

KEEP SAFE AND WELL

TOWN OF MIDDLEBURG – HOW WE ARE ADDRESSING COVID-19



PHOTO BY DEE DEE HUBBARD

BRIDGE LITTLETON, MAYOR

On behalf of the Town of Middleburg, we wanted to reach out to provide some information for everyone on our current efforts to address the corona virus and its impacts to our community. First and foremost, we want to assure everyone that the safety and well-being of our citizens and our businesses is and will be our highest priority. We are closely monitoring the situation each day and working directly with Loudoun County, the Virginia Department of Health, the other Towns, and our State and Federal representatives. This focus is to ensure we are doing our part to stop the spread of this virus and getting the support we need from those government agencies for our community.

The most important thing we all must do to stop the spread and of this virus and defeat it is to heed the directions of the health professionals. Vigorously practice strict social distancing, wash hands regularly and avoid crowded places. To this end, we have put in place Town guidance detailing how to protect against transmission of the virus, including hand-washing protocols and enhanced cleaning of high-touch areas in our offices. Also, we have added a Corona Virus Updates page to our town website for all the latest information. Link: www.middleburgva.gov/AlertCenter.aspx

We are all concerned for business community, many of whom are small and family run, which is being hit extremely hard by the impacts of this virus. As we practice social distancing, please remember that Middleburg is open for business in a slightly different fashion: Shop Locally, Virtually!! Most of our shops have an online presence, so before you browse Amazon, take a look at our many local stores for what you may need. They can ship it, hold it, do curb side and some even deliver. Please support our restaurants as well through eating in with by taking out. Each restaurant offers take

out service, and several deliver. To make it easier, the Town website has a complete listing of all businesses and restaurants with links and contact info, and an additional "Support Local" page for delivery and service options has just been created. Every dollar you spend here will help our hard-working business owners and their employees. (and don't forget to tip!!!)

Additionally, the Town remains open and will continue to provide all essential services such as policing, water/sewer, trash collection, etc. While we are in the office, to protect our staff and the public we have moved to online and phone service as much as possible. Should you need anything, please call the Town office first for any assistance, 540-687-5152. If you need to come in, we will accommodate it as best we can.

From a support perspective the Council and our staff are working hard on assistance programs we could implement to help our citizens and businesses. For example, with utility bills, we will move later this week to suspend any water or sewer cut off or the application of any late fees for a period of 60 beyond the due date of the next bill. This will apply to residents and businesses. These options will all be reviewed at the next Council meeting at 6pm on March 26th and we encourage the public to watch live on our website at <https://www.middleburgva.gov>. We will keep everyone informed as we implement these and other support programs.

For those who have contracted or know someone who has contracted the virus, we wish you a speedy and safe recovery; and we express our deepest sympathies to those who have lost a loved one to it. Our thoughts and prayers are with each of you.

These will be trying times over the next weeks and months, but we will weather this storm, together, and emerge even better than before. What has always made our Town and community so special is our shared sense of place and our determination to help for one another. We are here to help in any way we can so please do not hesitate to contact on any of us, for anything. Please keep safe we will get through this challenging time and be chatting it up at the Post Office again very soon!!

MENTAL WELLNESS PRACTICES DURING COVID-19

FULL STORY ON PAGE 6

23595 WINERY LANE
MIDDLEBURG, VA 20117
GREENHILLVINEYARDS.COM



FALL/WINTER HOURS
OPEN DAILY: 12PM TO 6PM

GREENHILL VINEYARDS



PRIVATE EVENTS

Choose from our Barrel Room, Mini Bar, Club House, or Conference Rooms.

CELEBRATIONS

Book your next wedding or rehearsal dinner with the assistance of our experienced events team.

HORSES

Book a carriage ride or miniature horses for your next celebration.

NEWS OF NOTE

SENATOR JILL H. VOGEL - LEGISLATIVE UPDATE

Virginia has been overwhelmed by the devastating impact of the COVID-19 virus and our office has attempted to respond quickly to anyone with questions or needs. Our Senate office will remain open to provide support to constituents. Our number one priority is to keep people well. We are also very sensitive to the impact that this is having on families, individuals, businesses, and our local governments. We continue to communicate with the Governor and other state and federal agencies to determine how best to provide support.

Most questions we receive are about public gatherings and how businesses must function. Governor Northam directed Virginians to avoid non-essential gatherings of more than 10 people. This restriction does not apply to normal operations of essential services such as transportation services, grocery stores, pharmacies, manufacturing, or medical facilities. Individuals with chronic health conditions and 65 and older remain advised to self-quarantine. Consult vdh.virginia.gov for information about the virus and updated numbers on the outbreak here. Also, please be aware of the following recent announcements:

Department of Motor Vehicles - All of Virginia's DMV offices are closed. Online services will remain available, and anyone needing to renew a license or vehicle registration may do it online. For those who cannot renew online, or who have a license or registration that expires before May 15th, the DMV will grant a 60-day extension.

Virginia State Courts - From March 16th to April 6th, all district and circuit courts have stopped non-essential, non-emergency court proceedings unless there is a specific exemption. This includes a prohibition on new eviction cases for tenants who are unable to pay rent as a result of COVID-19.

Utilities - The State Corporation Commission ordered utilities (natural gas, electric, and water companies) to suspend service disconnections for 60 days to provide immediate relief for customers who may be financially impacted by the virus.

Prisons and Jails in Virginia - Visitation is currently cancelled at all facilities. Off-site video visitation is still available. A dedicated COVID-19 public information line with an updated, recorded message is operational. The phone number is (804) 887-8484.

Employers affected by current changes - Virginia activated regional workforce teams to assist employers that slow or stop operations. Employers will not be financially penalized for an increase in workers requesting unemployment benefits. The Governor is authorizing rapid response funding through the Workforce Innovation and Opportunity Act for employers eligible to remain open during this emergency.

Workers impacted by current changes - The Virginia Employment Commission will waive the one-week waiting period to ensure that workers receive benefits as soon as possible. Workers may be eligible to receive unemployment benefits if an employer needs to temporarily slow or cease operations due to COVID-19. If a worker has been issued a notice to self-quarantine by a medical official and is not receiving paid medical leave from their employer, they may be eligible to receive unemployment benefits. A worker may be eligible for unemployment benefits if they must stay home to care for an ill family member and are not receiving paid family medical leave. Affected workers receiving unemployment insurance will receive special consideration on deadlines, mandatory re-employment appointments, and work search requirements.

2020 Legislative Session - The legislative session ended two weeks ago. The House and Senate considered 3,910 bills and resolutions, with 2,218 passed and sent to the Governor for action. The bills make broad changes to energy, criminal law, transportation, public safety, education, healthcare, agriculture, and employment laws among others, with the most significant being the passage of the state's two-year budget. We will return in April for the Veto Session and may reconvene for a special session to address the impacts of the COVID-19 virus.

I am pleased that my bills passed with overwhelming bipartisan support, the majority passing 40-0. I appreciate those in our community who traveled to the Capitol and were so critical in their success. Bills include:

- SB 531 Workers' comp coverage for certain cancers for firefighters and first responders;
- SB 540 Reporting unprofessional conduct of health professionals;
- SB 541 Revising Middleburg's town charger;
- SB 556/557 Traffic calming on U.S. Route 17;
- SB 561 Workers' comp for firefighter and law-enforcement officer PTSD;
- SB 633 Licensure of music therapists;
- SB 687 Cyclist highway safety;
- SB 689 Expanding ABC special event privileges for localities;
- SB 903 Hospital screening for substance use-related emergencies;
- SB 904 Higher ed stakeholder group to improve dyslexia, literacy training;
- SB 913 Opioids disposal for home hospice;
- SB 1039 Tax rebate for solar energy and recycling equipment; and
- SB 1040 City of Winchester school board compensation authority.

I also introduced measures that passed in the budget, including funding for Winchester Public Schools Innovation Center; Laurel Center Women's Shelter and intervention for sexual/ domestic violence; Winchester Armory/ Shenandoah University/ Lord Fairfax Hub for Technology and Entrepreneurship; and raises for teachers among others.

Overall the budget includes a balance of Rainy Day Fund and cash reserves of \$2.1 billion. Other highlights are increased funding for personal care workers, nursing homes and developmental disability waivers - increasing 1,385 waiver slots over 2 years; increased funds for Water Quality Improvement Fund and Soil and Water Conservation Districts; \$1 billion for highway construction, transit and passenger rail; 4% teachers raise over 2 years; 3% state employee bonus, 3% salary increase in the second year; state supported local employees 2% bonus first year, 3% raise in second year; state police 2% raise first year, 3% raise in second year; and overall the budget reduces the amount of state-authorized debt by \$528 million. The budget was built on careful forecasting and substantial cash reserves, all of which must now be revisited given the economic impact of the coronavirus that hit just as we concluded the budget. Much of what we did may have to be revised.

These are challenging times for all Virginians. Our office is available to help. If you need assistance, please email jillvogel@senate27.com.

Paid for and Authorized by for Senate
45 North Hill Drive, Suite 100
Warrenton, VA 20186
follow Jill on Facebook, Twitter and Instagram Updates

Jill **VOGEL**

Middleburg
Eccentric

P.O. Box 1768
Middleburg, VA 20118
540-687-3200
news@mbecc.com

Editor In Chief
Dee Dee Hubbard
editor@mbecc.com

Production Director
Jay Hubbard
jay@mbecc.com

Publisher
Middleburg Eccentric LLC



Jump into Spring at the 100th Running of the MIDDLEBURG SPRING RACES NEW DATE: SATURDAY, MAY 30, 2020

Glenwood Park Racecourse
Middleburg, VA
Post Time 1:00pm



Get your tickets today!
MiddleburgSpringRaces.com
540-687-6545

THANK YOU TO OUR SPONSORS AND PATRONS:

The Family of J. Temple Gwathmey
The Grassi Family
Virginia Equine Alliance
Sonabank
DePont Wealth Management
Jacqueline Ohrstrom

Merrill Lynch Private Banking and
Investment Group
Woodslane Farm
Middleburg Financial
Ferrari of Washington
The Wiley Family
Salamander Resort & Spa

Visit Loudoun
The EMO Agency
The Piedmont Environmental Council
The Town of Middleburg
Middleburg Life
Cantrel Couture
Highcliffe Clothiers

NEWS OF NOTE HORSE-CRAZY: SPRING SEASON OF EQUESTRIAN EVENTS ON HOLD



PHOTO BY LAUREN R. GIANNINI - MAIDEN TIMBER WINNER ARMATA STABLES' HIGHWAY PRINCE SETS THE PACE ON THE INSIDE, TRACKED BY THIRD-PLACED EASY EXIT, OWNED AND TRAINED BY LARRY LEVY, RIDDEN BY EMME FULLILOVE IN YELLOW AND WHITE SILKS.

LAUREN R. GIANNINI

Because of COVID-19, cancellations and postponements have pretty much cleared the spring calendar. After Rappahannock and Warrenton races, the Virginia Point-to-point season came to a halt.

Piedmont Fox Hounds cancelled their races and Hunter Pace on March 21; ditto, Orange County Hounds' Hunter Pace Event and their races on March 28 and March 29. Old Dominion Hounds cancelled their races on April 4, but stay tuned because ODH might run September 12. Loudoun Hunt cancelled their races on April 12.

Cancelled Hunter Pace Events include Old Dominion, April 5; Rappahannock, April 11; Blue Ridge Hunt, April 18; Warrenton, April 19, and Loudoun Fair-fax Hunt, April 25.

Blue Ridge Hunt Point-to-point on April 19 has rescheduled to September 19. Middleburg Hunt races at Glenwood Park on April 26 have been moved to Sunday, June 7.

On the National Steeplechase Association's calendar, great thought has been given to new dates for sanctioned meets such as Foxfield Spring Races moving from April 25 to June 13. Middleburg Spring Races are now Saturday, May 30. The Virginia Gold Cup Races are set to run on Saturday, June 20. Check NSA's calendar for other cancellations on the spring circuit.

The Upperville Colt & Horse Show, June 1-7, and Loudoun Benefit Horse Show, June 10-14, are looking for alternative dates this fall for both shows. Middleburg Classic and Piedmont Jumper Classic have offered their September 14-20 dates to Upperville. However, UCHA and Loudoun Benefit

share expenses, so they're interested in rescheduling when they can run consecutively for two weeks.

As for 3-day Eventing, the USEA suspended all sanctioned events from March 16-30, and US Equestrian has recommended that all events be suspended through mid-April. Virginia events that have been cancelled include Morven Park Spring Horse Trials (March 28-29), CDCTA Spring Horse Trials (April 5 in Berryville), Fair Hill International (April 11-12 in Elkton, Md.), and the Land Rover Kentucky 3-Day Event April 26-30 in Lexington, KY, to name a few.

