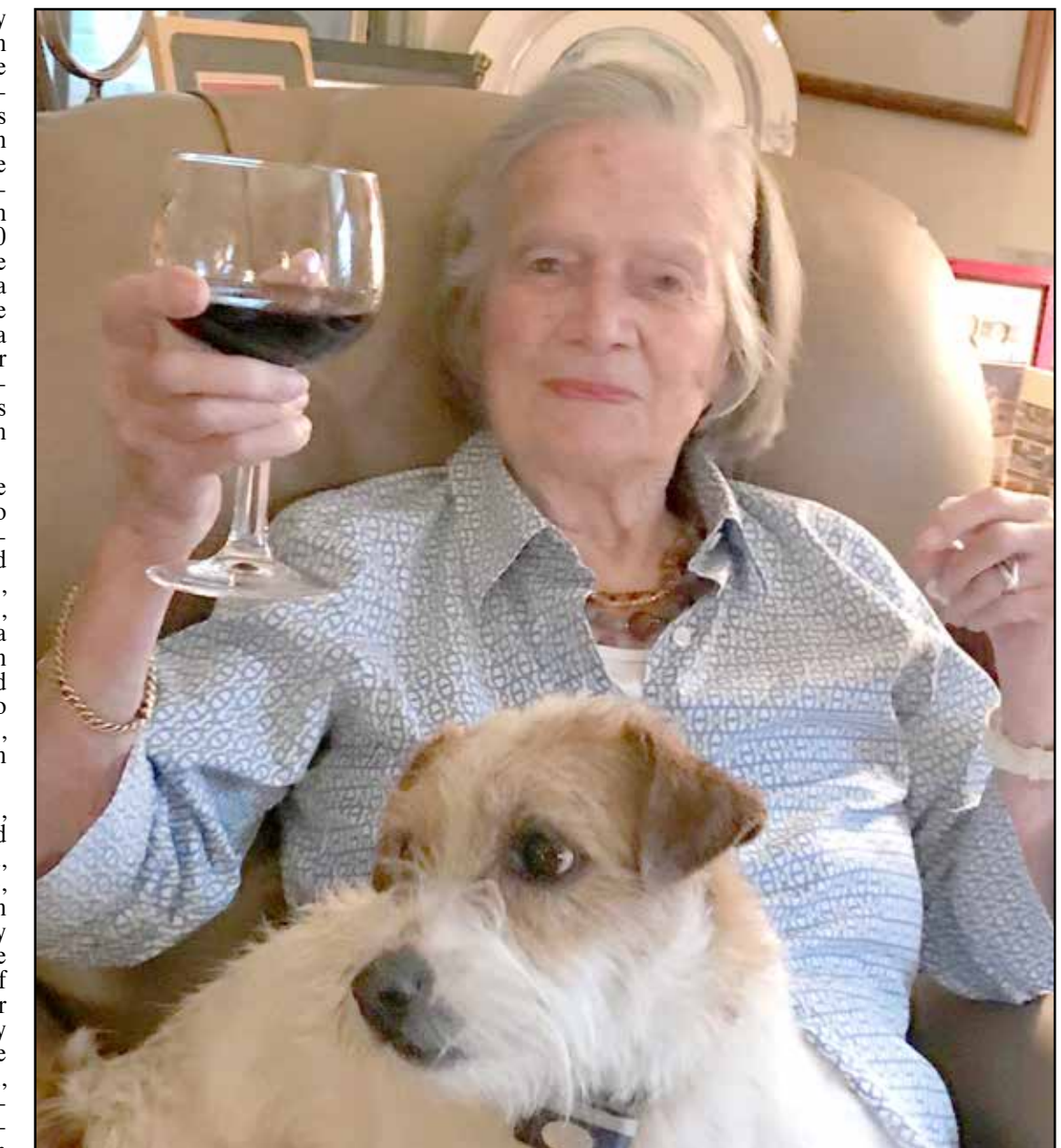
Mary Owen attended Purcellville Elementary School, and Leesburg High School before transferring to the Convent of the Sacred Heart, Noroton-on-the-Sound, Long Neck Point, CT, from which she graduated in 1937. She married Hobart Chatfield-Taylor of Lake Forest, IL, on 17 October 1942, at St. Francis de Sales Catholic Church in Purcellville. She was predeceased by her siblings, Marie Constance Lyon Chatard, Moncure Nelson Lyon, Fanny Nelson Lyon Whitman, Robert Bentley Lyon, and Anne Elizabeth Lyon Wertenbaker.

Mary Owen was a guide at Oatlands, a property of the National Trust for Historic Preservation outside Leesburg and then became part of Middleburg Real Estate, where she remained for over 30 years. Some of her clients remained friends for life.

She was also involved in many volunteer activities in Loudoun County, as a member of the Fauquier and Loudoun Garden Club, eventually serving as president, and thus following in the footsteps of her mother. She never missed the Loudoun Hospital Rummage Sale, at which she volunteered for more than 50 years, and for which, in 2019, she received the Golden Apron as a reward for her long service. She was part of a bridge club and a book club, both of which met for more than 50 years. She faithfully attended St. Francis de Sales Catholic Church, where early on she taught catechism.

