

SALAMANDER RESORT REOPENS

WELCOMING GUESTS AS PART OF STATE'S PHASED REOPENING



The renowned Salamander Resort & Spa is once again welcoming guests as part of the State of Virginia's phased reopening.

The resort is located on 340 picturesque acres in the storied village of Middleburg – the heart of Virginia's famed horse and wine country. The property offers a series of outdoor experiences, including miles of trails, a culinary garden, a tranquil outdoor spa courtyard with an infinity pool, a tree-top zip line tour, and a 22-stall equestrian center with riding arena.

The luxury Northern Virginia resort, owned by Sheila Johnson, reopened its doors on Thursday after a re-dedication ceremony following a nearly three-month temporary closure. As part of its reopening, the resort has developed its Commitment to Well-Being, which includes a comprehensive list of health and safety measures it is taking to protect guests and employees. It can be reviewed

at www.salamanderresort.com.

"We look forward to once again helping our guests make and share memories," said Johnson, who

also serves as founder and CEO of Salamander Hotels & Resorts. "We have worked exceptionally hard to prepare for the moment we could carefully reopen our retreat, and during our time apart we closely followed the guidance of the CDC, and local and state officials."

A pioneer for gender and racial equality, Johnson is the only African-American woman to wholly own a Five-Star resort. Since originally opening its doors in August 2013, Salamander Resort & Spa has received worldwide plaudits, including the Forbes Five Star rating, and also become a community gathering point and executive retreat for the Greater Washington, D.C. region.

The resort is managed by Johnson's Salamander Hotels & Resorts company, which is considered one of the hotel industry's leading luxury management teams. The company also operates Half Moon in Montego Bay, Jamaica; Hotel Bennett in Charleston, SC; The Henderson in Destin, FL; and Innisbrook Resort in Tampa Bay. All properties have now reopened after temporary closures to help combat the spread of COVID-19.

Visit www.SalamanderResort.com to learn more and to make a reservation, including numerous staycation options.

FONDEST FAREWELL TO CASANOVA HUNT

FULL STORY ON PAGE 4

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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



DEERFIELD

UPPERVILLE, VIRGINIA

221 acres | Stately brick manor house c. 1844 has manicured lawn and gardens | 4 BR, lovely kitchen, multiple porches, beautiful pine floors, 7 FP, original mantels, large windows, detailed millwork throughout | Additional outbuildings include c. 1810 log cabin used as pool house, converted barn now serves as a guest house, 2 tenant houses in the village and an equestrian complex on separate 40 acre parcel, 24 stall stable, indoor arena, outdoor ring, jump field and 3 BR Farm Manager's house, paddocks and sizable pond | 6 Parcels - some of the land is protected by the Virginia Outdoors Foundation

\$5,800,000

HELEN MACMAHON 540.454.1930



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



AQUINNAH

RECTORTOWN, VIRGINIA

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

\$4,850,000

PAUL MACMAHON 703.609.1905



SPRING GLADE

MIDDLEBURG, VIRGINIA

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

\$3,900,000

PAUL MACMAHON 703.609.1905
HELEN MACMAHON 540.454.1930



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



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
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DEEP HOLLOW

ALDIE, VIRGINIA

Excellent private Aldie location | Internet is FIOS - Easy access to Dulles, Route 50 and Route 66 | House built in 1993, stone and siding exterior | 4 bedrooms, 3 1/2 baths, fireplace, attached garage, tons of light, high ceilings, exposed beams, hardwood floors under laminate on main level | Very well maintained home | 11.06 acres, mostly wooded, 2 stall barn, small paddock | Lovely mountain views

\$895,000

PAUL MACMAHON 703.609.1905



RECTOR CROSSING

DELAPLANE, VIRGINIA

Absolutely turn key charming cottage in Rectortown on 7.6 acres | Completely restored cottage (age is estimated) with open kitchen - living room | Upstairs bedroom has massive walk in closet and room for guest or office in the loft area | Lovely setting and wonderful wrap around porch | Must love trains because Southern Railroad is in your back yard | Land is all open and about 500' of creek frontage

\$559,000

HELEN MACMAHON 540.454.1930



MAGNOLIA COTTAGE

MIDDLEBURG, VIRGINIA

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

\$510,000

HELEN MACMAHON 540.454.1930



BUNKER HILL

MARSHALL, VIRGINIA

Shell of an old farmhouse on 2 acres between Marshall and The Plains | Either restore the farmhouse or build new | Property corners are marked and the soil work has been completed to install a new 4 bedroom conventional drain field

