

REOPENING SAFELY



PHOTO BY LAUREN R. GIANNINI

MIDDLEBURG TOWN COUNCIL REPORT

JAY HUBBARD

Reopening Update

The Governor of Virginia extended Executive Order 62, until at least May 28. Loudoun County and the Town of Middleburg business will continue to operate under the Phase Zero of the current restrictions. Further information can be found at <https://bit.ly/3d65a80>

Town Election Changes

The Town Elections initially scheduled for May 5, have been postponed to June 4, due to the COVID-19 emergency. The Town encourages all voters to vote absentee, if possible. Otherwise, social distancing measures will be in effect at the Town Office on election day. Further information can be found at <https://bit.ly/2LWcAib>

Brewery Proposal

Scott Buzzelli and Brian Yarnal presented their proposed plan to open a brewery in partnership with Vanish Brewery, two miles to the east of Middleburg town limits. They plan to open in March 2021. Further information can be found at <https://bit.ly/3c1C5t4>

Well 4

Well 4, is now back online and producing water after months of issues. The well is currently going through and upgraded back-flushing process that has caused discoloration of water in the wells service area. In an attempt to minimize the discoloration, the Town is planning to do hydrant flushing before the planned well backwash to mitigate the issue.

Business Interruption fund. Twenty businesses applied for the funding. To date, only one business qualified and received funding.

The Country has discussed a second round of funding; the Town will again assisting businesses that wish to apply, if and when a second round of funding does become available.

Farmers Market

The farmers market now has twelve vendors and seems to be going strong and growing. The market has been moved the Sporting Library Parking lots on Saturday mornings for the near future. The market will be both drive-through and pedestrian-friendly. The Town plans to improve the wayfinding signage around Town over the next few weeks to inform people about the change in venue. Further information can be found at <https://bit.ly/2ZyQrhW>

Salamander Reopening

Salamander has plans to reopen in mid-June, barring any changes to the State's reopening plan. They are expecting the demand for the reopening to be high and very positive. Further information can be found at <https://bit.ly/3cZVxHS>

Forth of July

The Town has made a choice not to have firework on the 4th. The primary concern that was cited by council members was public safety. There will be an ongoing discussion as to the possibility of another date to have them.

Hill School Boundary Line Adjustment

The Hill School has approached the Town about being brought into the Town limits. The school currently has about 140 achers. Town staff is looking into the feasibility to move forward with the boundary line adjustment and will return there finding shortly.

Economic Development

The Town has been assisting businesses to apply for Loudoun County's

THE MIDDLEBURG FARMERS MARKET OPEN FOR BUSINESS

FULL STORY ON PAGE 3



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NEWS OF NOTE

THE MIDDLEBURG FARMERS MARKET – OPEN FOR BUSINESS

SPONSORED BY THE TOWN OF MIDDLEBURG AND THE NATIONAL SPORTING LIBRARY AND MUSEUM



On Saturday, May 2, the Middleburg Farmers Market kicked off the 2020 season with new vendors and, temporarily, at a new location. The Middleburg Farmers Market is currently located at the National Sporting Library and Museum, located at 102 The Plains Road, due to the Covid-19 health crisis. The

Market runs from 9am to noon on Saturday mornings and are open to the public. Vendors are spaced at least ten feet apart and are all utilizing personal protective equipment. Visitors to the Market are being encouraged to drive through the new arrangement in cars, due to social distancing concerns. Pedestrians are still welcomed, but they

must also adhere to social distancing requirements.

“Having the Farmers Market temporarily at this new location allows us to continue supporting our local farms and vendors while providing enough space for safe interactions,” said Jamie Gaucher, the Director of Economic Development for

Middleburg. “Given the new requirements around the need for additional space and the desire to open our Farmers Market as soon as possible, we are grateful to the leadership at the NSLM who has graciously approved the use of their parking lot for the Middleburg Farmers Market.”

Vendors at the Middleburg Farmers Market include local farms with produce, soap makers, and other artisan goods and crafts. Additional vendors are being added, including meat vendors. Contact Jamie Gaucher at jgaucher@middleburgva.gov or 540-687-5152 for information on becoming a vendor.

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NEWS OF NOTE

DURING COVID-19, A SMALL TOWN GETS CREATIVE TO ECONOMICALLY SURVIVE

MIDDLEBURG IS PROVIDING MORE THAN \$250K IN RESTAURANT VOUCHERS, UTILITY GRANTS AND REIMBURSEMENTS FOR RETAIL AND SERVICE BUSINESSES



Because the Town of Middleburg is located in Northern Virginia's prime horse country, it is often mistakenly thought to be wealthy. While large farms surround the town, the town itself, with 800 residents, is far from wealthy. The average annual household income is \$54K, a stark difference from Loudoun

County's median household income of over \$135,000. Middleburg has the most significant percentage of low-income, subsidized housing units in all of Loudoun County. Many of these residents have been furloughed or lost their jobs and have been hit hardest by this crisis.

Middleburg survives largely

on tourism. When the Salamander Resort & Spa opened in 2013, it provided a massive boost in tourism for the charming, historic town. Since then, other retail and restaurants have opened, and economic development has been robust, providing substantial revenues through these businesses.

COVID-19 suddenly put the brakes on the town's livelihood, and the small retailers and restaurants are suffering. Many residents are now unemployed and worried.

Middleburg's Mayor Trowbridge "Bridge" Littleton, town officials, and the town council have worked to develop and

implement several creative solutions to help their citizens and businesses. The first program aimed to support local restaurants through the town's purchase and distribution of 500, \$20 meal vouchers per restaurant. The town then gave these vouchers to residents for each participating restaurant in Middleburg. To participate, the restaurant agreed to meet specific criteria: they must be open for at least two meal periods—breakfast and lunch or lunch and dinner per day; must be open at least four days/week, and they must stay open through April 30. This program provides each participating Middleburg restaurant with up to \$10,000 from the town, upfront.

The town extended a grace period on payment of utility bills for up to 60 days while also providing a credit of \$200 on that utility bill for every customer—residential and business. The cost to the town of the restaurant and utility financial relief programs is \$182K.

"We've worked hard over the last several years to build a substantial rainy-day fund in Middleburg," Littleton explained. "The goal with this fund was that, in a time of true hardship, we would be in a position to help our residents and businesses in a meaningful way—which is exactly what we are now doing."

In addition, the town has just launched a retail and consumer service support program. This program will reimburse participating businesses for 50% of any discount off the retail price, which they provide to their customers. For instance, if a retailer decides to offer a 30% discount on an online item, the town will reimburse 15% of the discount in cashback to that business. The limit on the cash reimbursement is \$3,750 per business; but, for those who take full advantage of the program will help generate a total of \$25,000 in gross sales. This program is aimed to incentivize businesses to continue selling, through a different, new, or creative platform, than just four weeks ago.

The economic stimulus is significant for a town with an annual budget of \$3 million. "We are focused on helping our retailers, restaurants, service businesses and residents," Littleton stated, "While this drives interim support to restaurants and retailers, we wanted to ensure it also included our residents as beneficiaries of the programs. Through these efforts, we are providing assistance that helps everyone and is meaningful and tangible."

For more information, visit www.middleburgva.gov.

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NEWS OF NOTE

AS PEOPLE STAY HOME, BLUE RIDGE WILDLIFE CENTER SEES A SURGE IN RESCUES

SPRING IS BABY SEASON FOR MANY WILD ANIMALS



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— JON K.

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Blue Ridge Wildlife Center—one of the largest wildlife rescue veterinarian hospitals in the Mid-Atlantic—has seen a significant uptick in the number of wild animals being brought in for treatment. “I don’t know if it’s because people are home and spending more time outdoors than they normally would,” said Jennifer Riley, DVM, director of veterinary services at Blue Ridge Wildlife Center. “But, to date, we are 30% over 2019’s patient intake numbers.” A record number of patients have been brought to BRWC in April, with more than 45 arriving in a single day.

Due to COVID-19, BRWC’s volunteer workforce is down 50%. So, the adjustment of more animals and less help has kept Riley and her small core of employees working long hours. “It’s a lot for us to handle, but we’re coping,” added Riley.

It’s also baby season, when BRWC typically receives the most animals, although most of the rescues are adults this season. Fortunately, many people are calling ahead before they bring an animal in. “We get lots of people finding healthy babies,” said Riley. “Often, they think the baby has been

orphaned or abandoned when, in fact, it’s the parent is somewhere nearby and still caring for it.” This is true of many fledgling birds that hop out of the nest, and the parents still feed them from the ground. It is also true for some mammals. For instance, Deer will often find a spot to leave their fawns and go off to forage. They will return later to care for the baby.

“Because people are home and call ahead about the babies, we can give them info on how to re-nest them or let the parents come and get them,” Riley said.

“Many times, while people mean well, they’re essentially abducting a healthy baby from its parents,” Riley continued. She also said that, if you find a bird or animal too small to be out of the nest, call BRWC before interfering. In many cases, re-nesting or reuniting may be the best option. The old wives’ tale that animal mothers will not accept babies after being touched is not accurate. “Mothers will still take back their babies,” said Riley, “but we recommend that you wear gloves and use towels or other barriers to prevent disease spread from you to the babies or vice versa.”

Riley and her team at Blue Ridge Wildlife Center have

also seen many lawn mowing accidents. With all of the time people have at home, and a mild spring, many are mowing their lawns and running over wildlife in the grass. “It would help us immensely if those mowing could walk/rake/sweep their yards before mowing,” said Riley. This past week someone mowing their yard accidentally hit Killdeer parents. Both parents were killed defending their nest, and the chicks were brought to BRWC. “Chicks like these are very high-maintenance,” said Riley. “They require large amounts of tiny invertebrates and will only eat for us if their habitat here is set up to mimic their natural habitat.” That means that the BRWC staff is out foraging for fresh habitat supplies and small insects and worms throughout the day.

Cottontail rabbits, frogs, and toads are also at BRWC with various lacerations (some requiring surgery) from lawn mower accidents.

As Giving Tuesday approaches on May 5, the BRWC is asking for anyone willing to donate to go to blueridgewildlifectr.org, or click here. A generous donor has agreed to match donations up to \$10K.

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NEWS OF NOTE

APPLETON CAMPBELL RECEIVED 2020 PRESIDENT'S AWARD FROM CARRIER, EARNING HONORS AS AN OUTSTANDING DEALER



PICTURED FROM LEFT TO RIGHT: JUSTIN KEPPEY - CARRIER PRESIDENT, RESIDENTIAL HVAC, JASON ANDERSON - APPLETON CAMPBELL SERVICE MANAGER, 10 YEARS, RONNIE BLAND - APPLETON CAMPBELL HVAC SERVICE TECHNICIAN, 16 YEARS, ROGER SAFRIT - APPLETON CAMPBELL HVAC INSTALLER, 2 YEARS, CASEY YATES - CARRIER SENIOR DIRECTOR, RESIDENTIAL SALES

Appleton Campbell is a recipient of the prestigious President's Award from Carrier for the sixth year in a row. This award provides recognition for outstanding dealers in the heating, ventilating and air conditioning (HVAC) industry. Dealers were honored at a ceremony held in Colorado Springs, Colorado, on March 6th.

The President's Award is given to Carrier Factory Authorized Dealers who achieve excellence in product promotions and deliver superior customer satisfaction. Appleton Campbell is one of the seven recipients in the state of Virginia to be awarded.

Recipients of this award demonstrate the very best in operational excellence, business effectiveness and the delivery of cutting-edge technology to its customers.

Appleton Campbell demonstrates technical expertise, while also serving as a leader in promoting the Carrier brand and raising the standard of equipment sales. The company exemplifies service excellence and provides exceptional customer care.

Appleton Campbell began in 1976 and proudly serves its communities with quality HVAC, Plumbing and Electrical services by honesty, integrity, and experience.

"The 2020 Carrier President's Award winners demonstrate excellence in providing customers with exceptional service each and every day, while also serving as outstanding examples for our industry," said Justin Keppy, president, Residential HVAC, Carrier. "This award further reinforces the role these companies play as leaders in their communities and serves as an example to all Carrier dealers of how HVAC

businesses can thrive in any region."