Visit EventingNation.com and look for Rolling Updates, top of home page under Top Stories. Rolling Updates include Eventing, and several other sports and disciplines. Plus cancellations from other nations, including British Eventing's Badminton Horse Trials, May 6-10.

For more information about cancellations, etc:

CentralEntryOffice.com
NationalSteeplechase.org
EventingNation.com

Temple Gwathney Steeplechase Foundation: TGSteeplechasefoundation.org

As for Great Meadow, the Virginia Gold Cup Races have been postponed to June 20. That evening, Twilight Polo is cancelled and will be made up on September 19. Great Meadow also expressed hope to kick off Twilight Polo as scheduled on May 23.

Visit greatmeadow.org for COVID-19 updates and information about Great Meadow's incredible schedule of events, such as their Fourth of July Celebration, Twilight Jumpers, American Rocketry Challenge, and Mars Great Meadow International, etc. It's a great place to walk your dog or get fresh air,

and the views will lift your spirits. See COVID-19 update for information about visiting.

Good News for the finish:

March 7 saw a great start to the 2020 steeplechasing season with the revival of the Rappahannock Hunt Point-to-point at their brand new course just north of Culpeper at The Hill Farm, a spectacular Rappahannock fixture, owned by Larry Levy. Entries were good for being the season opener as well as the debut of the new racing venue. A bright, breezy day welcomed a good turnout of spectators who enjoyed great views of the action.

It was a great family day at Rappahannock for two sisters, both trainers from Pennsylvania, who won all three timber races. First off, Katherine S. Neilson saddled Armata Stables' Highway Prince to win the Maiden Timber. Next, she sent out a winner for Irvin Naylor when Skyler McKenna piloted Withoutmoreado in the Ladies Timber. Then, Sanna P. Neilson wrapped up the hat trick when her son Parker Hendriks piloted Sanna's own Lawn Ranger to a decisive five-length victory in the Amateur and Novice Rider Timber, her sister Kathy's runner finishing second.

The following Saturday, blessed with good weather for racing, the verdict about the Warrenton Hunt Point-to-point's 76th running of their historic races: one of the best days of racing at the Airlie course that enthusiasts have seen in years. The eleven races were pretty much full and even the ones with fewer entries provided plenty of excitement.

The Nielsons were back with different runners and, again, did well in their contingent of horsepeople from Maryland and Pennsylvania. Hall of Fame Trainer Jonathan Sheppard owns two of the hurdle horses in his

string; both won. He saddled a number of hurdle and flat horses, who seemed enjoy a good pipe opener. Sheppard's a legend in the making, with a lifetime of success, races won and money won, prepping Thoroughbreds for the stakes races at flat tracks as well as NSA hurdles.

Locals harvested two wins. In the second race, the Amateur/Novice Hurdle, Doug Fout trained Be Somebody, ridden by Sophie Henelius to her first win, a 3-length victory in a competitive field of eight from trainers such as Sheppard, both Neilsons, etc.

There's got to be a story behind Jazz Napravnik scoring her own version of a hat trick: trainer, owner/Flying Horse Farm, jockey for the Amateur/Novice Rider Hurdle on Jesse O, who

finished last with kudos for getting the job done.

In the Open Timber, Richard Valentine trained Kinross Farm's Just Wait and See, ridden by Chris Gracie and the duo put on the gas at the end of the 3 miles to finish on top by a comfortable lead of eight lengths.

There's plenty online to keep enthusiasts happy. Check out racing recaps and other news in Temple Gwathney's newsletters. Central Entry Office is always a treasure trove of information and statistics, results, records, standings, calendar, photos. Explore the NSA site, another great source of news, stories, and more than 500 archived race videos — bet you can't watch just one...

The People of Trinity Episcopal Church Invite You To Join Us For Holy Week & Easter Worship

April 5 - Palm Sunday
8:00 am Holy Eucharist, Rite I
10:30 am Holy Eucharist, Rite II

April 6, April 7, April 8
12:00 pm Holy Eucharist

Thursday, April 9 - Maundy Thursday
6:30 pm Agapé Supper & Holy Eucharist
7:30 pm Stripping of the Altar & Tenebrae Service

Friday, April 10 - Good Friday
12:00 pm & 7:00 pm Good Friday Liturgy

Sunday, April 12 - Easter Day
6:00 am Community Sunrise Service
(Outdoor Chapel at Trinity Church)
8:00 am Holy Eucharist, Rite I
10:30 am Holy Eucharist, Rite II
12:00 pm Easter Egg Hunt

Trinity Episcopal Church
9108 John Mosby Highway Upperville, Virginia
540-592-3343

NEWS OF NOTE

MENTAL WELLNESS PRACTICES DURING COVID-19

ERIN ABBOTT, CERTIFIED SCHOOL COUNSELOR AND FOXCROFT SCHOOL DIRECTOR OF STUDENT SERVICES

During this stressful time, Foxcroft School recently shared the following information with our students, parents, and alumnae, and felt that it may be helpful to our wider community, as well.

At this time, you and those around you are probably well educated and likely even over-exposed to information regarding the COVID-19 (coronavirus) outbreak. While being informed about protective measures and community policies is extremely important, let's take time to check in about our mental wellness practices.

It is natural and normal to feel confused, worried or stressed about what you are hearing on the news or while standing in line at the grocery store. It's concerning to read social media posts about worst-case scenarios or see photos of people scrambling for supplies.

The uneasy feeling you might be experiencing could be your brain telling you, "Hey, something's going on. Pay attention so you can make responsible choices." You have the ability to listen to your brain and body



and employ effective coping skills, protective physical health measures, and responsible social behaviors.

It is a deliberate choice to activate these skills that you've been developing your entire life,

and healthier and more productive than "overestimating dangers or underestimating your ability," as noted psychologist Lisa Damour writes in her article titled "5 ways to help teens manage anxiety about the coronavirus"

recently published in the New York Times, to navigate this experience in a rational and functional manner.

There are people in your life and community — family, friends, loved ones, neighbors,

coworkers — that are available to support you. As we remind our girls, you should also remember that throughout your life, you have gained independence, resilience, grit, coping skills, and a sense of who you are and your role in our society, all things that will help carry you through this extraordinary time.

So when you are feeling overwhelmed, what can you do?

- Take steps to keep yourself healthy: Eat fruits, veggies, protein, complex carbs, limit caffeine, drink lots of water, and exercise.

- Go outside! (Unless officially instructed otherwise)

- Keep things in perspective.

- Don't expose yourself to or spread false information.

- Set limits for exposure to news sources, including social media.

- Scale back from checking your phone continuously — take a break!

- Plan out your day for academics, exercise, entertainment, meals, and sleep.

- Enjoy some time with your family. (Unless officially instructed otherwise). Engage in conversations, play games, go for a walk, play with a pet, get creative!

Life throws curveballs and stressful events our way, and that's when we reach into our toolbelt and remember that even though things might be temporarily uncomfortable and uncertain, we can and will activate our coping skills, adaptivity, and healthy behavioral approaches.

And, if you are experiencing a mental health emergency please call 911, go to the nearest emergency room, call 1-800-273-TALK (8255) to reach a 24-hour crisis center or text MHA to 741741 at the Crisis Text Line.

SEVEN LOAVES NEEDS OUR HELP



Open every Monday, Wednesday and Friday, like usual. However, clients will now be served at their vehicle, to ensure the safety of everyone. We are helping out schools in the area, too.

The community has really come together (figuratively) with their support. So many generous people are donating and it is amazing to see! We are so grateful.

The most needed items at this time are:

- Peanut Butter
- Jelly
- Cereal
- Canned Vegetables
- Canned/ dry beans
- Canned Soup
- Canned tuna/chicken/beef
- Canned fruit
- Spaghetti sauce
- Spaghetti noodles
- Rice/instant potatoes
- Boxed Mac n' cheese
- Diapers
- Baby food
- juice boxes
- fruit cups
- breakfast bars
- snack size chips
- vegetable cups
- ravioli cups

Please tell people that they can shop and ship directly to the pantry if they wish to. Our address is 15 West Washington Street Middleburg VA 20117.

People could also send

monetary donations to PO Box 1924 Middleburg VA 20118 or donate on our website.

Tell people to follow us on Facebook @sevenloavesvirginia for the latest updates

I am working on a couple

food donation drop off spots, since the library has closed, so I will send you an update on that ASAP.

Please tell people if they want to volunteer, they need to reach out first and not come

unannounced. I can only have a certain amount of people in the pantry at one time, per the CDC rules

If people want to donate at the pantry, have them call and schedule a drop off, as I want

to avoid large gatherings, once again.

Thank everyone for their patience and understanding, as our protocols change. It is just to ensure the safety of everyone.

APPLETON CAMPBELL

PLUMBING • HEATING • AIR CONDITIONING • ELECTRICAL

BUILT ON TRUST

SINCE 1976

JOHN S.

★★★★★

Nice to have a company that can do everything - plumbing, HVAC, and electrical - and save the customer time and money. I recommend Appleton Campbell highly.

100% CUSTOMER SATISFACTION

Guaranteed

540.883.0438 | appletoncampbell.com

We are here for you with fresh air and wide open spaces.

844.465.8116

SALAMANDER

HOTELS & RESORTS

SalamanderResort.com

RESORT & SPA

MIDDLEBURG, VIRGINIA

LEGEND

Preferred

HOTELS & RESORTS

NEWS OF NOTE

VOLUNTEERS PROVIDE FACE MASKS TO LOCAL HOSPICE



Stay Local, Eat Local!

Order to go with curbside pickup 11:30am - 8pm any weekday, except Tuesday.

HUNTERSHEADTAVERN.COM

9048 John S. Mosby Hwy. (Rt. 50) Upperville, VA 20184
540.592.9020



Despite early preparation, hospices and hospitals all over the globe are experiencing a shortage of personal protective equipment (PPE) for the foreseeable future. With masks on back order and patient visits as crucial as ever, volunteers in the community have stepped up to offer their time and sewing skills to help support the urgent needs of Blue Ridge Hospice (BRH).

"We are very short on face masks. We are not alone as most health care systems, and hospices, around the globe are very short on supply," says Dr. Brendan Flynn, Chief Medical Officer at BRH, "Hospital systems across the country are asking their community members who love sewing to pitch in and make hand-made, fabric face masks for clinical staff caring for patients. BRH is doing the same."

After receiving the mask-making instructions, volunteers and staff got to work with the goal of making enough washable, re-usable face masks for each clinical staff member to have multiple masks to use during their daily patient care.

These masks are compliant with CDC requirements of barrier face masks and will be effective in blocking droplets. "They are not the ideal, first choice for mask-wear but, in times such as these, they will provide ongoing protection if/when our surgical masks supplies become critically low. So many hospices across the country have no masks so we

are fortunate to have the community we do around us who want to help keep us safe", said Flynn.

"This is because our volunteers, and community at large, want to help us," says Tonia Sweeney, Volunteer Services Manager at BRH, "so many of our staff and volunteers who visit and care for our patients now are left unable to do so due to COVID-19 safety concerns and yet they still want to help our organization."

"All volunteers and employees across Blue Ridge Hospice have really come together regardless of their roles; clinical, administrative, thrift and warehouse, to make the masks and help however they can. Our patient and family volunteers, who provide emotional support and companionship, are continuing to call patients and their families - this is more important than ever with most people self-isolating," says Sweeney, "Dr. Flynn said, 'people want to help so let's put them to work' and we jumped into action."

"Dr. Flynn has been on top of the situation from the very beginning," says Sweeney, "he has taken this very seriously and has ensured that our staff and volunteers were kept informed of the latest updates on the COVID-19 pandemic and taking appropriate measures to protect themselves and our patients. Blue Ridge Hospice will come out of this stronger than ever."

IMPORTANT INFORMATION REGARDING THE 2020 UPPERVILLE COLT & HORSE SHOW AND 2020 LOUDOUN BENEFIT HORSE SHOW



The Upperville Colt & Horse Show (UCHS) and the Loudoun Benefit Horse Show (LBHS) jointly announce that both events, scheduled to be held from June 1-7, 2020, and June 10-14, 2020, respectively; will not be held on their current dates in June due to the ongoing COVID-19 pandemic. The event organizers are actively seeking alternative dates for both events in the Fall of 2020. Middleburg Classic and Piedmont Jumper Classic have kindly offered their dates of September 14-20, 2020 for UCHS. UCHS and LBHS have shared expenses, so UCHS and LBHS are looking at two weeks when they can run consecutively during September. UCHS and LBHS will be working with USEF, other horse show operators, the broader equine community, our local communi-

ty, sponsors and exhibitors with the hope of putting the shows on during September.