\$269,000

HELEN MACMAHON 540.454.1930





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NEWS OF NOTE

HORSE-CRAZY: FONDEST FAREWELL TO CASANOVA HUNT 1909-2020

LAUREN R. GIANNINI

Casanova Hunt was everything I dreamed about as a kid growing up horse-crazy on the outskirts of Philadelphia. Thanks to the late Gretchen B. Stephens, MFH, and her wonderful field hunters (both accustomed to leading the field), I learned to ride to hounds, to pilot a horse running flat-out when hounds are in full cry, to cope with drastic changes of terrain and, in first flight, to jump whatever's in the way amidst the excitement of the long column of enthusiastic equines and their riders.

The lessons applied equally to life in general, going beyond proficiency in the saddle and, in the barn, caring for horses. You learn about etiquette in the field, respect for authority and the land, the importance of friendly landowners. You come to embrace the increasing need to preserve open space not merely for one's peace of mind and/or privacy, but also for country traditions such as riding, with or without hounds. It was the best of times, all things considered. Being a high-risk activity, an injury makes you champ at the bit to get back in the saddle. Honestly, I'll take my chances and "Tally Ho" rather than go out in public, plagued as it is...

Casanova in the mid-1970s

was like another world, about 20 minutes from Warrenton. We hacked from the kennels at Weston to many of the fixtures. Good memories carry all of us through the ups and downs of daily living, but hearing that Casanova is disbanding after 110 years of history, great sport and camaraderie is heartbreaking—and it certainly wasn't for lack of trying to keep the hunt going on for another hundred years. Losing this family hunt with generations represented is a tragedy.

Jeanne Clark and Kathleen O'Keefe, joint-Masters of Foxhounds, were kids when they began riding and hunting. Kathleen, a fourth generation foxhunter, first rode to hounds with Casanova in 1992. When her husband Will O'Keefe retired as Executive Director of Morven Park in 2010, they returned to Pine Brook, his family farm and a favorite fixture in Casanova's country. Kathleen added to Casanova's glory with her successes in competitions for foxhunters. She won the Virginia Field Hunter Championship once and the Theodora Randolph North American Field Hunter Championships in 1996, 2006, and 2011, as well as Best Turned Out in the finals of the 2007 MFHA Centennial Field Hunter Championships.

Jeanne grew up riding to hounds. Neé Fendley, her fam-

ily is descended from Fauquier County farmers, and they moved to Casanova in the late 1970s. Her mother, Joyce Fendley, stepped up as joint-MFH in 1983, and her father, Bill Fendley, who made it a family affair and whipped in, followed suit in 2001. Jeanne served as honorary whipper-in and, in 2006, joined her parents in the mastership. Kathleen became jt-MFH in 2017. Joyce and Bill retired in 2019, and with Kay Blissic, ex-MFH and longtime whipper-in, they pondered with Jeanne and Kathleen the best course of action for this venerable farmer's pack with its unique history, very strong family and community ties, and loyal supporters.

Casanova hounds helped to promote their sport. They love people-like children, they live what they learn—and hounds were always a hit with school groups who visited Weston, historic estate and wildlife refuge, where the Casanova kennels have been located since early last century.

"I have always loved the field trips from local elementary schools to Weston that include Tommy-talks and the hounds," Kathleen said. "The awe and excitement from the children was contagious. It was a great opportunity to educate and entertain them – with Tommy's unmatched whip-cracking skills. The hounds were the best am-

bassadors for the sport, happily receiving all hugs, pats and kisses from the children."

Tommy Lee Jones is the leader of the pack—lead hound, so to speak. He has served as huntsman for 50 years, 53 when you add his first season just hunting and the next two when he whipped-in to MFH-Huntsman Ian Benson, who returned home to Ireland, leaving Tommy Lee to carry the horn. Outstanding with hounds, horses, and people, Tommy Lee's golden anniversary would have been celebrated anew at the Virginia Hound Show at Morven Park when the Museum of Hounds and Hunting of North America planned to honor Tommy Lee and two others with induction into the Huntsmen's Room, their hall of fame.

Current events postponed all hound shows until 2021, so there will be plenty of reason for jubilation when the Virginia Hound Show returns on Memorial Day Weekend. It just won't be the same without Casanova showing in the American and Crossbred rings, but some packs might enter hounds whose bloodlines hark to Casanova. Tommy Lee leaves a legacy of finely bred hunting hounds, and the pack has always boasted a few that could show almost as well as they hunted.