For as long as she lived, she accepted offers of animals who had proven difficult in their rightful homes. Over time she rescued chickens, geese, rabbits, horses, ponies, deer, wild turkeys, cats, dogs, a baby pig, a skunk, and a Guernsey calf named Speck. In recent years, she had been visited regularly by two peacocks, who would stay a few days at a time, and then return to their rounds in Lincoln.

In the late 40s and early 50s, the Chatfield-Taylor family had brief residencies in Stamford, CT, and Waterford, VA. In 1954, the family moved to a farm in Lincoln, VA, where Mummy -- the name by which everyone knew her -- lived for the rest of her life. She is survived by her six children; Katharine Kingsley (son George Pomeroy (and wife Karen), and Archibald Johnston, jr. (and wife Wendy and daughter Taylor Jane), Adele Chatfield-Taylor (and husband John Guare), Wayne Chatfield-Taylor (and wife Susan Thomas), Mary Owen Chatfield-Taylor (and son William Moncure Psillas), Moncure Lyon Chatfield-Taylor (and daughter Adele Blow Chatfield-Taylor and son Moncure Mat-



thiessen Chatfield-Taylor (and wife Alexandra)), and Marie Constance Chatfield-Taylor (and sons John Van Etten Hardy III (and Abigail Cora Preston (and son Liam Preston Hardy)), and McEwen Chatfield-Taylor Har-

dy), plus twenty-five nieces and nephews. She will be buried in the family plot at Union Cemetery in Leesburg, VA. The funeral will take place at St. Francis de Sales Catholic Church, 37730 St. Francis Court, Purcellville, VA

20132, on Saturday, February 29th, at 2:00 PM. In lieu of flowers, donations may be sent to the Hamilton Volunteer Fire Department (hamiltonfire.org) and Blue Ridge Hospice (brhospice.org).

MBECC.COM

OBITUARUES

KAREN KLARE JACKLEY

Deported this life on Saturday February 15, 2020 at her home in Middleburg, VA.

Karen will always be remembered for her love of life, family, friends and animals.

She is survived by her daughters, Kimberly A. O'Donnell (Michael) of Middleburg, VA, Robyn L. Blocher, of Leesburg, VA and Megan Jackley Lanier (Gregg) of Seattle, WA; sister, Kristin Klare, of Warrenton, VA brothers, Herman H. Klare, III of Oakton,VA, Steve Klare (Karen) of Atlanta, GA and Brian Klare (Lisa) of Fredericksburg, VA; and a host of nieces, nephews, family and friends .

Date and time will be announced later in the spring for a celebration of life service including interment at Ivy Hill Cemetery, 8584 John S. Mosby Highway, Upperville, VA. 20184

Arrangements by LYLES FUNERAL SERVICE, Serving N. Virginia. Eric S. Lyles, Director. Lic. VA/MD/DC. 800-388-1913.



JOAN WEINBERG OBITUARY

On Saturday, January 25, 2020, Joan Marie Walsh Weinberg, loving wife of Peter H. Weinberg and loving mother of Tracey L. Weinberg, passed away at her home in Monkton, Maryland, following a long and courageous battle with cancer.

Joan was born on August 20, 1931, in Shenandoah PA, to Teresa and Harry Walsh. She attended Catholic school in Shenandoah and then received her degree in nursing from the Pottsville, Pennsylvania School of Nursing and began her career as a nurse at The University of Pennsylvania School of Psychiatry in Philadelphia and later as a campus nurse at Drexel University.

Upon marrying Peter and the birth of Tracey, the couple relocated from Philadelphia, PA to Baltimore, MD where they raised their daughter. After moving to Baltimore, Joan worked as an operating room nurse at Sinai Hospital and then a floor nurse and later a circulating IV nurse at Greater Baltimore Medical Center before retiring.