The President's Award is designed to encourage Carrier dealers to objectively review their businesses and to reward dealers who have excelled in

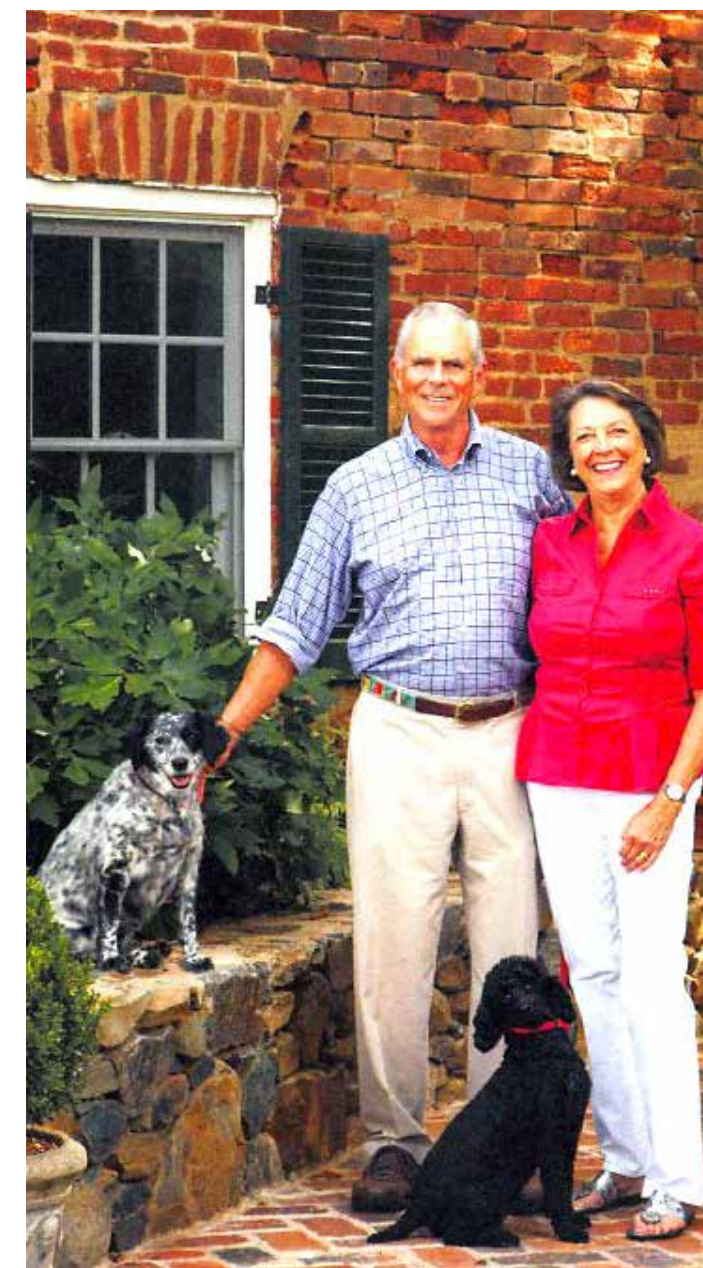
customer satisfaction. This award presents the opportunity for recipients to serve as role models, share best practices and offer peer mentoring to help cultivate excellence across Carrier's independent

dealer network.

Mike Appleton, President of Appleton Campbell stated "I am thankful and appreciative for our customers, employees and vendors especially during this time. Together we will all

be stronger and thrive during and after this pandemic."

To learn more about Appleton Campbell please visit appletoncampbell.com

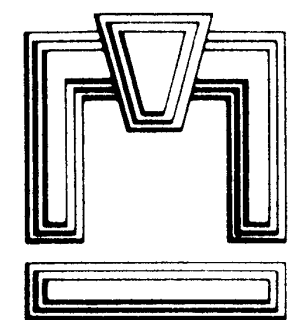


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NEWS OF NOTE

COVID-19 AND EMERGENCY SERVICES AT INOVA



COVID-19 and Emergency Services at Inova Loudoun Hospital

The thought of visiting an ER during this uncertain time might be a little scary. But, delaying the evaluation, diagnosis and treatment of a potential emergency condition

can risk worse clinical outcomes. Inova Loudoun Hospital (ILH) has implemented additional procedures to protect the safety of patients, team members and the community.

"We have seen an increase in patients waiting 3 to 5 days before seeking emergency

services causing detrimental, long-term complications. We want the community to know that coming to an ER for care is safe. Our team continues to treat a variety of patients in the ER, additionally, we continue to safely and successfully performed surgery even

on high risk patients," said Edward Puccio, MD, FACEP, Medical Director, Department of Emergency Medicine, Inova Loudoun Hospital.

All team members wear, at minimum, a mask for every patient interaction and also participate in twice daily symptom

and temperature checks. In addition, the following safety measures and temporary modifications have been made at each of the three ILH ERs:

Emergency Room at Inova Loudoun Hospital (Lansdowne), 44045 Riverside Parkway, Leesburg:

Inova Loudoun Hospital has temporarily reconfigured the adult and pediatric ERs to separate respiratory patients from those with other complaints. Upon arrival, an outside greeter provides patients with a mask and determines the reason for the visit. Depending on the presence of respiratory symptoms, the patient is escorted to a private, closed-door room in either the respiratory or non-respiratory ER. Pediatric patients are separated from adults on both sides, and are cared for by the pediatric team.

Individuals with respiratory illness or concern should visit the Lansdowne ER. This ER will also continue to see non-respiratory illnesses and injuries.

Inova Emergency Room – Ashburn, 22505 Landmark Court, # 210, and Inova Emergency Room – Cornwall, 224 Cornwall Street NW, Leesburg:

These full service ERs care for patients of all ages in any emergency situation. They feature all private, closed-door patient rooms and are equipped with advanced technology including CT scans, ultrasounds, x-rays and full spectrum laboratory testing. They are also Joint Commission Certified Acute Stroke Ready Hospitals (ASRH).

Like at Lansdowne, patients and visitors are given a mask to avoid the asymptomatic spread of the virus, and screened for respiratory symptoms upon arrival. They are then escorted to a private, closed-door room.

Patients who do need to be admitted to Inova Loudoun Hospital will be transported directly to their room at Lansdowne or to the pre-operative area if surgical intervention is required.

Visit one of these 24/7 free-standing ERs in Ashburn or Leesburg (Cornwall) for all non-respiratory illnesses and injuries.

LT. TYLER THOMPSON, A NAVY PILOT FROM BERRYVILLE



LT. TYLER THOMPSON, A NAVY PILOT FROM BERRYVILLE, VIRGINIA, POSES IN FRONT OF AN MH-60S SEA HAWK HELICOPTER, ASSIGNED TO THE "DRAGON SLAYERS" OF HELICOPTER SEA COMBAT SQUADRON (HSC) 11, FOR THE 109TH BIRTHDAY OF NAVAL AVIATION ON THE FLIGHT DECK OF THE NIMITZ-CLASS AIRCRAFT CARRIER USS HARRY S. TRUMAN (CVN 75) IN THE ATLANTIC OCEAN. THE BIRTHDAY OF NAVAL AVIATION HONORS THE REQUISITION OF THE FIRST U.S. NAVY AIRPLANE. THE HARRY S. TRUMAN CARRIER STRIKE GROUP (HSTCSG) REMAINS AT SEA IN THE ATLANTIC AS A CERTIFIED CARRIER STRIKE GROUP FORCE READY FOR TASKING IN ORDER TO PROTECT THE CREW FROM THE RISKS POSED BY COVID-19, FOLLOWING THEIR SUCCESSFUL DEPLOYMENT TO THE U.S. 5TH AND 6TH FLEET AREAS OF OPERATION. KEEPING HSTCSG AT SEA IN U.S. 2ND FLEET, IN THE SUSTAINMENT PHASE OF OFRP, ALLOWS THE SHIP TO MAINTAIN A HIGH LEVEL OF READINESS DURING THE GLOBAL COVID-19 PANDEMIC. (U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 3RD CLASS SAMUEL GRUSS)

MIDDLEBURG HUMANE FOUNDATION LAUNCHES EQUINE COMPANION PROGRAM

The Middleburg Humane Foundation (MHF) has launched an Equine Companion program on its 23-acre farm in Marshall, VA and invites the public to participate in this COVID safe activity. Participants are able to sign up for a one-hour time slot and can select the horse/pony with whom they would like to spend time.

There are three time slots per hour and registration can be found on MHF's website www.middleburghumane.org under news.

The concept behind the program is to help equine currently residing on MHF's farm become more socialized while providing a safe outlet for the community to visit the farm.

Ideas for interaction include reading a book, listening to music and/or having a picnic by the fence line. Treats will be provided by MHF to ensure they are fed in accordance with their diet.

MHF was founded in 1987 and receives no federal, state, or county funding. We rely entirely on

the generosity of private donors and corporate sponsors, and proceeds raised through our

grooming salon and resale boutique on Main Street in Marshall. The goal of the MHF is to

provide a haven for abused, neglected, and "at risk" animals, both large and small.

At any given time, the facility cares for around 60 animals by a dedicated group of staff and volunteers. In addition to the high number of cats and dogs, MHF provides care for horses and various livestock. Most of these animals have come from abusive or neglectful situations; therefore, they require intensive daily behavioral and medical care.

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NEWS OF NOTE

HORSE-CRAZY: RIDING OUT THE PANDEMIC UFN

(UNTIL FURTHER NOTICE)

LAUREN R. GIANNINI

It's a rare free Memorial Day Weekend, usually filled with a favorite local annual event, the Virginia Fox Hound Show at Morven Park in Leesburg. I love this show. It's like stepping back in time, except for all the cameras and other digital devices recording memories in all five rings.

It's strange to know that Morven Park is relatively quiet, no sound of hound music – like a battle of the bands or choirs, hound-wise. During the show, hound packs reside in assigned kennels, able to see neighbors and hear each other, and often raise their voices in a joyful noise as complex as any symphony. Their exuberant melodies express joy and life. Already looking forward to next year's hound show.

Other local events near and dear to our hearts have been canceled and/or postponed. Upperville Horse Show canceled its early June fixture, followed by the Loudoun Benefit Show (June 10-14), but organizers are hoping to run both events in the fall. Check online frequently for news about your favorite sporting events and competitions, etc.

If given approval by state officials to run without spectators, Middleburg Spring Races will run June 13 at Glenwood Park and the Virginia Gold Cup Races on June 27 at Great Meadow. On May 6, the National Steeplechase Association contacted state officials, but no reply yet. Running the races for the sake of the horses themselves is im-

portant. Race fans are great, vital to the support of the sport, but horses are steeplechasing's very heart and soul.

Horses are athletes and they train to peak fitness for a specific contest and distance. They need to run and expend that incredible pent-up energy, which in a Thoroughbred can be considered the equine equivalent of rocket fuel. It's a great idea to hold these races for the sake of the horses and the sport. We certainly hope that state officials give both NSA meets the nod. With luck, there will be videos and live streaming.

For information: nationalsteeplechase.com - centralentryoffice.com - middleburgspringraces.com - virginiagoldcup.com

Recommended Reading – both on kindle

"The Boy, The Mole, The Fox and The Horse" is a wonderful book filled with beautiful thoughts and significant meaning on many levels, expressed in simple yet eloquent words. The author of "The Boy, The Mole, The Fox and The Horse" is Charlie Mackesy, a British cartoonist for The Spectator and book illustrator for Oxford University Press.

Mackesy describes this stunning 128-page gem (published by HarperOne, October 2019) in his introduction: "This book is for everyone, whether you are eighty or eight. I feel like both sometimes."

Hear, hear! Mackesy's tiny but huge opus has all the magic and wisdom of "The Velveteen Rabbit": it will stir up your emotions and comfort you. It's short and real and sweet with-

out being icky. It's ideal for savoring alone or for reading out loud to a gathering of your family or housemates.

Mackesy's charming handwriting pairs beautifully with his illustrations, making it also a visually delightful read. He explains that the adventures of the boy, the mole, the fox and the horse take place in the spring "where one moment snow is falling and the sun shines the next, which is also a little bit like life – it can turn on a sixpence." Pretty much sums up what's going on in the world...

