

KEEP SAFE AND WELL

TOWN OF MIDDLEBURG – HOW WE ARE ADDRESSING COVID-19



MIDDLEBURG TOWN COUNCIL REPORT



JAY HUBBARD

Updates on COVID

The Virginia Executive order 53 limiting nonessential business was extended to May 8th. The order is subject to the change, the Governor's office is looking for 14 days of consecutive decrease in positive COVID testing before they will start the process of opening Virginia back up for business. Currently, the Town is monitoring the Governors press conferences. The Town will do its best to pass along updates as they become available and post them on the town website. <https://www.middleburgva.gov/323/Stay-Informed---Coronavirus>

to petition the Circuit Court to extend that date up to an additional 16 days.

Solid Waste

Middleburg formed a Town consortium in October with five other local townships. There was regional RFP developed for recycling, refuse, and collection. Four companies responded to the RFP, two of which submitted proposals. American Disposal was chosen based on several factors. Finalize and award the RFP, all five members of the consortium, to give the thumbs.

Restaurant Voucher Program

The Town started a voucher support program to aid in keeping the Town's restaurants going during these trying times. Vouchers were given to Town residents.

Feedback from the program has been "Fononmal," both the restaurants and residents are extremely grateful for the Towns support," Danny Davis Town Administrator said. Counsel is currently discussing the future of the program.

Town Elections

Town elections are scheduled for May 19th, the Town with other local municipalities are going

BLACKWATER BEEF PRODUCING
QUALITY RICH BLACK ANGUS BEEF
FOR OUR COMMUNITY

FULL STORY ON PAGE 4



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NEWS OF NOTE

RURAL NON-PROFIT DOING THEIR BEST TO SUPPORT LOCAL HOSPITAL

FAUQUIER HABITAT FOR HUMANITY SCOURS RESTORE TO DONATE ITEMS



The Fauquier Habitat for Humanity's ReStore, located in Warrenton, Virginia, will donate 600 safety glasses to Fauquier County's Hospital, Fauquier Health as their Health Team continues working around the clock on their COVID-19 Preparedness Planning. Additionally, the ReStore donated 960 N95 masks to Fauquier Health last week to help protect medical workers during the coronavirus pandemic.

The combined donations to Fauquier Health equate to over two thousand dollars' worth of product.

To date, the Fauquier Habitat for Humanity ReStore has donated supplies to 15 organizations. Seventy-four cases of N95 masks disbursed to Hospice Support of Fauquier, Heartland Hospice, Fauquier Health, Warrenton Volunteer Fire Company, Fauquier Free

Clinic, Piedmont Family Practice, Piedmont Internal Medicine, Firstlight Home Care, English Meadows Warrenton, The Oaks, Poet's Walk Warrenton, The Villa at Suffield Meadows, Fauquier Senior Center, Fauquier Food Bank and Thrift, and Fauquier County Sheriff's Office. Other donations, such as disposable mop heads and cleaning or maintenance supplies are donated to local businesses who are supporting Fauquier and

Rappahannock Counties citizens by making food for the local and area food pantries.

"Our medical rescue and safety professionals are on the front lines of keeping us safe, and as Fauquier Habitat for Humanity's mission incorporates the belief that all families should live in safe and healthy homes, we must do everything we can for our part to protect those on the front lines of this pandemic

so they can maintain the safety and wellness of our community," said Darryl Neher, Chief Executive Officer of Fauquier Habitat for Humanity.

The donation of the safety glasses will take place on Monday, March 30th, at 1:00 pm at Fauquier Health's main entrance, located at 500 Hospital Drive, Warrenton, VA.

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Eccentric**

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NEWS OF NOTE

BLACKWATER BEEF

After recognizing almost a decade ago, the difficulties faced in obtaining and storing farm fresh beef, it became the mission of Blackwater Beef, a family-run business, to develop a local cattle program. This program was designed to produce quality rich Black Angus beef for our community. During the development process, the team, headed by Stacy DeLuke, Owner and Brett Miller, General Manager, designed a subscription pricing program that allows average families to purchase and take delivery of the beef over time so that there is no issue with storage. The online subscription program offered through the website eliminates digging to the bottom of the freezer and/or forgetting what was purchased in the first place. Blackwater Beef also participates in the Middleburg Farmer's Market, where a vast selection of beef products are offered, including jerky and dog treats.

Located on Foxcroft Road, just outside the Town of Middleburg, the company utilizes its physical resources in land and facility, creating a landscape perfect for a meticulous registered Black Angus herd. Keeping humane practices in mind, the cattle live on nutrient-dense green pastures, are hormone and antibiotic-free, and are supplemented with hay in colder months. The cattle are also grained everyday. The team at Blackwater Beef understands the importance of an ecological balance and continues to develop sustainable farming practices.



BLACKWATER BEEF

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WE UNDERSTAND AND CARE ABOUT YOUR SAFETY

During this crisis, if you live in the Middleburg area, Blackwater Beef will deliver local, pasture raised Black Angus beef to your doorstep.

Place your order through Blackwaterbeef.com and select "Home Delivery-Middleburg". We will take care of the rest.

The Blackwater Beef Food Truck is open for lunch Thursday through Saturday. Stop by for some Cowboy Cookin'!

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tices. "One of these practices is the cattle feed we use. The cattle enjoy eating the leftovers or "spent grain" from the beer-making process. Working with our brewery partner, Solace Brewing Company, our cattle consume an average of 10 tons of spent grain each week," states Miller. Spent grain is the by-product from the production of beer and what is left over after the mash is cooked and the liquid is extracted. The fermentation process has not taken place yet, so the cattle consume no alcohol. The protein concentration averages 20%, and it also has high fiber. The use of spent grains is a local and sustainable feeding practice. Some say it even enhances the flavor of the beef.

After the opening of the retail division in early February 2018, Miller, who grew up in Cody, Wyoming, Rodeo Capital of the World, began thinking of alternative ways to grow the operation. Left to his own devices, he showed up with a food truck that spring, and life on the farm got very exciting. Never even having been a line cook, Miller embraced his new role of chef developing his menu and his brand of "Cowboy Cookin'." The food was popular and earned an invitation to the Virginia State Fair, where it won "Best New Food" and the coveted "Judges Award"



in 2018. The entire team is very proud of this effort. The food truck can also be found at local events, including Christmas in Middleburg. Looking forward and to further serve the community, the team is diligently working towards opening up a farm market with restaurant zoning. This way, customers who would like to order a meal from the food truck are welcome to stay and enjoy it on the farm. The farm market, named The Middleburg Local, will showcase local products from the area, including produce, jams and honey, sauces, and, of course, Blackwater Beef.

Owner, Stacy DeLuke, states, "We at Blackwater Beef understand that amid the Covid-19 crisis, things are uncertain. We want to assure our local Middleburg community that we understand and want to help. If you would like to have our delicious beef in your freezer but do not want to come out, order online or call us, and we will deliver directly to your doorstep. We thank you, our friends and community, for your continued support and patronage. It is our passion to bring our 100% purebred Black Angus beef...fresh from our farm to your family!"

The Middleburg Town Council wants to thank all the hard-working men and women who are serving our community during this difficult period. From our grocery store and postal workers, to the health care professionals and first responders, to the restaurant and store staff who are putting themselves in harm's way to provide for us all,

WE SAY THANK YOU!

Middleburg Town Council:

Bridge, Darlene, Cindy, Chris, Peter, Philip, Bud, and Kevin



NEWS OF NOTE

JK COMMUNITY FARM

KERRY PHELPS DALE

Long before the pandemic, hunger has existed in our community.

Food insecurity in the locale touted as the wealthiest county in the United States is a reality. It is estimated that as many as 15,000 to 17,000 of Loudoun residents need additional assistance, most importantly food.

That was before Covid-19, and that number has grown exponentially.

Food banks and pantries have tried to keep pace, but the need has doubled already and is expected to continue to rise as unemployment increases.

The alchemy of an impassioned daughter, her community-minded father, and the need for locally grown, organic, fresh produce and protein options for the food insecure community gave rise to JK Community Farm.

Samantha Kuhn was studying for her BCMB (Biochemistry and Cellular and Molecular Biology) and environmental sociology at the University of Tennessee when a professor introduced the home-grown Loudoun woman to service-learning. She chose a semester-long program with a local Knoxville commu-



nity garden, and the seed was planted.

Samantha had been talking about the Knoxville farm with

her father, Chuck Kuhn, ever since her college experience. They knocked the idea around for a year or two. As founder and CEO of the country's leading in-

dependent moving and storage company, JK Moving Services had supported many local charities, and the Kuhn family had purchased farms across western

Loudoun to put into conservation easements.

In 2018 JK Community Farm was brought to life out of the dust of a run-down western Loudoun 150-acre farm, donated by JK Moving (who continues to provide for half of the operating budget.) Fields were prepared, high tunnel greenhouses were constructed, seeds planted, volunteers marshaled, and today the farm is the largest community farm in the country.

"That's partly because there aren't many," says Samantha. "But we're hoping that changes."

Their first year, 4 acres yielded 30,000 pounds of fresh, organic, nutrient-rich vegetables and fruits donated to Loudoun Hunger Relief for distribution. This year on ten acres of garden and 100 acres for grazing, they expect to provide 135,000 pounds of produce and protein, consisting of grass-fed beef, pork, venison, and eggs.

The high tunnel greenhouses allow for year-round seed starting and growing, and the farm engages in successive planting, composting. Cultivation of cover crops to take the best advantage of the farm and resources. They grow sweet potatoes, lettuce, sweet corn, bell peppers, zucchini, and more and have added melons, thanks to the beehive brought and maintained by a local beekeeper.

With only two staff members, Samantha and farm manager Mike Smith, the farm relies heavily on volunteers. Over 1000 volunteers worked 3000 volunteer hours in the first year.

"We could not do this without our volunteers," affirms Samantha. On any given day, com-



munity members, families, and organizations work side by side planting and harvesting. "They are dedicated and love knowing that 100% of what we grow goes to those in need," says Samantha.

Concern for the growing need due to Covid is undoubtedly on the minds of Samantha and father, Chuck.

"We have to focus on what we can do here, locally, though," says Samantha. "We have room and plans to expand the garden."

The generosity of volunteers and the community is what makes JK Community Farm flourish. "I'm most proud of how selfless so many people have been," says Chuck. "Everybody has been supportive of the farm."

"It's been a game-changer," says Loudoun Hunger Relief's Executive Director Jennifer Montgomery, about JK Community Farm's emergence. "In the types of food and the volume we can now provide. We are so grateful."

"It's Kismet. Six years ago, in our strategic planning, we wanted to add healthier, fresher food," continues Montgomery. "Everything we think is a crazy idea happens."

The Kuhns' hopes for the fu-

ture of the farm include expansion of the existing farm and the possibility of another farm to add to the production of produce. Samantha is dedicated to the educational side of nutrition and plans to collaborate with area schools to develop service-learning programs in addition to the educational field trips, corporate team building, and camps the farm already hosts.

From the vision and passion of Samantha and Chuck to the employees of JK Moving, who rallied behind the idea even when it could mean their profit-sharing would be reduced. From the donation of 25 head of cattle by a Loudoun resident to the local organizations' and corporate sponsorships. And most importantly, because of the ongoing, endless stream of volunteers, JK Community Farm is allowing a community to help their neighbors.

The annual Plantation is scheduled for May 18, and though Covid restrictions will be in effect, the event will take place. Volunteers for this event and regular opportunities can sign up on the company's website.

The farm relies heavily on sponsorships and individual contributions. To donate, visit the website, Jkcommunityfarm.org.

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NEWS OF NOTE

CAN CENSUS BUREAU DATA DRIVE BUSINESS GROWTH AND JOB CREATION?

An entrepreneur in Virginia is weighing whether to open a new restaurant. A national chain headquartered in DC is making regional hiring plans. And a big-box store in Maryland is deciding how to stock its shelves.

All three businesses have one thing in common: They can use U.S. Census Bureau statistics to help guide their decision.

When planning a new business or deciding whether to hire more staff, entrepreneurs and big chains alike must answer key questions.

Among them: Who are my potential customers? How many live in the area? How many similar businesses are already operating nearby? How much are those competitors paying their employees?

“Our data get used extensively,” said Andrew Hait, a Census Bureau economist. “The (annual) American Community Survey and the decennial census — both are critical



resources.”

That’s why it’s important to respond to the 2020 Census. Responses could lead to more jobs and new businesses

in Middleburg. Businesses use population statistics to help decide where to add jobs or open new stores, offices or other businesses in communities across the country.

Economic Census

One major Census Bureau resource for businesses is the recently released 2017 Economic Census. Conducted every five years, the economic census collects extensive data about nearly 4 million businesses across most industries and all geographic regions of the United States.

In addition, the Census Business Builder, a suite of free online tools available on census.gov, allows business owners and analysts to explore local statistics — ranging from consumer spending to new building permits — so they can identify new office locations, stock shelves and more.

2020 Census

The availability of census statistics to private businesses is just one of the benefits of the 2020 Census, which aims to count everyone who lives in the United States.