Joan shared her daughter's

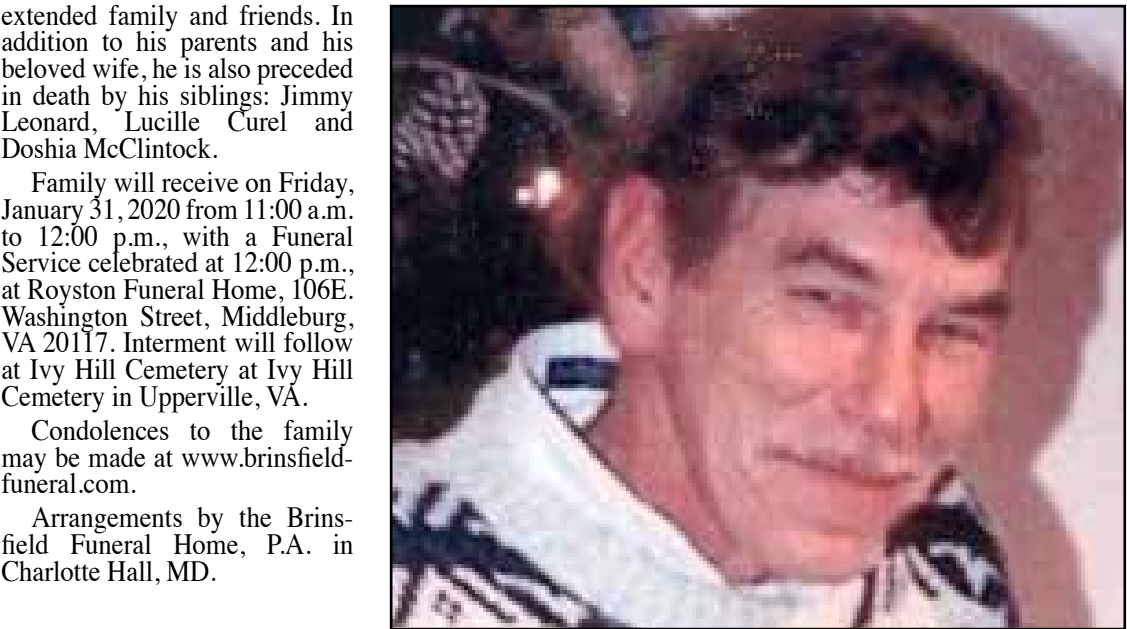


SAMUEL ALLEN LEONARD

Samuel Allen Leonard, 74, of Mechanicsville, MD, passed away on January 26, 2020 at his home.

He was born on February 24, 1945 to the late Samuel Whalen Leonard and Sarah Louise Downs.

Samuel spent over 52 dedicated years in the construction industry as a skilled carpenter for Anning Johnson. On June 29, 1981, he married his beloved wife, Dorothy Mae Leonard. Together they celebrated over 27 wonderful years of marriage before her passing in November 2008. His hobbies included gardening, fishing, throwing horseshoes, and playing cards. He was an avid Washington Redskin fan. He was very handy and enjoying fixing and tinkering with things



around his home. He and his wife enjoyed each other's company and liked to stay close to home, but did cruise to the Bahama's and enjoyed themselves.

He is survived by his stepchildren: Thomas B. Hanson III (Jennie) of Hollywood, MD, Ernest L. Hanson (Donna) of Mechanicsville, MD, John Hanson (Patricia) of Mechanicsville, MD, Rose Miller (James) of Solomon's, MD, Brenda Oliver (Le-muel) of Mechanicsville, MD, Charlotte Hardesty (Thomas) of Mechanicsville, MD, Nancy Hanson of Mechanicsville, MD, and Sherry Oliver (James) of Mechanicsville, MD; his brothers, William Leonard (Hazel) and Roger Leonard (Michelle); 25 step-grandchildren and 41 step-great grandchildren and extended family and friends. In addition to his parents and his beloved wife, he is also preceded in death by his siblings: Jimmy Leonard, Lucille Curel and Doshia McClintock.

Family will receive on Friday, January 31, 2020 from 11:00 a.m. to 12:00 p.m., with a Funeral Service celebrated at 12:00 p.m., at Royston Funeral Home, 106E. Washington Street, Middleburg, VA 20117. Interment will follow at Ivy Hill Cemetery at Ivy Hill Cemetery in Upperville, VA.

Condolences to the family may be made at www.brinsfield-funeral.com.

Arrangements by the Brinsfield Funeral Home, P.A. in Charlotte Hall, MD.

ANNE LITTLETON BRENNAN

Anne Littleton Brennan, age 79, of Warsaw, Virginia passed away peacefully, December 22, 2019.

Anne was born in Washington, D.C., on September 26, 1940 and grew up in Middleburg, Virginia. She attended The Hill School and graduated from St. Margaret's School in Tappahannock, Virginia. She continued her education in Bern, Switzerland.

Anne was formally married to Dudley Pomeroy Felt, Jr. on October 9, 1961. She and Dudley had two sons, Dudley Pomeroy Felt III and Kenneth Clarke Felt. She raised her sons in Darien, Connecticut.

Anne married her second husband, Bernard J. Brennan on June 30, 2001 in Middleburg, Virginia and they moved to a retirement community in Easton, Maryland where they lived until his death in 2014.

While living in Darien, Anne worked for The Gene Reilly Marketing Group. She later moved from Darien and relocated back to Virginia and worked for Riggs Bank in Washington, D.C. She volunteered her time to countless charities, but her most rewarding was volunteering for the Easton Hospice, while living in Maryland.

Among Anne's many interests, she loved to entertain family and friends, interior design and needlepoint. She was a talented vocalist and loved all kinds of music, always the first on the



dance floor and the last one off. What Anne enjoyed most, was being Mom, Nana and Aunt to her sons, grandchildren, nieces and nephews. As a mother, she instilled many virtuous qualities but the one that stands out the most was to be kind.