Mackesy is a wonderful storyteller, and one fervent hope is that his words of wisdom and astute observations will touch every one who reads or listens to this meaningful allegory. "The Boy, The Mole, The Fox and The Horse" might be what helps to strengthen and support you during this most unsettled time in the history of the world.

For those who prefer action tales, there's Norman Fine's "Blind Bombing" wherein he brings to life "How Microwave Radar Brought the Allies to D-Day and Victory in World War II" (2019 by Potomac Books, University of Nebraska Press).

This all started nearly a century ago, but you would think the author had a front row seat as he recounts the events leading to the invention and implementation of microwave radar and the role American pilots played. It's an amazing account of what it took for the Allies to win World War II. It's a huge chunk of world history, featuring our own nation.

History buffs especially will go bananas over Fine's meticu-

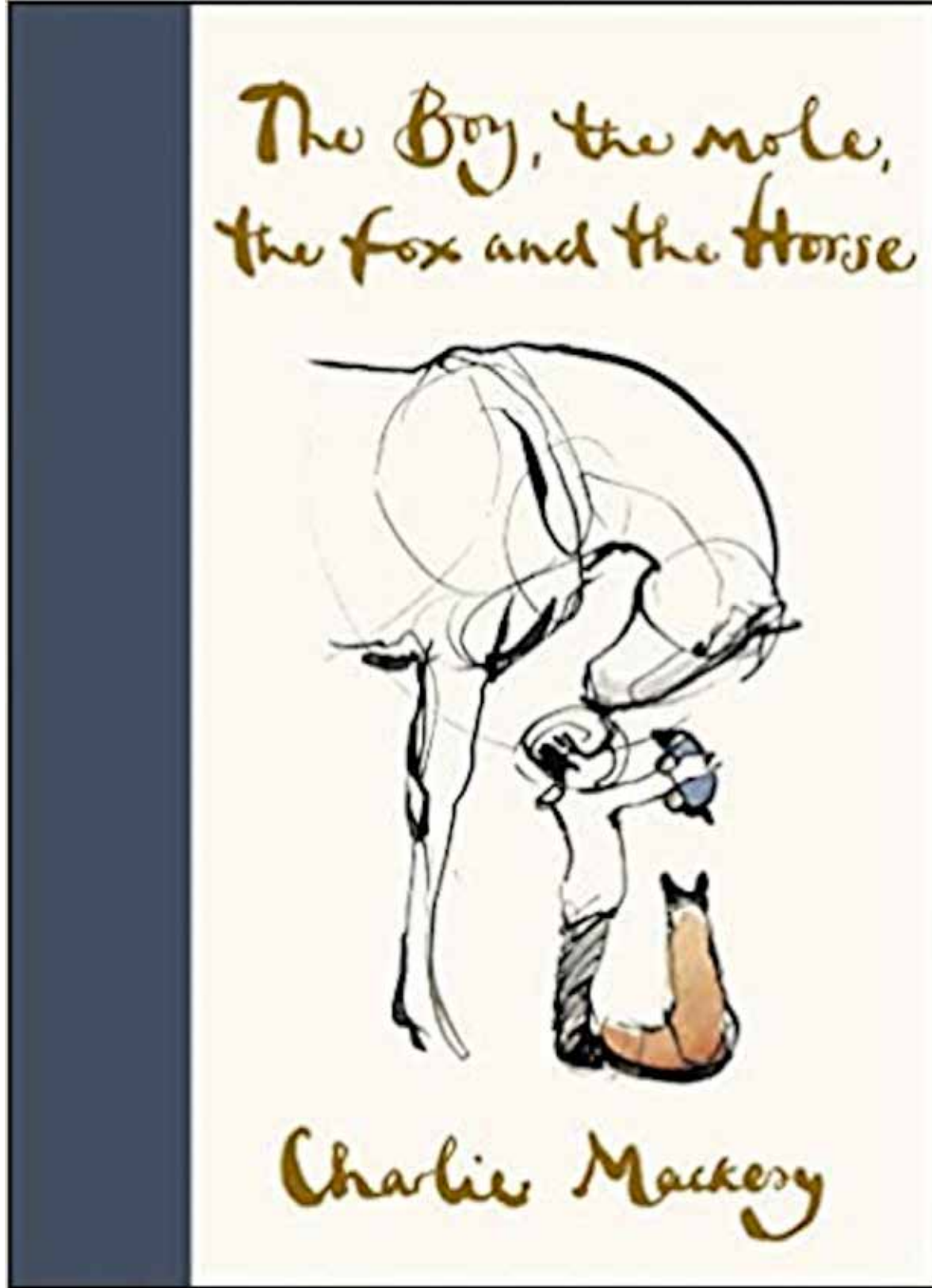
lous research and his superlative storytelling will engage anyone, especially if you're interested in high tech and inventions. It has a heckuva plot, packed with interesting detail. To keep current with arcane abbreviations and acronyms, Fine includes an alphabetical list, which is very helpful.

In 1934, in England, an official requested building a "death ray" – damaging radiation that could be beamed at enemy aircraft. Their Meteorological genius, an electrical engineer, delved into it with the conclusion it would be even more harmful to their own side. His work detecting weather fronts with radio waves supported a pet theory: that aircraft detection might prove more fruitful than a destructive death ray...

Fine, a retired electronics engineer, approaches his subject like a pack of foxhounds unraveling scent – i.e. with drive and determination. He is a horseman and foxhunting enthusiast, a longtime resident of neighboring Clarke County. In the course of his fact-finding missions, Fine uncovers unknown "intel" about his own uncle, Stanley Fine; no one in the Fine family had a clue. Uncle Stanley had a lot to do with the Allies winning the war, which made it a personal quest for Fine to do right with this saga. The stuff of a PBS series, at least!

"Blind Bombing" is a fascinating must-read for history, science, technology enthusiasts and for anyone interested in a great tale that just happens to be true.

Take care, be well, stay healthy!



Middleburg Eccentric

June 18th Deadline for June. 25th Issue

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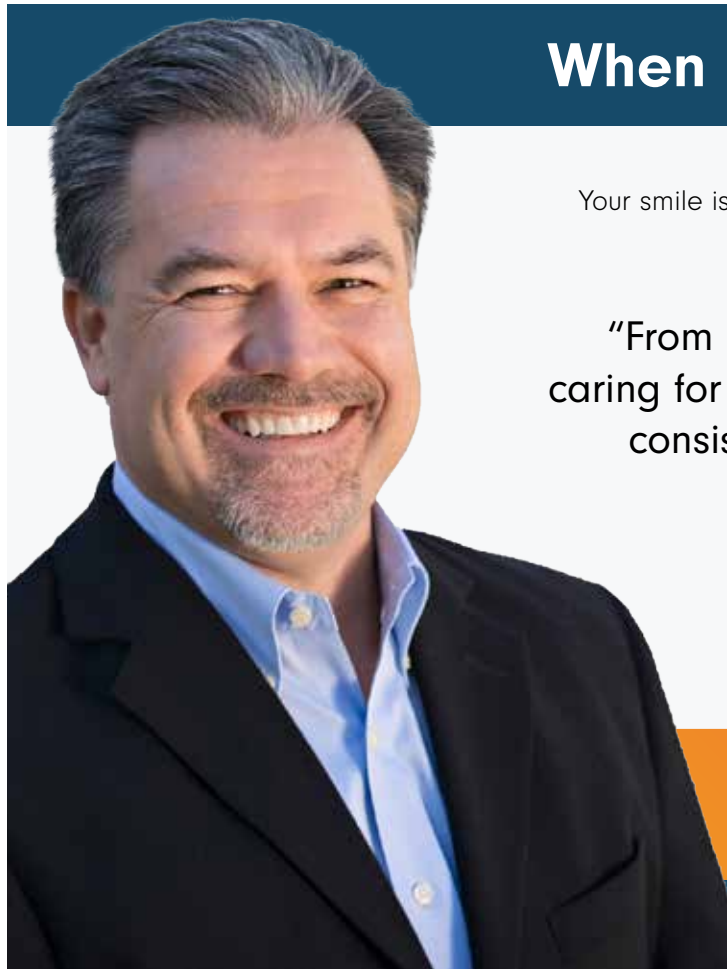
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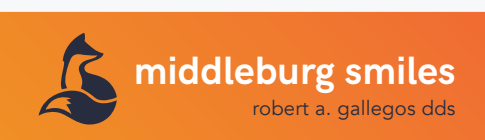
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NEWS OF NOTE

HONORING OUR VETERANS ON MEMORIAL DAY



While all of us are facing this pandemic together, those who served or are serving in the military know all too well that standing together for our families, communities, and country in the face of adversity is not new. Especially those who have been on the battlefield and lost friends or loved ones know what is meant by the term “ultimate sacrifice.” Each year at this time we pause to honor those who took up military service to preserve the freedoms we enjoy in this country; freedoms that are not universally known everywhere in the world.

The Loudoun County Community Veterans Engagement Board composed of veteran and military service organizations, veteran focused businesses, and our citizens who do so much for those who served, wishes to salute our Soldiers, Sailors, Marines, Airmen, and Coast Guard members of Loudoun County for the sacrifices these veterans and their family’s have made over the years. There are approximately 60,000 veterans and family members in Loudoun County. We want them to know that they are remembered and are not alone.

Loudoun County has initiated a new method to disseminate veterans related information to our Loudoun Veteran and Military-Connected communities including their family members and caregivers. The ability to share vital resources and information in a timely manner is of particular importance during these uncertain times. If you have served in the U.S. military or are now serving in the U.S. military and you reside in Loudoun County, Virginia, please register with your name and email address to LoudounVets@loudoun.gov. Your name and respective email address will be used exclusively by Loudoun County to keep you informed of important Veterans and military related information.

In addition to the Loudoun Veterans Registry, the Loudoun County Veterans Services Office is also a ready source for Veteran support. This office is a one stop resource location for Veterans to coordinate information and be a referral hub for the network of partners who serve veterans in this county. Any Veteran can inquire about available services with the Loudoun County Veterans Services Coordinator at:

- Email: thomas.grant@loudoun.gov
- Website: loudoun.gov/3555/Veterans-Services-Program
- Telephone Number: 571-258-3815

As we celebrate this Memorial Day, know that the sacrifices made by you and your family are appreciated...our country is better for you having been there!

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PROGENY

INNOVATIVE STEM CURRICULUM MAKES HIGHLAND SCHOOL'S DISTANCE LEARNING A SUCCESS



At Highland School – a PK-12 independent school in Warrenton, Virginia – the sudden pivot to distance learning in March was virtually seamless. Highland's faculty leaders and students credit the school's longtime commitment to innovative teachers. The latter provides students age-appropriate technology tools, individualized opportunities to use them, and – most important – a STEM curriculum that invites every student to gain confidence in the academic subjects from which technology is developed.

Highland's success at distance learning was no surprise to those who lead the school's exceptional STEM curriculum. They have long known that for students to be successful in ANY field in today's tech-heavy culture, comfort with STEM subjects is critical.

"In the STEM fields, it all comes down to confidence. When our students leave us, the single most important thing is that they are not afraid to take a college math class. We want them to have the competence and confidence to succeed at the next level." So says Dave Robertson, Mathematics Department Chair at Highland.

Highland Science Department Chair Elizabeth Kennedy agreed. "If you show students you believe in them and are confident in them, they can and will do the work."

Roughly half of every graduate

ing class at Highland School will have taken an AP Science class, and more than 30% will have completed an AP Math course. Highland's Robotics Team competes in the internationally-renowned FIRST organization. And the school's prestigious Engineering Certificate is available to those who desire the challenge of college-level project work during their high school years.

Supporting all this is a robust STEM curriculum in the Lower and Middle Schools that uses Project Approach to build synergy among all subjects, tying together liberal arts education with STEM learning. Topping it off are opportunities to join FIRST Lego League teams at every grade level.

Math Department Chair Robertson clarifies Highland's STEM education isn't all about the AP classes and advanced robotics work. "We want to challenge all students at a level that is inspiring but not defeating. We want to meet you at your skill level and build from there. So, the ability to offer a diverse array of classes is key." For that reason, the math department offers both AP Statistics and high school-level stats. The science department is scaffolded to offer college-prep bio, honors bio, and AP Bio, while also offering electives including Marine Bio and Human Bio. Similar multi-level offerings exist in Chemistry and Physics.