State, local and federal government officials will use 2020 Census statistics to determine how to allocate and spend billions of dollars annually for critical public services, including hospitals, schools, roads and bridges, which in turn will generate opportunities for private sector businesses.

Should a Store Sell Diapers?

Business owners also use the information to determine how best to serve their customers. A big-box superstore in a community full of young families, for example, is more likely to showcase diapers on prominent shelves in its aisles than one in a community where most of the population is age 65 or older.

SmartAsset, a New York-based financial technology company, has ranked Loudoun County as the top county for business growth in Virginia for the third year in a row. The last three annual studies have

shown 13.9 percent growth, 13.9 percent growth and 15.8 percent growth.

Those local community statistics are available thanks to the census.

Customers in some areas may also prefer a particular kind of retail experience — an insight that can help small business owners stay competitive.

Hiring, Payroll and Regulations

Business owners use Census Bureau data to make competitive hiring and pay decisions based on the typical payroll of similar businesses in their area.

And states and local governments use it to regulate businesses.

The state of Maryland, for example, was considering raising taxes on cigarettes. The state turned to census statistics to identify businesses that sold the most cigarettes within its borders and would be most affected by a cigarette tax hike.

The answer: convenience stores, where cigarette sales accounted for a large chunk of their revenue.

“Using that data, they decided not to raise the cigarette tax at that time because they were concerned about how it might impact these mom-and-pop convenience stores,” Hait said.

The Census Bureau encourages businesses to make use of the wide variety of census statistics available.

“Over 100,000 businesses are opened every year, and almost 100,000 businesses close every year,” in the U.S., Hait said, adding that many of those that fail probably didn’t do their homework.

Census Bureau data can help entrepreneurs do their homework — and then some.

AMERICAN HUMANE PRESENTS MIDDLEBURG HUMANE FOUNDATION WITH FEED THE HUNGRY GRANT



American Humane, the country’s first national humane organization, today announced that Middleburg Humane Foundation (MHF) is a recipient of American Humane’s Feed the Hungry grant. Located in Marshall, Virginia, MHF provides a haven for abused, neglected, and at-risk animals, both large and small.

“On behalf of all the humans and animals here at Middleburg Humane, we want to say a huge thank you to American Humane for providing us with a Feed the Hungry grant,” said Mary Arden, Community Outreach Coordinator at MHF. “We previously offered free food assistance to caretakers of community cat colonies, and we have started to expand our food assistance program to include all families who need help with their companion animals. When COVID-19 struck, we stepped up our efforts trying to get the word out to the community that we have this resource available. We have also started making weekly donations to a local food bank so that when people go to get food for themselves, they can also get food for their pets. We think it’s important that families stay together, now more than ever. Thank you again to American Humane for helping

us feed the hungry.”

MHF believes that all animals, both large and small, have the right to safe and sanitary living conditions, protection from abuse and neglect, and to live their lives in an environment free from pain and fear. MHF specializes in the rescue and rehabilitation of animals that come to its shelter from a wide variety of situations. After much needed nurturing and medical care, the animals are available for adoption. On average, the 23-acre farm shelters 60 animals at a time. In addition to the high number of cats and dogs, MHF provides care for horses and various other livestock. Most of these animals come from cruelty or neglectful situations; therefore, they require intensive daily behavioral and medical care. The shelter’s Live Release Rate is 94 percent for dogs and 92 percent for cats. MHF was selected as a recipient of the Feed the Hungry fund for its success and dedication in making a difference for the lives of the animals in the community.

To help shelters continue to save lives during this unprecedented crisis, consider donating today. Learn more at www.americanhumane.org/feedthehungry.

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¹ APY = Annual Percentage Yield. When account qualifications are met during the monthly qualification cycle, balances up to \$25,000 receive an APY of 2.00%, and balances over \$25,000 earn 0.25% dividend rate on the balance over \$25,000, resulting in an APY ranging from 2.00% to .48% depending on the account balance. If monthly qualifications are not met, all balances earn .05% APY. APYs accurate as of 2/01/2020. Rates are variable and may change after account is opened. \$100 minimum deposit is required to open the account.

² When qualifications are met during a monthly qualification cycle you will receive 2.00% cash back on up to a total of \$300.00 in debit card purchases posted that cycle.

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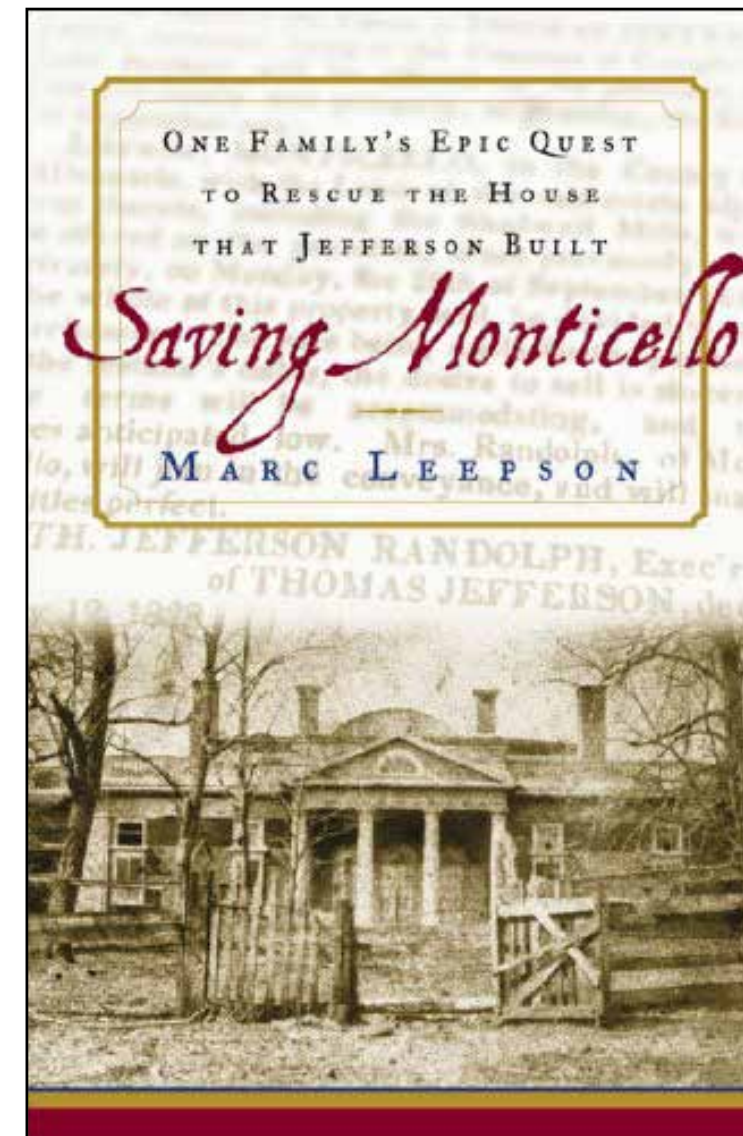
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NEWS OF NOTE

THE MOSBY HERITAGE AREA ASSOCIATION PRESENTS: “SAVING MONTICELLO” A VIRTUAL TALK BY JOURNALIST, HISTORIAN, & AUTHOR MARC LEEPSON



The Mosby Heritage Area Association has postponed all in-person events due to COVID-19, and has shifted our focus to expanding remote learning opportunities. We are pleased to announce a video talk by author and historian Marc Leepson on Sunday, May 3, 2020, beginning at 2:00 p.m. This talk will be presented online through Zoom. Tickets will be limited to the first 50 registrations. Following the talk there will be a question and answer period.

Join author Marc Leepson as he gives a lively presentation on a little-known story of historic preservation: how two members of the Levy family repaired, restored and preserved Monticello, Thomas Jefferson's "Essay in Architecture."

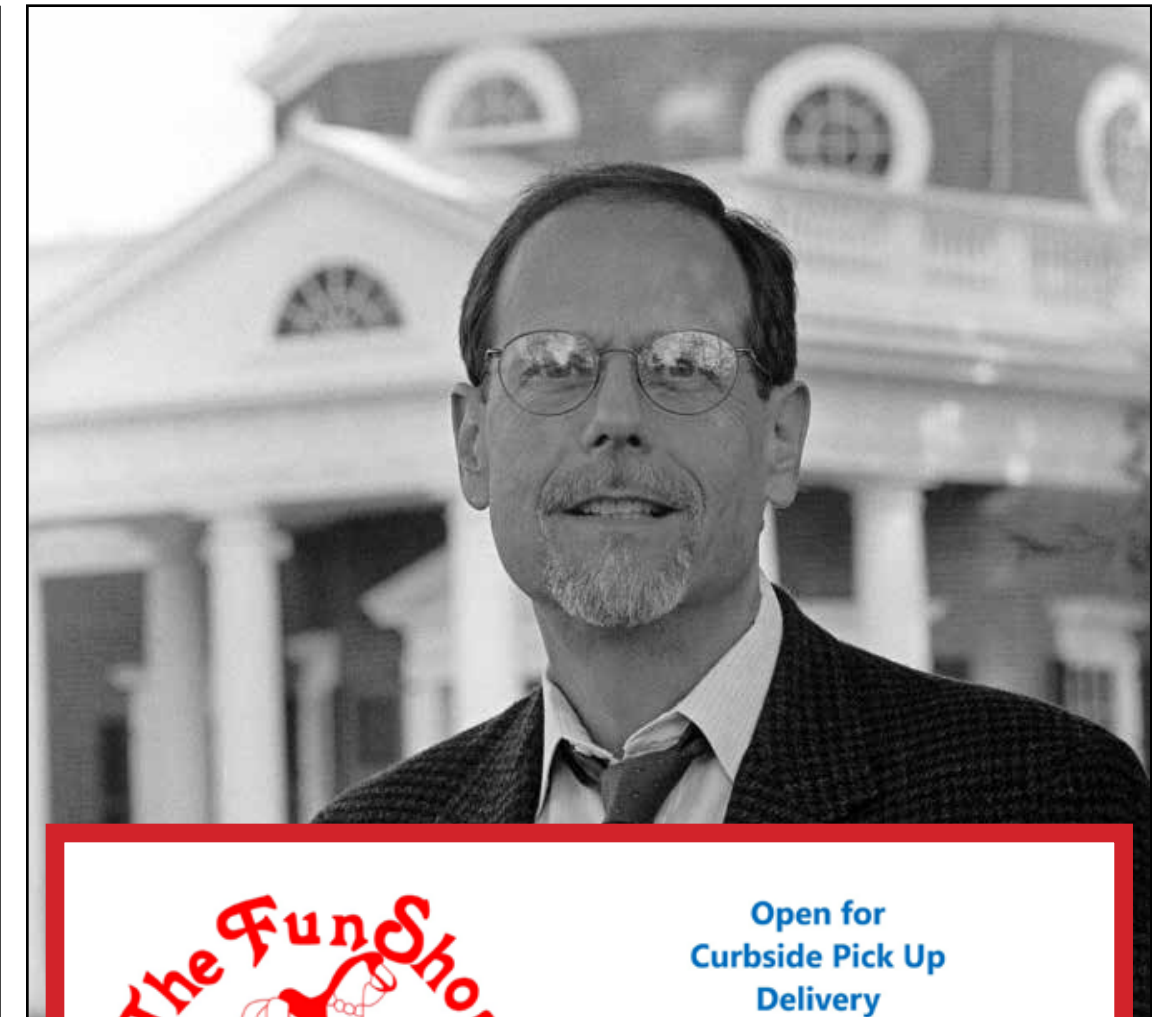
Burdened by debt, Jefferson's heirs were forced to sell Monticello in 1831, and over the years it came perilously close to being lost forever. The preservation and rehabilitation of the home was made possible by the dedication, resources, and

tenacity of U.S. Navy Lt. Uriah P. Levy and his nephew Jefferson M. Levy, who owned the house from 1834-1923. The talk is based on Mr. Leepson's book *Saving Monticello: The Levy Family's Epic Quest to Rescue the House That Jefferson Built*.

Marc Leepson, who taught U.S. History at Lord Fairfax Community College from 2007-15, is author of nine books, as well many newspaper and magazine articles. He has been interviewed many times on radio and television, presented papers, chaired panels at academic conferences, and spoken to students at many colleges, universities, and high schools. A Board member and Treasurer of Biographers International Organization, his website is <https://marcleepson.com>

To register, go to <https://mosbyheritagearea.org/events/savingmonticello>

Additionally, MHAA has launched a new webpage that outlines all of their current remote learning efforts: <https://mosbyheritagearea.org/remote>



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NEWS OF NOTE

HORSE-CRAZY: RIDING OUT THE PANDEMIC



PHOTO BY LAUREN R. GIANNINI - THE START OF THE 2004 GRAND NATIONAL AT AINTREE. WON BY AMBERLEIGH HOUSE (DARK BLUE WITH RED/WHITE SLEEVES) IN FULL SUSPENSION, JUST LEFT OF CENTER. THE HEARTWARMING STORY BEHIND THAT WIN... MAYBE NEXT HORSE-CRAZY...