Anne is survived by her son Dudley and his wife Nelda. Her son Kenneth and his wife Christine. Her grandchildren Morgan, Meredith, Taylor, K.C., Hunter and Ryan. Her brother Trowbridge Littleton and his wife Margaret. Her niece Camden Littleton and nephew Trowbridge Littleton. Her first cousins Anne Tayloe Neuman and husband Thomas, Gwynne Tayloe, William Tayloe and wife Julia, Courtney Tayloe Altaffer and countless cousins.

Anne is predeceased by her second husband Bernard J. Brennan, her parents Frank Campbell Littleton, Jr. and Rosalie Montague Turner, her brother William Montague Grasty and her aunt Polly Montague Tayloe and husband Gwynne.

A Burial Service will be held at 11:00, April 4th, 2020 at Emmanuel Episcopal Church Cemetery in Middleburg. Reverend Eugene H. LeConteur of Emmanuel Episcopal Church will be officiating.

In lieu of flowers, please make contributions in memory of Anne Littleton Brennan to the Dementia Society of America by mail PO box 600, Doylestown, Pa. 18901 or www.DementiaSociety.org/donate.

RICHARD GAINES STOKES

Richard Gaines Stokes Jr, age 86, passed away peacefully on Thursday, January 9, 2020.

Born in Lynchburg, Virginia on January 30, 1933 to Richard Gaines Stokes and Mary Douglass Off, Richard spent his life in the Commonwealth where he could not work a day without whistling and could not attend a party without his infectious laugh being heard by all.

Always industrious, Richard worked as a USPS mail carrier and as a technician for a radio company during summers before college. Graduating from UVA in 1955, Richard joined the army, where he served as a Captain in the Signal Corp. A lifelong engineer and entrepreneur, Richard co-founded several technology companies including Aspheronics (night-vision instruments), Chorus Data Systems (image data processing), and Cuneiform



(electronic typesetting).

Operating out of Shenstone Farm in Leesburg, Richard was a thoroughbred breeder for the Saratoga sales in the 1970s and 1980s, where he long held the record for a yearling filly. A consummate horseman, Richard was a Whip for the Loudoun Hunt and can still be spotted wearing a scarlet coat during a hunt scene in Alfred Hitchcock's film *Marnie*.

Married to Diana Johnson of New Brunswick, NJ from 1959 to 1973, Richard is survived by his children Lorna, Chris and Cricket (Diana) and 6 grandchildren: Charlotte, Madelyn, Lilly, Grace, Ben and Will. Ellen Waterman, his loving companion of many years, saw him through to the end.

There will be a reception at Cox Hall, Trinity Episcopal Church in Upperville, Va. at 12:00 on February 1.

EDITORS DESK

LETTERS@MIDDLEBURGECCENTRIC.COM

HEALTHCARE FOR ALL

RED

ROB KOGGAN

180 million of us are satisfied with the private healthcare coverage we enjoy, but for the greater good we will be asked (forced) to allow the government to take over its administration. However, the inherent flaws of government with no incentives or accountability, have driven to bankruptcy every entitlement or service they run - Medicare, Medicaid, social security, the post office, etc. Obamacare's estimated cost was a pittance compared to the projected cost of a total government takeover, but after five years a study found that its administrative costs "exploded". One of its authors, a proponent of single payer, said "This number... is shocking even to me. It's almost one out of every four dollars is just going for bureaucracy". Experience foretells Medicare for all (MFA) will be ruinous in economic and human cost.

MFA cost estimates from left and right private think tanks range from \$2.4-\$3.4 trillion per year. For perspective last year the federal government collected \$3.64 trillion in taxes from all sources and the CBO projects collection of \$46 trillion in total over the next decade indicating taxes will need to be increased 70% from today's levels. Sanders' massive

tax increases on the successful to over a 50% top rate, will only cover half the needed revenue according to Leonard Burman former top CBO and Clinton tax official. Sanders is also proposing a new government healthcare "premium" (payroll tax) of 8.4% split 75% to employers and 25% to employees. MFA will still be underfunded. Just these new taxes alone will be economic crushing burdens.. Yes people won't be paying for private insurance any more, but while the left leaning Urban Institute projects potential savings for lower and middle income families and employers might amount to about half of the projected costs, the balance will come from "Higher income people who will likely face the greatest increases in taxes, meaning their new tax burdens will likely exceed their savings". A dissenting Emory University study by a former Clinton HHS assistant secretary projects that under single payer 70% of working privately insured households will pay more in new taxes than they will save in premiums. Fiscal critics of Obamacare said from the beginning that spending provisions would prove "durable and irreversible" but offsets without bipartisan support would fail. Gone are the Individual Mandate Tax, the Cadillac Tax, etc. .The

loss of these punitive revenue streams, plus cost overruns, have obliterated the original ACA cost estimates. In 1965 when Medicare itself was created it was projected to cost \$12 billion in 1990, the actual cost was \$90 billion, adjusting for inflation they were still wrong by nearly 100%. Are we to bet it won't happen again?