"One of the most wonderful things about hunting with Casa-

nova was the abundance of fox that we had, gray and red, and the opportunities to get to see them and to watch the fox enjoy playing with the hounds," recalled Jeanne.

"The fox used to show themselves all the time. We would see not one or two, but many. We loved watching the hounds work. They would find the scent, lose the scent and get it back again. It was really fun."

The demise of Casanova Hunt results from the loss of open country to development, increasingly dangerous heavy traffic on major and minor roads, and the escalating risk to life and limb of the hounds, horses and staff. The arrival of coyote upset the balance of nature because the more aggressive predator set to killing the once abundant and relatively carefree gray and red fox that are ideally suited to Casanova's countryside.

Coyote and fox are as different as chalk and cheese. Fox want to return home or, at the very least, go to ground in some burrowing animal's hidey-hole so they can laugh at hounds, singing "we know you're in there" as they dig frantically at the earth's entrance. Unlike the beloved fox, coyote are travelers and, when pursued by hounds, run like blazes back to their own turf, miles away. Hunts chasing coyote are situated in more open countryside where roads are few and staff can keep up with hounds to make sure they're safe from road crossings.

"It's so dangerous for the hounds when they get up coyote [before we can stop them] and dangerous for the staff to protect the hounds due to development and people drive so fast and they're not really paying attention," Jeanne said. "I have almost gotten killed several times, trying to get to hounds to keep them from being mowed down by 18-wheelers. Last year, I was literally three feet away from death and I got the hounds stopped and turned away from Route 28, but three 18-wheelers blew their horns when they passed by me and the hounds."

About 10 years ago, the coyote invasion got really noticeable. "It changed everything," Jeanne explained. "It's no longer the art of fox hunting, it's more like damage control because you're running just to keep up to hounds and you're praying, when you get to them, they're going to be alive. That, to me, is the loss of the art of foxhunting. It's been very hard on Tommy—he tries so hard to hunt red and gray fox only and not run coyote. We come across them, but we looked for fox and they got really hard to find. I think what happened is that the fox are under so much pressure and competition from the coyote and the coyote hunt them so that the fox



CASANOVA HUNT HACKS DOWN THE WESTON ROAD TO THE VILLAGE GREEN FOR THE 2019 OPENING MEET. PHOTO BY RICHARDCLAYPHOTOGRAPHY.COM

no longer feel like they want to play. It's changed how we're able to hunt here and taken a bit of the fun out of it. Every time you go out, you have to worry about hounds."

Riding is considered a high-risk activity. Foxhunting compounds the danger although it's great "craic" as the Irish say, unbelievably fun and exhilarating. Nowadays, roads like Route 3, 17, and 28 in Casanova's country are morphing into rural super highways, putting dire new meaning into "ride at your own risk."

"I've been raising puppies for about 15 years and every one of these hounds is personal. I know them and I worry about them," Jeanne said. "I worry about myself, my horse and my sis-

ter who's also whipping in. The other factor is that you cannot foxhunt coyote in a subdivision. We have more subdivisions now than we've had before and that's where the fox are hiding. It's funny because the fox are hanging out in subdivisions because people leave dog or cat food out and that's a good place for a fox to go eat."

Subdivisions also promise fox relative safety from coyote, which tend to avoid humans, but as Jeanne pointed out, you can't run 30 or more people on horseback through a subdivision.

"With Tommy's 50th year as huntsman, the hunt 110 years, we feel like we did a good job," Jeanne said. "We had a great club, it was a blast, but it's time to be done. We're closing this

on a positive note. Yes, it's the end of an era. We're taking great care with placing our hounds. They've been getting spa treatments. We look long and hard where they're going. We had four hounds go to Piedmont, four of our best show-breed quality hounds, and four hounds to Rappahannock. We plan to send some hounds to Potomac and spread Tommy Lee's legacy around a little bit."

Good night, Casanova Hunt. Thank you for everything: great runs, awesome hospitality, family and community spirit, shared passion for countryside and its wildlife, but most of all, special thanks for the memories.

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NEWS OF NOTE

COLONY COCKTAILS

You never plan on a global pandemic landing in the middle of your business's launch but that is exactly what happened to Jessica and Philip Miller. After three years of preparation and development, Colony Cocktails, a brand of canned cocktails, was scheduled for production in early April just as COVID-19 had most states locked down and stay at home orders in place. An unimaginable hurdle but it didn't stand in the way of the Millers who likened the last few weeks before launch to the children's book, *The Little Engine That Could*.