Addison Norden, '18, of Warrenton, reflected on this approach. "I loved my 'difficult'

classes, like AP Calc, AP Physics, and AP Bio, but my favorite classes were my electives." When pressed to identify her favorite, she chose Human Bio. "It was applicable to what I wanted to do in life, and it was so clear why what we were learning was important. While I was in high school, I was running rescue with [the local fire department]. It helped me a lot with being a better EMT and eventually getting through paramedic school. Now, I've been promoted to EMS Sergeant of my department while majoring in biochemistry at the University of Mary Washington. In the evenings, I run rescue, and during the day, I get to assist a professor with research on the temporal analysis of apoptosis in Jurkat T Lymphocytes."

For Science Chair Kennedy, STEM is all about teaching students to think. "We're moving from a content-based approach to a skills-based approach. So, a lot of our lecture or presentation is designed to support a lab experiment that students might do. The labs are the meat of the class, and, ideally, they should be student-designed inquiries. You know, I could tell students what the acceleration due to gravity is, but I would rather they discover it for themselves. Two students might take radically different approaches to the same conclusion, and that's what real scientists do."

Thomas Boudreaux, '15, of Fairfax echoed Kennedy's sentiment. Boudreaux majored in

Computational Physics at High Point University, with a concentration in Stellar Astrophysics. He published multiple papers, presented at international conferences, and spent time working at both the Harvard Center for Astrophysics and the Smithsonian Astrophysical Observatory. "The most important takeaway from [Highland's STEM program], in my mind," Boudreaux said, "is not the material; rather, it is the sense that the set of things that we understand is so much smaller than the set of things we do not. And, it is the wonder and excitement that comes along with this realization." He said, "Maybe it's obvious, but going into college with this attitude already ingrained allowed me to jump into active research. Even now, if research is going slowly or I am frustrated, I think about the wonder of science and where the frontiers are, and it brings me out of my funk."

Robertson sees a similar idea in Highland's approach to mathematics. "Math is all about logic and problem-solving. I want to give you a problem, limit your tools to a manageable place, and then see how you get from A to B. Our students should be flexible in their approach to a problem. I want to know why students are doing something a particular way, and I want to know that their way is mathematically valid. Still, within those constraints, students should be able to use a variety of approaches."

"I loved mathematics at High-

land," said Ann Collins, '15, of Fairfax. "I took everything I could, all the way through AP Stats and AP Calc BC. I especially loved working with derivatives and integrals, finding new ways to create deeper relationships between functions." Collins went on to describe how this flexible approach to problem-solving has helped her beyond Highland. "I majored in Mechanical Engineering at Stevens Institute of Technology. As part of my degree, I completed multiple design projects and challenges, culminating in the NASA RASC-AL Moon to Mars Challenge for my senior capstone. We designed, built, and operated a system that drilled through layers of overburden down to an ice bed, while simultaneously gathering data regarding a layer's thickness and hardness using a load cell. Then, we had to place an extractor with a heated tip into the shaft, melting the ice and extracting water that could become potable or chemically altered into rocket fuel. You can imagine how often we had to iterate!"

Building on Collins' comments about group-work, Robertson and Kennedy discussed how much STEM-related work is done in teams. As Kennedy put it, "you can't just generate and gather data. You have to interpret it. You have to interpret it in a social setting, with colleagues and teammates, and other interested parties. This whole time, you have to be ready for the data to mean something else."

Matthew Heller, '20, of Warrenton, agreed. "Ever since I was young, I have always been interested in electronics. My dad would give me his old circuits and let me play with them. Now, I've worked my way up to AP Computer Science I, and I can work in Web Languages (HTML, CSS, JavaScript), as well as JAVA, Python, C-Sharp, Bash, and Aldrino. I know people have this image of the 'loner' gamer or programmer, but we are always working in teams to get things done."

Perhaps no part of Highland's program so embraces teamwork as the robotics program. According to Robotics mentor (yes, they are called mentors, not coaches), Elisabeth Carver, the culture of FRC (First Robotics Competition), is that it is, "a varsity sport for the mind. Students are given a task or a game, and then they have to design and build a robot from the ground up to complete the task or play the game."

The actual competition itself involves collaboration, Carver said. "Students work in alliances with other teams. They have to be able to communicate their robots' strengths and weaknesses--and themselves--before the match even starts. Then, that teamwork is further tested once the match begins." But, Carver notes, students are asked to collaborate well before match-day. "On any robot, you have a shooting system, an intake system, a conveyor system, and a climbing system. Mini-teams design each aspect and then come together to interface in a defined perimeter. This whole time, there is a programming team working on vision systems or swerve drives, and once the robot is built, the programmers have to upload their code. Then, everyone comes together to troubleshoot."

Jamie Dyer, '15, of Warrenton and Nick Iasso, '15 of St. Louis, Virginia, both now software engineers in Arlington, reflected on their time in the robotics program. "Robotics gave me the opportunity to explore programming, to begin solving larger problems, and to work within a team," Dyer said. "These all helped prepare me immensely for college, where I majored in Computer Science and in Mathematics, as well as my current job."

Iasso concurred: "Robotics was fantastic. We learned about teamwork and engineering design, honed programming skills, explored electrical and mechanical engineering, and practiced indispensable hard and soft skills important in my college career and beyond. Because of robotics, I'm more comfortable taking on and breaking down projects that appear overwhelming and uncomfortable at first. My STEM education taught me how to approach difficult tasks and how to push the limits of what I am com-

fortable with in order to learn and improve continually."

Highland is deeply committed to promoting the importance and success of women in STEM fields. "If you don't see yourself in a pursuit, it's hard to imagine yourself doing it," Kennedy said. "Everyone should feel like the STEM fields are a place they belong to. We want to give everyone an invitation to the party, but we're aware that different people might need a different kind of invitation or perhaps a greater push to attend. Everyone has a barrier when it comes to STEM. You get around that barrier by individualizing to the student."

This is why Highland always sends a team to Foxcroft School's all-girls K2M STEM Summit. Highland has won the summit twice, receiving the highest overall score in 2019. Bridget Conlon, '21, of Round Hill, a member of last year's winning team, said, "I get frustrated with the fact that women are underrepresented, but I have a lot of really great examples. My mom is in the STEM field, and I have been lucky to have Highland teachers as examples." When asked if she hopes to be an example one day, Conlon replied, "Absolutely! It's so satisfying to figure out hard things; math and science are really fun. One day, I hope to be an oceanic engineer or an oceanographer, but we need to represent historical women in STEM more clearly."

Highland School recognized early on that a comprehensive educational experience in the 21st Century must include a STEM curriculum that is accessible and substantive for every student – from those fascinated by robots to those who prefer to analyze classic literature or engage in a Harkness debate about European history.

While team projects and lab work – the meat of many STEM courses – has been, at some schools, an insurmountable challenge during distance learning, Highland's faculty has succeeded in not only facilitating such work but using it in creative ways to sustain the interpersonal connections children. Teens need while locked away from their friends and peers.

For all these reasons, Highland School's faculty, students, and parents were prepared for the worldwide crisis of March 2020, and are ready to tackle whatever challenges and opportunities await education in the coming months and years.

Highland School's mission is to prepare students to thrive, lead, and serve in a diverse and dynamic world. They develop essential skills and character by challenging them with a demanding academic and co-curricular program. Contact Donna Tomlinson, dtomlinson@highland-school.org, for more information.

Are You Ready?



Highland Graduates are Ready

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

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Wake Forest • Washington & Lee • Colgate • Bowdoin
University of North Carolina • Virginia Tech
University of Richmond • James Madison University
and many others!



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PROGENY

MY TWO CENTS ABOUT HOW TO CHANGE THE WORLD



ZOE KORFF,
A PROUD MEMBER OF
HILL SCHOOL'S 2020
8TH GRADE CLASS

Loose change. We all have it lying around, under-seat cushions, in a junk drawer, or maybe even in the ashtray in our car, but most people have no idea how much

that adds up to. Take a guess, perhaps a thousand dollars? A million? Ten million? Most people do not know that this spare change totals more than ten billion dollars worldwide, and this is just one of the fascinating things I learned from World of Change.

The summer before my sev-

enth-grade year, I had the opportunity to become a Hill School ambassador for World of Change. This non-profit organization aspires to collect as much of the 10 billion dollars of spare change as possible. I was invited to attend a presentation at a Montessori school with Hill School's Kelly Johnson and another student.

So, after a car ride and a trip to Chick-fil-A, I was introduced to a fascinating idea.

I had always enjoyed helping others, whether that meant selling rainbow loom at a neighborhood gathering or having lemonade stands as soon as it was warm enough to ditch my jacket, but I always struggled with con-

vincing people to contribute to a cause, especially after I no longer appeared as a cute child. But I became fascinated by making a real difference with something as insignificant as spare change, showing people that giving can be as easy as collecting a few dimes and quarters.

With the Hill School student council's help and the support of Hill's faculty, we launched our collection in November of 2018. Volunteers stayed after school to stuff coin pouches with the incentive of free pizza. The student council decided on our six charities: Backpack Buddies, All Ages Read Together, The Truth 365, KaBoom, Operation Hope, and Comfort Cases. After explaining to the school what our goal was and how they could help, we set them free with coin pouches and motivation. We placed six jars, one for each charity, in every classroom for over a month, and watched the change accumulate.

A few weeks later, I was blown away by how much the students had collected. In the fourth grade, at least two of their jars had to be emptied already because they had been filled, and each grade was bringing a steady stream of change. When the collection came to a close, we totaled the change to \$1,749.96 with a few generous faculty donations.

But my favorite part of it all came when we invited representatives from each charity to an all-school assembly. As we announced the total, the reaction was amazing; nearly everyone in the room looked awed at how a small school of 222 JK-8th graders could collect over \$1,740 through spare change.

Now, amid a global pandemic, we are launching our second change drive. Initially, we planned to pick up the project after spring break ended in late March, but when Covid-19 struck, it was apparent that it would not be happening.

However, we were still determined to do something. In virtual meetings with other youth ambassadors from across the country, I became inspired to figure out a way to execute a new and improved plan to collect change. With the aid of Mrs. Johnson and Mr. Matt Hoidal, the founder of World of Change, Hill School has now launched an initiative to collect change for six organizations safely: Doctors Without Borders, Feeding America, Backpack Buddies, Winchester Rescue Mission, Great Harvest Warrington and SOME (So Others Might Eat) who are all doing important work in this time of crisis. To contribute, please send a check to The Hill School P.O. Box 65 or call the front desk a few minutes before dropping off at Hill School, whatever spare change you can collect. Hill School will be collecting spare change through June 16th.

Please, take five minutes out of your day to scavenge for whatever coins you can find and become a part of this world of change.



Hill at Home

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The Hill School - Junior Kingdergarten to 8th Grade - Middleburg, VA | TheHillSchool.org

SEVEN LOAVES NEEDS OUR HELP

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

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

The most needed items at this time are:

- Peanut Butter
- Jelly
- Cereal
- Canned Vegetables
- Canned/ dry beans
- Canned Soup
- Cannedtuna/chicken/beef
- Canned fruit
- Spaghetti sauce
- Spaghetti noodles
- Rice/instant potatoes
- Boxed Mac n' cheese
- Diapers
- Baby food
- juice boxes



- fruit cups
- breakfast bars
- snack size chips
- vegetable cups
- ravioli cups

Our address is 15 West Washington Street Middleburg VA 20117. Please send monetary donations to PO Box 1924 Middleburg VA 20118 or donate on our website. www.sevenloavesmiddleburg.org/

PROGENY

BUSINESS MOSTLY AS USUAL AT THE MIDDLEBURG MONTESSORI HOG OPERATION



The Middleburg Montessori Hog Operation is entirely student-run; middle schoolers aged 13 -16 provide daily care for the pigs, manage their breeding program, market the meat to restaurants, make deliveries, balance the checkbook, and maintain accurate records on finances and animal health. With Middleburg Montessori School (MMS) closing its physical campus and their restaurant sales declining steeply due to the recent pandemic, the students had to adjust. They created a plan for curbside pickup and delivery and put their en-

tire inventory into an online shop.