In human cost all MFA plans have one critical element in their assumptions, cost savings. Currently Medicare rates average about 30 to 40% lower for doctors and hospitals respectively than those paid by private insurers. HHS projected in 2019 81% of hospitals lose money treating Medicare patients thus MFA would cause them to lose money on at least 81% of all patients. How long do you think that will go on especially in already underserved rural communities. What do you think will be the impact on the availability of doctors. Who will take on well over \$200k of student loan debt facing government takeover of their (collapsing) potential income stream. Even without MFA the AAMC projected a shortfall of 50k-120k doctors by 2030. Another survey in 2016 by SERMO, the largest healthcare professional polling company, found that just 57% of doctors accepted

obamacare patients, that's was down from 61% in 2015 and 76.5% in 2014. Add to this that 46% of US doctors are over 56 years old, and nearly half already won't accept government insured patient's, what will 100% government patients do to previously "near" retirement ranks. Everyone would have the ability to get healthcare on demand and they will have no skin in the game (copay, deductible, etc) to stop them, what will that do to overall wait times and accessibility. A Survey in 2017 showed that from 2014, when obamacare was finally fully ramped up, to 2017 new patient appointment wait times in our largest cities rose from 18 to 24 days, an all- time high. An interesting aside the worst wait for large cities in the country was Boston, 52.4 days, which enjoys a template for obamacare called Romneycare. Since we are talking about a democratic win to implement MFA, it would be shortsighted not to include 20 million plus "undocumented citizens" and open borders in considering the impact on our healthcare system's demands. The law of supply and demand can't be ignored. A diminishing supply of doctors and exploding demand for their services can only lead to rationing. When you truly need a doctor you need a doctor, now

the government will decide who goes first or at all? I'll close with the thoughts of the architect of Obamacare, Dr. Ezekiel Emanuel in his "Complete Lives System" published as "Principles for the Allocation of Scarce Medical interventions" in the medical journal Lancet: "Such an approach accepts a two-tiered health system-some citizens will receive only basic services while others will receive both basic and some discretionary health services.... Conversely, services provided to individuals who are irreversibly prevented from being or becoming participating citizens are not basic and should not be guaranteed. An obvious example is not guaranteeing health services to patients with dementia." "Strict youngest-first allocation directs scarce resources predominantly to infants. This approach seems incorrect. The death of a 20-year-old woman is intuitively worse than that of a 2-month-old girl..... "When implemented, the complete lives system produces a priority curve on which individuals aged between roughly 15 and 40 years get the most substantial chance, whereas the youngest and oldest people get chances that are attenuated." Is this the hoped for socialist solution we are all expected to embrace?

LETTER FROM THE PLAINS

ANTHONY WELLS

The ongoing situation between the United States and Iran, and the shooting down by Iran of the Ukrainian airliner bound for Kiev, shortly after take off from Tehran International airport, raises not just issues about the Middle East situation, Iran sponsored violence in Lebanon, the Yemen, Iraq, and elsewhere, but wider fundamental issues. The latter relate to the maintenance of international order, and the ways in which the progressive democratically aligned states have sought to keep the world away from another World War Two, or very worst case nuclear Armageddon. Let's stand back and take a brief overview. Readers are very familiar with the creation of the United Nations (UN) in 1945, established as an assembly of all the world's nations as an international peacekeeping organization and a venue for resolving conflicts between nations. It replaced the ineffective League of Nations that had failed to prevent the Second World War. The UN has spawned many well known subsidiary organizations, including the General Assembly, the Security Council, the World Health Organization, the World Bank, the International Monetary Fund, the United Nations High Commissions for War Crimes, Refugees, and Crimes against Humanity, UNESCO, UNICEF,

the Food and Agricultural Organization, and several others not so well known such as the International Atomic Energy Agency (the IAEA, remember their role in the lead up to the Iraq invasion in 2003), the International Maritime Organization headquartered in London, the International Telecommunication Union, and several more too numerous to name here, all staffed by the UN Secretariat dispersed between New York and various European capitals, such as the IAEA in Vienna, Austria and several other subsidiary locations around the globe. The United Nations second largest office after New York is in the Palais des Nations in Geneva, Switzerland (the International Red Cross is headquartered nearby). Of great significance for our discussion is the International Court of Justice, headquartered at The Hague, in the Netherlands. The UN's founding was followed in 1949 by the creation of the North Atlantic Treaty Organization (NATO), a more regional alliance of the World War Two Victors, joined later by multiple other European nations, and created to face the challenges of the Soviet Union and its Warsaw Pact allies. Since the demise of the Soviet Union many of the former Soviet satellite nations have joined NATO and of course Germany has been reunited as one nation. Please bear in mind two factors as we progress over the next