Further updates on the ability to reschedule will be announced as they become available.

"The decision to not hold the show in June by the Upperville Colt & Horse Show and Loudoun Benefit shows was not made lightly, but we do feel that it is in the best interest of our exhibitors, staff, community, and patrons," commented Joe Fargis, President of the UCHS.

"We are extremely fortunate and grateful that the Middleburg Classic and Piedmont Jumper Classic organizers are willing to work with us regarding the use of their 2020 competition dates this Fall. These are unique times for the equine community and we are all going to have to work together as a team to deal with

the uncertainty and risks that this pandemic has introduced. We hope to be able to provide further updates in the coming weeks. Our community is supportive and resilient, and we feel confident that both events will survive and thrive."

Any pre-payments sent to the office for stalls or entries for either event will be voided. We will provide new entry information as we know more about potential alternative dates.

For more information, please email the Upperville Colt

& Horse Show show office at uchsl853@gmail.com or call (540) 687-5740.

For more information on the Loudoun Benefit Horse Show, please contact office@loudoun-benefit.org or call (540) 486-5658.

NW
NORTHWEST
FEDERAL CREDIT UNION

Join us for our
Home Loan Q&A
STOP BY:

March 12
9:00am-3:00 pm
Middleburg Branch
101 W. Washington St.

GET A
jump
ON THE
Spring
HOME BUYING MARKET

Now is the time to get ready if you're thinking of buying a home this year. We can help you save time and money every step of the way with home loan options that include:

- Free pre-approval
- Cash rewards¹
- No down payment²
- No PMI³

Learn more at nwfcu.org or stop by to see us at our Middleburg Branch located at 101 W. Washington St.

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



**Thank You!
Middleburg Chief A.J.
and The
Middleburg Police
Officers
For All You Do!**



Chief A. J. Panebianco



Lt. Jay Hollins



Corporal Mark Putnam



Officer Tim Tharpe



Officer Jason Davis



Part time Officer
Mark Davis



Part time Officer
Bill Nugent



Admin. Assistant
Colleen Bryan



**Healthy Water Means
A Healthy Home.**



Safer Water Is Better

Chlorine protects water from bacteria until you are ready to drink it - much like how plastic wrap protects your packaged food.

But you get rid of the wrapper before you eat the food, right? So why should you drink the chlorine?

While chlorine does a great job of eliminating most pathogens from the water we drink, this powerful chemical has a downside when it comes to drinking it.

Contact us today to find out more about our chlorine removal systems and having the best water for you and your family!

Tap Into A Healthier Life.

540-687-5232 • 703-771-3308

www.jrsnider.com



When Dental Excellence Matters

Your smile is a reflection of your health and happiness. Smart choices start with understanding all your options.

"From our first meeting through a lifetime of caring for your teeth, we promise a thoughtful and consistent approach to your dental care."

- Robert A. Gallegos, DDS, FAGD

Let us help you find your **Smile** at
middleburgsmiles.com



middleburg smiles
robert a. gallegos dds

When Dental
Excellence Matters

204 E. Federal Street, Middleburg, VA 20117 540.687.6363

PLACES & FACES

THE MIDDLEBURG HUNT BALL
BRIAR PATCH INN, ALDIE VIRGINIA
PHOTOS COURTESY THE MIDDLEBURG HUNT



PROGENY

HIGHLAND SCHOOL'S MERIT SCHOLARSHIPS ARE BUILDING TOMORROW'S LEADERS



Highland School's Merit Scholarships are Building Tomorrow's Leaders. Highland School offers students a demanding academic and co-curricular program that prepares them to thrive, lead, and serve in a diverse and dynamic world. Beyond a significant commitment to financial aid, Highland also offers a number of merit scholarships to attract and retain students. This year alone, Highland has committed over \$3.5 million in financial and merit aid to students.

The Founders Scholarship is the most prestigious merit scholarship that Highland provides. The Founders Award recognizes students of significant academic ability and great leadership potential. While at Highland, these students have been Prefects, sports captains, play and musical leads, robotics captains, valedictorians, and salutatorians. They then matriculated to prestigious colleges including Harvard, Stanford, Princeton, and the Air Force Academy. Today, they are aerospace engineers, authors, CEOs, doctors, and surgeons. And, of course, some Founders Scholars are teachers, helping to shape the next generation of scholars and leaders.

Simon Schwartz of Delaplane, Highland Class of '13, graduated from Columbia University and founded his own software company. During his 14 years at Highland, Schwartz participated in several sports including soccer and baseball, performed in the annual musi-

cals, and was particularly fond of History and the Classics.

"Highland uniquely prepared me to find success in an ecosystem like Columbia," Schwartz said, where "your ability to stand out is determined by 'soft skills' like problem solving, finding compromise, group dynamics, and your ability to communicate. Highland's commitment to nurturing the skills one doesn't necessarily learn in a classroom paid dividends towards helping me stand out and accomplish what I wanted to in my college experience."

At Columbia, using the collaborative and critical thinking skills he learned as a Highland Founder's Scholar, Schwartz dove into NYC's startup ecosystem, building and directing Columbia's tech accelerator programs for startups in the broader Columbia community. Hefounded and continues to run Locasaur, a software company building a mobile platform designed to help small, local businesses interact more with their current customers while continuing to build a digital footprint.

Tim Bartz of Paris, Virginia, embraced the opportunity the Founders Scholarship gave him to build a high school record that ultimately earned him acceptance into the prestigious McIntire School of Business at UVA. Bartz ('14) was Class President for two years before his election to the Prefect Board for his junior and senior years. He played varsity soccer and tennis, helping to win two state titles. He completed seven Ad-

vanced Placement (AP) courses and was a member of the Robotics Business Team.

At UVA, Bartz concentrated in Finance and Marketing and interned as a brand analyst for Altria, a Fortune 200 company. He is now a financial planner for Abercrombie & Fitch.

When asked how Highland helped him, Bartz smiled. "When you walk down the halls of Highland School, there is something different about it – something authentically good. The faculty had an open door policy, and if I needed to confide in one of my teachers about a personal or academic challenge, I knew without a doubt that whomever I went to would do everything in their power to help me." He went on, "if you drove past Highland at 5pm on a Wednesday, you'd think classes were still going on. This is because most students make the choice to stick around. I chose to join the soccer team, just like many of my friends chose to join the school play. I chose to put in some extra time with my math books, just like my friends chose to put in some extra time with their guitars."

To me, "Highland was more than a school – it was a home away from home where we could explore our passions in a safe, judgment-free environment. The community encouraged me to not only set goals and lean in, but also lean on others to achieve those goals. It was during these early years that I gained the confidence to take risks and step out of my comfort zone."



Jennifer Hoerner ('13) of Delaplane was the third of five Hoerners to attend Highland. While there, she captained the field hockey and lacrosse teams and was Head of the Prefect Board. Hoerner was active with Relay for Life and excelled academically, particularly in the sciences. At Franklin and Marshall University, she majored in Biology, conducted independent research in behavioral biology with a school grant, and worked in the animal conditioning lab where she trained Capuchin monkeys. She also served as her sorority's Vice President, in addition to working as an athletic trainer for varsity athletics.

After her first job in the Healthcare Management Consulting Market at Booz Allen Hamilton, Hoerner joined the Project Management Team at Mark G. Anderson Consultants in Washington D.C. last year. Reflecting on her time at Highland, Hoerner stated, "I am particularly thankful for the foundational writing skills I received at Highland. It allowed me to smoothly transition into a challenging liberal arts undergraduate education, where the bulk of our assignments were writing-based. Whether it was writing an undergraduate capstone for my independent research or a Report to Congress during my tenure at Booz Allen, I am incredibly thankful for the comfort I have clearly and concisely articulating my thoughts."

The Killinger family of

Middleburg has two current Founders Scholars in the house. Sophomore Ellie Rose plays volleyball and field hockey, while acting in the musicals, singing and playing guitar in the Music Department, and participating in Key Club and the Girl Up Club. When asked why she is so involved, Ellie says, "By taking advantage of all of these opportunities, I've been able to start to navigate myself as a person. Trying new things is so important to character building, and I get to try them in a really supportive environment."

Her sister Chloe plays varsity soccer, plays drums in a band, and, as a Freshman, is taking an upper-level Science elective. "Not only does Highland offer me so many things to explore," she said, "they also allow me to take a deep dive into the things that interest me. As a freshman, I can learn about commensalism in a class with seniors, but I can still find time to jam out with my classmates."

Senior Luke Warfield of Delaplane is the boys tennis captain and manages the girls tennis team. He will also graduate this year having earned a Leadership Certificate, a Global Studies Certificate and a Social Entrepreneurship and Environmental Sustainability Certificate. Luke explained how he loves the certificate programs because "they give me the ability and time to explore fields that aren't usually part of the high school curriculum. They also allow me

Are You Ready?



Highland Graduates are Ready

Recent Highland graduates have gone on to attend the most selective colleges and universities in the United States:

Harvard • Yale • Princeton • Stanford • Dartmouth
Cornell • Brown • Columbia • Duke • Georgetown
University of Virginia • Swarthmore • William & Mary
Middlebury • Davidson • Carnegie-Mellon
Wake Forest • Washington & Lee • Colgate • Bowdoin
University of North Carolina • Virginia Tech
University of Richmond • James Madison University
and many others!



**HIGHLAND
SCHOOL**
Be yourself at Highland

Schedule a tour today at www.highlandschool.org/ready
or call Donna Tomlinson at 540-878-2740

PROGENY

HIGHLAND SCHOOL'S MERIT SCHOLARSHIPS

CONTINUED FROM PAGE 14



to interact with professionals in these fields. For instance, I got to spend lunch doing an embassy crisis scenario with Brian Hall, who is the Global Entrepreneur Officer for the US State Department."

Olivia Simmons' primary love is soccer. The junior from Broad Run has already committed to play for Purdue. Besides playing for Highland and her travel team, Simmons actually started the Highland Summer Soccer Camp. Like many Founders Scholars, though, she is involved in much more. For instance, she leads the Baking Club, and her academic schedule is full, taking AP US History, AP Calculus, AP English Language, Honors Physics, and Honors Latin IV. When asked how she balances her high-level soccer schedule with her demanding course work Simmons said, "I love being busy because it means that I am being challenged at the edge of my abilities; it means that I am doing hard things well. I always feel like I can do more and do it better."

Beyond Founders, Highland offers three other merit scholarships. Rust-Hamilton Scholars, Highland Scholars and Piedmont Scholars are equally impressive, and equally involved in the school's life. After matriculating to schools including Georgetown, William & Mary, UVA, and Duke, these students are economic analysts, global health researchers, and computer scientists.

Savannah Birchall-Clayton ('16) will graduate this year from the University of Virginia, having majored in English and Spanish. She plans on using these skills in her fields of passion: criminal justice and mental health. Birchall-Clayton credits Highland for helping her to develop these interests. "I helped lead Key Club, our service organization, and RASP, our literary magazine. They showed me how language and

service can work together."

Kathryn Whitehead ('17) of Middleburg participated in Highland's theater and music programs, and developed a true passion for Classical Studies. When asked about her time at Highland, she said, "It was such a good place to learn and grow, and I feel I truly discovered myself in those four years. I made some lifelong friends and I will always look back on my time there with fondness." Whitehead now attends William & Mary where she studies Latin and Ancient History, and is an active member and soon-to-be officer of Eta Sigma Phi, the Honorary Society for Classical Studies.

Alex Iasso ('18) of St. Louis, Virginia used his scholarship opportunity to invest himself in STEM learning, joining and eventually captaining the Highland Robotics Team and creating the Physics Club. In the process, he found his passion in his work with robots, both programming and controlling them. "One of the best things I ever did was to join the robotics team at Highland," he said. "The process of watching older students learning and applying their experiences on projects helped get me interested. I progressed from knowing nothing at all about the field, to eventually teaching younger students. I hope I inspired some of them because robotics helped me discover who I am and what I can do." Iasso is now studying computer science at Rose-Hulman Institute of Technology, where he works with Rose-Hulman Ventures to complete projects sponsored by outside companies. Over the summer, he will be working on projects for the U.S. Army with InCadence Strategic Solutions in Manassas, VA.

Maya Weck and Payton Vogan of Middleburg and Cynthia Peters of Willisford, while they are only Freshmen, have already embraced multiple High-

land opportunities. Beyond the classroom, Maya is heavily involved in the arts program, in both 2-D and 3-D mediums. "I really enjoy the arts community at Highland. There is so much freedom, and so much that you are just able to do," said Weck. "I can't wait to pursue the Arts Certificate to both broaden and deepen my studies."