"The Montessori method has prepared these students exceptionally well to pivot their business like this," said Middle School teacher Louise Searle. "They are remarkably flexible, resilient, and capable adolescents, and daily work on the farm has given them lots of great practice with practical problem-solving skills. Farm education is part of Montessori for adolescents because, in tandem with the rest of our curriculum, it provides many opportunities for the students to be critical thinkers and to participate in the world."

The student farm is unique in that it is not a one-time project, where students raise and then sell animals over a season or school year. It is an ongoing agricultural business, with routine sales to local restaurants and businesses such as Field and Main and the Whole Ox. It is also unique that students raise the piglets from farrow (birth) to finish. Many local farms buy piglets to raise because farrowing can be challenging. Still, MMS persists because the educational experience and agricultural management that goes into breeding and farrowing is invaluable for students. The farm currently has ten breeding pigs of four different breeds.

The hog operation is an important component of the MMS middle school curriculum. "Quality Montessori education always considers the developmental needs of the child. The hog operation allows MMS to meet adolescents' need for real and meaningful studies by

integrating academic work into their work at the farm and meeting their needs for physically challenging activities and contributing members of their wider community," said Head of School BethAnn Slater.

The online shop for MMS pork provides sausage and cuts to the local community. Ishan Ramesh, an MMS student, explained, "Instead of having to go to a public area (which can be breeding places for germs) to buy pork, at the Middleburg Montessori Hog Operation's customers now only have to order online at our all-new pork takeout website. We then coordinate with our teachers and MMS alumni Bobby and CatiAdele Slater to help fill the orders, either with a contactless pickup station at our school or a porch delivery for orders over 10 pounds."

The farm has a delicious selection of pork products to offer, such as bratwursts, breakfast links, Italian sausages, chorizo, pork chops, roasts, and even half or whole hogs. Delivery is provided for free to any customers within a 50-mile range for orders 10 pounds and over.

Middleburg Montessori has been providing authentic Montessori education in the Middleburg area for 40 years and provides care and education for children from infancy through middle school. MMS is located in the village of Atoka at 7274 Rectors Ln, Marshall, VA 20115. Please visit www.middleburgmontessori.com for more information on the hog operation and other programs.

PASTIMES

TAKE A PEEK INSIDE THIS LUXURIOUS "HIS-AND-HERS" MASTER BATHROOM

ASK A REMODELER

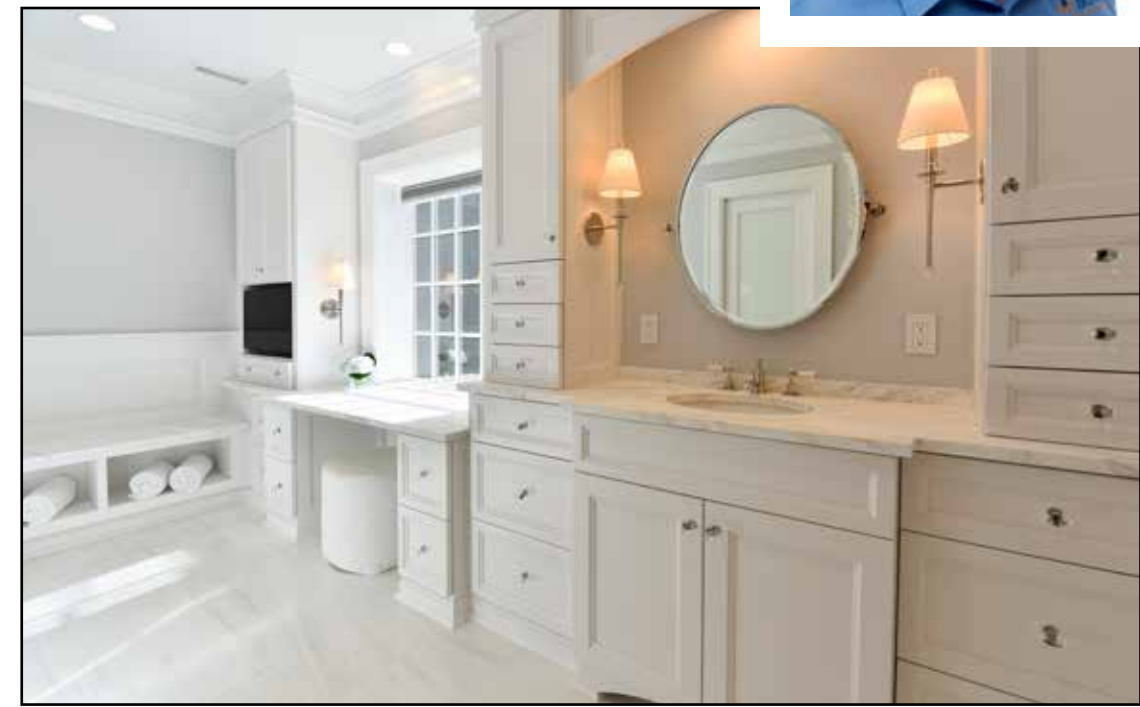
TIM BURCH

The homeowners appreciated many of the "his-and-hers" elements of their original bathroom built-in 2001, but they disliked the builder-grade finishes, lack of natural light, and awkward layout. The solution involved a new floorplan that incorporated the separate toilet rooms, vanities, and walk-in closets. The clients enjoyed their original bathroom and upgrading the finishes and fixtures to the high-end level they preferred.

Now, after entering through the hallway from the master bedroom, "her" side is to the right, "his" side is to the left, and in the middle are the separate toilet rooms and a large shared steam shower. All the plumbing, including various waste and supply lines, had to be relocated to accommodate the new layout.

The his-and-hers approach allowed the couple to choose unique, but complementary, fixtures, and design elements for their respective areas. For instance, her side features plenty of storage around her vanity with mounted television and lots of natural light pouring into her makeup area. His side features a vanity with open shelving and exposed plumbing. The large dual-entry shower in the middle includes double shower heads, glass doors, and an additional window for even more natural light in the bathroom. The consistent cream color scheme and finishes used throughout serve to unite the space.

A master bathroom that was once choppy, separate spaces, now have a smoother flow with appropriate and thoughtful separation. Without expanding the existing footprint, this unique design created a beautiful, cohesive area that functions as two separate bathrooms without significant wall separation. The result is a light-filled space with the modern, luxurious design and finishes the clients desired.



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.

com or call 540-687-6771. Have topics you'd like covered, email me at AskBOWA@bowa.com.



HAVE A NICE BIDET

SINCERELY ME

BRANDY GREENWELL

When my Grandmother passed decades ago, we found an entire closet full of toilet paper when

cleaning out her home. We used the inherited stash for many years after her death, and it was the single most odd thing that kept her memory alive. I've thought of that closet often during these TP hoarding times.



Why do people feel the need to hoard toilet paper during a crisis? Our reliance on paper products is publicized when it comes to using cloth napkins, diapers, and hankies, but why not toilet paper? Is it so wrong to think of using a warm washcloth for tushy tidying?

In other cultures, using bidets and flushing go together like peas and carrots. I have heard that their popularity in on the rise again worldwide and are breaking heavily into the US market.

In my day job as a Realtor, we seldom see a bidet anymore. However, at one listing a few years ago, there were, without exaggeration, 20 bidets in 20 bathrooms throughout the property. Now, that is cleanliness to the extreme. Upon exiting the house, I couldn't help but say to my clients, "Have a nice bidet."

There are also sophisticated toilets readily available starting \$2000 with a built-in bidet or, in some cases, an air dryer, or both. In the movie "Why Him?", the setting was an environmentally green home of a millennial tech millionaire. The house was paperless, including the in the loo, and was outfitted with toilets with menus of different post pee or poo refreshers categorized depending on the business done and after one of the characters was shot down for a romantic rendezvous. "Justine" the virtual personal assistant (think Siri with a bigger brain, more emotions and a witty sense of humor) advised her to order a number 3 to get her business done. Wink, wink.

Then there are the folks that think they outsmart the toilet paper rush by buying baby wipes, paper towels, paper napkins, and other products that are seemingly usable for wiping, only to find the need to call an emergency plumber when their toilets overflow. People, there is a reason why there are signs in public restrooms advising not to flush things other than TP. Because it clogs the pipes, dummies. As an aside, most toilets today have a smaller tank to use less water in a going green effort. Less water equals less flow. Less flow means there ain't no way that stuff is going down to sewerville.



Like our forefathers who lived without the wheel, electricity, and the internet, you too can survive without toilet paper if need be. Think of it as using a candle when the power goes out. Improvise. It will be ok, I promise.

Hunt Country

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PASTIMES

TOUCH
AROUND THE TOWN



HAZEL SWEITZER

Nobody knows the importance of touch like a dog. Humans also benefit from our furry, cute, and undeniable nature. Since

the Corona Virus invaded your world, all of you humans have a deficit of touch in your lives. Touch is important to connection and to bonding with another. That is why you love to pet us dogs and cuddle with us when you need

that extra something. When Tom and I use to walk through town, we would stop maybe five or ten times, usually to hug someone, or kiss someone on the cheek, or to shake hands with a total stranger. That all has stopped, and it makes

me sad, and I know it makes Tom sad too. He has been petting me a lot more. Lately, I noticed, and I love it, but I know he misses his human companions.

I was worried about humans before this situation because of all the time you spend on computers and phones and how you all rush around like someone stole your kibbles. Now, you are no longer rushed, but only have the screen in front of you and have had to step back from real human connection. I have something to tell you. We dogs have a sense about us far beyond anything humans can sense, a knowing. I know this horrible situation is almost over for you. Now, it might take some months, but when it is over, you will connect in a higher way, almost like how some of you feel when you are with us animals. There will be an intuitiveness, a gentleness, compassion, and empathy on a higher level because of what you have endured and grown out of. And touch will feel like a new sensation. A hug will feel like a brand-new dog bone. A handshake like a squeaky toy and a kiss like a piece of steak dropped from a fancy brunch at a Hunt breakfast. Humans will be ready to reunite and begin to heal with each other.



As a dog, I take nothing for granted, especially being a rescue dog. Boy, did I have a hard life before Tom and Middleburg. I feel this time that you humans are all living is like how I felt back then when I was abused and unsure of my future. I never knew what was next for me, and I wondered if there would be a tomorrow. But I believed someone would come and hold me one day, hug me, and let me sleep at his feet. He came. He is my Tom. I know this will happen for all of you. A better day! One day soon, you will be able to be near someone you love without worrying, you will be able to kiss someone you love, like your grandmother, you will be able to hold hands, allow people to see you smile, and walk into a large gathering and know you are safe. You all deserve that, but for the time being on behalf of all your furry friends – Use us! Hug us! Connect with us! Love us! Touch us!

Hazel

THEMED GARDENS
THE PLANT LADY



KAREN REXRODE

My garden book library is extensive on two oak bookshelves my husband built. Winnowed down many times, there are some I've given away and regretted. Barbara Damrosch wrote one that I no longer own titled the "Theme Garden," published in 1982. Barbara's ideas for themes were simple, the fragrance garden, children's garden, a butterfly garden, and a moon garden. This last theme was significant in my life as a gardener.

Over the years, the concept of themed gardens has come up from time to time; whether it's a look or a connection to a plant's botanical or common name, I've mulled over it. Too many landscapes are dull and repetitious, what fun they could be when themed to a place or business. The apparent reason for the lack of these conceptual gardens probably boils down to maintenance and maybe a lack of creativity or knowledge.

Some prominent examples would be specialized restaurants. An Italian restaurant might have eggplant, basil, tomatoes, rosemary, and thyme. Any two or three of these could be arranged with plants of ornament. Silver leafed perennials such as lavender, artemisia, or dusty miller could signify the Mediterranean region, a nod to their geographical region. A Mexican restaurant could have spiky leafed plants like yucca or hardy cactus and succulents. Hot pepper plants, particularly the small fruiting, multi-colored types, could be

planted with cilantro and Mexican sunflowers for their summer and fall flowers. If an entire garden is impossible, a container will do.

The outside of a veterinary office might have catmint and horehound (supposedly a remedy for the bite of a mad dog). Put catnip in raised containers, to avoid the occasional dog urinating yet not decreasing the effect on furry felines. There's also cattails and cat thyme or teucrum. If appropriate, turtlehead or chelone and black snakeroot or Actaea racemosa, both are native to Virginia. A brochure to explain the plantings might be helpful if staff are too busy to explain their theme to visitors.