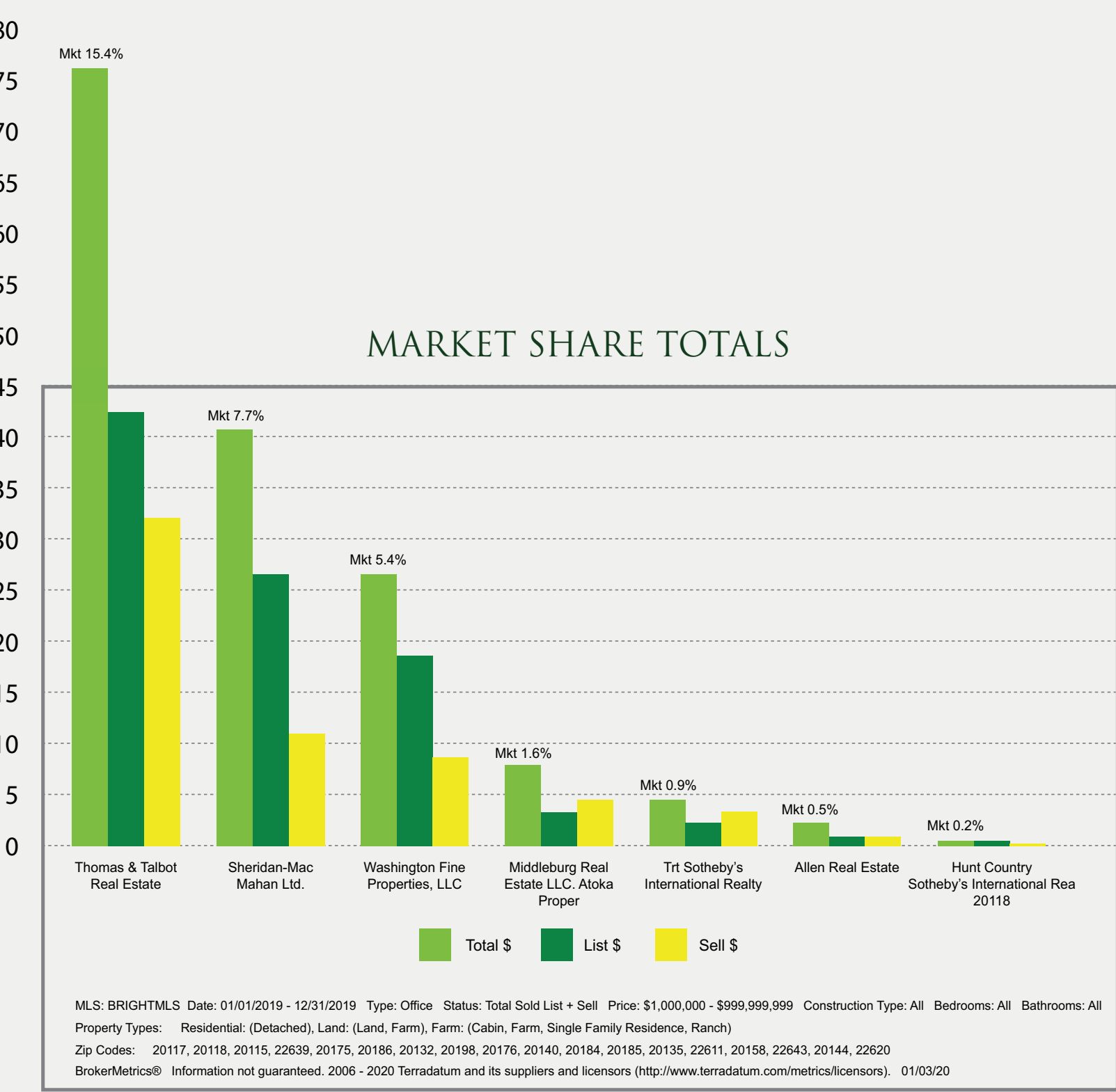
month or so. The International Military Tribunal at Nuremberg, Germany in 1945 was created under what was considered international law (by agreement of the victorious powers) to try those political, military, judicial, and economic German leaders responsible for the Holocaust and other major war crimes. A relation of my mother's was a British judge at Nuremberg, Sir Norman Birkett. The Tribunal tried 24 of the worst of the NAZI leadership. The crimes were tried "Post facto", or after they were committed under new rules of war and crimes against humanity. New standards and new procedures were set at Nuremberg, some of which were criticized here in the United States by persons such as Robert A. Taft, a Senate Majority Leader and son of William Howard Taft. The Geneva Conventions comprise four treaties and three additional protocols that establish the standards of international law for humanitarian treatment in war. The 1949 Geneva Agreements updated the two original 1929 Agreements. The singular term "Geneva Convention" denotes the 1949 Agreements. The other key factor is that the UN has passed over the decades a lengthy series of international binding UN Resolutions, the most significant of which for our discussion will be UN Resolution 242, adopted unanimously by the UN Security Council on