Vogan is helping to produce the Yearbook, and has also taken a deep dive into leadership. She is a class officer, and her time on the volleyball and lacrosse teams allow her a real-life leadership classroom. "Highland provides so many opportunities to lead. I have been able to expand and build on my leadership skills, but, on my sports teams, I also get to watch upperclassmen who have more experience. They are pursuing the leadership certificate, like I want to, and I love learning from them."

Peters has taken a wide view of her academic pursuits at Highland. While she acknowledges that her favorite subjects are English and art - "when I'm doing them, I feel like the work is coming through me, not just out of me" - she also spent the fall and winter on Highland's robotics team. Of the connection between the two disciplines, Peters said, "Whether in English or art or robotics, you are building things. In English, I am building things with words. In robotics, I am putting robot parts together. The other connection is the teachers. I love them; they are incredible, and I can talk to any of them."

Highland School is committed to providing a world-class education to a wide variety of students. These four merit scholarships enable the school to do just that. What is most gratifying, though, is seeing the ways in which these students ultimately give back to their communities, making them a better place to be.



THE HILL SCHOOL

VOTED #1 PRIVATE SCHOOL IN LOUDOUN COUNTY

Total education: academics, art, music, drama, and athletics for every student



Individualized, caring attention with a 6:1 student-teacher ratio



Bus Service and Before-and-After School Care



Outdoor science center, ponds and wetlands on our 140-acre campus



Junior Kindergarten through 8th Grade since 1926

Applications Now Being Accepted for the 2020-2021 School Year | TheHillSchool.org

MIDDLEBURG ACADEMY: ACTING TECHNIQUE



PASTIMES

GOONIES NEVER SAY DIE

SINCERELY ME



BRANDY GREENWELL

We are living in a scary time at present. Most of us have never been through anything like it, and the uncertainty is a little overwhelming. However, during this time, it is most important to keep healthy bodies and minds, show kindness to your neighbors and communities and pay attention and show gratitude to the folks that are trying to keep the country safe. And always, live like you were a Goonie.

I'm proudly from The Goonies movie generation, and maybe now more than ever, the iconic 1985 teen classic has an impactful theme for our village. For those who haven't seen The Goonies, I highly recommend doing so during your Coronavirus downtime. The story is based on a group of kids who go on a treasure hunt to save their neighborhood, the Goon Docks, from

greed and development. To the core, Goonies are committed to friendship, community, and winning the battle of good vs. evil. Middleburgers, I think in so many ways, we are Goonies.

We all have a correlating cast of Goonies in our lives. Chunk, the tall taler who can laugh at himself. Data with his problem-solving optimism and slick shoes. Brand, the guy that wants to be the hero. Mouth, the know it all who wants the spotlight. Andy the slut and her wing-woman BFF Steph that never gets a second glance at present but will look much better at 40 than her loose friend. Sloth, the one who is always misunderstood but has a heart of gold. The villainous Fratelli family and their no-good ways. And then there is Mikey. Mikey is the loyal, heroic underdog that always gets overlooked, but his goodness saves the day. We should all strive to be Mikeys. We are an ensemble cast



here in Middleburg, and there are little pieces of Goonies in all of us.

I am so refreshed that during this challenging time of social distancing, our neighbors are digging deep and helping out. From offering to deliver goods to those in need to sharing toilet paper to still getting that morning cuppa coffee and ordering takeout to help keep our local establishments going. We are all here for each other. In what other village can you find such support? Just another reason why Middleburg and her peeps are so awesome. Thank you all. Keep the lights shining, Goonies.

VEGETABLE GARDENING

THE PLANT LADY

KAREN REXRODE

Maybe all the gardener grows is a vegetable garden, but this is undoubtedly the year to consider growing your own food if you haven't been inclined to do so before. I have had a vegetable plot since I began gardening, and last year was probably the best, a year in which I recorded results and plotted for the ideal number of plants for my square footage. I'm fortunate to have enough ground to grow a large vegetable garden, but amazing things can be done in smaller spaces.

When I was still running the nursery, the job of the grower was to follow guidelines and notes of when to sow what seed and how to plant or transplant those seedlings. I required each grower to keep a journal of daily activity, and over time these greenhouse notes became a way to tweak a growing season as best we could despite the vagaries of weather and employee rotations. Laminated sheets were kept on vegetable and flower production, which began with seed sowing for the first week of January and continued until the last week of April.

Our earliest sowing of cool crops in the greenhouse was the first week of February, and even though lettuce might like it cool, we sowed seed into flats that sat on heat mats of 75 or 80 degrees, ensuring consistent results. Consistency is the objective when you are selling plants. Postmergence the lettuce was grown cool at 40 to 45 degrees, as were many other cool crops. When sowing directly in the garden, soil temperature can delay sprouting and therefore harvest. Various methods can be used to warm outside soil; black plastic, glass cloches, and water-filled cloches transfer heat to the ground.



Early in the season, the gardener can grow sugar snap peas, carrots, kale, mustard, lettuce, kohlrabi, beets, and Swiss chard. All of these can be sown directly in the ground. Onions and potatoes go out as bulbs and tubers, also better when temperatures are cold.

Corn is planted from seed in rows. Wind pollination is necessary, so there must be a minimum of 3 rows, but six rows are even better for guaranteed harvest. Tomatoes and peppers are either bought as starter plants, or seed is sown indoors (or in a greenhouse). Peppers are slow to germinate and love bottom heat; the

hotter the pepper, the more they love heat, and the slower they grow. Seed sowing was early to late March in our greenhouse.

Tomatoes also love warmth but can tolerate cooler temperatures growing tighter and shorter with temperatures in the 50's or 60's. With initial sowing in mar-ket packs, the flats can be stacked on heat mats until they germinate. For the home gardener, it helps to sow seeds in a warm location and then move them outdoors on nice days to harden them off. Grow lights can be used to grow your vegetables indoors, but the light must stay just above the top of the plants to discourage spindly, weak stems. Tomato seed sowing stretched from late March to early April in our greenhouse; we were also inclined to run our hands over the seedlings to help strengthen the stems, a method that helps make more robust plants and roots.

Tomatoes, eggplant, and peppers are susceptible to tomato mosaic virus, which is spread from tobacco. If you are a smoker, it's essential to wash hands thoroughly before handling the plants. This was one of the first questions I would ask a potential grower if they were applying for a job.

Late spring is also time to sow cucumber, squash, melon, and zucchini directly in the ground. They take up a large amount of

real estate and can quickly fill ten square feet per vine. Growing them up support is a space saver and indeed works.

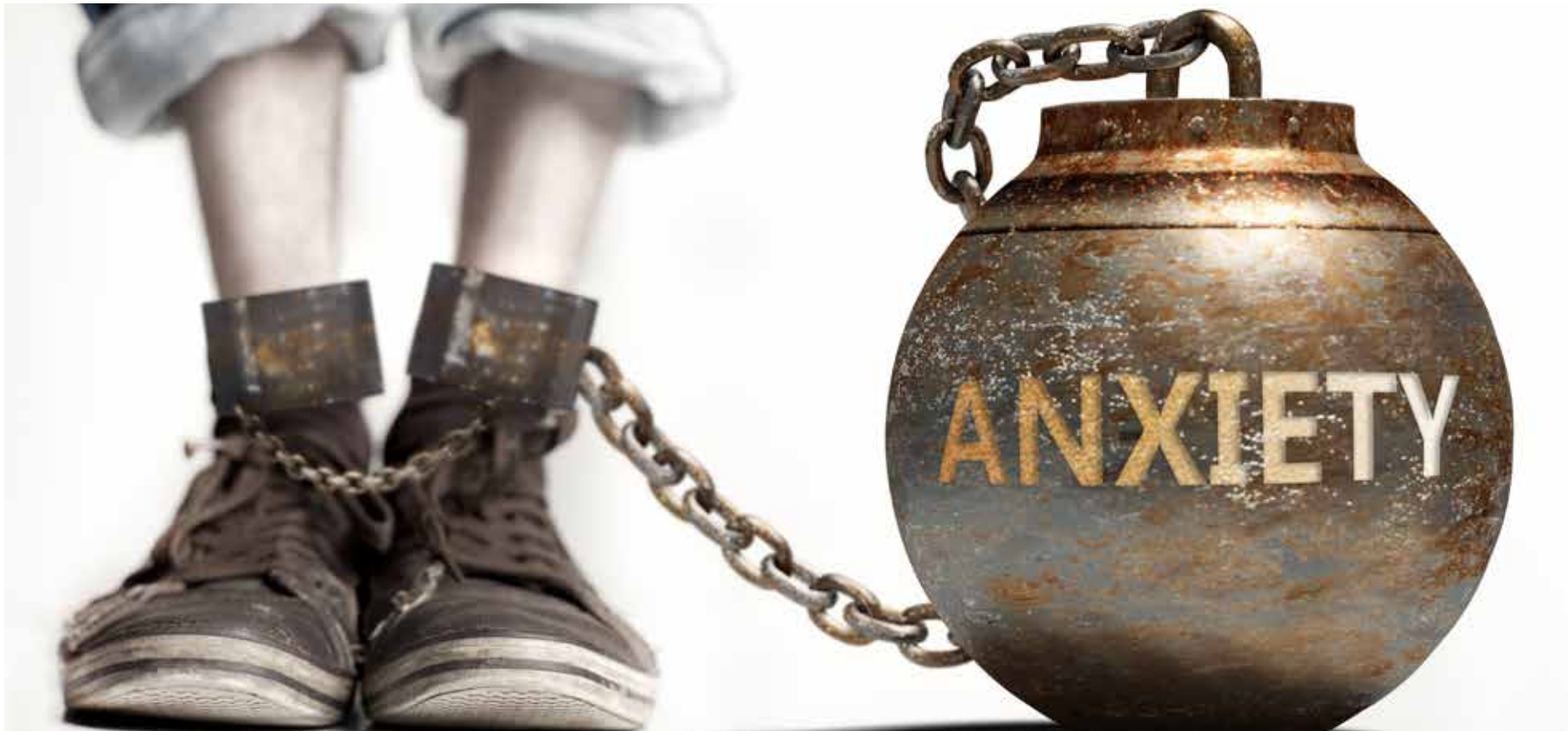
Container gardening is easy, with many vegetables. I love lettuce in pots with flowering plants, and few plants grow better in our hot summers than pepper plants. Tomatoes can be grown in containers - the bigger, the better. Consistent watering is essential, and a daily dose of fertilizer will be needed. Fertilizers like "Plant-Tone" and "Tomato-Tone" are organic, and a sprinkle on top of the soil will energize your plants for the summer.

If your ground is loaded with weed seeds, place a thick layer of compost down over your ground (newspaper can be put down first as a barrier below the compost), and sow directly in "weed-free" compost. As an additional precaution, I place newspaper around the base of my tomatoes and peppers and then mulch over that, so I'm not spending the summer weeding there. A weekly check to stake and tie up tomatoes is essential; fruit gets heavy and causes stems to snap.

For me, it's boiled down to eleven varieties of tomatoes for the perfect season. I recommend you keep a journal or notebook on how your season progresses, with seasonal variances of rain and temperatures; it's the best way to proceed.



ANXIETY AND THE IMMUNE SYSTEM



KAY COLGAN
HEALTH COACH AND
CERTIFIED PILATES TRAINER

Bad news seems to come in waves. Pandemics, stock market fluctuations, and constant 24-hour news. All of this can send the calmest person into all-out anxiety mode. Information is good, but too much is overload. Our brains become fixated on the bad news. Most of it is genu-

inely out of our control.

Anxiety triggers a fight or flight response that releases adrenaline. Not a bad thing, unless it's ongoing, and the body never gets to calm down. With occasional stress, your body returns to normal after the stressor goes away. But if the stressor is always there and doesn't cease, then the body never gets a chance to go back to its normal state. Instead, all systems are on high alert constantly. Heart rate

and blood pressure can become elevated as well as sleep disturbances. Sometimes we choose comfort foods to ease our stress only to send our insulin levels up and then crashing down. Being under this constant anxiety can wreak havoc on our immune systems. Opening doors to being more vulnerable to viral infections and frequent illnesses. Also, causing headaches, social isolation, making asthma worse, creating muscle tension as well

as increasing the risk of depression.