LAUREN R. GIANNINI

Riding out the pandemic is a serious challenge, and our #1 job is to stay healthy. Here's hoping everyone is willing to be diligent about hygiene, about practicing self-isolation and social distancing, and, when venturing into the world, wearing some sort of mask – to protect yourself and others, also a solid reminder not to touch your face, even if you're wearing gloves! It's es-

sential for everyone to choose to be a team player: better safe than sorry.

Reading is a great way to ride out any crisis, especially this current global emergency. For me, as a horse-crazy writer, there's nothing like being carried off by good prose for an adventure. It's a bit like riding a horse.

Right now, I take great comfort in cooking, baking, learning to garden, and reading. Reading took root in my early childhood

when I didn't just read, I devoured books. My favorite tales were (and still are) filled with horses. My ideal story provides entertainment and escape, as well as good humor, insight, and learning.

My absolute favorite author – idol and role model – is British: K. M. Peyton (born 1929), whose storytelling genius continues to influence me. She can write about anything and everything — horses, ponies, equestrian sports and disciplines,

sailing, piano prodigies, conservation, you name it. Her characters, female and male, are wonderfully human and very real. As for her equine characters, they hooked me for life.

With 50 books to her credit, Peyton's oldest works hold their own among newer entries in her bibliography. She understands overcoming adversity, the duality or paradox of human nature, and the monumental efforts and sacrifices required to pursue any dream, large or small. Her nov-

els are enjoyable reads. They have pace and carry the reader like a good, steady horse cross-country no matter how trappy the terrain. Her voice is clear and compelling as she packs storylines with realism and the vicissitudes that accompany daily living, with and without horses.

Peyton's novels take you on adventures. Her characters and her voice invite you to experience the full gamut of human emotion; you'll end up feeling renewed grit, hope, and a sense of sharing dreams. Murphy's Law means that something's always going a bit off course or out of kilter, but that's life and embarking to find your bliss via a primrose path of your choosing will be littered with serious moguls and other obstacles that challenge, even dare you to give it your best shot.

Seriously though, her books are fun to read although they all have serious bits, the odds are good that you will find at least one that entertains and sustains you.

Here's one that never lets me down, available in hardback, paperback, and audiobook download or CD: *Blind Beauty* (2001) wherein Tessa, a young Irish girl grows up with impossible attitudes and is transformed (saved, literally and figuratively) by an Irish-bred Thoroughbred registered as Buffoon. This particular dream of equestrian glory has its sights fixed on the very historical Grand National handicap steeplechase, which first ran in 1839. The three-day meet takes place in early April, was canceled this year because of the pandemic, but it's always an overwhelming crush of spectators and unbelievably exciting racing, which Peyton captures

brilliantly in *Blind Beauty*.

Read *Blind Beauty*. Just. Do. It. You will come away moved, possibly crying, but go on, let go of the emotions and laugh until you cry. It's good for your spirit and your soul.

Peyton also wrote *Flambards*, *Edge of the Cloud*, *Flambards in Summer*, on which the 1978 British TV series "Flambards" was based. In 1981 she published *Flambards Divided*, which puts a whole new ending onto the saga. No spoilers, sorry, but it's excellent storytelling about rural England in the early 20th century, with lots of fox-hunting, airplanes, World War I, and more horsepower than genus Equus.

Pennington, Peyton's piano prodigy, is a borderline delinquent, who gets involved with Peyton's pony-crazy teenager, Ruth Hollis, the central figure in *Fly-By-Night* and *The Team*. Read the horse novels first, because they lead into Pennington's *Seventeenth Summer*, *The Beethoven Medal*, Pennington's *Heir*, and *Marion's Angels* (later reprinted as *Falling Angels*).

Two of Peyton's funniest novels include *Who, Sir? Me, Sir?* About a teacher-instigated challenge between working-class teens versus rich kids. The working-class kids have to learn and train to compete in fencing, shooting, swimming, cross-country running, and riding over a cross-country course of solid jumps. *Downhill All the Way* sees several of the penathlete team kids (not the posh ones) going off to France on a skiing trip. Two great tales, full of brilliant and hilarious descriptions, take your pick.

They're both entertaining.

If you have a household with kids of all ages, think about gathering for a group reading. Take turns and tune up your speaking voices. All the world is a stage, and the people on it are actors. Just have fun.

One standout contemporary author of horse fiction with great craic (Irish for fun and excitement) is Kate Lattey and her *Pony Jumpers* series set in New Zealand, especially *Top Ten* (#10) and my favorite *Irish Luck*, *Special Edition #2*, which moves the action to Ireland for the Junior Nations Cup of Show Jumping. Due to come out soon: *Eleventh Hour* (#11).

The *Riverdale Pony* series of eight books by Amanda Wills (GB) takes place in glorious Dartmoor wherein young Poppy finds her family moving to an old cottage where she discovers a pony living wild. So what if the reader is old enough to be Poppy's grandparent? I've read them all and await the next adventure.

Please note that novels by Lattey and Wills are free downloads with Kindle Unlimited. Many of Peyton's works are available in digital formats such as Kindle, but not *Blind Beauty* or her *Flambards* series.

To drop names of two beloved reads by Robin McKinley, available in hardback, paperback, ebook, and free audiobook downloads: *The Blue Sword* (Kindle, \$2.99) and *The Hero and The Crown* (Kindle Unlimited) – horses, evil wizards, and bad dragons...

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NEWS OF NOTE

SHENANDOAH DONATES THREE VENTILATORS TO VALLEY HEALTH

VENTILATORS WERE ORIGINALLY DONATED BY THE HOSPITAL SYSTEM TO AID STUDENT LEARNING



Shenandoah University donated three ventilators to Valley Health on Wednesday, April 8.

The ventilators were donated to Shenandoah several years ago by Valley Health to help provide clinical experiences to the university's nursing and respiratory therapy students. To help in the fight against COVID-19, university officials decided to re-donate the ventilators back to the hospital system.

"It is so beautiful how sometimes good deeds come back to you," said Shenandoah President Tracy Fitzsimmons, Ph.D. "In this case, Valley Health donated these ventilators to Shenandoah University several years ago. We have used them to enhance our students' learning, but at this critical time, the school of nursing is pleased to donate these ventilators back to Valley Health to be used to help save lives. It is hard to imagine what we would do in the Northern Shenandoah Valley without our colleagues at Valley Health, and I am so happy for anything Shenandoah can do to help support them."

The ventilators will help patients suffering from respiratory issues associated

with COVID-19.

"As the incidence of COVID-19 increases in our region, Valley Health staff is bracing for an influx of critically ill patients," said President and CEO of Valley Health Mark H. Merrill. "We welcome the addition of the ventilators to our reserve so we can assist more patients who need breathing support in the days and weeks ahead. We are very grateful for the ongoing support of Shenandoah University, not only with supplies and equipment but a close, decades-long collaboration that helps prepare students for futures in a variety of healthcare disciplines."

Last week, the university donated approximately 2,500 hospital masks to Valley Health.

Shenandoah and Valley Health had shared a partnership for nearly 60 years when the hospital system gave the university its start in the health professions with the development of the nursing program. During the program's earlier years, Shenandoah's nursing classes were held in the classrooms of Winchester Memorial Hospital (now Winchester Medical Center).



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NEWS OF NOTE

MENTAL WELLNESS PRACTICES DURING COVID-19

ERIN ABBOTT, CERTIFIED
SCHOOL COUNSELOR AND
FOXROFT 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.

LEESBURG GARDEN CLUB AWARDS THREE GRANTS TO LOCAL ORGANIZATIONS



The Leesburg Garden Club (LGC) is excited to announce that it has awarded grants to three local organizations. Their requests for grants met the Club's funding objectives and corresponded with the Club's mission "to promote active interest in gardening and to assist in the protection and development of the natural beauties of the State". One of the recipient is a local non-profit organization serving the community through conservation, education and gardening. Support for science and environmental education grants are awarded to two Loudoun County Public Schools. Recipients are the Loudoun Wildlife Conservancy, Lucketts Elementary School and Tuscarora High School.

Loudoun Wildlife Conservancy has been awarded funding to complete the installation of a pollinator meadow with interpretive signs along the W&OD Trail near the Crescent Place townhouse community. Upon completion of this project, visitors will be able to enjoy identifying the many native plants along this trail. Visitors may stop to view the interpretive panels which will describe each plant species, its habitat and the types of wildlife it supports, thereby educating the public of the importance of native plants.

Lucketts Elementary School has been awarded funding for an Outdoor Classroom and Learning Lab. LGC will fund the installation of a milkweed habitat, Monarch Waystation, weather station and a vegetable garden. Students will use the outdoor classroom to learn about native plants and the wildlife they support, collecting rainwater and composting for sustainability, as well as predicting and understanding weather patterns.

Tuscarora High School has a courtyard which is used as an outdoor classroom by the Environmental Science, Special Education, and English Learner classes. Funding has been awarded to improve the courtyard with native plants, trees, and shrubs and install a Monarch Waystation. The Tech Ed students will participate in the design and building of the planting borders. Use of the space with these improvements has been included in the THS curriculum and has a high degree of support from teachers and staff.

Leesburg Garden Club is a 501(c)3 organization. In 2016, the club hosted its first fundraiser, a floral design symposium presented by one of their honorary members, Holly Heider Chapple. A second symposium in 2018 featured renowned speaker Jane Godshalk. These two events successfully raised money to support local, Loudoun County non-profits and schools that share their mission. In 2019, the Club held a Garden Party at Selma to raise money for their Loudoun County Children's Education Fund.

In 2016, the LGC's first grant was awarded to Oatlands Historic House & Gardens to help install an irrigation system within its walled garden, considered one of the finest historic gardens in Virginia. The club also awarded a grant to fund the purchase of materials for an after-school garden club and outdoor classroom at Leesburg Elementary School.

The LGC looks forward to hosting "BBQ & Do-Si-Do Dinner & Dance Fundraiser" planned for Sunday, November 8, 2020. Funds raised will support future projects to benefit the local community. Look for information about this Fall event on our website leesburggardenclub.org or on Facebook at Leesburg Garden Club

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NEWS OF NOTE

A PRINCIPLE OF COMMUNITY CARE

Should you help someone in need? How much should you donate to that someone, especially when you know your gift can save a life, teach someone to read, help them get a job, take care of their child, share the joy of music and art, or enhance the community fabric that makes ours one of the best to grow up and grow old?

During Loudoun's GiveChoose.org online giving event, the average gift is \$134. GiveChoose.org is our community's day of charitable giving celebrated on Giving Tuesday, May 5th. Early giving starts April 21st. More than XX charities have united together to share their stories and invite your choice to give a gift of as little as \$10.

Sometimes, our community needs to come forward and support a common goal. This is one of those times. Now more than ever. The Richmond-based Center for Nonprofit Excellence has shared preliminary details of a very recent survey of nonprofit

organizations as a result of COVID-19:

Thirty-five percent of nonprofits are experiencing a drop in donations and 47 percent anticipate a drop in the coming weeks.

Dozens of local charities canceled or postponed events and galas. Corks for a Cause, traditionally held but canceled in early April, generated \$20,000 for Loudoun Abused Women's Shelter. For many Loudoun charities, special events generate as much as 15% or more of the organization's annual income—now lost.

More than half nonprofits are experiencing a decrease in client usage of services or programs, with 62 percent experiencing a decrease in earned revenue/income for their charitable work.

For example, Lansdowne-based Blue Ridge Speech and Hearing provides services to fit folks with hearing aids and personalized speech therapy. For now, their clients are (rightfully) electing to isolate at home and forgo treatment. Their nonprofit

business has come to a halt.

Nearly half nonprofits are experiencing challenges with staff and/or volunteers who have limited availability due to childcare constraints. Fifty percent of nonprofits are experiencing destabilization of long-term financial stability.

Loudoun's nonprofit sector employs more than 5,000 individuals (more than twice the insurance and finance sector). In the best of times, our social service sector provides as many as 53,000 individuals with personalized help and aid. In these worst of times, demand for food has turned the operations model upside down for charities like Loudoun Hunger Relief.

Of some 25 critical or essential safety net nonprofit organizations in Loudoun County, 14 of 25 have an operating reserve of three months or more.

Loudoun's nonprofits are under-resourced as illustrated by past studies represented in the FacesofLoudoun.org community service campaign. While our community's population has

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PROGENY

"I especially like [how the teachers have] emphasized patience. You all deserve high-fives, but those are not allowed right now!"

*Christie Wachtmeister
Parent of 3 lower school students*

"Teachers are thinking outside of the box and helping the students to find their footing as we all navigate this novel situation together."

*Jennifer Carter
Middle School parent & faculty spouse*

"It's different from anything I've done before. But I started to ease my nerves when I realized that we're in this together."

*Ruthie Chierichella
Highland Freshman*

"The key is just keeping in contact; emailing my teachers when I need help. The teachers have a lot of kids to focus on, but when you reach out they are there for you."

*Ben Blunt
Highland Sophomore*

"I was nervous at first, but the buy-in of my students has made this experience so enriching. They want to do the work, and they want to do it well. I am so humbled."

*Margie Kuzminski
Highland Dean of Students & History Teacher*

"This format is hard for students who need a lot of help or who might not feel comfortable reaching out to a teacher. That's why it takes so much kindness to do this right."