November 22, 1967 following the Six Day June War of 1967 between Israel, Syria, Egypt, and Jordan. We'll come back to this Resolution in a later Letter. Let's fast forward to 1972-74 and I am a Senior Lecturer and Tutor in the uniform of first a Royal Navy Lieutenant, and then Lieutenant Commander, promoted in September, 1972, at the Royal Naval College, Greenwich, London (A UNESCO World Heritage site). To mark in 1973 the 100th Anniversary of Greenwich as the naval college for senior officer training (originally built between 1696-1712 by Sir Christopher Wren as the Royal Hospital For Seamen) we had the first ever conference on the "International Law of the Sea", given that no such formal body of law existed under the remit of the UN or any entity. The Admiral President designated me the coordinator for the distinguished outside speakers and guests, the most significant of whom, at least from my perspective, was the Auckland, New Zealand born Professor Daniel Patrick O'Connell (1924-1979), the Chichele Professor of Public International Law at Oxford University, undoubtedly the world's leading authority at the time on the law of the sea in the 1970s until his untimely death at an early age in 1979. His posthumously published "The International Law of the Sea", published by Oxford in 1982 remains with

his many international law publications the lead references in this domain. I remained close to him until his death. The Royal Navy supported and funded my legal training, part time with my naval duties, on admission to Lincoln's Inn in 1975, and I am a Barrister of that Inn, called to the Bar of England & Wales, with a consistent interest in international law. The 1973 Conference at Greenwich was a prelude to the movement that led to the United Nations Convention of the Law of the Sea (UNCLOS) that became effective on November 16, 1994, with 157 signatories and 60 ratifications. Readers should note that the United States has recognized UNCLOS as a codification of "customary international law" but it has not ratified it. Next time we will delve deeper into this and where the United States stands regarding the International Court of Justice, the International Criminal Court and the implications of all this to US international relations, diplomacy, and the current problems that we as a nation face in maintaining international order, not just at sea, but across the whole spectra of international relations, and specifically in East Asia, the Middle East, and the increasing use by Russia and others of asymmetric means of conflict, including cyber attacks and media control and manipulation. These issues directly affect us all.

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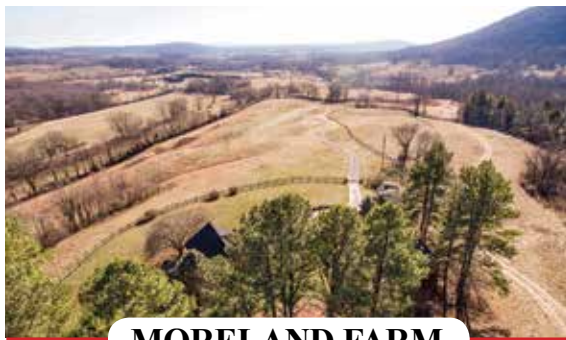




HUNT COUNTRY ESTATE

Bluemont ~ Just north of historic Middleburg, this country estate is over **104 acres** of lush pastures and has gorgeous mountain views. The manor house is approx. 9000 sq. ft. The picturesque spring fed pond, sparkling pool and spa, guest house and apartment over the four bay garage are all in pristine condition. 6 stall stable and multiple fenced paddocks complete this idyllic setting – making this one of the finest country estates in all of northern Virginia. **\$5,700,000**

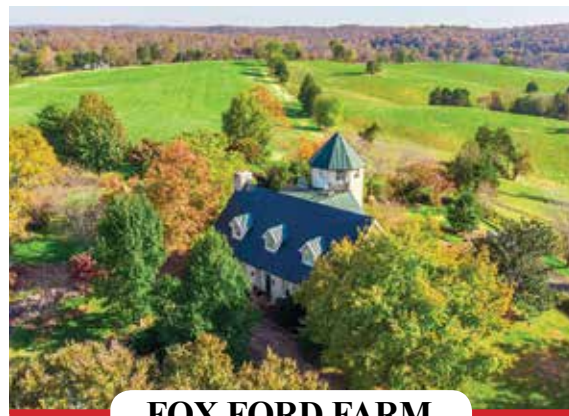
Mary Ann McGowan 540-687-5523



MORELAND FARM

Delaplane ~ Spectacular Views!!! The entire property features approx. **250 acres in 2 parcels**. The primary parcel of 142 acres features the 3 BR/3 BA stone home accessed from Moreland Road, 2 tenant homes and numerous supporting structures including a large 5 bay machine shed. The secondary parcel of 107 acres is on the opposite side of Moreland Road, and currently offers a 2 BR tenant home with potential to build an additional primary dwelling. The 2 parcels may be purchased in total or separately, neither of which may be further divided. **\$2,426,000**

Rebecca Poston 540-771-7520

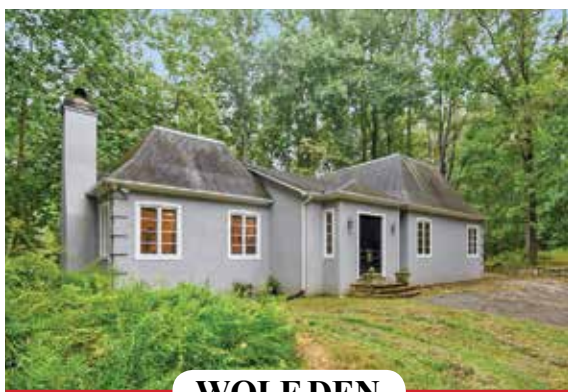


FOX FORD FARM

Jeffersonton ~ Unique 4 BR country house with pool and out-buildings. One and 1/2 mile of Rappahannock river frontage. Open, rolling fields. Investment, horse farm, brewery, B&B, or winery potential. All around views, flowering gardens, privacy and peace. 15 minutes to Warrenton.