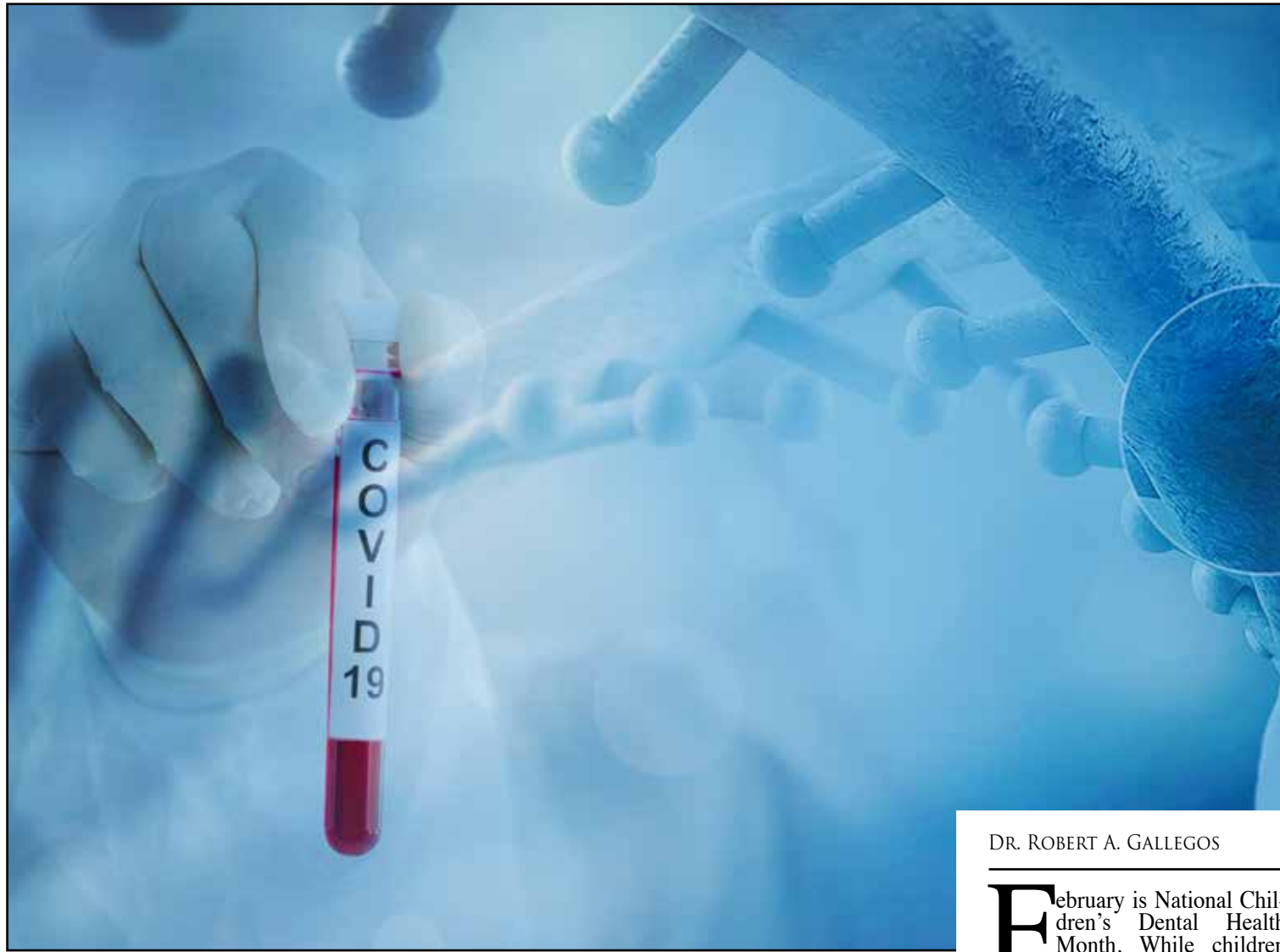
Exercise is by far the top way to burn off anxious energy. However, Meditation quiets the mind by slowing racing thoughts. Think deep breathing. Slowing down your breaths by inhaling and exhaling deeply. Taking a walk and feeling the earth around you can make a huge difference. Turning off social media, the tv, and only letting in what you choose to.

These are challenging times. However, a little information goes a long way. Laughter is good for the soul. Find a good comedy on Netflix and laugh. Turn off the news, hug your loved ones, and wash your hands. Tomorrow is a new day, and this to shall pass. For more information about health and wellness, please contact: Kay Colgan at Middleburg Pilates, 14 S. Madison Street, Middleburg, Virginia, or call 540-687-6995.



PASTIMES

CORONAVIRUS PANDEMIC



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 sucking 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 develop-



ment. 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, breast-feeding, and solid foods will stimulate proper facial growth; they also foster healthy, cavity-free teeth. Sometimes after doing all these things the correct way, your child may still get a cavity. It is essential to keep baby teeth until the adult teeth are ready to replace them. Early loss of baby teeth leads to bone loss, crowding, malformation of the jaws, airway underdevelopment, and possible socialization issues.

Treating a baby tooth with decay has been done for years with either fillings, for small cavities, 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.

IN UNISON--APRIL 2020

STEVE CHASE

The festival season for 2020 was looking pretty awesome for those of us living in the Piedmont. DelFest in Cumberland, MD has a lineup as good as Telluride Bluegrass; Lockn', just south of Charlottesville is strong; Floydfest, several hours down the Blue Ridge Parkway looks simply amazing; and in September, Watermelon Park Festival is bringing in some of the best acts, including Bela Fleck and the Infamous Stringdusters. Wolf Trap also announced an amazing Spring and Summer lineup of fine artists that would appeal to everyone.

Then came COVID-19, the novel virus that has turned our world basically upside down. With the virus has come a whole mess of tour and festival cancellations, band members of some groups have resorted to advertising online lessons to try to make up for some of the money they will lose as the gig economy collapses (only for the time being, we hope).

Make no mistake, canceling or postponing big festivals like MerleFest or NOLA Jazzfest, closing venues, and cutting band tours short is the right thing to do. The only way to keep the toll of this virus down is to flatten the infection curve in order to minimize the strain on our health care system and the heroic workers therein. And we still don't know much, including how long we will deal with this, and when planned events can safely be held.

Karen and I have a condo and tickets for Telluride Bluegrass Festival. We are unsure if the Festival will happen in mid-June, so we are monitoring things and hope we don't have to cancel - we will see.

So, with our public health emergency in mind, here's a list of some of the great music festivals and shows coming up through the end of the summer.

DelFest - May 21-24, 2020

I call this Festival, "Telluride East," and it is truly that. They put up a formidable lineup every year, and have a loyal following. Headliners this year include Anders Osborne, Billy Strings, Bela Fleck and the Flecktones, Del McCoury Band, Old Crow Medicine Show, Sam Bush, Leftover Salmon, Jerry Douglas, The In-



famous Stringdusters, and many more great acts.

DelFest recently posted this on their website: "Currently we are working under the assumption that we will be able to hold DelFest as planned. We will be taking a proactive approach to ensure our environments are clean, safe, and that your health and well-being is a top priority."

Keep an eye out on their website for more information and status updates as we move forward. www.delfest.com

LOCKN' - June 19-21, 2020

The great bassist Phil Lesh just celebrated his 80th birthday, and LOCKN' is making a big deal of that landmark with three consecutive nights of Phil in different bands. Other headliners include David Crosby, Railroad Earth with Peter Rowan, Govt'

Mule, Bruce Hornsby, and the Noisemakers, Midnight North, to name a few. It will be a crazy few days in the Virginia countryside, and well worth the visit.

As with DelFest, the LOCKN' folks have a message on their website regarding COVID-19: "The safety of our guests, artists, team members, their extended families and of course the community of Nelson County remains our top priority. At this time, we are monitoring the spread of the COVID-19 virus and planning contingencies and additional safety precautions as advised by government agencies and CDC guidelines. We will share any updates on our socials and via email. Thank you for your patience and support of LOCKN'. We are grateful! Stay safe and healthy."

Hopefully, things will be better in June. www.locknfestival.com

Floydfest - July 22-26, 2020

Held high in the mountains of Patrick County, Floydfest continues to evolve into a world-class event. This year, the lineup has a jam band theme, with my favorites Umphrey's McGee headlining, along with String Cheese Incident, Grace Potter, Turkuaz with the great Adrian Belew playing The Talking Heads, the always amazing, Leftover Salmon, and Robert Randolph, and many others. I almost got VIP tickets for this fest - this includes backstage passes, onstage viewing, band craft services, and drinks, as well as backstage camping. Too good to pass up.

As of now, their website has no notifications of the public health crisis, so let's hope COVID-19 does not have the best of this event, 'cause it's going to be a doozy. www.floydfest.com

Watermelon Park Festival - September 17-19, 2020

This amazing local Festival is just over the ridge in Berryville, along the Shenandoah. It has a long history of being a foundational bluegrass festival. This year we'll see a new project from Bela Fleck, who has been doing amazing things with his banjo for four decades. Fleck is heading back to his roots with a new bluegrass band. To counter the elder Fleck, the Infamous Stringdusters will electrify the crowd with the musical energy only they can deliver. A bunch of other fine regional bands makes it to the Watermelon stage each year, and it is a not-to-miss event that's just minutes from Middleburg. www.watermelonparkfest.com

Check out my 2020 festival playlist at <https://tinyurl.com/rzm9h8p>; even if your Festival is not held due to COVID-19, you can still boogie to the music.

Steve Chase is washing his hands in Unison, VA.

Transform Your Yard

Plant mature, landscape-size trees and gain the immediate impact of shade, flowering accents, privacy screening, and definition of space.

At Shade Tree Farm we grow and install BIG trees (i.e. specimen trees) that can transform your property overnight.

With over 30 years of experience, our staff members are trained professionals who will assist you or your designer in selecting the best trees for your project.

Shade Tree Farms has one of the largest fleet of tree spades in the Mid-Atlantic Region and we specialize in challenging transplant projects, large or small.



Trees locally grown in Upperville, Virginia



Shade Tree Farm
Where The Trees Live

703.370.TREE (8733)
shadetreefarm.com

Printer

mr. print
Digital · Offset · Banners
Large Format · Mailing

two locations!
501 E. Main Street
Purcellville, VA 20132
540.338.5900
data@mrprint.net
5 E. Federal Street
Middleburg, VA 20117
540.687.5710
middleburg@mrprint.net

The ink for your imagination

Shade Trees

Growing & Installing BIG Trees



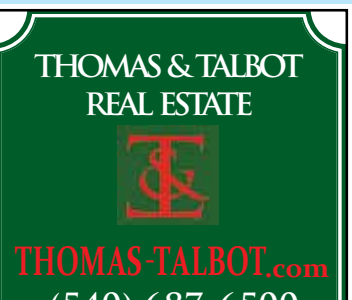
Shade Tree Farm
703.370.TREE (8733)
www.shadetreefarm.com

Wine Tasting



Rt. 50 ~ Historic Aldie, VA
703-327-6743

Real Estate



THOMAS-TALBOT.com
(540) 687-6500

Security



PROTECTION FROM FIRE AND UNWANTED INTRUDERS SINCE 1991
800.200.8663
www.silentps.com

PASTIMES

CHALLENGING TIMES CAN ENCOURAGE US TO WORK SMARTER

ASK A REMODELER



TIM BURCH

The understatement of the day is, this is undoubtedly an interesting time for all of us. Between a declared coronavirus pandemic and the related economic uncertainty, we're all trying to figure out what this means for our families, communities, businesses, and country.

Some might look at the current situation and shutdown in panic. While others might recognize that this too shall pass, and often, in times of adversity, we've discovered some of our greatest strengths and advances as people and society. Medicines, cures, technologies, and smarter ways to do things have all grown out of challenges like we're currently facing.

That's a lofty introduction, but even in the remodeling industry, this applies. Over the years, teams have developed several ways to improve and

ease collaboration with our clients. Many solutions evolved in response to clients' demanding schedules but were only utilized on as-needed bases. However, the current coronavirus situation has us rethinking. Perhaps these tools shouldn't be the last resort. Maybe they are keys to a smarter, more efficient way of working with clients that benefits everyone.

We will see what the future hold, but for now, these tools can allow us to continue to work productively with prospective clients while being sensitive to the coronavirus situation and responding to the increased need for social distancing.

Zoom and Other Online Meeting Tools

Video-based meetings have become widely adopted as a way for remote parties to collaborate. With screen sharing, easy access from wherever you are, and no traffic to fight, Zoom meetings

can be just as productive as in-person meetings and are a great way to keep project design and planning moving forward.

Preliminary Field Measures

For scenarios where a field measure by a member of your design team isn't feasible, some options enable the homeowner to provide the information the team needs to begin designing. One option involves pictures with a smartphone, and another includes a special camera mounted to an iPad, which can be sent back and forth. The photos can be uploaded into a Computer-Aided Design (CAD) application, from which designers can generate as-built drawings and 3d models so that they can begin preparing solutions. The preliminary measurements aren't precise enough to get to construction but are within a margin of error that is appropriate for the schematic design stage.