*Dave Robertson
Highland Math Department Chair*

HIGHLAND TEACHERS LEAD THE WAY IN DISTANCE LEARNING



"What is best for students in this different world?" This question must drive every decision a school makes, now more than ever, according to Marjorie Kuzminski, history teacher and Dean of Students at Highland School. "They come first. And, honestly, in some ways it has made me a better teacher. I have to be so attuned to how students are able to produce evidence of understanding. Distance learning has made me re-evaluate so many of my teaching practices. I've become more project-based and synthesis-based in my teaching, necessarily moving away from traditional content-mastery, even though I teach an AP history class."

Kuzminski, like every teacher, student, and parent, finds herself grappling with a new kind of education during an uncertain time. Kiki Wegdam, a junior from Marshall, Virginia, reflected this unease. "At first I was kind of excited because it was something different, but then I realized how long we're in this for, and I started to get nervous. I'm not really someone who likes to ask questions, but in online school, you really have to advocate for yourself."

This is a critical element that Dave Robertson, Highland's math department chair, focused on in developing his online approach. "This format is hard for students who need a lot of help or who might not feel comfortable reaching out to a teacher. That's why it takes so much kindness to do this right. As the teacher, you almost become more of a friend in this scenario. You've spent the year building a connection and relationship, and now you've got to continue to show students that you still care and that you are still there for them."

Christie Wachtmeister, Highland parent of three, noted that, beyond kindness and relationships, distance learning also means that everyone has to be kind to themselves. "I especially like [how the teachers have] emphasized patience. Kids need to be reminded frequently, but so do all of us. You all deserve high-fives, but those are not allowed right now!"

Ruthie Chierichella, a freshman from Warrenton, was also a bit uneasy with the transition. "At first I was so nervous because it's different from anything I've done before. But, I started to ease my nerves when I realized that we're in this together. We're all going through it, and we have to get through it together."

Susannah Gerhardt, a junior from Catlett, Virginia, agreed. "You just have to go with it. It's important to remember that everyone, including the teachers, are adjusting together. Even my brother, a Highland graduate and a senior at Wake Forest, is going through this."

Kuzminski, however, notes that students aren't just passively going through it. They are actively participating. "When you're teaching, the buy-in of students is essential. Distance learning, though, is impossible without it. I was nervous at first, but the buy-in of my students has made this experience so enriching. They want to do the work, and they want to do it well. I am so humbled."

Parents are seeing the same thing in their students. Anne Marie Hauer, a Highland parent, noted her children are "actually excited for this new adventure." Diana Norris, mother of three Highland students, described her kids as, "open, flexible, patient, and attentive." Denise Harris, a Highland parent and spouse of a Highland teacher, said, "my son is actually enjoying it!" When she eavesdrops on her husband's

classes, "I can hear the excitement in the kids' voices." Parent Ashlea Hopkins said school, "is something [my kids] have looked forward to attending. It has given them a sense of normalcy and kept them to a schedule. There is also a purpose in their day. It has also kept them connected to their friends."

While he has "bought in" to his classes, Matt Hoerner, a senior from Delaplane, has had to rethink how he approaches school. "Online classes force you to own your learning in a completely different way than in-person school. Often, the classes are structured differently; you can't just sit and listen to a lecture. Instead, you have to become a doer."

Ben Blunt, a sophomore from Upperville, echoed Hoerner's sentiments about the need to take ownership. "In school, I spent a lot of time going to my teachers for help, and I was nervous about how that would happen now. I've realized, though, that the key is just keeping in contact with them, emailing my teachers when I need help. Teachers have a lot of kids to focus on, but when you reach out they are there for you."

Blunt still reaches out to his friends for help, almost as if they were still in study hall together. Gerhardt and her friends still did something mathematically incorrect together and to study together before tests. Chierichella checks in with her friends at the end of every day, just to make sure everyone is doing okay.

Harris, the aforementioned Highland parent, said, "I am so proud of the Highland community and its ability to come together." Mitchell Hudson noted how his daughter, a senior at Highland has benefitted specifically because her classroom is a community, dedicated to learning

difficult because students can't be there to work through intellectually difficult things with the teacher. He, said, though, that everyone knows how important it is and how much work the teachers are putting in to help get these difficult ideas across. Chierichella said it can be hard to stay organized during the school day when she is at home, but noted how actively teachers are using Google Calendar to help all the students stay on track with their work.

Parents, too, have noticed how the teachers have had to get creative. Jennifer Carter, said teachers have been "thinking outside of the box and helping the students to find their footing as we all navigate this novel situation together."

Perhaps it is no surprise that Ferguson reports the first thing he did was consult his colleagues. "Problems and solutions to online learning and teaching often go across subjects, and my colleagues are a tremendous community to lean on." Kuzminski, too, is thankful she was able to lean on the Highland community and all of its expertise, saying, there is, "a large educational community that transcends Highland" and that they are all going through this together, sharing ideas with each other, often through Facebook groups.

Ultimately, for faculty and students, so much comes down to trust in this online environment. For Hoerner, that is trust in the honor code. "Integrity is really important to me, and I worry about the temptations of taking short cuts on your work. But, I trust myself to do the right thing, and I trust the community too."

Robertson echoed this sentiment. "You have to trust that we have spent the first part of this year putting students in a good position to be successful. Then, you have to trust they will do the right thing." However, Robertson wasn't just thinking about the honor code, he was thinking more widely, about the act of staying "bought in," about students' continual desire to learn. Ferguson said, "This really makes you trust your students. There is no 'stick approach' in online learning. You have to believe in them and trust in them." And, according to Kuzminski, that belief has been so, so well placed.

While teachers and students across the country have had to adapt to this new way of learning, Ryan Pappalardo, a Highland sophomore from Warrenton summed up everyone's thoughts the best: "The most important thing is to flatten the curve. There are some difficult things about online school. Like, once I took a nap during lunch and missed the start of a class. Overall, though, the classes have all been really great, and I've been able to keep up the high academic standards, in part because the teachers and school started preparing us for this change early on. Again, though, what is most important is that we flatten this curve."

PROGENY

HILL SCHOOL AT HOME



One recent afternoon, Hill School Academic Dean and eighth grade teacher Hunt Lyman sat in front of his computer with a guitar and started strumming and singing a song—"The Bare Necessities"—for a group of children from Junior Kindergarten to third grade.

None of them were in the school building; all were at home watching on their own computer screens necessitated by the current Covid-19 pandemic. It was 3 p.m., when many of those children normally would have been on campus at what Hill calls "Late Gates," its popular after-school program.

One of their regular teachers, Dorsey deButts, also appeared on their screens, playing puppeteer with a bunch of Teddy Bears she had "dancing" to Lyman's music.

"All of us were connected on Zoom," Lyman said. "The children were singing and dancing at home, and everyone was having a wonderful time. It was just great to see."

This was hardly a one-off production either, because Hill, with its dedicated faculty and staff, created a structured, online curriculum for its 224 students virtually overnight. They call the program "Hill at Home," and it includes live individual class instruction beginning at 9 a.m. each school day for all students from Junior Kindergarten through 8th grade, with supplemental programming available in the afternoon.

Public and independent schools across the state of Virginia were ordered closed for the rest of the academic year early in March because of Covid-19. The Hill faculty and staff then spent what should have been the school's regular two-week spring break surveying parents, blue-skying ideas, and then coming up with the final program that was put in place following the scheduled break.

The survey was taken to determine if families had computers, not to mention dependable internet service, to access the virtual school day. Those who did not have computers available were lent Chromebooks to fill that gap. In addition to Chromebooks, string instruments were sent home with Hill's third and fourth graders so that learning could continue, as well as all the materials students would need to start the online program on Monday, March 30th.

Lyman said. "We believe in face-to-face education that educates the whole child. We certainly would rather see our students in person. However our teachers have embraced this form of learning, and it's been extraordinary."

The program varies from lower school (Junior Kindergarten - 3rd grade) to the upper school (4th -8th grade). And attendance in every grade has been virtually 100 percent every day, Lyman said.

A first-grader's program, for example, includes a daily 15-minute homeroom from 9 to 9:15 a.m. They have language arts daily from 9:15 to 9:45, and math daily from 10:40 to 11:10 a.m. The other three periods are a mix of science, Spanish, music, art, physical education, a virtual library visit as well as four classes a week that are the teacher's choice. There's even a built-in 20-minute snack break.

Eighth graders have a wide variety of classes including math, science, history, English, Spanish, and Latin, with additional

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PROGENY

FOXCROFT SCHOOL EARNS SECOND AP COMPUTER SCIENCE FEMALE DIVERSITY AWARD FROM COLLEGE BOARD

For the second academic year in a row, Foxcroft School has earned the prestigious College Board AP Computer Science Female Diversity Award, this time as one of only seven schools in Virginia and 143 in the world to achieve high female representation in AP Computer Science A during the 2018-19 academic year. The School previously received the AP Computer Science Principles Female Diversity Award for the 2017-18 academic year.

“Foxcroft is helping young women break through the barriers they face in technology fields, where they continue to be underrepresented,” said Head of School Cathy McGehee. “Through our innovative all-girls program, we encourage our students to engage in computer science courses; in STEM clubs that focus on robotics, rockets, and drones; and in internships with regional and national technology companies.”

Schools receiving the AP Computer Science Female Diversity

Award have achieved either 50% or higher female representation in one or both of the AP computer science courses, or the percentage of female computer science examinees meets or exceeds that of the school’s female population.

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

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



taking AP computer science exams has more than doubled in three years.

Providing female students with access to computer science

courses is necessary to ensure gender parity in high-paying technology jobs and to drive innovation, creativity, and competition. A 2014 Google study

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WIND FIELD FARM

MIDDLEBURG, VIRGINIA

Circa 1833 colonial of stone and frame construction | House and property have been meticulously restored and maintained | 8 BR, 9 full BA and 3 half BA | 9 FP, antique pine floors, high ceilings, detailed millwork, gourmet kitchen | 466 rolling acres with mountain views | Long frontage on Goose Creek | Guest house, office, 8 stall center aisle barn with apt, 4 additional stalls, lighted sand ring, numerous tenant houses, greenhouse, circa 1800 lime kiln cottage | Property is fenced and cross fenced, ponds, creeks and mature woods with trails

\$14,500,000

PAUL MACMAHON 703.609.1905



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



FIDELIO

THE PLAINS, VIRGINIA

Prime Fauquier County location minutes from Middleburg | Unbelievable finishes throughout | Antique floors and mantels, vaulted ceilings | 6 BR, 5 full, 2 half BA | 6 FP, gourmet kitchen | Improvements include office/studio, stone cottage with office, spa, guest house, pool and lighted tennis court | Landscaped grounds with stream, waterfalls, boxwood and special plantings | 61 acres

\$8,750,000

PAUL MACMAHON 703.609.1905



ARLINGTON FARM

MARSHALL, VIRGINIA

296 acres of beautiful farmland off Atoka Road | A working farm in crops and hay, improved with multiple large farm buildings and 3 cottages | Beautiful building site for a main house if desired | Property is in conservation easement which allows for 1 division and permits construction of an indoor area and additional equestrian and farm buildings | Beautiful mix of open land, creeks, pond, woods, pasture, crops and rolling topography - western views of the Blue Ridge Mountain

\$4,950,000

HELEN MACMAHON 540.454.1930



AQUINNAH

RECTORTOWN, VIRGINIA

Residence circa 1850 has been completely updated | 8 bedrooms, 8 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



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



HILLCREST

UPPERVILLE, VIRGINIA

Spectacular hilltop setting, bold mountain views and Paris valley views | Home updated in 2017 | 4 BRs, 4 BA, 3 FP, gourmet kitchen, vaulted ceilings, skylights, lovely gardens, walkways and terrace | Improvements include in ground pool with spa | 2 stall barn with tack room, room for horses, spring fed pond | 13.37 acres next to parkland surrounded by large estates

\$1,425,000

PAUL MACMAHON 703.609.1905



NORTH WALES

WARRENTON, VIRGINIA

Located less than 5 miles from Old Town down the highly sought-after Springs Rd, comes a new luxury home | Fresh take on the timeless Virginia farmhouse is nestled on 5 beautiful acres in the heart of the Warrenton Hunt territory | 4,000 square feet, 4 BR, and 3 1/2 BA | Features wide plank white oak wood floors, rough sawn oak beams, standing seam metal roof, custom gourmet kitchen that opens to the family room, and an abundance of natural light sweeping through the house | Surrounded by large protected farms and estates

\$1,125,000

PAUL MACMAHON 703.609.1905



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

\$995,000

PAUL MACMAHON 703.609.1905
HELEN MACMAHON 540.454.1930



SOMERSET

MIDDLEBURG, VIRGINIA

Southern living charm | Colonial minutes from Middleburg on 3.2 acres with front balcony and front porch | Sunlight entrance hall | 4 bedrooms, 3 1/2 baths, country kitchen with center island and gas cooktop | Family room with stone fireplace, antique pine floors, 2 fireplaces | 1-car garage, in-ground heated pool and 2 stall barn

\$956,000

PAUL MACMAHON 703.609.1905



ELMORE FARM

MARKHAM, VIRGINIA

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

\$725,000

HELEN MACMAHON 540.454.1930



MAGNOLIA COTTAGE

MIDDLEBURG, VIRGINIA

One story living close to town | Stone home with new roof, new windows, new kitchen and hardwood floors just west of town | Quiet no-thru street | Lovely plantings and large patio | Almost 1 acre with a huge fenced in back yard | 3 bedrooms, 2 full baths, large open versatile combination living room/dining with large windows and built-ins

\$535,000

HELEN MACMAHON 540.454.1930

PASTIMES

CORONAVIRUS PANDEMIC

MIDDLEBURG SMILES



DR. ROBERT A. GALLEGOS

We find ourselves in a bit of a surreal time as we are fighting an invisible foe, called coronavirus or COVID-19. Right now, our community seems well, but there may be some who become ill. We are preparing for and getting used to a different way of life. There is a lot of scares out there, so let's look at what can be done to stay healthy and what we can do if we or someone in our family becomes ill.