The dentist's office is not impervious, toothwort or Cardamine diphylla is a locally abundant wildflower with underground bulbs that look like a tooth. Botanically words like crenata or serrata mean rounded teeth or toothed. Attached as an epithet, you find them in holly and hydrangea (serrata). One of my favorite plants is the toothache plant or Acemella oleracea. A native of the Caribbean, when leaves are chewed, they numb the mouth, bitter as you begin with a slight lemony finish. In some regions, it is also known as the sore throat plant.

Lately, I have imagined a moon garden at the drive-in theatre and placed near the concession stand, a place for socially distanced tours during intermission. The fragrance would lure you in, a fun place for the family to learn about night flowers and pollination. Bring a flashlight.

COPING PHYSICALLY AND MENTALLY
DURING CHALLENGING TIMES

KAY COLGAN,
CERTIFIED PILATES, AND
FITNESS INSTRUCTOR

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.



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PASTIMES

SCOTCH EGGS

LOCAL PICNIC FAIR



EMILY TYLER

Whether you are heading to the races or enjoying an afternoon in our gorgeous Virginia countryside a well stocked picnic basket is always a great idea. You need not look any further than our local community of small businesses to find the perfect ingredients - these artisans are worth the extra effort to find, and their passion shows in their products. So grab your tweed coat, pack your wicker basket and head out to the great outdoors - everything tastes better al fresco. Here are a few of my finds.

Locksley Farmstead Cheese Co.

Located in The Ag District which is also home to Chrysalis Vineyards and The Little River Bakehouse. This 412 acre sustainable working farm supports the vineyard and their herd of dairy cows. The cows are grass fed and supplemented with the grape pomace left over from Chrysalis Vineyards - giving their milk a rich and unique flavor. Cheese maker Erin Saacke takes this beautiful milk and turns it into fabulous cheese. My favorite: The Prince John

Washed Rind, which is a silky smooth semi-firm cheese, with just a touch of funk to be interesting and a hint of milk crystals - pure perfection. She has six varieties, try them all, no doubt you will find your favorite as well.

23876 Champe Ford Road, Middleburg VA
<https://www.theagdistrict.com/locksley-farmstead-cheese-co>

Lothar's Butchery and Gourmet Sausages

Lothar Erbe opened in 2008 and has become a fixture in Purcellville for fine meats, sausage and smoked products. Everything is crafted with local ingredients, no fillers, and nothing artificial. This German born, classically trained butcher and sausage maker, creates a vast variety of sausage, I chose the Bacon-Bourbon Invictus Brats to use in my Scotch Egg recipe. Treat yourself to a visit to their shop, he and his wife June are a delight and so knowledgeable about their offerings - whether it's the perfect cut of beef for the grill or specialty sausage, they always know the perfect choice for you to take home.

860 E. Main Street, Suite A

Purcellville, VA
Find them on Facebook - Lothar's Butchery & Gourmet Sausages

Wild Hare Cider

Wild Hare Cider offers a great selection of crisp dry ciders infused with natural fruit, flora or spices - orchards in the heart of the Shenandoah Valley supply the apples. So refreshing, and a perfect beverage to bring on a picnic and pairs beautifully with rich artisanal cheeses and Scotch Eggs. My personal favorite is the Ophelia, a clean dry cider laced with touch of dried grapefruit peel. They are located in Leesburg, Warrenton and newly opened in Middleburg - visit them to have a drink there, or purchase a few cans to go. Try them all and you will be surprised how far hard cider has come.

17 East Washington Street Middleburg, VA
<https://www.wildharecider.com>

Scotch Eggs

This old school, gastro pub staple is the perfect picnic food. They can be eaten hot, cold or room temperature, so rich and satisfying and I hope you give them a try. Cut them in halves or quarters and serve them with

good spicy or whole grain mustard.

8 eggs (reserve 2 for coating)
8 ounces sausage meat
½ cup panko bread crumbs
Oil for frying

In a saucepan with a lid, place a steamer basket inside and fill with a an inch or two of water (to the bottom of the steamer basket)

Place the 6 eggs in the basket and bring to a boil

When the water begins to boil, place the lid on and set the timer for 13 minutes

Remove the eggs after 13 minutes and place in cold water to cool

When they are cool to the touch peel the eggs and pat dry

Beat the two remaining eggs in a shallow dish and set aside

Pour the Panko bread crumbs in another shallow dish

Divide the sausage meat into six portion

Pat the sausage meat into a rough circle in you hand (wet your hand so it doesn't stick) and place a peeled egg in the center and wrap the sausage meat around the egg sealing to completely enclose

Roll the sausage/egg in the beaten egg to coat

Then roll it in the panko

bread crumbs and lightly push the crumbs into the sausage so it is well coated

In a cast iron skillet, pour in enough oil to measure ½" inch and heat the oil until it just starts to shimmer, medium to medium high heat

Fry the eggs turning them as they brown, making sure all areas brown evenly

Check your heat and adjust accordingly if they are browning too quickly or too slowly.

When they are a evenly deep golden brown, transfer them to a paper towel and cool. Cut them right before serving.

PS - if you plan to eat these warm right from the pan, play around with the length of time you boil/steam the eggs, if you cook them just to soft boiled 5-6 minutes and proceed with the recipe they are a lovely breakfast treat, maybe hold the super spicy mustard and add buttered toast..

This is my favorite super spicy mustard - German Mustard Düsseldorf Löwensenf - Extra Scharf 100g From Germany. They sometimes carry it at Lothar's and can be found on line.



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TAKE A MOMENT

Please take a moment to remember and honor those that made the greatest sacrifice for our freedom. We would not have what we have today, if not for their actions. Learn from

their actions, never forget, use that knowledge to make this world a better place.

Please take a moment to honor those currently standing

in harm's way to uphold this great nation. They are keeping us safe, holding a torch high to light the way in these dark and presented times. Take the time to say thank you; let them know

their action are not going unnoticed.

Please take a moment to pass your knowledge to our future. Those that will carry on the

privileges and freedoms we all know and love. It makes a difference.

LETTERS - RE NEWS OF NOTE & JK COMMUNITY FARM

KATHLEEN HAMPTON
ROUND HILL

I have only once before submitted (10-10-17 Letter to the Editor) and you published my response to an article in the Middleburg Eccentric dating back to Sept. 28 – Oct. 26, 2017, concerning the character of the “then-new” merger between Access Bank and Middleburg Bank to which I responded with

my bottom line ... “all you non-affluent consumers out there, might want to change to Clarke [the bank] too ... I too want only a bank for “all the people” – not just the affluent – and I would hope that the affluent would also want the same for “all the people.”

Here, on a more positive note, I wish to respond to the wonderful article appearing in the Eccentric April 30 – May 28, 2020, edition by Kerry Phelps Dale on

“JK Community Farm.” I personally have been meaning to write Chuck Kuhn, since back at the very end of January, when I first learned of his acquisition of Airmont Meadows Farms. But like most of life in our current environment, I did not find the time to do so. However, I thought I would use this public platform to personally thank Mr. Kuhn for that acquisition and his intent to place the same in conservation, as he has so generously done

with many properties.

Through Mr. Kuhn's acquisition, he has saved myself and my neighbors from this “would-be” development of 24 residential lots, where neighboring properties would have suffered lower water tables and Lord knows how much damage through septic fields, not to mention the added traffic and noise out in our very rural setting on Snickersville Turnpike.

We certainly do appreciate these conservation measures, in addition to all you and daughter Samantha Kuhn are doing for the community. This would be a far better world we live in with more incredibly generous folks like yourselves, who although very affluent, share your wealth with “all the people.”

I hope someday to meet you and personally thank you!

TRUMP REOPENS A BLEEDING WOUND
BLUE



JOHN P. FLANNERY

William Butler Yeats has been quoted with some regularity, first, the phrase, “the center can't hold,” and, second, how “the best lack all conviction, while the worst are full of passionate intensity.”

But few know what to do with the poem's 2nd stanza, where a man with a lion's body, a sphinx, a beast, “slouches toward Bethlehem to be born,” vivid imagery, of a monstrous second coming.

Indeed, the title of Yeats' poem is the 2nd Coming. It's a blasphemous reference, it's not the 2nd coming of a savior, not the return of Jesus, but a “nightmare from a rocking cradle,” a quite unholy birth, presaging cruelty, pain, suffering and death.

Yeats wrote this poem in 1919 when he was immersed in hurtful memories of the slaughters, from the war to end wars, of the Irish nationalists who had been executed, and of the Russian revolution.

Years later, Yeats told a friend that history proved the poem foretold the beasts that slouched onto the world stage, the Nazis and Fascists that brought Europe

to its knees.

Yeats, commenting on his poem and the gyres, the turns of history, prompted this statement, “My horror at the cruelty of government grows greater.”

Borrowing from Jimmy J, from Joyce, Americans today are living a nightmare from which they cannot awake.

We are observing the collapse of systems we presumed would sustain law and order.

It's the falcon flying so high that the falconer has lost contact.

We have suffered a rupture in society that anticipates we shall have to transform ourselves and society to go forward.

Some are in denial. Despite pictures of the dead and dying, men especially puff up their chest and say, the equivalent of, “hold my beer,” to play virus roulette with their health.

Yeats identified the tipping point, the Spiritus Mundi, the World Soul, its vital spirit, that gave birth to the beast. In our time, the mindset is, it won't get me, not me, this is just like what's gone before and that was nothing, so they say, so they believe. Our national “spiritus” mimics

the nonchalant decision-making that failed to take the Spanish flu seriously.

Our Beast roams America where we have a virus that, as I write this, has infected, 1,651,937 persons, and killed 97,847 Americans. That's more than double the deaths when I wrote a column in this space last month.

Still, some think it's a hoax.

Many Americans have been infected and died from this virus because we have a leader, speaking loosely, Donald Trump, who knew and concealed the danger of the virus when he was telling Americans it was like the common flu, and not to be concerned.

Among the only ways to combat this virus are social distancing, staying at home, wearing masks, taking care where one touches, cleaning hands repeatedly, testing for the virus, tracing, and ultimately, way down the line, resorting to vaccines when they are finally proven effective, a year from now.

Trump refuses to wear a mask and flaunts this failure as if he were a king who need not take such precautions.

Despite all the advantages of some protection against the vi-

rus, the White House has fallen prey, to a disregard for its own virus guidelines.

As the numbers of victims and deaths increase, Trump has insisted that the states re-open for business across the nation. The infectious disease prescription for distancing was to deny targets to the virus, and thus to close the pathogen's wound. Trump has willed to open that still bleeding wound.

We squander the gains we made against the virus by those who stayed home.

Trump has insisted all Churches open – he's missed so many services himself – surely that's his concern.

While most religious services practice respect for the virus, and for science, the Just Us Department, headed by AG Barr, supported litigation by a Virginia church against a Governor's order banning gatherings of more than 10 persons.

The federal court denied the request for an injunction.

The preamble to our Constitution provides for a union that will “promote the general welfare.”

Trump is, however, uncon-

cerned about promoting the general welfare.

Trump's not so hidden agenda is how he may get re-elected.

How does a self-described pro-lifer, Trump, prefer the illness and death of those men and women he pushes to work at the risk of illness and death?

It's all about the bottom line – if business is open, no matter the risk, he has a chance at re-election. That's his electoral game plan. Grin and bear it.

The delay in getting those workers who can't telecommute the federal funds to subsist, authorized by congress, forces upon them a Hobson's choice, either: (1) to work to be paid at the risk of losing their health or life, or (2) to stay home, where they lack the means to subsist.

The standard of a civilization is how we treat our own.

By that standard, we have work to do.

It's really up to us, to use our common sense, to take care that workers don't have to risk their lives.

As for Trump, that's what November is for.

COVID, FEAR AND “FUNDAMENTAL TRANSFORMATION”
RED

BRIAN VELLA

COVID 19 presents a serious public health menace to our nation, but the fear instilled by our “leaders” and the media seems intentional and without perspective. Outbreaks of this type are not unprecedented: the Asian flu of 1957, Hong Kong flu of 1968-69, severe acute respiratory syndrome (“SARS”) in 2002-04, and the H1N1 “swine flu” in 2009, to name only a few. I am old enough to be “at risk” with regard to COVID, but I also remember 1968-69 and the massive anti-war protests and Woodstock, and as a nation we survived both without “social distancing”.