Virtual Showroom Visits for

Selections

Many vendors also offer the option to meet virtually with clients and designers. Using video meetings, product specialists can talk through options, needs, and budget goals and pull physical samples from their showrooms to review online. You can mix and match in real-time until you have one or more combinations you think will work. From there, the product specialist can send photos or physical samples for you to review in person.

Bubluup, Houzz and Other Information Sharing Tools

Tools, such as Bubluup and Houzz, allow parties to share photos and other documents for project planning. Bubluup is an easy-to-use visual file system that lets you keep links in the same folders as PDFs, photos, videos, GIFs, notes, and other files. Houzz has over 20 million high-quality, home-related images, that can be collected in

idea books, commented on, and shared. These are great ways for homeowners to organize their thoughts and convey their likes and dislikes.

With folks likely spending more time in their homes and having fewer outside demands on their schedules, now may be a great time to harness the power of these tools for remodeling planning and design. When the time is right, you'll be several steps closer to your dream home!

Tim Burch is a Vice President and Owner of BOWA, an award-winning design and construction firm specializing in renovations ranging from master suites and kitchens to whole-house remodels and equestrian facilities. For more information, visit bowa.com or call 540-687-6771. Have topics you'd like covered, email me at AskBOWA@bowa.com.

HOW TO FIGHT A BULLY WITH MONEY



PASTOR CHARLES THOMPSON
MT. ZION BAPTIST CHURCH
ST. LOUIS, VA

Do you remember in school there was generally a bully in every class? Someone a little experienced in the art of intimidation, size, and pugilism who would wreak fear and havoc on his or her peers. A bullies primary weapons were fear and intimidation. As we matured, bullies also matured and altered their tactics money can be used to get one's way, regardless of the cost to the rank and file.

Who stands up for the rank and file? Who or what is the voice who represents those who do not have the deep pockets? In St. Louis, Virginia, a small historic community right outside of Middleburg, VA, there is an ongoing fight with a bully called MOJAX Developers. MOJAX purchased land and now wants to build 30 new houses in this community.

St. Louis, VA, originally was a freed slave community. The land was given to freed slaves to build homes and make a living. The property itself was not prime land as the soil is not suitable for farming, and there is a low water table. This land remained in African American families until urban development begins to reach the small village of St. Louis. St. Louis is home to Mt Zion Baptist Church and African American church founded over 134 years ago by some of the freed slaves. As urban expansion began to reach St. Louis, new homes went

up. These new homes were built on land that ancestors of the freed slaves sold to developers. As new, more expensive homes went up, property taxes also went up, which had the domino effect of many ancestral families selling their land and homes. The church population is a fraction of the size it used to be.

The face of St Louis is changing, and MOJAX developers want to accelerate that change by building 27 - 30 new homes in a once predominately African American Community. How do you win a fight with a man who has millions? I have learned over the years; the best way to fight a bully is to stand up to them. Individual fights against a bully with deep pockets will amount to futility and a quick knock-out. Collectively if the St. Louis Community Black and White unite with letters to our elected leaders, protests and exposure of the impact this development would have on the culture and history of St. Louis maybe we can slow the change and allow freed slave ancestors to remain on the land that was given to families.

You fight a bully by exposure, by unifying, and as a pastor, I must add by prayer. If you read the Bible Israel, God's chosen people were often outnumbered and outgunned, but prayers always caused the odds to tip in the Israelites favor. St. Louis, we have a lot of weapons and options available to us. A fight is never won by sitting on the sidelines and being unwilling to take a stand. The best way to stand up to a bully is to stand up!

ENJOY YOUR *remodeling* EXPERIENCESM



LIKE THE SAMUELS DID

"I trusted the process and felt like I was in good hands, so I could just relax"

What if we could promise you a remarkable remodeling experience?

One where you could count on your remodeler to go above and beyond, deliver your project on time *and* on budget, and stand behind their work for years to come. Believe it or not, it is possible. Start designing your project with BOWA for quality, value and an experience you can enjoy.

 **BOWA**
Transforming Houses *into* Homes

www.bowa.com

540-687-6771

DESIGN & CONSTRUCTION • ADDITIONS & RENOVATIONS
EQUESTRIAN FACILITIES • PURCHASE CONSULTATIONS

MBECC.COM

~ BE LOCAL ~

~ BE LOCAL ~

MBECC.COM

FRIENDS FOR LIFE

Middleburg Humane Foundation has postponed the original Gala date of April 11, 2020 to Saturday June 13th, 2020, due to the threat of the COVID-19 virus. The Gala will still be held at the Middleburg Community Center and the proceeds will support our humane rescue operations and outreach.

The Gala covers one third of our annual operating expenses so we encourage you to purchase tickets, sponsorships, and underwriting as soon as possible. You can purchase tickets by visiting www.middleburghumane.org, calling us at 540.364.3272, or emailing us at admin@middleburghumane.org.

We promise you a fun evening and as always, we appreciate your support!



Middleburg Humane Foundation
presents
25TH
Annual Gala
NEW DATE:
June 13th, 2020
6:00 pm
Middleburg Community Center

PlumbTech, LLC
Plumbing Service & New Installations
Licensed & Insured
Matt McKay
540-687-5114
540-868-2330
Servicing Loudoun, Fauquier & Surrounding Areas!



At Shade Tree Farm we LOVE trees!
From 6 feet to over 45 feet in height, our trees are healthy, high-quality, Virginia-grown trees.
And with one of the largest fleet of tree spades in the Mid-Atlantic Region, we install them, too!
Shade Tree Farm
703.370.TREE (8733)
shadetreefarm.com
Transforming landscapes since 1981!



G.T.L. Carpentry
Craftsmanship without Compromise
New Work or Repairs
Greg Lough
540.905.3403 • Middleburg, VA

VIRGINIA WATERS & Wetlands

- POND BEAUTIFICATION
- AQUATIC WEED CONTROL
- FOUNTAIN & AERATORS
- POND DREDGING & REPAIRS
- FISHERIES MANAGEMENT

PHONE: 540-349-1522 • WWW.VAWATERS.COM

VIRGINIA PRO ROOFING
"We specialize in Standing Seam Metal"
NEW ROOFING • RE-ROOFING
METAL • COPPER • SLATE
SHINGLES • RUBBER • GUTTER
FREE ESTIMATES LICENSED & INSURED
540-687-6747
VirginiaProRoofing.com

Middleburg Common Grounds



Breakfast & Lunch Served All Day
Coffee, Tea, Beer & Wine
"LOCAL ARTIST DISPLAYS CHANGE MONTHLY."
114 W. Washington Street • Middleburg • VA

Deerchase LLC



Traditional Restoration & Construction
Richard Williams
www.deerchasellc.com
703 • 431 • 4868

NORTHERN VIRGINIA lawn & landscape service inc.

Commercial Property Maintenance
Residential Lawn Renovation
Mowing & Product Application Programs
Landscape Planting/Maintenance
703/327-2056
nvlawn20152@aol.com
northernvirginalawnsve.com

Veritas Contracting
Truth Masterfully Built
Bespoke Renovations Remodeling Additions
www.VeritasContracting.net
703-851-3298
Info@VeritasContracting.net

24 HOUR SAME DAY SERVICE
CLIMATIC
HEATING & COOLING, INC.
Serving Middleburg For Over 15 years
\$15.00 OFF ANY SERVICE CALL
NEW CUSTOMERS ONLY
540-687-4676 ♦ www.climaticva.com ♦ 800-560-8609



GEORGE WHITE FENCING
Custom Built Fences: Board, Rail, Wire, Picket, Deer
Fence Painting and Repair
5 East Federal Street
P.O. Box 243
Middleburg, VA 20118
whitefencing@verizon.net
Office 540-687-5803
Fax 540-687-3574
Licensed & Insured
www.georgewhitefencing.com

SILENT PARTNER SECURITY SYSTEMS, INC.
Call us today!
540-359-6000
• Personable & Friendly Operations
• Local & Reliable Services
• Consistent & Affordable Prices
Family Owned and Operated Since 1991



Silent Partner Security takes pride in maintaining quality service with excellence and integrity.
Stop by our local office in Downtown Warrenton or give us a call at 540.359.6000 and schedule your FREE walkthrough today!

MARSHALL VETERINARY CLINIC
4216 Frost Street
Marshall, Virginia 20115
(540)364-1409
www.marshallvetclinic.com
Providing Outstanding Veterinary Care for Fauquier County and the Surrounding Communities for over 25 years



Monday, Tuesday & Thursday 8am-7pm,
Wednesday & Friday 8am-5pm, Saturday 8am-1pm
Dr. Joy Cole and Dr. Katrina Kollgaard

Did you ever wonder if someone might be interested in your life's story?
That your family, friends, even people you did not know might find something in various stages of your life that they could relate to and benefit from in their own life experience?

NextLifeMemoirs
www.NextLifeMemoirs.life
Self Written -- On Line

FEAR AND LOATHING DURING A PANDEMIC IN AN ELECTION YEAR

BLUE

JOHN P. FLANNERY

Often in presidential election years, the question is, should we let the incumbent have a chance to finish what he started?

I don't think we can extend that grace to Donald J. Trump.

Of course, if one agrees with a President, supported by Russian interventionists, who defers to Russian President Putin, alienates our allies, literally shoves a foreign dignity out of the way for a world leader photo shoot, favors dictators, orders the assassination of an Iranian military leader, breaks our trade and climate change and nuclear treaties, walks away from military commitments in the mid-East, usurps the powers of Congress, packs the courts with unworthy ideological lackeys, ignores the constitution and the law, engages in trash talk, slander and boorish behavior, conducts public business on twitter, appoints undeserving cabinet officers and "acting" aides, holds back military equipment from Ukraine in exchange for interference in the current presidential election, is impeached for

doing so, establishes Fox "News" as a propaganda machine for his Administration, when they are not telling him what to say or do, and mishandles and misleads us about the coronavirus pandemic that has crushed our stock market, declaring on January 22nd, "we have it [the virus] under control, then Donald J. Trump is your Man.

There's a yearning in the nation for respect in public and private disagreement, for a more professional demeanor in the way we speak and write, to communicate important matters of state in the right media, a hunger for regular order, for normalcy, an aversion to chaos, a preference for our leaders to follow the law and the constitution, a hope we shall re-set our nation, resume the standards by which the nation once functioned, even if imperfectly, as it appeared to do so, before there was a Donald Trump, a failed casino operator, and reality tv star, on the political stage.

There's an exchange that fits from Robert Bolt's, "A Man for all Seasons," in which Sir Thomas More's son in law, William Roper,

advised More that he should take the oath that King Henry VIII demands though it offends More's religious beliefs.

More objects that Roper would cut down every law to get at the devil. Roper confirms it, "Yes, I'd cut down every law in England to do that!"

More answers, "Oh? And when the last law was down, and the Devil turned ... And if you cut them down, and you're just the man to do it, do you really think you could stand upright in the winds that would blow then?"

This is our challenge.

Our laws are being torn down, our constitution is being ignored.

It's not Republican or Democratic to ignore the law and the constitution.

Even Richard Nixon, after violating the law, found he had to respect the process that led to his resignation.

When Vice President Joe Biden announced he was running, almost immediately, dark forces were set in motion by Trump and those in

the loop to bribe the Ukraine President to conduct a faux investigation of Senator Joe Biden, a "favor," to gain electoral advantage in the presidential election and, should Ukraine not cooperate, well, then they wouldn't get the \$391 million in military aid to protect them against the Russian aggression in Eastern Ukraine.

But a whistle blower alerted the nation to the plot.

Did Trump succeed anyhow?

During the Presidential primaries, Biden struggled to get his footing, anything like momentum, so perhaps this dirty trick did its work.

In recent days, we learned from Trump's Director of National Intelligence (DNI) that the Russians were interfering in our election, favoring Senator Bernie Sanders.

At his rallies, Trump encouraged his followers, to cross over and vote for Sanders in the Democratic primaries and caucuses.

And that's where the race turned toward Joe.

Despite these efforts to interfere

in the Dem primary, Biden exploded with a lead in South Carolina over Sanders by about 30 points.

He made the choice clear – he said, "Talk about revolution isn't changing anyone's life," and "We need real changes, right now."

The choice for Super Tuesday was revolution or re-set.

With South Carolina in his rear view mirror, other candidates deferred to Biden, suspended their campaigns and supported him, namely, former Mayor Pete Buttigieg of South Bend, Indiana, and Senator Amy Klobuchar of Minnesota.

Joe took the lead, in delegates, and he did so with little money in his campaign coffers, and, closer to home, here in Virginia, he had only one campaign office in the entire state.