First, let's address the scare. It is never good to stick your head in the sand and ignore what is happening, but it can also be intimidating, scary, and anxiety-ridden to tune into the news 24/7. How can you stay up to date but not get pulled down by the scare? Avoid the never-ending news cycles and get one or two short updates a day. Do not hoard supplies. If we all take it easy and only purchase what we need, there will be no shortage of consumables required. Keep in mind that although this coronavirus is new, we have faced other infectious disease crises in the past, and we will come out of this one, like the others, with a better understanding of the virus and how our society and healthcare system need to stay prepared. The Centers for Disease Control (CDC) has the latest information at www.CDC.gov.

What can be done to stay healthy is follow the current recommendations of social distancing, avoiding crowds, avoid discretionary travel, elderly and high-risk people should stay at home and not receive visitors, schools are closed, restaurants



are take out only, get some fresh air daily and step up personal hygiene. Do not ignore our senior citizens and high-risk friends, relatives, and neighbors who are stuck at home. Call, email, Skype, Facetime, and offer to do their grocery shopping.

What can be done if someone is ill? First, assess the situation. In most cases of sick feelings, the person may be experiencing allergies, the common cold, or the flu. Take the normal precautions you would by informing those around you and use in-house isolation. Do not overwhelm the medical system by calling or visiting your doctor or the emergency room if you were otherwise healthy, and your symptoms are not severe. Our healthcare providers must be focusing on the more severe cases that need their attention. If you are not very ill and you go to an emergency room, you may expose yourself and those bringing you to the ER to infectious diseases. If your symptoms are worsening, call your doctor for advice. Remember that the signs of coronavirus are cough and/or shortness of breath and fever. If you have a runny nose, postnasal drip, sore throat, it is more likely allergies or a cold.

Dental offices are assisting with limiting the spread of coronavirus by limiting patient care to urgent and emergency care. Before seeing a patient, the office will screen the patient for symptoms to determine if it is appropriate to see them in the dental office. Dentists and their teams are keeping people with dental emergencies out of the emergency rooms by treating urgent and emergent dental problems in the dental office. Hygiene and non-urgent/non-emergent visits have been rescheduled for a few weeks away. Your dentist, in consultation with you, will determine if a scheduled appointment needs to be rescheduled. If you are having a dental problem, call your dentist and discuss the options.

Use this time to have fun with your family. Get outside to play and be sensible about limiting outings and travel and help others who are at risk.

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.

HANG IN THERE

IN UNISON

STEVE CHASE

By now, a lot of us are getting used to telework or hunkering down at home. If you have decent Internet bandwidth, there is a lot of diversion between Amazon, Netflix, and a multitude of music streaming opportunities. It's easy to binge-watch an entire season of the excellent cop show Bosch, but that takes focus, and when I'm teleworking or cleaning the kitchen, that's not possible. I have put together several playlists that give me an ongoing soundtrack throughout the day with some of my favorite music. Once the playlist is done, I often let Spotify's Artificial Intelligence continue the playing tunes, and I have been able to discover several new albums that I have been getting into.

We are losing musicians to COVID-19. We've lost the great jazz patriarch Ellis Marsalis, Afro-Funk saxophonist Manu Dibango, and the remarkable songwriter and singer John Prine. We do honor to each of these musicians by listening to their music, and there are excellent resources on the various music streaming services that allow you to dig into the songbooks of each of these great artists.

Another casualty of this emergency is the gig economy. Concerts, bar dates, and music festivals big and small have fallen to COVID-19. My Telluride Bluegrass Festival trip is off until 2021 due to the virus, and I expect some large local festivals will be announcing cancellations or postponements very soon. You can check on cancellations by going to the Live for Live Music site here: <https://tinyurl.com/tbnobj9>.

Regarding the local concert scene, I just got a notification that the Wolf trap King Crimson/Zappa Band Show is canceled, so I worry that much of Wolf Trap's summer schedule will be impacted. If you have tickets for a Wolf Trap Show, check-in at the Wolf Trap website for more information on show status. You can check on cancellations by going to the Live for Live Music site here: <https://tinyurl.com/tbnobj9>.

One of my favorite groups, Umphrey's McGee, released a song today that the members recorded remotely from across the country. Called Easter in Quarantine, the ballad speaks to the isolation and disconnect many of us feel as we sit out COVID-19. You can hear the tune on Spotify here: <https://tinyurl.com/r2azvb>. Expect to hear more remotely recorded music from a range of artists as the emergency continues.

The virus has also taken every performing musician of the live stage, serving up significant financial impacts along with the venues and promoters that support them. All of this chaos now finds many excellent musicians parked online doing mini-concerts and giving Skype and



Zoom lessons to musicians and fans--a great opportunity. Many bands are streaming free shows, or impromptu sets on Facebook Live or Twitter as well. Connect with your favorites on social media, and see what's going on--you may be surprised that you can do a free couch tour every Monday or Friday night, or your favorite guitar hero may just go on Facebook Live and shred for ten minutes.

The National Public Radio Music website has a page up that lists upcoming shows, and they are of the highest quality, check it out here <https://tinyurl.com/v6m3d7c>. April 10 featured jazz bassist Christian McBride, Grateful Dead cover-masters The Dark Star Orchestra, alt-folk icon Shakey Graves, and the Metropolitan Opera's Romeo and Juliet (metopera.org), and those are only a few of the daily list.

Jambase just added a great feature to give you a huge variety of streaming shows. Many of these streaming concerts are free and will give your hours of music from bands like Phish, Joe Russo's Almost Dead, Metallica, Jimmy Buffet, Umphrey's McGee, Keller Williams, String Cheese Incident and many, many more. Go to <https://www.jambase.com/livestreams/upcoming> for more info.

As I mentioned above, The Metropolitan Opera is streaming

full operas. I went to their site and was stunned at the variety of operas and panel discussions about the individual operas. If you like Opera, this is a fantastic opportunity to see these shows and their incredible production designs close up. The Met has also established an Emergency Campaign

to help them get through COVID-19. If you watch an opera and like it, send some love their way, every dollar counts. More at metopera.org.

So, stay home, stay safe and healthy, and use some time to see and listen to music, even if it's

only virtual. Check out my Quarantine Playlist at <https://tinyurl.com/y7b4nk4o>; it's an excellent soundtrack for all of us at staying home.

Steve Chase is keeping a good soundtrack going while working from home in Unison.

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PASTIMES

3D RENDERINGS IMPROVE REMODELING DESIGN EXPERIENCE

ASK A REMODELER



TIM BURCH

Traditionally, the project design was a two-dimensional (2D) endeavor. Designers created and presented flat, static floorplans and a handful of elevations, and hoped that clients could visualize how that would translate to the real world. For more complex projects, it often meant lots of back and forth and second-guessing because clients could not “experience” the proposed transformation.

But today’s technology has

changed all that.

For projects that are more transformational, three-dimensional (3D) renderings and virtual walkthroughs make it easier for clients to see and experience how their spaces will look after construction. With a clear understanding of the client’s objectives, budget, and home’s existing layout, design professionals can create multiple renovation options for space and generate the 3D renderings.

Then, sitting down with the client in front of a large screen,

they can virtually walk through the existing space and each proposed scenario, giving the client a first-person perspective of how the options will look from various angles. Clients are wowed by the experience and say they most enjoy the ability to make changes in real-time. Without question, these visualization tools make the process more immersive, collaborative, and efficient.

Clients and their designs can also benefit from the first input of construction experts. Before they sit down with the clients, the

3D designs should be reviewed with the production team to identify opportunities for cost savings and confirm that all the options are feasible. With challenges addressed in advance and final 3D images in hand, project managers can better communicate with the team and deliver a smoother construction process.

Throughout BOWA’s 30+ years, we have refined our take on the design-build process to deliver reliable results and pleasant experiences to our clients consistently. Using 3D designs and

virtual walkthroughs have significantly improved the clients’ experience during the project planning portion of the process.

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.



MAY FLOWERS

THE PLANT LADY



KAREN REXRODE

May is the floral explosion month with roses, iris, clematis, and baptisia, all coming into flower. The work of general weeding turns to staking and deadheading with the occasional smile of admiration. A key player

in this glorious gush of beauty is the native perennial baptisia. A plant with few, if any faults, save that it can occupy a largish footprint, but recent breeding has brought us more compact hybrids as well as differently colored flowers.

A member of the bean family, related to the redbud tree,

locust tree, and lupine, the flowers are similar with their beak-like shape, and all can be eaten, tossed into a salad. As the shoots rise in spring, they resemble asparagus shoots, the flowers are held in racemes or tight conical heads. Native to most of the southeast and Midwest, there are about seventeen species found

growing in poor soils, dry woodland settings, sand, and gravel.

Flower color in the species is primarily yellow with some glorious white species and the most common - Baptisia australis with its blue-purple flowers. Numerous plant breeders have spent years breeding for alternatives in flower color and plant habit with flowers that rise well above the foliage. Before the surge inbreeding, the species Baptisia minor was used as a dwarf option, but shy to flower, the May show was always erratic.

The favored white species Baptisia alba is handsome even as it rises from the ground with black stems. Much has been done with this species, and we now have ‘Vanilla Cream’ and ‘Ivory Towers.’ Bicolored hybrids are amazing and have brought us shades of pink, blue and white, and odd shades of orange/brown with yellow.

To grow baptisia well, the sun is essential. Southern or western exposure is best with soil that is not overly rich. Shade and fertile soil will cause plants to become floppy. Foliage is very handsome, almost eucalyptus-like. The genista broom moth can de-

foliate a plant, eating the leaf. A pest of warmer climates, in years with warmish winters it can be a problem in Virginia.

Companion plants are numerous, peonies and iris are the simple answer. Penstemon, Amsonia, and salvia offer three other natives to include.

The seed heads are described as inflated or bloated. Some think they are pretty, and they do rattle as seeds mature. The species Baptisia sphaerocarpa has round seed heads, as the name implies; sphaero for round and carpa - seed head. I deadhead them to discourage seedlings, of which there are not many.

If you are not familiar with this gem of a perennial, I encourage you to take a gander. They form a deep taproot and are difficult to split or remove when mature, so plan before you plant. Baptisia australis can be five feet wide and a bit taller than four feet. But there are choices, many lovely options.



MY FAVORITE COVID-ISMS

SINCERELY ME

I'm not saying people are stupid.
I'm just saying...



BRANDY GREENWELL

This month I have made a collection of all my favorite Covid-isms floating around the internet. All of my energy this month has gone to dusting my house with Q-tips instead of writing creatively. Next month, I’ll be back with an original piece about toilet paper hoarding and how wiping with a washcloth ain’t so bad. Until then, have a laugh at these.

Have you ever come in contact with glitter? Like hugged or shaken hands with someone who was wear or using it? And how for the next two weeks it hangs around forever and ends up on surfaces you can’t recall touching, and places you can’t imagine it ever getting, and seems to still be there even after showering and washing? Think of COVID-19 as glitter.

I made the mistake of telling my husband that an early symptom of COVID-19 is a loss of smell. He’s taken to passing gas in my vicinity, and then when I react, informing me he is helpfully “performing a health check.” He taught the children the technique. I may divorce him.

Grocery shopping has become a real-life version of Pac-Man. Avoid everyone, get the fruit, and take any route to avoid contact.

Mosquito’s are waking up from winter-like... where y’all’s at?”

Joe Exotic would be thrilled to know that he alone brought a nation together as we weathered a pandemic. #TigerKing

QUARANTINE DIARY

Day 1: I have stocked up on enough non-perishable food and supplies to last me for months, maybe years so that I can remain in isolation for as long as it takes to see out this pandemic

Day 1 + 45 minutes: I am in the supermarket because I wanted a Twix

BREAKING NEWS: The low flying helicopters passing over Middleburg and the surrounding areas at night are actually medical satellites to take everybody’s temperature. Next time you hear them, stand outside naked so they can get an accurate read.

Now that I’ve lived during a plague, I get why most Renaissance paintings are of chubby women laying around with their boobs out.

Baskin Robbins sign: No relation to Carole.

Found the kid playing with her dog instead of Zooming with her teacher. She told me not to worry. She took a screenshot of herself “paying attention,” then cut her video and replaced it with the picture. “It’s a gallery view of 20 kids, mom. They can’t tell.” She’s 10.