We are told to trust the “experts”, but from day to day the story keeps changing. First we were told that eventually we would all be exposed to the virus, but that we had to endure shutdown orders and other measures to “flatten the curve”, so that our health care system was not overwhelmed. Now that the curve has been flattened, however, the bar has been raised and we are told we are confined to our homes until it is “safe”. COVID 19 has presented the country with difficult choices to be made, but one fact is inescapable- nothing can eliminate the virus and make us all “safe”. The experts we are told to trust seem clueless: Dr. Fauci told us on March 8, “There's no reason to be walking around with a mask”, yet now the same expert tells us masks are mandatory. On the advice of experts, the mayor

of NYC and governor of NY initially downplayed the virus and encouraged people to ride the subways and go to the movies. Later the same governor of NY, presumably on the advice of experts, decreed that nursing home facilities must admit COVID positive patients, with the result that the infection and death rates in NY skyrocketed and skewed the statistics for the entire country. Why should we trust these people and their experts? Based on their suppositions and computer models, they have instilled fear and imposed wrongheaded policies that have resulted in 40 million people unemployed, tens of thousands of businesses have closed, the economy in a tailspin and trillions of dollars have so far been added to the national debt, and still there have been COVID casualties. Like swatting flies in a china shop with a sledgehammer, the adverse results of their policies were easily predictable.

With certain states reopening, we now have empirical evidence that shows the “experts” advocating draconian shutdown policies were completely wrong. Instead of reversing course, however, the governors of the states (primarily Democrat states) that embraced the most harmful policies have ignored the empirical evidence and seem committed to continuing their strong arm tactics. Why? Why are the Democrats so invested in failed policies that have caused so much misery for so little benefit?

Leading Democrats have re-

cently answered that question by resorting to one of their favorite maxims “Never let a good crisis go to waste”. They view the misery of others as an opportunity to be leveraged for political advantage. By fearmongering and intentionally attempting to scare the hell out of the entire country, they have silenced dissent and seized powers never imagined. We are fond of saying we a nation of laws and that no one is above the law. It is axiomatic that laws are a function of the legislature, yet without so much as a serious legislative debate, governors across the country, including our own, decree by “executive order” what we citizens shall and shall not be permitted to do. With no regard for the Constitution, they decree by “order” where we can go, who we can associate with, that we may not attend church, that we can be deprived of our livelihoods, and that we may not engage in commerce. Citizens who protest the legitimacy and the efficacy of these orders have been arrested and denounced as selfish rabble-rousers, and we are advised to be obedient, unquestioning citizens who willingly consent to home confinement. Facebook and Twitter censor those who question or protest against these big-brother tactics.

Through fear and intimidation Democrats at the national level are attempting to use this “crisis” to reorder our society and create a “new normal” that rejects capitalism in favor of increased dependency on govern-

ment. Joe Biden stated recently that this crisis is a chance for Democrats to re-write the social compact, meaning the balance of power between liberty and the authority granted by the citizens to the government, with the obvious intention by Democrats of completing Barak Obama's goal of “fundamentally transforming” our nation. Why “fundamentally transform” the most prosperous, generous, egalitarian nation on the planet? To look more like Venezuela? We are already being treated to a taste of this Democrat utopia as we wait on line and scavenge for toilet paper as though America is now East Germany circa 1953. Undaunted, the Democrat message is clear: just stay home, work is not required, the government will provide money and health-care, and anyone who disagrees is dangerous, heartless and mean. Is there any doubt they seek to keep the economy depressed into the presidential election season? By manipulating a fearful and compliant citizenry, the attempt at “fundamental transformation” is apparent in the “COVID relief” legislation drafted by Democrats, that seeks to implement transformative measures such as mail-in voting and “ballot harvesting” for elections, virtually guaranteeing voter fraud; the release of criminals from jails and prisons; cash payments to illegal immigrants; millions of taxpayer dollars for Planned Parenthood; and an attempt to use tax revenues extracted from citizens of

fiscally responsible states to “bail out” the reckless and irresponsible blue states such as California, where apparently it is OK to go to the liquor store and defecate on a public street, but you are considered a public health risk if you visit a beach or make a play date for your child with a neighbor.

I am repulsed by the barrage of ads on TV and radio telling us to put on a cheery face, obey and stay home, that we are “all in this together”. We are not all in this together. I have a business that requires me to pay expenses and salaries of employees despite the orders issued by the state. I have little in common with public employees who can stay home, collect a paycheck and at some point return to a taxpayer-funded job. I have nothing against these folks, but as a business owner, in no way do I feel we are “in this together”, any more than I feel I am in this together with the Hollywood celebrities or political elites such as Nancy Pelosi who have banked their millions and can ride out the storm in comfort while lecturing the rest of us about the virtues of participating in economic suicide. It is not my civic duty to sit passively at home on my couch, obediently wearing a mask and ordering pizza 3 times a week. I will not accept the Democrat's “fundamental transformation” of America and the “new normal” of dependency on the government at the expense of our individual liberties.

LETTER FROM THE PLAINS

ANTHONY WELLS

On March 9, 2020 I was privileged to listen to the Director of the National Drug Control Policy (the “Drug Tsar” by another name), James Carroll, and his personal staff, at the Path Foundation in Warrenton. This afternoon well spent brought home to me one single important fact. We are all so fortunate to have Bob Mosier as Sheriff of Fauquier County. The gathering highlighted the lead that Fauquier has taken in combating the drug problem, thanks totally to the incredible skill and tenacity of Sheriff Mosier's fine Deputies. They have set a unique example not just to the Commonwealth of Virginia, but the United States. The President's lead on drugs recognized what has been achieved in Fauquier by an integrated community approach. Our Deputies are exemplars of implementing national rural community action plans for defeating the drug pushers while showing the necessary balance between law enforcement and humanity to those who are the victims of those making

millions out of an evil and deadly criminal practice. At the heart of this success is one word – Leadership. Thank you Sheriff Bob and your great team. Let me turn to another fine example of leadership, John Lesinski, a retired United States Marine Corps Colonel, who I have got to know and am supporting, not out of blind and devil-may-care partisanship, but because he represents the best qualities that our country produces in fine leaders. He's running for the 5th Congressional District in November, and his policies are those of unity, not of divisiveness, not of reckless party loyalty against all odds and self evident facts, but of solid, unequivocal, and abiding commitment to the best interests of our Virginia community. He's demonstrated to me that his life has been about commitment and service, not self aggrandizement and personal benefit. His policies reflect solid, realistic, and achievable goals on Capitol Hill, not playing to the 5th District gallery with unattainable and unaffordable programs that serve no purpose other than to fire up an electoral base with false promises. Examine his pro-

posals in a cool, calm, collected, and non partisan way. They unite us all. They are not fly-by-night, unreliable, and at one serious level, untrustworthy promises. Jobs for the rural community, health care, protecting the environment, infrastructure, and balancing individual rights with constructive laws based on the fundamentals of the Constitution are at the center of the Lesinski campaign. Please take a look at what this accomplished leader offers, and make up your own mind, the incumbent, or, a man well proven in every important domain of our lives. I am with him, to the end. Moving to our national crisis we all face as a community, and a nation, the challenge of our lifetime. We will endure; it's in the American DNA. But overcoming the COVID19 epidemic comes back in my opinion to one thing, the “L” word mentioned above. This involves everyone, and in particular the brave and courageous medical professionals who are on the “front line”. They are taking risks, 24/7, protecting you and me. Many, along with the patients they seek to heal, are dying. That is sacrifice. Let me

dwell on the past for hope, not some forlorn grasping at straws, at worst blind nostalgia for a by-gone age, rather for example and inspiration. In World War Two Winston Churchill created in the midst of the greatest challenge of the twentieth century a singular, undivided, and non partisan “Coalition Government”, dedicated to one goal, defeating Adolph Hitler and the Nazi menace. He was not about self, about egoism on steroids, about puffed up and arrogant claims and promises that did not reflect fact. Remember his speech of May 13, 1940, “I have nothing to offer but blood, toil, tears, and sweat.” He worked with his Labor Party opposite numbers in totally non partisan ways, sharing equal responsibility, until final victory in 1945. Is there not a lesson here? Let's also reflect on one of the great sacrifices of the last century. On June 6, 1944 150,000 young American, British, and Canadian men stormed ashore on the Normandy beaches. On that one extraordinary day of valor, unrelenting commitment and loyalty to the cause, 4,414 young and brave Americans,

British, and Canadians gave their lives, including the 19 “Bedford Boys”, from Bedford, here in Virginia, a small town that lost more men on D-Day than any community in the world. The message is simple, but enduring. Sacrifices are made in order that the world can be a better place. Leadership is transcendental. The values that Franklin Roosevelt, Winston Churchill, Dwight Eisenhower, and Ronald Reagan espoused are still with us today. They are here, in our beloved community, alive and well, amongst our doctors and nurses, our emergency medical technicians and firefighters, our law enforcement officers, and those serving in multiple capacities to ensure that we defeat the pandemic enemy. Above all else, it takes leadership, and the quality of leadership that unites and transcends differences, united in a single cause, to defeat not Adolf Hitler and the Japanese, but a pervasive, malignant virus. I am totally confident that we can overcome this new enemy, with unity of purpose, well led, and undivided by partisanship.

OBITUARIES

ROSSER CONWAY IDEN

Rosser Conway Iden of Aldie, Virginia, passed away on May 5, 2020, at the age of 88. He was the son of the late Dr. and Mrs. George William Iden of the Unison/Bloomfield area. He is survived by his wife of 65 years, Dorothy (Dot) Fox Iden; daughter, Beverly Iden Tate; son-in-law, Michael Tate; and grandsons, Samuel (Sam) and Jack Tate. He was predeceased by brothers William (Bill) and John Iden. He is also survived by brothers-in-law James Fox (Leesburg), David Fox (Aldie), and Elmer Fox (Sterling); sisters-in-law Dotti Lu Fox (Blacksburg), Betty Monroe (Round Hill), Molly Cordaro (Sandy, Utah), and Linda Flynn (with husband Jim, Leesburg); as well as many loved nephews, nieces, grandnephews, and grandnieces.

Rosser's father died when he was nine and he grew up fast. When electricity came to rural Loudoun, in 1942, he wired his mother's house; he was age 11. He attended the old Unison and Bluemont Schools. While attending Lincoln High School, he was allowed as a student to drive the school bus. After high school, he worked for local builders and contractors, and helped wire Unison United Methodist Church.

He and Dot were married in June 1955, and two months later

he was drafted into the Army. After boot camp, he was sent to Anchorage, Alaska. Upon leaving the Army, he started R.C. Iden Excavating and worked in Loudoun, Fauquier, Fairfax, and Arlington counties. His longtime employee and friend was his brother-in-law, David Fox. Rosser had the pleasure of working as a subcontractor for Davey Tree Company on many interesting jobs including Arlington Cemetery, Hampton Coliseum, Monticello, Mount Vernon, National Zoo, Kennedy Center, Korean Embassy, FDR Memorial, Air Force Memorial, WW II Memorial, Naval Observatory, and White House; he was part of the team that planted the While House Living Christmas Tree in 1978 and again in 2011, when the prior tree was damaged by an ice storm. The Washington Building Congress honored him with a Craftsmanship Award in 1998, for his part in the construction of the FDR Memorial. Rosser also worked with several builders in Arlington County: Dittmar Company, J.L. Albrightain, TJO Company, and Potomac Custom Builders.

Rosser enjoyed spending time in his garden as well as at riverfront property near Tappahannock, VA, which he and Dot purchased in 1966. He taught family and friends, too numer-

ous to count, to waterski and parasail there. He planted thousands of trees during his lifetime and built five houses (from the ground up) – three of which he still owned. Rosser never met a stranger and was friends to many; he will be missed.