\$1,991,000 on 239+acres or \$1,443,000 on 142 acres

Rein du Pont 540-454-3355



WOLF DEN

The Plains ~ Nature lovers Paradise! Custom built in 2007, the French Style Country home sits high overlooking Little River and tree tops, absolutely serene. This home provides privacy and security including gated entrance and cameras around home and 4 stall barn with 1 bedroom apartment. The 18.67 Acres are in 2 parcels, the home and barn on 17.05 Acres and additional vacant 1.62 Acre Parcel. Orange County Hunt Territory. **\$1,550,000**

Rebecca Poston 540-771-7520



WILLOWCROFT

Marshall ~ A traditional country home on the outside with a sophisticated, contemporary design within. 3-4 BRs, 2.5 BAs w/ open Kitchen, Dining Room with original stone fireplace, Living Room with built-ins, bay window and fireplace. Separate Office/Den or 1st Floor Bedroom. New roof, new windows & 4 sets of French doors. Flooring includes blue slate, Carrera marble & hardwoods. Large open flagstone terrace. **\$960,000**

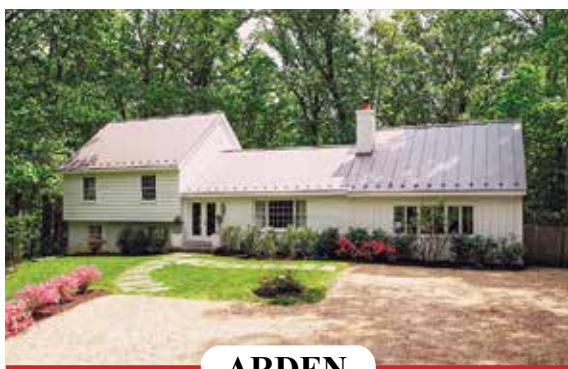
Cricket Bedford 540-229-3201



CHURCH & COTTAGE

Upperville ~ Extraordinary property with 2 separate buildings, a beautifully renovated historic Church (circa 1825) with vaulted ceilings & stunning architecture, plus an absolutely charming studio cottage with full kitchen, sitting area and a full bath. The original Church is currently used as an office, (Includes 1500 Sq.Ft.) but has multiple possible uses with Village Commercial zoning in place. The cottage boasts high ceilings, gleaming wood floors and every amenity as a perfect rental, or residential living quarters (Approximately 960 Square Feet). Both are in pristine condition, with stunning decor. The manicured grounds have gorgeous landscaping, ample parking and magnificent views of the countryside from the spacious rear yard. **\$825,000**

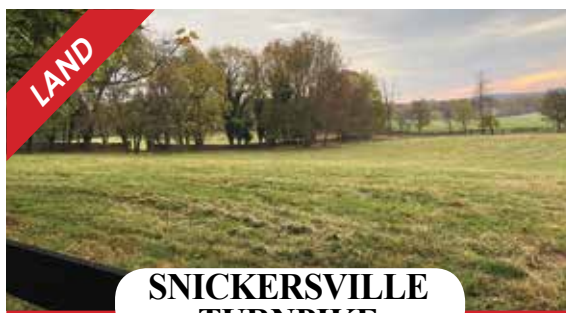
Mary Ann McGowan 540-687-5523



ARDEN

Marshall ~ Renovated home on **5+ wooded acres** surrounded by protected land. Contemporary design with an open floor plan. 4 BR/3 BA, formal Dining w/fireplace, Living Room w/fireplace, exposed beams and brick, new Kitchen. Master Suite has lux Bath, private terrace & unique glassed-in storage room. New roof, bathrooms, hardwood & ceramic tile floors, extensive landscaping. Open deck along entire back of the house. Easy commuter location just minutes to Marshall and I-66. **\$799,000**

Cricket Bedford 540-229-3201



SNICKERSVILLE TURNPIKE

Purcellville ~ Very special and hard to find lot with wonderful mountain views on **15+ acres**. Level lot, easy to build on and no clearing of trees. Has excellent board and stone wall fencing completely around the property. Stone wall and tress divide pastures. No Hoa. Only restriction is house be built on back lot, which is most ideal spot to begin with. Multiple wells in place. Seller has started drain field work and located couple of 4 bedroom perc sites. Property fronts on Snickersville and Black Oak Rd. Truly a beautiful property, no house size restrictions. Perfect for horses or other animals. **\$425,000**

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LOCAL TASTE

Upperville ~ Located in the heart of the village of Upperville is this iconic fieldstone building that has been operating over the last 5 years as a wine tasting room for a local vineyard. Property has been fully renovated with professional landscaping, new flagstone walkways & terraces, covered rear patio, walled parking area with an electric charging station, new septic system & storage shed. Come see the many possibilities. Ready for your next venture! **\$325,000**

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