You know we’re going to be quarantined for Mother’s Day, but get out just in time for Father’s Day. #typical.

I wonder if Target misses me too.

Frank Gallagher would have three stimulus checks by now.

Neighbors and Friends, find the lemonade during this global pause. Share love. Care. Support. Understand—practice patience. Find the lesson you were meant to learn.



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PASTIMES

THOUGHTS FROM THE FIELD: FROM FOREST TO TABLE

FIELD CRAFT



NICK GREENWELL

As we all adjust to the current social, economic, and physiological landscape, it seems that we are on heightened alert as to how we can support our local businesses, keep our families engaged and challenged, and expand our own horizons. My family has pledged to eat out twice weekly to help keep our beloved grub hubs afloat. As for the other two challenges, I offer a commonly overlooked pastime; foraging. Each Easter Sunday, I have begun a new tradition of constructing a salad of entirely foraged ingredients. It has be-

come one of my favorite spring-time rituals.

Here in the Piedmont, everyone has heard of the local delicacy to be found in wild morel mushrooms. It is helpful to seek the advice of someone familiar with morels and mycology, as consuming false morels, or any other species of toxic mushroom will certainly incite regret on many levels. Immature fiddlehead ferns are another well known, and easily identified delectable, but should be cooked before chowing down. Dandelions, although commonly viewed as a nuisance, are delicious. The entire plant is edible, with the leaves tasting something like arugula when in-

cluded in salads. Wild watercress is readily found along Goose Creek and other waterways. Recently, some dear friends gifted us with several handfuls of the peppery, crisp goodness that is found in this green. Wild violets are edible, with the greens being extremely high in both vitamins A and C. The amethyst blooms are striking as a topping for almost any dish. Speaking of beautiful blooms, redbuds are another mouth-watering local flora. The buds are delicious either fresh (they taste like young sweet peas), or pickled (1 part white vinegar, 1 part water, 1 tbsp of pickling salt). If you choose to pickle them, be sure to process

the blooms before they open; otherwise they will fall apart in the brine. With hostas popping up everywhere, I would be remiss if I did not mention how delicious they are sautéed in butter. Once the leaves have erupted from the soil, but before they unfurl, harvest them and prepare as you would asparagus. They are similar in texture as well as taste. Local wood sorrel would be another welcome addition to many dishes. The leaves offer a bright, almost citrusy flavor, and are very high in beta carotene.

Given the topic of this month's reading, I thought that I would offer my Easter Foraged Salad recipe. Please note that quantities are certainly up for interpretation!

- 1 large handful watercress
- 1 large handful dandelion greens
- 10-12 hosta leaves (hostons), immature and unfurled, blanched, roasted and chilled
- Local baby pea shoots and/or wood sorrel leaves
- 1/3 cup of pickled redbuds
- 1/3 cup of wild violets
- 8-10 dandelion blooms
- Crumpled local MILD goat cheese
- 1/2 cup toasted walnuts
- Salt and pepper to taste



KAY COLGAN,
CERTIFIED FITNESS TRAINER,
AND HEALTH COACH

AEROBIC EXERCISE AND RESPIRATORY HEALTH

What is one thing that you can do right now to improve your overall health? Regular exercise, specifically aerobic exercise. The good news is you can start today. Just a good pair of walking shoes will get you on your way to improving your health.

We are lucky to live in an area where we can go outside and breathe fresh air. In this time of social distancing, we can go out for a walk and not see another person. It's not hard to get started, just a 10-minute walk every day for a week, and then add 5 minutes to your time each week until you get up to 45 to 60 minutes. The benefits will be great.

First, aerobic exercise, such as walking promotes a robust and steady breathing rate. Meaning your lungs will get stronger. The respiratory system can take in larger volumes of air, which translates to more oxygen into the blood flow. Good news for our hearts too, increasing our heart rate, which makes our heart stronger and allows our respiratory and cardiac system to work in harmony. The more you exercise, the arterial walls can become more elastic, which can help reduce blood pressure. The benefits of Increased metabolism by improved energy production is a catalyst for burning more calories. By burning more calories, we can lose weight. Our energy will be boosted by increased blood flow from the aerobic exercise. Muscles and bones will get stronger. Finally, we will sleep better. Studies have shown that getting 150 minutes of exercise a week (basically 22 minutes a day), specifically aerobic exercise can improve the quality of sleep by 65 percent.

In this time of uncertainty, taking care of ourselves will help us to weather the storm. Breathing fresh air, being away from the news, social media, and the weight of the world will give us mental health and a new perspective. There is not much we can control in life, but taking care of ourselves, mentally, and physically is within our reach.

So lace up those walking shoes and go outside and take in this beautiful landscape we call home. It will bring peace. For more information about health and fitness, please contact Kay Colgan at Middleburg Pilates and Personal Training, 14 S Madison Street, Middleburg, Va. or call 540-687-6995.



WHY IS TOM HOME ALL DAY?

AROUND THE TOWN



HAZEL SWEITZER

Wow! Is it April? Or February? Or Christmas? What has happened to the time? I am very aware that something disturbing and scary has

happened to your human world, and I want to say on behalf of all of us dogs, we are sorry. I must confess I have loved the last couple of months because Tom is home all the time. Since this whole crazy virus thing started,

I decided to bond even closer to him. I follow him everywhere, to the kitchen, into his bed, on the couch, in the yard, and even to the bathroom – the bathroom is new for me. Having him home all the time has been one of the best

treats I have ever had. As many of you in town know, Tom walks me at least four times a day. Recently we walk sometimes six to seven times a day. I think I'm wearing him out!

It's funny since he's been home all the time. I have seen Tom change. He was always on the go and trying to be productive. He has an overachiever problem, and I think he has anxiety when he slows down. Now, he is still productive, but he takes more time for himself, playing piano, meditating, and talking on the phone to old friends. Tom noticed something he had never seen before. Since he has had some extra time to sit and take in the world around him, he began to watch a Cardinal family in the backyard every morning. He decided to build a birdhouse for them, offering them a new home. As a Therapist, he has also worked with his clients from his computer. To be honest, he did watch an annoying Netflix show, something about tigers and someone named Carol Baskin. I don't know what that was about. One day he read me his journal entry, and it talked about the world-changing into a better place where humans take their time and appreciate what they have. He also said that this is the



time to be grateful for the smallest things in life. I was hoping he was talking about me. I think he was.

I am sure as humans staying inside the house is irritating, at least you have a bathroom at your convenience. But, from what I have witnessed, humans have an opportunity even to be closer and greet each other with more understanding when you are all allowed out. Tom also decided a few weeks back to stop listening to the news. He would read an update and then turn on music and do something that made him happy, like cuddling with me. I hope all of you get back to your lives, but just like us dogs, perhaps you might enjoy the moment with a little more consciousness and gratitude, just don't follow your human into the bathroom.

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OBITUARIES

GEORGE WAGNER (CHIP) WHITE, JR.

George Wagner (Chip) White, Jr., a long-time real estate agent and broker in Middleburg as well as a generous supporter of good local causes, died on March 24 after a courageous two-year battle with appendix cancer. He was 52.

Mr. White was born in Washington, D.C., on December 3, 1967, the son of George Wagner White and Nanette Hewitt White, both long-time Middleburg residents who predeceased him. He graduated from The Hill School in Middleburg, The Holderness School in Plymouth, New Hampshire, and Rollins College in Winter Park, Florida.

After graduating from Rollins in 1990, he joined the Middleburg real estate firm of Armfield, Miller, and Ripley. He became a real estate broker in 1996. He started his real estate firm, White & Company Real Estate, where he enjoyed a successful career selling numerous properties in the

Middleburg area. Because of his unassuming manner, Mr. White quietly served the needs of high-profile individuals throughout his career.

He married the former Elissa Long of Fairfax, Virginia, on May 14, 1994, and they celebrated their 25th-anniversary last spring. They have three children, Alexandra Elise, Pamela Ashleigh, and George Wagner, III. Mr. White was a loving father who adored his children.

Mr. White was an outstanding tennis player and served on the board of directors for the Middleburg Tennis Club. He also was on the board of the Middleburg Community Foundation. He was an active supporter of The Hill School, the Loudoun Hospital Foundation, Emmanuel Church in Middleburg, and Trinity Church in Upperville.

In addition to tennis, he was a star high school football running back, an avid skier and scuba

diver, as well as a self-taught chef who loved to cook for large groups of friends and family. Mr. White had a reputation for great kindness, was a devoted family man, and an enthusiastic storyteller who had a ready smile and was always a good listener. He could always be relied on to help whomever; however he was needed.

He is survived by his wife, Elissa, three children, Alexandra (Allie) Elise, Pamela Ashleigh and George Wagner, III and two sisters, Elizabeth Anne (Lizanne) White Driskill of Middleburg, Marianne Pepiatt Dodson of Middleburg. His sister Pamela Pepiatt predeceased him.

A celebration of Mr. White's life will be scheduled at a later date. In lieu of flowers, please direct contributions to the George, Nanette, and Chip White Memorial Scholarship Fund at The Hill School at PO Box 65, Middleburg, VA 20118.



CLINTON EUGENE "MOE" BROWN

Clinton Eugene "Moe" Brown "Moe," 63, of Sterling, died April 7, 2020, at Inova Loudoun Hospital.

Clinton was preceded in death by his grandparents, Edward and Carrie Brown, his step-father, Nathaniel Winston. He leaves to cherish his memory and to celebrate his home-going his loving mother, Thelma B. Winston of Charles Town, WV, uncle Edward M. Brown, Jr.(Francis

of Leesburg, VA; devoted wife, Karen S. Brown, daughter, Tiona Natalie Brown of Fresno, CA, son, Clinton Everett Brown (Katisha) of Ashburn, VA, grandson and best buddy, Elijah Dominique Neal of Sterling, VA, brothers, Reginald R. Brown, Sr. (Cynthia) of Ashburn, VA, Jerry Glenn (Jennifer) of Sterling, VA; sisters, Benita Smith (Rene) of Leesburg, VA, Pamela Brown (Art) of Sterling, VA; and a host of nieces, nephews, cousins, and

friends.

Graveside services and Interment for the family will be privately held at the Solon Cemetery, Middleburg, VA, with Rev. Lonnie Washington officiating. In lieu of flowers, please donate to the National Kidney Foundation (www.kidney.org), or the Lung Cancer Foundation of America (www.lcfamerica.org).

Arrangements by Lyles Funeral Service



ROBERT VERNON DOBSON

Robert Vernon Dobson, a businessman, publisher, and avid horseman who lived in Delaplane, Virginia for 50 years, died on April 16, 2020, a day before his 93rd birthday due to complications from a stroke.

Mr. Dobson was a native of Alexandria and was born on April 17, 1927, the son of George and Fanny Mae Dobson.

He attended George Washington High School in Alexandria. He joined the Navy at age 17 in 1944, where he was stationed in Newport News and served aboard a ship that patrolled the Atlantic Ocean during World War II.

When he returned to Virginia after the war, in 1949, Mr. Dobson married Gwendolyn Marie Armstrong, then a reporter for the Alexandria Gazette newspaper. She went on to become a reporter and later editor of the women's section of the Washington Star newspaper.

Mr. Dobson's working career began as a plasterer in a family business. Before and after his military service, he also rode with much success in jumper classes on the horse show circuit. He had learned to ride while working on a nearby farm in Mount Vernon, starting at the age of 14 and maintained a life long passion for horses. Several of his early horses came from

the Army remount center in Front Royal, Virginia. One horse, Hi Jack and went on to capture many blue ribbons for his owner W.C. Viar.

In the early 1960s, Mr. Dobson and a partner opened a bowling alley off Route 1 in Alexandria called the Penn Daw Lanes. He operated the facility until the mid-1970s.

He and his family moved from Alexandria to Delaplane in 1970 and named their horse farm The Meadows. Over the years, he purchased several Thoroughbred broodmares, many of them at major horse sales at Keeneland in Kentucky and Saratoga Springs, New York. He owned racehorses that ran at tracks in West Virginia, Maryland, and Pennsylvania.

Mr. Dobson also had a way with dogs, both training and showing them in several competitions, including a pit bull named Midge named "best bitch" in the country for five straight years at shows at Madison Square Garden in New York.

In the early 1970s, the Dobsons purchased a magazine called "Spur" that covered the horse world. In 1983, they partnered with Leonard Shapiro and his wife Vicky Moon to start Middleburg's first local magazine, Middleburg Life, a general interest publication that covered the area.