Rosser was a lifelong member of the Unison UMC, although he faithfully attended Aldie UMC for 50+ years and lately Arcola UMC. While attending Aldie UMC, he planted the oak trees on site and dedicated parking lot improvements in memory of Dot's parents. He was a member of the Aldie Ruritan Club and often was seen at local events helping with parking; for the annual Middleburg Christmas Parade he would set up and cook an outdoor early breakfast for his fellow Ruritan parking assistants.

In lieu of flowers, contributions may be made in Rosser's memory to Unison UMC (21148 Unison Road, Middleburg, VA 22117) or a charity of your choice.

In light of the current pandemic, a private graveside service is planned at Ebenezer Cemetery. A celebration of Rosser's life will be held at a later date.

Arrangements by Royston Funeral Home, please visit www.roystonfh.com to express online condolences to the family.



ELIZABETH RUTH DOUGLAS (BETTY)

Elizabeth Ruth Douglas (Betty) was born August 28, 1949 in Washington D.C., though if asked would have clearly stated that Marshall was her home. She was the youngest of three children of Charles Alexander and Florence Lesch Douglas. She spent her childhood in nearby Maryland and graduated from Bethesda-Chevy Chase High School in 1967. She attended Case Western and McGill Universities and graduated from Case Western in 1971.

After graduation she found work in the diamond business and continued to study dance. Soon her longstanding love of horses prevailed and she began work as

a show groom at national and international shows. She moved to Virginia and settled permanently in Marshall where she worked managing stables and eventually with equine insurance. She loved the hunt, the shows, the gardens, the river, and the volunteer tutoring. She invested deeply in that which she loved and people as well as horses became "Betty Broke" and charmed by her invincible spirit.

She is survived by her life partner John Deering, his sisters and their families, her sister Margaret (Maggie), brother in law David Lawson. She was predeceased by her parents and sister Katherine (Kate). She doted on and enjoyed her nieces Kath-

ryn, Sarah (Benjamin), and Jessica (Ausin) and nephew Joshua (Erin). She was however totally smitten with her great nieces and great nephew: Collier, Evelyn, Aili, and David Lawson; Madeilyn Moreno, Margaret Sojka; and Tilly and Etta Hargrave.

Betty was known for her brutal honesty, consummate fairness, and infectious raucous laugh. She charged through her life with boundless enthusiasm, unbridled energy, and wholehearted affection.

The world lost a remarkably good woman on May 12, 2020.

A celebration of her life is planned for a later and safer date.



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WIND FIELD FARM

MIDDLEBURG, VIRGINIA

circa 1853 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 BA, 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 arena 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 Mountains

\$4,950,000

HELEN MACMAHON 540.454.1930



SALEM HILL

MARSHALL, VIRGINIA

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

\$3,690,000

PAUL MACMAHON 703.609.1905



MAYAPPLE FARM

MIDDLEBURG, VIRGINIA

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

\$3,400,000

PAUL MACMAHON 703.609.1905



HALCYON HILL

RECTORTOWN, VIRGINIA

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

\$2,250,000

PAUL MACMAHON 703.609.1905

HELEN MACMAHON 540.454.1930



HILLCREST

UPPERVILLE, VIRGINIA

Spectacular hilltop setting, bold mountain views and Paris valley views | Home updated in 2017 | 4 BR, 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



THE BEE HIVE

RECTORTOWN, VIRGINIA

Elegant and manageable home in the village of Rectortown | 3 bedrooms and 2 1/2 baths | Stunning 23' x 21' addition with beautiful millwork - wood burning fireplace and in-floor heat | Gorgeous new entry, new standing seam metal roof, lots of windows | Lovely home with extensive plantings, porch, balcony, private back yard and high speed internet

\$785,000

HELEN MACMAHON 540.454.1930



WINCHESTER STREET

WARRENTON, VIRGINIA

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

\$595,000

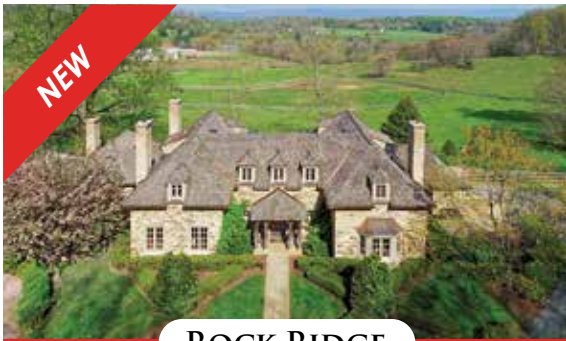
MARGARET CARROLL 540.454.0650

ANN MACMAHON 540.687.5588



Our hearts go out to all who have been adversely impacted by the global pandemic.

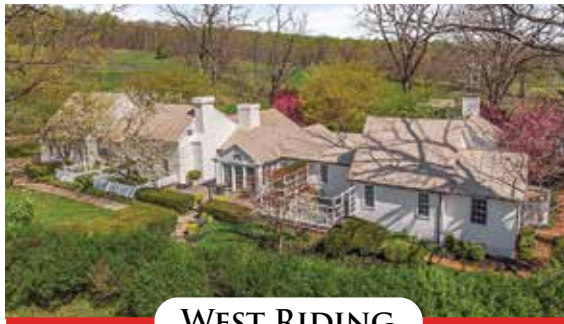
During this difficult time, Thomas & Talbot Real Estate's virtual doors remain open and we continue to show properties with social distancing in mind. Being familiar with working remotely, given the nature of our business, we will continue to provide the highest service and support in Hunt Country. This rural life has never been more desirable.



ROCK RIDGE

The Plains ~ Hilltop custom French Country stone manor house with magnificent views of the Blue Ridge Mountains. **94+ acres**, 5 BR / 6 BA. 5 fireplaces. 1st floor luxury Master Suite. Great Room opens to terrace with views, formal Living and Dining Rooms, gourmet Kitchen and paneled Library. Lower Level with Rec Room/Office and Fitness Room. 2 guest/rental houses. 22-stall center aisle barn, fenced paddocks and riding ring. Income producing farm. Easy access to I-66 & Dulles International Airport. **\$3,750,000**

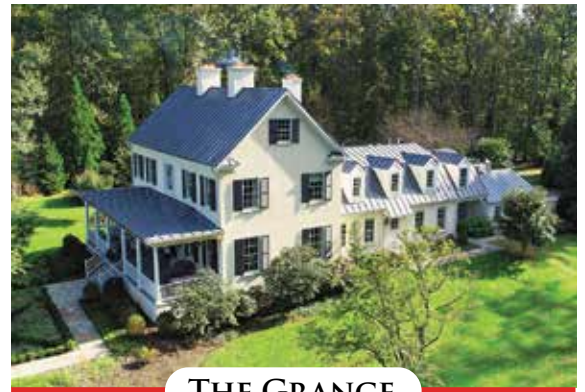
Cricket Bedford 540-229-3201



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 BR / 3.5 BA. Gourmet kitchen opens to a glass-filled Family Room. 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



MOUNTAIN FIELD FARM

The Plains ~ **30+ acre horse farm** with custom-built log, frame & stucco 5 BR, 3.5 BA home using materials from an 1840's log cabin. Extensive hardscaping surrounds swimming pool & gazebo w/distant mountain views. 1 BR/1 BA guest house w/ workshop/garage below & sep. Game/Party Room. 6-stall center aisle barn w/wash rack & heated tack room. 6 paddocks, 2 w/run-in sheds & riding ring. Storage shed & chicken house. In 2 parcels. **\$1,675,000**

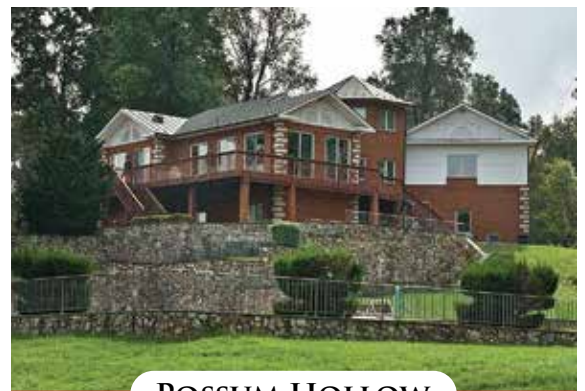
Cricket Bedford 540-229-3201



GILESWOOD

Purcellville ~ Stone residence on **14+ acres** on a scenic country lane. Approximately 12,000 sq.ft. boasting soaring ceilings, 5 fireplaces, 6 BR / 7 BA and a gourmet country kitchen. Luxurious Master Suite, elegant décor, superior quality. Separate In-Law suite with kitchen, bath, deck and private entrance. **\$1,325,000**

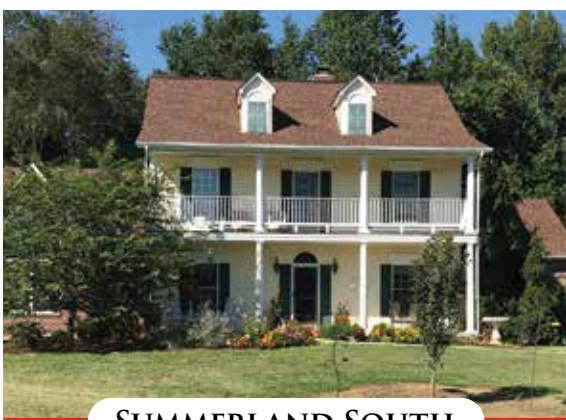
Mary Ann McGowan 540-687-5523



POSSUM HOLLOW

Delaplane ~ Estate on **27 acres** of rolling countryside with views of the Blue Ridge Mountains. The all brick 3 level residence features 5 BR/5 BA, spacious rooms and huge floor to ceiling windows. The grounds include a pool with stone terraces, a center aisle stable, a huge indoor riding arena and a tenant/guest house. Ideally located with easy access to the nation's Capital. **\$1,150,000**

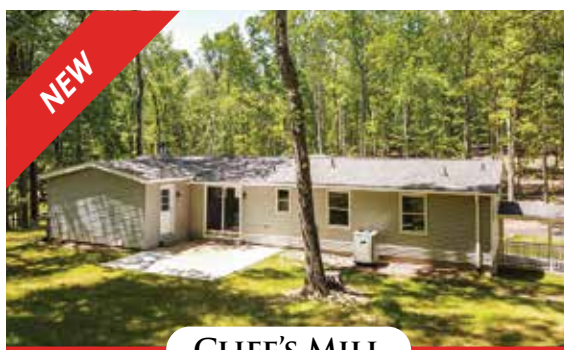
Mary Ann McGowan 540-687-5523



SUMMERLAND SOUTH

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

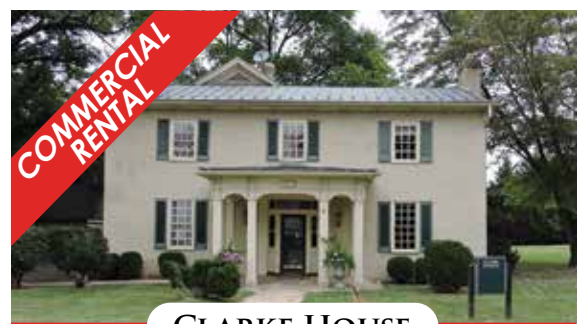
Susie Ashcom 540-729-1478



CLIFF'S MILL

Marshall ~ Open floor plan—Beautifully remodeled in 2019 with new kitchen with granite counters and stainless appliances, 3 new baths, one of which is on the lower level, new flooring, new heating and cooling system. Lower level offers excellent potential for finishing with interior and exterior access. 3 car garage. The **5.34 acres** creates a serene parklike setting with soaring trees and gently rolling land. From the covered front porch one has the perfect place for watching wildlife. Covenants for Cliff's Mill on Carters Run. Convenient to Warrenton. **\$495,000**

Rebecca Poston (540) 771-7520



CLARKE HOUSE

The Plains ~ Away from the maddening crowds! Come work in this lovely office space right here in the small village of The Plains. Easy access from I-66. Wood floors, High ceilings, half bath and kitchenette. Great WiFi. Street and garden views. Walk to post office, coffee shop and popular small restaurants. Historic Clark House, surrounded by a garden with ample parking. Ground maintenance and waste removal included. Wakefield School Neighborhood. Two office suites available or lease both. **Suite 3: 900SF, \$1,900/month. Suite 4: 1,100SF, \$2,300/month. Or both for \$3,800/month**

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