This hunger for comity, for a reset, rather than a revolution, brought out the public in record numbers including many Republicans and Independents who don't think Trump should have another chance. JPF

based dictator as leader) by using new unconventional means of attacking and disrupting Western interests without the appearance of using conventional forces. I subscribe to the "Benjamin Ferencz School of International Law", whereby the ICJ and ICC are the key vehicles for global law enforcement and the maintenance of the international order. The International Court of Arbitration is also a critical venue for determining international issues. The UN International Court of Justice was founded on June 26, 1945 in San Francisco by a statute under the UN Charter. But, and this is a hugely significant "But", the US is not a "State Party" to the International Criminal Court established by the Rome Statute on July 1, 2002. The US signed, but did not ratify the ICC Treaty. US citizens are therefore not liable for prosecution before the ICC and the US as a result has no judges on the ICC. The US claimed that ICC membership would be unconstitutional because it would allow, for example, the trial of US citizens for crimes committed on American soil which are unilaterally under the jurisdiction of the US legal and court system. This therefore applies to all potential crimes committed internationally by Americans anywhere under the ICC remit. Readers will see how this affects the US' role in the enforcement of, for examples, human rights violations, and what will be an increasing body of international law affecting "Green Energy and Climate Change". The separate UN High Commissions for War Crimes and Human Rights are instrumental in investigating and leading the prosecutions of violations. The Myanmar leader Aung San Suu Kyi was recently brought before the ICJ in The Hague in December, 2019 to answer genocide charges against Myanmar as a result of the alleged brutal treatment of Rohingya Moslems in Rakhine state. Slobodan Milosevic, the late Serbian leader, was brought before the ICC for war crimes. He died in his prison cell in The Hague from a heart attack in March, 2006 without a trial verdict. The

ICJ later found that he had committed a breach of the Genocide Convention by failing to prevent the genocide from occurring and not pursuing the perpetrators. There was no evidence to link him directly to actual genocides, committed by Bosnian Serb forces during the Bosnian war. These cases show that no one is above the law internationally. However, the United States is not legally part of the system. In the western democracies there is a singular movement towards change that may leave the United States behind and in possible limbo. For example, the Dutch government was recently found guilty in a major civil case in Holland's High Court for "Not reducing coal production, thereby not protecting the Dutch population from the effects of CO2 emissions". This was legally categorized as human rights violations because the Dutch government failed to "lower emissions". This may seem extreme to many here in the US, but this is undoubtedly the beginning of an international trend that may see cases come

before the ICJ to enforce "Green Energy" regulations in member states. We in the US may therefore face a dilemma. We are not part of the ICJ and ICC system. At the same time we lead in counter-ing the worst violent aspects of, for examples, Iranian support to Hezbollah in Lebanon, Hamas in the Gaza Strip, and Houthis terrorists in the Yemen. We are not able therefore to use the international legal system to enforce the rule of law and ensure the prosecution and trial of many war criminals and human rights violators committing atrocities. I ask readers to consider the long term efficacy of killing people such as the Iranian Major General Qasem Soleimani in one-off covert operations versus the long term prosecution of all such people in the ICC for war crimes, crimes against humanity, and other violations of the international code, such as the Geneva Conventions. The United States with the British led the way at Nuremberg. We ended the Nazi era in an international court. I ask, "Should we not follow a great American

international jurist, Benjamin B. Ferencz, by ensuring that his legacy endures by the US becoming a formal member of the ICJ and the ICC community?" I think so. This Letter from The Plains is dedicated to Ben Ferencz. He wrote the following to me for inclusion in this month's Letter, having read my Letter, and wanted all who read the Middleburg Eccentric to know what he thinks and feels about the future:

"Tony Wells has got it right. Let's make America America again. Let us be the nation of laws, and not of men, that our founding fathers envisioned. Let the light of our democratic principles and respect for the rule of law be the lamp that guides us forward toward a more humane world under a strengthened respect for the rule of law. The world is hungry for moral leadership, and it is high time that America retook the moral high ground by leading the way."

Let us all wish Ben Ferencz the very best on reaching 100 years of age.

BERNIE IS A SOCIALIST? WHO KNEW?

RED

BRIAN VELLA

Despite the coronavirus, our topic this month is the current state of the presidential primaries, and obviously the focus is on the Democrats. I will resist commenting on the "resurgence" of Joe Biden or pointing out that most anyone who has watched the decline of an aging family member will recognize certain behaviors exhibited by the Democrat front runner, bless his heart. Mr. Biden deserves our compassion, not our votes.

More interesting is that Mr. Biden is now the front runner because the Democrat party awoke to find that its erstwhile front runner, Bernie Sanders, is a socialist (gasp!) Who could have seen that coming? I am both incredulous and amused to watch Democrats on the Hill and in the media feign surprise that their party is again on the brink of nominating an avowed socialist for President. "How can this be?" they ask, "how could this happen?" This from a political party that has for the past 75 years embraced every leftist, socialist, oftentimes outright communist

notion to present itself. Socialists have long understood that controlling "the message" is essential to achieving political power, and so for the past several decades the education/media complex, dominated by Democrats, has given the public a steady diet of pro-socialist, anti-capitalist, blame America rhetoric. From pre-k to high school, students are indoctrinated with a disdainful view of America, its contribution to humanity and the role of capitalism in lifting billions of people out of poverty. Our children move on to college where they are subjected to "instruction" from radical political activists who are now tenured professors such as Bernadine Dorn, Angela Davis and William Ayers, and America-haters such as Frances Piven and Ward Churchill, where students are expected to regurgitate the wonders of the Cuban health care system and recite how Chinese Communists are the world leaders on environmental issues. Jane Fonda was (and is still) lauded by Democrats for giving aid and comfort to the North Vietnamese communists, Democrats praise artwork depicting President Obama in a Lenin-

ist style, Michael Moore is given awards for his movies bashing capitalism as he rakes in millions for his propaganda. President Obama's White House Communications Director, Anita Dunn, referred to Chairman Mao as one of her favorite political philosophers; Congresswoman Maxine Waters threatened oil company executives with a Venezuelan-style government take-over of their industry, and let us not forget Senator Ted Kennedy working with the Soviets to undermine and defeat President Reagan. I could go on for pages with examples of how the Democrat party during my lifetime has encouraged, defended, subsidized, made excuses for and endorsed socialist/communist regimes in eastern Europe, Cuba, Latin America, Africa, and Asia. At home, Democrats have pushed relentlessly for ever bigger government, centralized control of our economy and envy for those who have worked hard and been successful. Democrats advocate for a socialist utopia

where they will control income redistribution and punish successful citizens with confiscatory taxes to pay for "free" health care for anyone, including non-citizens; a utopia where someone else pays for "free" meals, college tuition, transportation and housing; and where the entire economy operates as if by magic without the use of hydrocarbons. Not a single prominent Democrat has had the courage to speak out in any meaningful way on this socialist nonsense.

So back to the primaries. After working tirelessly for decades to assemble all the pro-socialist parts needed to build the Bernie Franken-candidate in their basement laboratory, the Democrat establishment inexplicably seemed shocked after the Iowa caucuses and the New Hampshire primary to see "Its Alive!!". While the Party brought out the long knives and quickly eliminated Bernie as a candidate for a second time, they did so because they concluded he is unelectable, not because they disagree with his core beliefs and policies. Bernie Sanders is simply the personification of all that the Democrats have come to rep-

resent, and Democrats should not be shocked that all their work with the media, the teachers unions and college professors to put a friendly face on socialism has been so successful that a generation of 20-somethings is prepared to vote for this monstrosity.

You would think that after two near-misses with having Bernie as their candidate, if Democrats were truly concerned by the socialist takeover of their Party they would perhaps engage in some introspection and reflection on how their policies and practices over the past 50 years have been their own worst enemy. I feel certain that after several sessions of group meditation, aided by the use of crystals, perhaps sitting in a non-hierarchical, gender-neutral circle and using other Democrat-approved methods of problem solving, they could identify their mis-steps and accept responsibility for what they have done to their Party. Instead, it is more likely they will come to the only conclusion they seem capable of these days: Its Trump's Fault!

OBITUARIES

COLONEL GEORGE ALBERT DEVORSHAK

United States Air Force (Retired), died on December 30th 2019 at Falcons Landing, the military retirement community in Sterling, Virginia. Born on July 30th 1934 in Hammond, Indiana, a suburb of Chicago, George was the eldest child of John and Sonia Devorshak. His father was an electrical welder; his mother was a native of Tsarist Russia who emigrated to the US in the late 1920's.

George grew up in the Chicago area, graduating from J Sterling Morton East High School in Cicero, Illinois. After receiving a degree in Business Administration, he began his long military career in 1956, first in the Aviation Cadet program at Stallings Air Base in Kinston, North Carolina and then in Air Training Command at Laughlin Air Force Base in Del Rio, Texas. He officially became a jet fighter pilot in 1957 and served in the Illinois National Guard until he joined the US Air Force in 1963 as a 2nd Lieutenant. In the Air Force, George received advanced training and graduated top of his class from the highly prestigious Fighter Weapons School in 1965.

Promoted to Captain, he began the first of his three tours in Vietnam in 1966, based at Cam Ranh Bay. On that first tour, George flew 168 combat missions, 68 more than the 100 needed to be eligible to return home. He was awarded the Distinguished Flying Cross medal in 1967, the first of many medals recognizing his heroic bravery and service. His

second Vietnam tour was also based out of Cam Ranh Bay, while his third tour in the early 1970's was based out of Udorn, Thailand. All told, George flew for over 4,200 hours during these three tours, with almost 400 hours of aerial combat.

Besides his service in South East Asia, George served at Air Force bases in Germany and the USA – Bitburg, Langley, MacDill, Ramstein, Sembach, Spangdahlem – as well as at the Pentagon. He had a multiplicity of roles and increasing responsibilities – pilot, combat pilot, combat instructor pilot, squadron commander, Deputy Commander of Operations. During his career, George flew a great variety of aircraft – the F-84, F-86, F-100, F-4, F-105, F-5, F-15, and the F-16. His favorite by far was the F-15 which he started flying while based at Langley Air Force Base in Hampton, Virginia when he was commander of the 27th Tactical Air Command Fighter Squadron there. In 1983, Lieutenant Colonel Devorshak flew an F-15D with singer John Denver in the award-winning ABC television special "The Higher We Fly: The History of Flight", still available on YouTube, <https://youtu.be/6ViypE3YguU>. George retired from the Air Force in 1985.

At the beginning of his military career, George met Karen Nielsen, a secretary from Copenhagen, Denmark who worked at the Danish Consulate in Chicago. They were married in September 1958 and had four children – Eli-

sa, Jack, Yanna, and Christina.

After George's retirement, the couple moved first to Fairfax and then to Middleburg, Virginia where they became integral members of the community. Karen was active in the Middleburg Garden Club, George was a serious poker player and – most especially – Mr. Fixit for every poorly maintained, user-abused, virus-infected desktop and laptop within ten miles of his home. When the renewed/repaid/resurrected device was returned to its careless owner, George refused to be compensated for his diligent, thorough, and extremely effective services. He did, though, deliver an extensive diagnostic analysis of what had gone wrong and why, and provided multiple guidance points on how to avert the problems going forward. Many of his customers were dreadful backsliders, however.

After being married for over fifty years, Karen passed away in 2009, and is buried in Middleburg Emmanuel Episcopal Church Cemetery where George will join her. George was also predeceased by his younger sister Sonia Hallberg and younger brother John.

"I am the eagle, I live in high country in rocky cathedrals that reach to the sky/I am the hawk, and there's blood on my feathers./But time is still turning, they soon will be dry./And all those who see me, and all who believe in me/share in the freedom I feel when I fly" – John Denver



THE GRAVESIDE SERVICE FOR ANNE BRENNAN SCHEDULED FOR APRIL 4TH HAS BEEN CANCELLED DUE TO COVID-19.