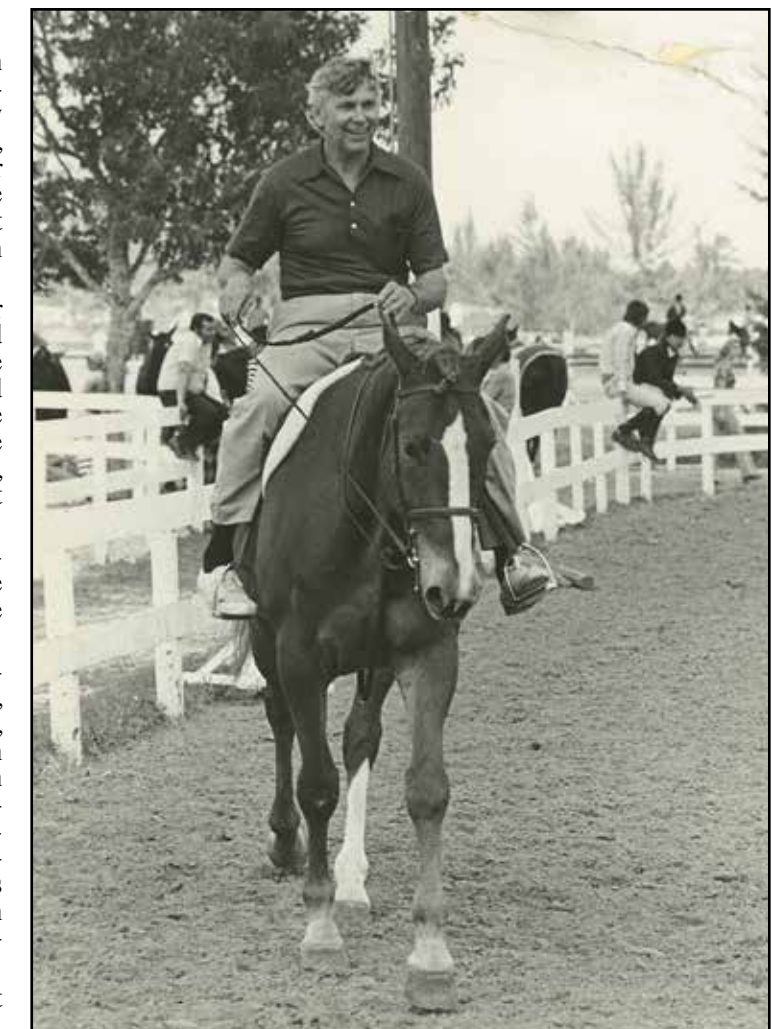
The Dobsons bought The Iron Jockey, a women's fashion boutique in Middleburg, in the early 1970s, and at the time of his death, Mr. Dobson owned several other buildings in the village. In the 1980s, he and several partners built and owned the Best Western in Leesburg.

Mrs. Dobson pre-deceased her husband in 1997. In 2000, he sold their home and a portion of The Meadows property, but retained 50 acres nearby, building the home where he lived until his death. He also maintained a home in Naples, Florida, and wintered there for most of the last 25 years.

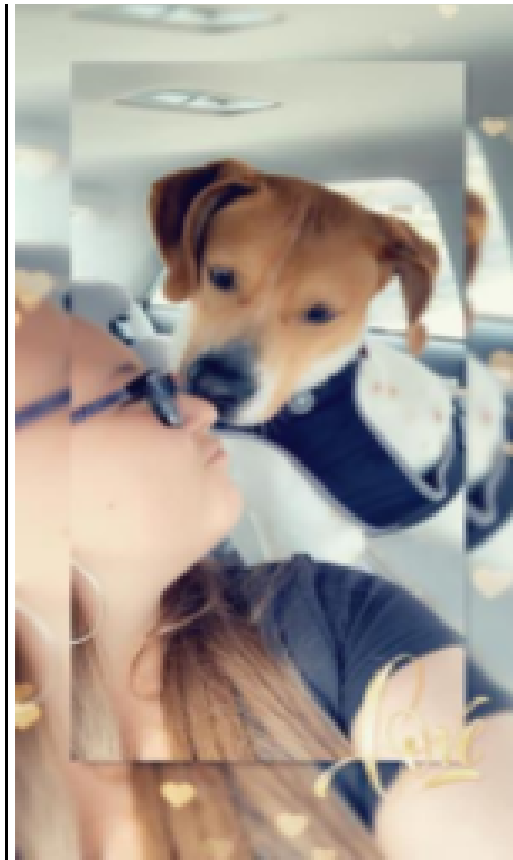
Mr. Dobson was an avid tennis player and a member of the Belle Haven Country Club and the Middleburg Tennis Club.

His long-time companion, Kemelee White, survives him; two sons, Michael C. Dobson and his wife, Louie Delaplane Strother Dobson of Middleburg, and John L. Dobson and his wife, Jeannie Larkin Dobson of Mt. Pleasant, S.C., six grandchildren, and three great-grandchildren. He was pre-deceased by his daughter, Robyn Yovanovich, in 2012 and three sisters, Jean, Georgia, and Pam.

Funeral arrangements are not complete at this time.



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ARE WE THERE YET?

BLUE



OHIO DEMONSTRATORS, OPPOSING THE GOVERNORS STAY AT HOME ORDER

JOHN P. FLANNERY

Most of us have seen the Columbus, Ohio protesters, shoulder to shoulder, piercing, crazed eyes, mouths wide open shouting, their shouts gratefully unheard in the still photo.

They appear to be pressed up against the glass of the state house's atrium, as they demand that Governor Mike de Wine end his stay at home order to keep them safe from the virus.

Noise and screaming chants filled the streets around the capital, they said, to free Ohio.

Melissa Ackison, an Ohio state senate candidate, said the stay-at-home orders are government overreach.

"It enrages something inside of you," said Ackison. She was there with her 10-year-old son. She insisted she had "no fear whatsoever" of contracting the virus, dismissing it as hype.

So she believes, as late as a week ago, that this pandemic is all hype.

That's why she risks herself and her ten-year-old son – because the Governor is making this all up – in her mind.

Why would the Governor do that?

What nutsy theory could account for such an order if there was no pandemic.

Part of this does feel like children in the backseat of the car on a long trip in the country, saying, "Are we there yet?" then screaming, and repeating it, again and again, "Are we there yet?"

Meanwhile, the stats continue to soar.

As I'm writing this, there have been 819,175 cases of infection, and 45,343 deaths, so every 20th person doesn't make it.

As the Ohio protest was underway, there were 36,000 deaths. There have been 9,000 more deaths since the Ohio protest.

But those there in Ohio didn't believe these deaths occurred; one protester told a reporter to check his facts.

One woman said that God would protect her; faith alone was enough, a sentiment oft-repeated.

Father Joseph M. McShane, S.J., the president of Fordham University, wrote, "the Easter that we celebrated... was an Easter for the moment in which we find ourselves. To celebrate the feast, in any other way, would have been reckless and irresponsible."

This religious and spiritual man had no difficulty reconciling his religious beliefs with a healthy respect for the science of infectious diseases.

If they were only putting themselves at risk, but they were not, they risked their children and transmitting an infection to others that they may have gotten while demonstrating, and ignoring any notion of social distancing.

Mr. Trump first told the Governors to reopen business by May 1.

The Governors thought May 1 too soon to be safe.

So did the infectious disease experts.

Trump supported the experts at his daily press conference, but then tweet tweeted his supporters to do the opposite, to "liberate" the states, get them to reopen for business.

Indiana Republican Congressman Trey Hollingsworth said he favored a "way of life" over "life itself."

The Speaker of the House, Nancy Pelosi, said there could be no trade-off between life and work, and these decisions must be based on facts and science.

Trump tweeted in ALL CAPS

—LIBERATE MICHIGAN, LIBERATE MINNESOTA, LIBERATE VIRGINIA.

In the case of Virginia, Mr. Trump objected that Virginia had new gun laws, thus involving the 2nd amendment.

Whatever one thinks about gun rights, the reference was a clear signal that Mr. Trump's tweets were not about the pandemic; instead, they were about politics and his presidential election.

Michigan, in the latest poll, has Biden 3 points ahead of Trump; in 2016, Trump won Michigan by a fraction of a percentage point over Hillary (.23).

Minnesota has Biden 12 points ahead; in 2016, Hillary won by a margin of 1.2%.

Virginia has Biden up by 10 points; Hillary won in 2016 by 5.32%. I would think that's an electoral bridge too far for Trump. Thus, perhaps, the reason for the gun rights reference.

We must return to first principles.

Laws are a positive force, no less than when they are about our public safety.

They are the norms by which freedom may be attained and maintained.

They are and should be impersonal, theoretical, and independent of the arbitrariness of individuals. They should have a rational basis – and medical science is just such a basis.

At their best, they are the conscious mirror images of our lives.

This is no less true for the laws of science.

Delusion may not replace rational thought.

Bronislaw Malinowski wrote a book, titled "Magic, Science, and Religion," concluding that science arose out of man's capacity to organize knowledge.

Science does that.

So when will we arrive at – "there" – as in – "Are we there yet?"

As for the virus, it is individual and collective patience, the resolve to press on, finding the medical facts that dictate our path back to a new and different way to conduct our private and public lives.

As for abuses of government, law, and truth, for that, we have only to wait until November.

WE ARE JUST COLLATERAL DAMAGE

BRIAN VELLA

When viewed through the lens of Clausewitz, a military theorist, the democratic party's action's over the last four-plus years are totally understandable "War is not merely a political act, ... political view is the object, War is the means, and the means must always include the object in our conception." When Obama was faced with a weak soulless successor to serve his "3rd" term, he opted to illegally weaponize federal law enforcement and our spy agencies against Trump in order to give Clinton a better chance. His party continued the fight with the fruit of the poisonous tree with their Russiagate hoax and then their impeachment sham. I got it; they lost power, they wanted it back, no political chicanery was off-limits. With the pandemic we are now suffering, they've transcended mere politics. No longer are they deploying methods to just tarnish and diminish the prospects of the opposition, Democrats and their allies are now weaponizing the coronavirus to serve their political goals. They see opportunity in the devastation of our economy and even in the death toll caused by the virus in their pursuits. American citizens are now considered collateral damage.

We got our first taste of their duplicity in the attempt to pass the significant stimulus bill. On the eve of passing a bipartisan bill designed to give desperately needed financial relief to millions laid off, 1000's of a small business's about to be permanently

shuttered, stocks in historic declines, Pelosi blew in at the last minute with a bag of pet projects totally unrelated to the pandemic. Funding for national mail-in ballot fraud and same-day voter registration, the Green new deal, a post office bailout, it's too revolting to list more. How many hopes were dashed, lives irreparably changed in the near week delay, but the Democrats had planned the stunt all along. Pelosi claimed her obstruction was a "jiu-jitsu," and the week before, the majority whip Clyburn in a house conference call declared, "This is a tremendous opportunity to restructure things to fit our vision." To top it off a much needed \$250 billion addition to the stimulus bill SBA loan provision, to prevent small firm layoffs, was blocked by Democrats because they demanded a separate \$150 billion as a ransom to bail out democrat state and local governments that were flirting with insolvency before the virus even hit. Bankrupt, unemployed, you can just wait; we have an agenda to fund.

Perhaps the best example that Democrats will do anything, even jeopardize our health to achieve their ends, is their reaction to hydroxychloroquine just because Trump was hopeful for it as a virus treatment. This is a drug that has been FDA approved since 1955. Lab experiments reported it virus effective in the Clinical Infectious Diseases Journal, doctors used it effectively in Wuhan, French physician-researchers used it successfully in a small clinical trial, all indicating com-

passionate off label use is warranted with little else available. First, Democrats said he was giving us false hope and peddling a magic cure: USA Today: "Corona Virus Treatment: Dr. Donald Trump peddles snake oil and false hope." Next he reportedly "forced" a couple to drink poisonous fish tank cleaner, killing the husband, because it had a similarly named ingredient as chloroquine (never mind that an internet search turned up she had a history of mental illness, took a lot of medications, and they had years of marital problems). The Democrat governor of Michigan touted as being on the shortlist of Biden VP prospects, attempted to raise her national profile with a blustery news conference proclaiming that state doctors prescribing hydroxychloroquine for treatment of COVID-19 "without further proof of efficacy... may be further investigated for administrative action". I understand Trump is not a doctor, that the results of hydroxychloroquine use so far are anecdotal (the virus is new), and we don't yet have the results of controlled clinical trials. However here's a simple question for the malcontents afflicted with Trump Derangement Syndrome: Is it not likely, even without formal clinical verification, that after promising indications from around the world that Trump is just hopeful it can help those afflicted here and that his intentions are as righteous as every one of us hoping for the same apolitical outcome? Even if you cynically believe his advocacy is wrapped in the hope that should

he be correct that it will help him in the fall, the end result will still be symptom relief and life saving for thousands of Americans. These outcomes are not mutually exclusive. On the other hand isn't hoping he's wrong, hoping this drug proves ineffective a morally bankrupt and life-threatening position for Democrats seeking a boost from its failure come November?