The Millers set out to build Colony Cocktails with an ethos rooted in the pursuit of a pleasurable and vibrant life. It was a sentiment they inevitably have while traveling, wandering streets exploring cities and moving at a slower pace. The spirit of travel even found its way into the naming of their cocktails, choosing cities that evoke the feeling of escape and curiosity.

The timing of Colony Cocktails' launch couldn't have been more appropriate, with people sheltering at home and desiring craft cocktail experiences without the hassle of complicated ingredients. The journey began much earlier, in 2017, before the rise in popularity of canned cocktails and hard seltzers. As cocktail enthusiasts, even the Millers found themselves wanting a more convenient craft cocktail experience that didn't require complicated infusions or hard to find ingredients but still wanted vibrant, natural flavors unlike the plethora of low-alcohol spritzers and seltzers available today.



In developing the cocktails, the original recipes called for distilled spirits. The Millers didn't want to have a product that would have limited distribution potential in some states. So they intentionally found a way to use a neutral wine spirit in order to share shelf space at any wine and gourmet shop. "Don't let the wine part of these cocktails fool you. They taste like you ordered off the specialty cocktail menu. That's the experience we intended to make convenient and portable. And you won't think you're drinking seltzer," says Philip. In order to ensure the finished products stayed true to the original recipes they insisted that all the flavors and colors come from natural ingredients.

The result is a line-up of three wine-based cocktails with flavor profiles that appeal to a wide variety of tastes. For those who like vodka or gin and tonics, The Biarritz is a wine-based French 75 with hints of lemon and botanicals for a more sophisticated cocktail experience. The Tangier is fruit-forward with the flavors of grapefruit, rosemary and cardamom that can be enjoyed any time of the day, in place of mimosas or sangrias. Finally, for those who lean toward bolder flavors like whiskey or aperitif cocktails such as the Negroni, The Charleston has strong botanical and spice notes balanced by lemon and lemongrass.

These will be a hit at your next dinner party and they're sure to be spotted at the races when we return to normal. Colony Cocktails can be purchased at The Locke Store in Millwood, The Market at Bluewater Kitchen in Upperville, The Town Duck in Warrenton or right here in Middleburg at The Market Salamander.

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NEWS OF NOTE

NOW SHOWING: MIDDLEBURG VIRTUAL CINEMA

The Middleburg Film Festival recently launched the Middleburg Virtual Cinema – offering the opportunity to see first-run (and first-rate) films in the comfort of

your own home.

Like the films that screen at the annual mid-October festival, the Middleburg Virtual Cinema offers a superbly curated, diverse selection -- with new titles

added each week. Many of these films include a “Zoom conversation” with the filmmakers.

To pre-order and/or purchase a ticket, go to MiddleburgFilm.org and click on “Films and

Events”. Ticket prices range from \$6.99 to \$12 – with half the ticket sales going to the festival.

Films currently playing include:

MISS JUNETEENTH -- A former beauty queen and single mom prepares her rebellious teenage daughter for the “Miss Juneteenth” pageant. 97% Rotten Tomatoes score.

MY DARLING VIVIAN -- The story of Vivian Liberto, Johnny Cash’s first wife and the mother of his four daughters.

SOMETIMES ALWAYS NEVER – Award-winning, British character actor Bill Nighy stars as a father whose loves of words helps him reconnect with his missing son.

SHIRLEY -- Featuring Elisabeth Moss as the horror writer Shirley Jackson, on the verge of writing her next masterpiece when a young couple arrives to stay at her home.

And be sure to check out these upcoming Films:

Opening June 26:

ELLA FITZGERALD: JUST ONE OF THOSE THINGS -- She was a 15-year old street kid when she won a talent contest in 1934 at the Apollo Theater in Harlem. Within months, Ella was a star.

THE LAST TREE -- After a happy childhood in the countryside, a teenager moves to London, where he must navigate an unfamiliar environment on his way to adulthood. Exquisitely told!

THE AUDITION -- Nina Hoss is magnificent as a violin teacher who, against the opposition of her colleagues, drives through the admission of a boy in whom she sees remarkable talent.

Opening July 3

JOHN LEWIS: GOOD TROUBLE -- Present day interviews and rare archival footage explore Congressman John Lewis’ 60 plus years of social activism and legislative action.