LETTER FROM THE PLAINS

ANTHONY WELLS

Eccentric readers may not have heard of Benjamin B. Ferencz. On March 11, 2020 he was 100 years old. I had a wonderful teleconference call with him recently. He is the last surviving US prosecutor at the Nuremberg War Crimes Trials in 1945, when he was a young Harvard Law School trained US Army officer. He investigated Nazi war crimes after World War Two and was the

Army's Chief Prosecutor at the Einsatzgruppen Trial, one of 12 sets of trials held by the US authorities at Nuremberg, all very prescient today with only this past January 27 being Holocaust Remembrance Day, the 75th Anniversary of the liberation of Auschwitz in 1945, the largest Nazi concentration camp. Mr. Ferencz was not involved in the trial of the infamous major Nazi war criminals. He was born in Transylvania, Romania, and came to

the United State as an immigrant. Since 1945 he has been a major advocate for the establishment of the international rule of law and the creation of what in due course became the United Nations (UN) International Court of Justice (ICJ) and the International Criminal Court (ICC) in The Hague, Netherlands. As an aside readers may wish to take a look at the Netflix, "Prosecuting Evil". This fine American and I discussed the United States' future role in pro-

secuting international war crimes, crimes against humanity, and a whole range of other related international crimes that affect all of us: Human trafficking (and particularly the exploitation of women from poorer countries, many of whom are here in the US illegally and enslaved in hidden prostitution), drug running, illegal weapons transfers, terrorist movements, money laundering of many kinds (often associated with illicit weapons deals, terror-

ism, and drug activities) and the expanding domains of asymmetric warfare, practiced especially by Vladimir Putin's underground Spetsnaz derived operatives, who are now infiltrating the Western democracies. The latter is non trivial, the growing manifestation of Russia's inability to match the West in any serious conventional warfare contest (Russia's Gross Domestic Product is less than the state of California, but Russia has nuclear weapons and an oligarch

MBECC.COM

MBECC.COM

~ BE LOCAL ~

Middleburg Millwork Inc.

Your Local Home Improvement Store!



Visit us for your Hardware, Plumbing, Electrical, Lawn, Garden and Pool Supplies!



Paint
Custom Color Match Available!

Also available Windows, Doors, Siding, Lumber, Custom Millwork, and Special Orders.

106 South Madison St.
Middleburg, VA 20117
540-687-6318

Monday – Friday: 7 am to 4:30 pm
Saturday: 8 am to Noon

www.mmilh.com



Kitchen and Bath Design Studio
Cabinetry, Countertops, Floor Tile, and Wall Tile



Celebrating 50 Years!

“First visit, you’re a valued customer. Second visit, you’re a lifelong friend.”

SHERIDAN-MACMAHON

REALTORS

110 E. Washington St. | P.O. Box 1380 | Middleburg, VA 20118 | 540.687.5588 | sheridanmacmahon.com



CATESBY FARM

MIDDLEBURG, VIRGINIA

Gracious Georgian Manor home, 11,000 sf, built in 1930 | Updated and suitable for large scale entertaining | 7 BR, 7 1/2 BA, 7 FP | High ceilings, formal gardens & private setting | Belmont style stable w/30 stalls and 2 apartments | 4 BR guest house/entertainment complex, 4-car garage w/office | 4 restored tenant houses, skeet range, pool & tennis court | 241 acres recorded in 3 parcels | Land mostly open & rolling with bold mountain views, numerous ponds and vineyard

\$9,950,000

PAUL MACMAHON 703.609.1905



AQUINNAH

RECTORTOWN, VIRGINIA

Residence circa 1850 has been completely updated | 7 bedrooms, 7 1/2 baths, 6 fireplaces | Mountain views | Gourmet kitchen with gas range, subzero fridge | Master suite with balcony | Indoor heated pool, attached gym, par terre garden, greenhouse, tennis courts | Separate building office or guest house | New 8 stall center aisle barn with office and tack room | Riding ring, new fencing, 200 degree mountain views with unbelievable sunsets

\$4,850,000

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

PAUL MACMAHON 703.609.1905
HELEN MACMAHON 540.454.1930



CASTLE MOUNTAIN FARM

CASTLETON, VIRGINIA

292 acre private hunting preserve in Rappahannock County | 30 minutes from Warrenton and 20 minutes to Culpeper | Broad mountain views, spring fed pond, about 1 mile of Thornton River frontage, trails, machine shed and barn | Maintained trails for hunting and hiking through the diverse property | Some open and some wooded - lovely grounds | Property is in VOF Conservation Easement | Custom built residence includes 5 BR and 4 1/2 BA, main level master BR, gourmet kitchen, maple floors, generator and much more

\$3,750,000

MARGARET CARROLL 540.454.0650
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

MARQUET SIMMONS 703.774.6109
HELEN MACMAHON 540.454.1930



OLD ALDIE RECTORY

ALDIE, VIRGINIA

Historic home circa 1803, in village of Aldie | Originally a parsonage, part of land surveyed by George Washington | Four bedrooms, two full and one half bath, six fireplaces and old wood floors | Front and rear porches, garden, in-ground pool, hot tub, entertainment area, gazebo, walkways and patios | Large studio or office | Conservation easement | B & B potential

\$1,200,000

PAUL MACMAHON 703.609.1905
HELEN MACMAHON 540.454.1930



BICKERING OAKS

HAYMARKET, VIRGINIA

Sun-filled 4 BR residence w/2 master suites | 18 private acres | Large family room, living room w/cathedral ceilings, formal dining room | 2 FP | Gorgeous kitchen w/center island | Hardwood floors throughout & luxury master bath | Wrap around deck w/pergola overlooking terrace & mountain views | Attached 2-car garage | Multiple outbuildings include car barn w/wheat & overhead lift, heated 8 stall barn & paddocks, picnic pavilion, old stone stable converted to fully equipped office, machine sheds and storage shed

\$1,200,000

ALIX COOLIDGE 703.625.1724



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

\$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

\$595,000

MARGARET CARROLL 540.454.0650
ANN MACMAHON 540.687.5588



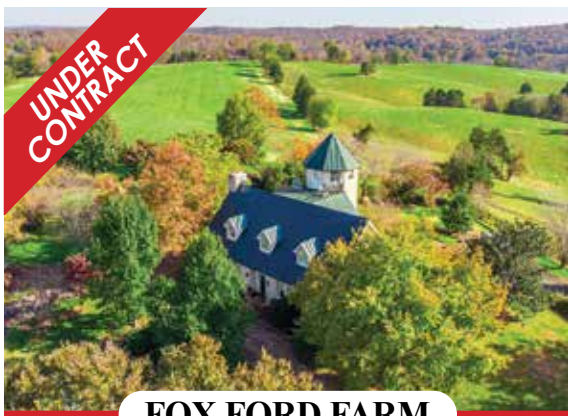
MILLWOOD SHOP/OFFICE

MILLWOOD, VIRGINIA

Prime retail/office space in downtown Millwood | Two doors from Locke Store | High visibility | Well-heeled pedestrian traffic | Remodeled 2018 with new bathroom and kitchen area | 1035 sq. ft. | High speed internet through ComCast cable

\$275,000

TOM CAMMACK 540.247.5408



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

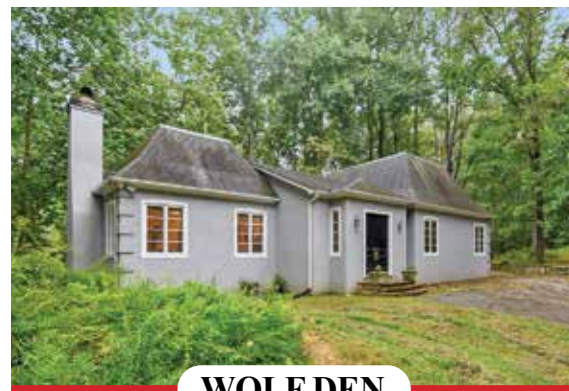
Rein du Pont 540-454-3355



MOUNTAIN FIELD FARM

The Plains ~ Nestled down a quiet gravel lane on **30+ acres** is a horse farm with every imaginable amenity. Custom-built log, frame & stucco 5 BR, 3.5 BA home using materials from an 1840's log cabin - logs, beams, hardwood floors, mantels & doors. Extensive hardscaping provides multiple entertainment spaces around the swimming pool & gazebo with distant mountain views. Guest house has a workshop/garage below with a 1BR/1 BA apartment and sep. Game/Party Room above. 6-stall center aisle barn w/wash rack & heated tack room, 4 fenced paddocks w/auto waterers, 2 run-in sheds, & a riding ring. Storage shed & chicken houses. Great ride out. In 2 parcels. **\$1,675,000**

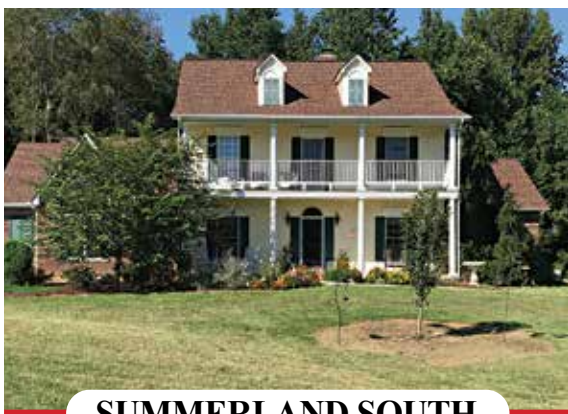
Cricket Bedford 540-229-3201



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**

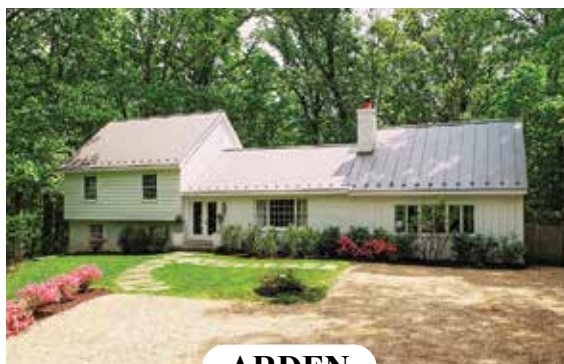
Rebecca Poston 540-771-7520



SUMMERLAND SOUTH

Rixeyville ~ **23 acre horse property!** New center aisle stable with rubber tiles in center aisle & 4 matted stalls, wash stall & tack room. Big new arena. Two Story 4 BR colonial with new Kitchen appliances, new HVAC & waterfall feature at swimming pool. Stone flooring in first floor master suite. Hardwood thru out Living Room, Dining Room & Kitchen. **\$800,000**

Susie Ashcom 540-729-1478



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



AUDUBON TRAIL

Jeffersonton ~ Just Reduced.....One of a kind opportunity!!! Weekend Retreat From The City!! Cabin nestled in a dell with modern well & septic. Underground elec. & telephone. Entrance field has great southwest mountain vistas & is an extra approved bldg. site. Audubon Trail runs along left side of parcel, passes cabin and opens into a large parcel in back whose owner normally uses other access/egress. Creek & grass around cabin. **\$470,000**

Susie Ashcom 540-729-1478



9030 JOHN MOSBY HWY

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**

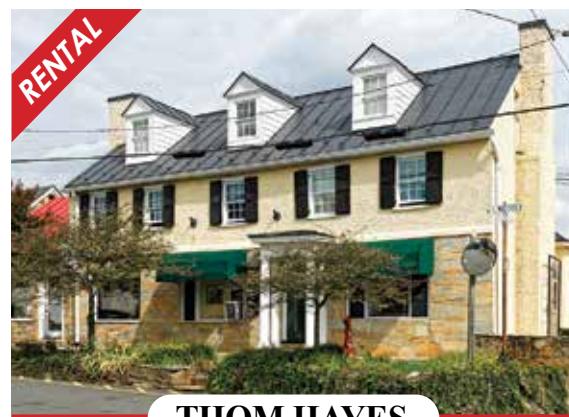
Cricket Bedford 540-229-3201



SMALL SPRING FARM

Upperville ~ Charming stone & cedar farmhouse with beautiful views on **30 acre** horse farm located in Piedmont Hunt country. The house features 3+BR / 4 BA, Kitchen that opens into a Dining Room with slate flooring, Family Room with stone fireplace and built-in bookshelves, and a separate room which can also serve as 4th bedroom, office or den. The smaller side offers a large Living Room with fireplace, Kitchen and Full Bath downstairs. A large bedroom suite with walk-in closet and full bath above. Pasture with run-in shed also available for additional cost. Security Deposit, References and credit report required. Pets on a case-by case basis. No smokers. **\$3,125/mo.**

Cricket Bedford 540-229-3201



THOM HAYES

Middleburg ~ Available for the first time in decades, the Thos. Hays & Son Jewelers space is coming for rent. Wonderful corner location at the cross streets on Madison and Federal in downtown historic Middleburg. This street has seen a renaissance of sorts! Lots of new shops and restaurants. Join in on the action. **\$1,700/mo**

Cricket Bedford 540-229-3201

Offers subject to errors, omissions, change of price or withdrawal without notice. Information contained herein is deemed reliable, but is not so warranted nor is it otherwise guaranteed.

THOMAS & TALBOT REAL ESTATE

A Staunch Supporter of Land Easements

1967 LAND AND ESTATE AGENTS 2020

Middleburg, VA 20118 (540) 687-6500

Phillip S. Thomas, Sr. Celebrating his 58th year in Real Estate