A guiding principle for Democrats is letting no crisis go to waste in their pursuit of power. Exploiting the pandemic fulfills their long-standing desire to derail the record-breaking economy to stop Trump. Last summer, "Real-Time" host Bill Maher hoped the U.S. would fall into recession to derail Trump, repeatedly saying that any hardship that resulted would be "very worth" it. The Democrats and their other mouthpieces also tried to talk down the economy than with stories like CNN's Business piece titled, "Two recession warning signs are here." Sen Warren published an article, "The Coming Economic Crash — And How to Stop It." More recently frighteningly influential Ezekial Emanuel a chief architect of Obamacare, but famous advocate of Kavorkian views on public health weighed in. In his attempt to create hysteria on the liberal cable circuit, last month he projected 100 million Americans will be infected by the virus by the end of April. As if that wasn't enough, he now is arguing that life in the U.S. can't return to normal and should be locked down for about 18 months, until

a vaccine is available, or millions could die. One can't help but be skeptical of Democrat intentions en masse calling for a complete federal lockdown of the economy for a protracted time except to maximize its economic damage. Sadly many Republicans in Congress are too frozen with fear that if even one person were to die after they choose to restart the economy, they would be vilified for it, also though, in the long run, it would prevent a much more ruinous economic catastrophe with its own attendant fatalities.

In Eisenhower's farewell address he warned us of letting unelected white coats run public policy. Contrarily, Democrats have embraced the weaponizing of medical opinion to instill fear and panic, labeling any action to restart the economy as anti-science and "millions could die." Ike said "Yet, in holding scientific research and discovery in respect, as we should, we must also be alert to the equal and opposite danger that public policy could itself become the captive of a scientific-technological elite. It is the task of statesmanship to mold, to balance, and to integrate these and other forces, new and old, within the principles of our democratic system- ever aiming toward the supreme goals of our free society". It's time for Trump to do what Presidents are elected for, to distill and balance ALL his expert's opinions and begin to get the country back to work before the cure becomes more deadly than the disease.

LETTER FROM THE PLAINS

ANTHONY WELLS

Since the March Letter, the International Criminal Court (the ICC) at The Hague in the Netherlands has come into sharp focus because of various allegations of war crimes committed by the United States and Afghanistan during the Afghanistan conflict. This has brought the leadership of the ICC into direct conflict with the Trump Administration, the latter resoundly challenging the ICC's jurisdictional legitimacy over any legal matter relating to both the United States government and any US citizen. All this is happening at a time when there have been atrocious crimes against humanity and war crimes committed in Syria against thousands of innocent women and children, butchered in airstrikes and other military actions led by the Assad regime and its Russian ally, Vladimir Putin. This brings us back to the central issues posed in the March Letter. Most of all, the leading question, "Should the United States be a member of the International Criminal Court and the International Court of Justice, and also the United Nations Convention on the Law of the Sea?" This is something for every Eccentric reader to consider and deliberate. Perhaps

one observation needs making. Short term gratification from taking down individuals who have clearly been identified as threats to the United States and our allies has to be set against perhaps the longer-term benefits of bringing to justice in The Hague war criminals and those guilty of crimes against humanity, and other heinous offenses against the accepted international criminal codes of the western common law democracies. There are several public and accurate sources, for example, that describe the various killings and assassinations over the decades by, for just one example, the Israeli Mossad of enemies of that state. The sad fact is that despite all these killings, the activities of Hamas and Hezbollah persist without any serious change in modus operandi. One is left to consider; therefore, that would mean bringing to justice before the ICC such criminals on all sides, not just ones friendly to the United States. Still, all who commit war crime outrages and crimes against humanity, be more effective, and let the world know that there is no escape from justice? We looked at Nuremberg and the dramatic effects that the trials had on the post World War Two world. New standards were set. Those who

committed war crimes and those involved in the Holocaust were summarily dealt with fairly and squarely in an international court. The killing of Osama Bin Laden is a likely exception, in my opinion. Bin Laden was a "combatant terrorist," a new precedent in the international common law. Since he was not a "state actor," he was automatically deprived of any protections under the Geneva Conventions. I wrote the counter case to several British Queens Counsel who argued at the time of his demise that he should have been arrested and brought to trial in US Federal Court in New York City. He and his cohorts gave up all legal protection, in my opinion, and were open to any form of retaliation. Turning to November 22, 1967, UN Resolution 242 that was drafted by the British Ambassador to the UN at the time, Lord Caradon, and was accepted unanimously by the UN Security Council, under Chapter 6 of the UN Charter, stated that Israel must withdraw from all occupied territories following the June War of 1967. Other than the return of the Sinai to Egypt, this has clearly not happened. Could a solution to the Palestinian situation be found by reverting to Resolution 242 while also acknowledging that Lord Caradon

stated too that Israel needed to be able to protect its borders? Only positive and judicious action by the ICJ under a UN remit will end the long-standing strife over Palestinian nationhood and the West Bank of the Jordan River. Turning now to UNCLOS, Eccentric readers should know that in the March edition of the Proceedings of the US Naval Institute, the Editor stated unequivocally that the United States Senate should ratify UNCLOS. As I write, Turkey is violating Greece's and Cyprus' exclusive economic zones by exploiting drilling, and of course, in the South China Sea, there has taken place the worst violations of all by China. On July 16, 2016, there was a unanimous Ruling of the Permanent Court of Arbitration in a landmark decision under UNCLOS, rebuking China for its expansive actions and claims to maritime territory in the South China Sea, and for weaponizing various atolls and islands against international law. Without a clear legal mandate from the US Senate to ratify the UNCLOS, how can the US Seventh Fleet enforce a rule-based international order not just on the high seas but in the violation of sovereign territory most capriciously and arbitrarily by China? In the not too distant future, the international



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WEST RIDING

The Plains ~ Stunning renovation offers a masterpiece of old-world charm coupled with a sophisticated, contemporary design. The house is made up of thoughtful additions anchored by a 1700's log cabin on **25 rolling acres**, 4 BRs, 3.5 BAs. Gourmet kitchen opens to a glass-filled Family Rm. Main level Master Suite with luxury bath & walk-in. Paneled library, Den, 4 fireplaces, hardwood floors, all new windows/doors & so much more. Extensive landscaping, mature trees, pool, fenced garden, 2-car garage, guest house, 5-stall barn, paddocks, run-ins, equip. shed & riding ring. Orange County Hunt territory. **\$2,850,000**

Cricket Bedford 540-229-3201



THE GRANGE

The Plains ~ Stunning addition and complete renovation create a classic and elegant Virginia Manor house with exquisite details throughout. Custom designed Jan Forte gourmet kitchen. Features 4 bedrooms and 3 1/2 baths. Includes 2-car garage, pool, guest house, 4-stall barn and paddocks on **18+ acres** in Orange County Hunt. Convenient to I-66, Rt. 50 and Dulles Airport **\$2,675,000**

Cricket Bedford 540-229-3201



MORELAND FARM

Delaplane/Marshall ~ Spectacular Views! Approx. **250 acres available in 2 parcels**. The primary parcel of 142 acres features the 3 BR/3 BA stone home, 2 tenant homes, barn and 5 bay machine shed for \$1,600,000. The secondary parcel of 107 acres offers a 2 BR tenant home and potential to build a primary dwelling for \$826,000. The 2 parcels may be purchased separately or together. **\$2,426,000**

Rebecca Poston 540-771-7520



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 landscaping 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. 6 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



FOX FORD FARM

Jefferson ~ Unique country house on **142+ acres** with pool and outbuildings. One and a half miles of Rappahannock river frontage. Open rolling fields. Investment, horse farm, brewery, farming or winery potential. All around views, flowering gardens, privacy and peace. 15 minutes to Warrenton. **Additional acreage available. \$1,443,000**

Rein du Pont 540-454-3355



201 W. WASHINGTON

Middleburg ~ Rare main street commercial location in the heart of historic downtown. Two large picture windows and large glass doors shed light into 2,400 square feet of space with 10'+ ceilings. This rectangular brick front and stucco sided building offers an open interior space ready for a new owners design. Features separate Men's & Women's bathrooms, a utility room, and a small store room. Side access provided by a garage type door. Plenty of parking and a large paved side lot can be used for storage. Zoned C2 Town Commercial for a wide variety of uses and it within the Historic District. **\$1,190,000**

Cricket Bedford 540-229-3201



18 MADISON ST.

Middleburg ~ Reduced! Excellent commercial investment opportunity in downtown historic Middleburg. One commercial building that appears like two buildings which are adjoined on the corner of Madison & Federal Streets. Offers 4 separate entrances and so many options! Zoned for mixed use with Retail & Office spaces. Parking is limited within the town for most businesses, but this building includes 7 rare parking spaces off Federal Street! Long time, active retail business in one building. Seller desires to rent back. Three other small offices are currently rented. One retail space fronting Madison Street could be made available. Priced well below appraised value. Zoned C-2. **\$749,000**

Cricket Bedford 540-229-3201



LOCUST ST. COTTAGE

Middleburg ~ Charming 2 BR/1 BA stucco cottage, move in ready! Major improvements since 2014 include new metal roof, HVAC system, updated electric, appliances replaced and butcher block kitchen counter. Hardwood floors throughout with newly installed tile flooring in kitchen and bathroom. Freshly painted interior. Small back yard with patio for easy upkeep and outdoor entertaining. Perfect for weekends, Hunt Box, or full time living just a short walk to library, shops and dining in the heart of Middleburg. **\$375,000**

Catherine Bernache 540-424-7066

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.

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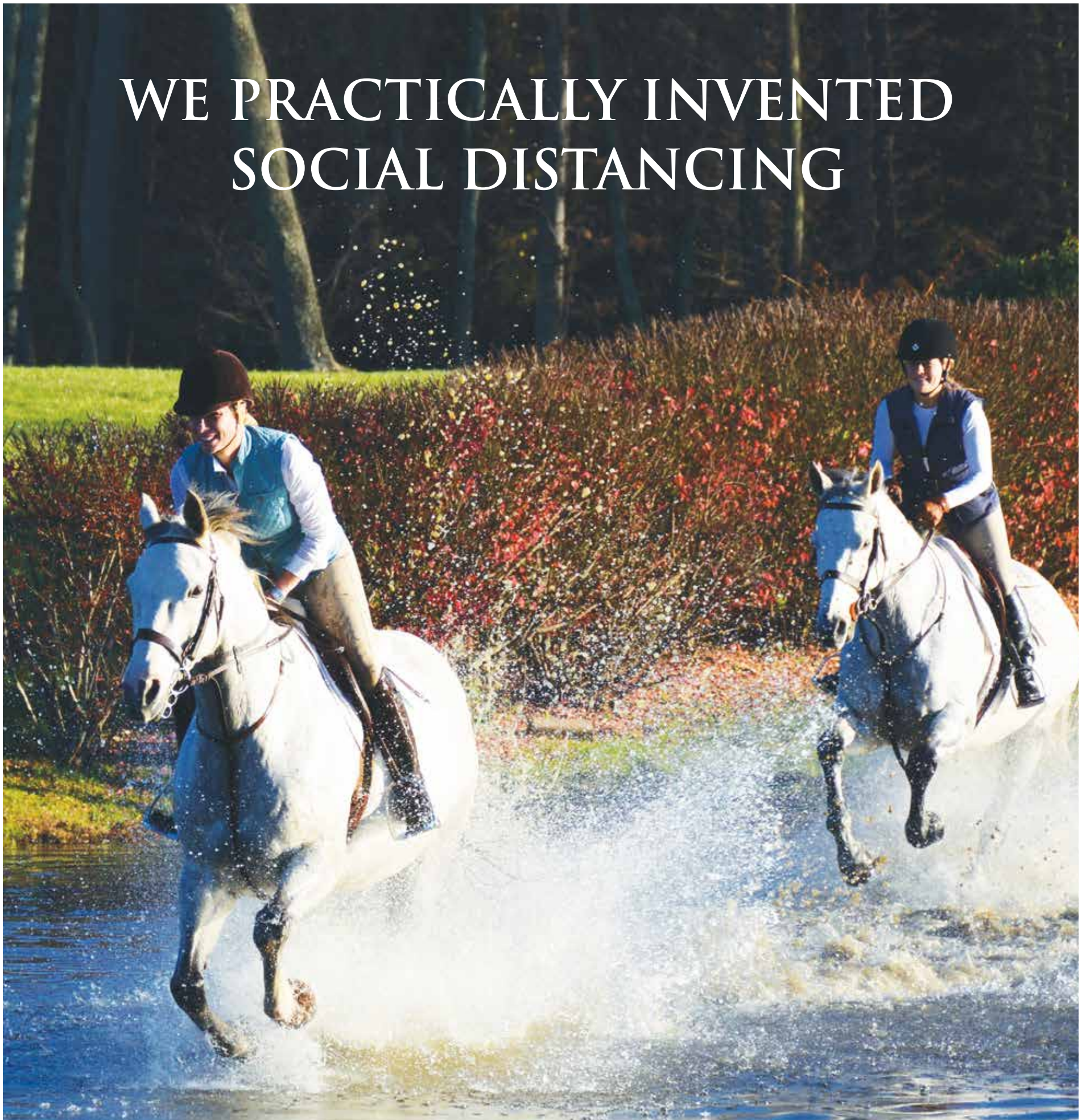
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This is a challenging and unprecedented time in our world, full of unknowns and uncertainty. It's a time for us all to be mindful of what we have and be thankful. Here in Hunt Country, we're thankful for our unique way of life and the open space that highlights the beauty and majesty of our world. When you live in Hunt Country, you are opening yourself up to a peaceful and healthy way of life. Visit our website and if you're interested in seeing a particular property, contact Thomas & Talbot today. We are here and still able to show properties while keeping social distancing in mind.

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