To view the trailers and read more about these films, go to Middleburgfilm.org



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OBITUARIES

MARY LEE MOYER TRENARY PHELPS

Mary Lee Moyer Trenary Phelps went to be with her Risen Lord on Easter Monday, April 13, 2020.

She was born on January 13, 1927, in Middleburg, Virginia, to Samuel and Rosalie Moyer. She was the eldest of five girls. She was preceded in death by three of her sisters, Peggy Moyer, Jane Marshall (Richard), and Betty Leach (Bill); her first husband, Richard Trenary (1973), and her second husband, Harold ("Doc") Phelps (2014). She is lovingly remembered by her three children, Ann (Trenary) Livoti (Lloyd), Richard Trenary, Jr. (Melany), Karen Lea (Trenary) Longerbeam (Scott); six step-children, Joseph Phelps (Jeannie), Brenda Kophamer, Michael Phelps (Lolita), Susan Curtin, Cynthia Phelps, and Mary Cowhig (Daniel); many grandchildren, great-grandchildren, nieces and nephews; and a loving sister, Rosalie ("Dinnie") Schwarz (Gene).

Mary Lee lived an exemplary public and private life full of dedication and integrity. She graduated from Madison College in 1948 (currently James Madison University) and began teaching in Marshall and Warrenton, Virginia. Later, she taught phonics in every school in Fauquier County in the mid-1950s under a private grant from the Middleburg Community Center. She began her 29-year tenure at Middleburg Elementary School (currently Middleburg Community Charter School) in 1962 and became principal there in 1971. After being promoted to principal, Mary Lee took night courses to earn her Master's in Education from Virginia Tech while working and raising three children. Additionally, she earned the Washington Post's Distinguished Educational Leadership Award in 1986, and in 1987 served with top national educators at a "Think-Tank" Symposium at Stanford University. She retired as principal in

1991.

Mary Lee has been a member of the Middleburg Baptist Church since her baptism in 1943. She was later elected as the church's first female Deacon and first Church Historian. She taught Sunday school and served in multiple capacities on committees ranging from the Free Church homecoming to missions. (The Free Church Homecomings were one of her favorite yearly events where multiple churches joined to share a service and meal.)

She is joyfully remembered for her genuine care for her family and friends, her passion for teaching, and her unwavering Christian faith. In lieu of flowers, donations may be made to Middleburg Baptist Church, P.O. Box 311, Middleburg, VA 20118 or online at middleburgbaptist-church.org. The date of the memorial service will be disclosed at a later date.



THOMAS DELIGHT SHOLEDICE

Thomas Delight Sholedice, of Middleburg, VA died June 8, 2020. Born on December 28, 1947 in Pennsylvania he was the son of the late Russell and Dorothy Sholedice.

Thomas was a quite man with a huge heart and loved animals. He is survived by his loving friends Laurel, Maura, Jack and his cats.



TURNER MOORE DU PONT

Turner Moore du Pont, who grew up in Middleburg before moving to Steamboat Springs, Colorado, died in a car accident on April 14. He was 52.

Mr. du Pont, also known to his Middleburg, Virginia friends as Skipper, was a jack of all trades and a devoted outdoorsman who was an expert rock-climber, an avid skier, and a man his friends said could fix just about anything.

He and his late sister, Joan, once cycled across the country from Oregon to Virginia.

Mr. du Pont was born February 9, 1968, to the late Victor du Pont and his wife, Joan Moore du Pont, who survives him. He attended Loudoun Country Day School, Loudoun Valley High School, and Randolph-Macon College.

In a tribute to him that ran in

the Steamboat Springs, Colorado newspaper, several of his friends wrote that "Turner was often the first person people called for help. He had a unique way of thinking and was always tinkering and improving things in a process known as Turner-ism."

"He bent the rules of possibility to his will with ingenuity, creativity, and compassion and stood ready and willing to lend a hand with his special talents."

Turner lived life passionately like no other, choosing paths that seem foolhardy or stubborn to some, but obvious to himself. His hunger for adventure found expression as an artist, boatman, inventor, explorer, musician, farmer, skier, biker, rock climber, dancer, lover, friend, and brother. His infectious spirit touched everyone he met deeply and permanently."

Mr. du Pont is survived by

Sandy, his wife, and partner of 25 years; his mother, longtime Middleburg resident Joan Moore, and siblings Victor, Sam, Wesley, Davida, and Mimi.

Sandy will host a celebration of life at their ranch in Hamilton, Colorado and a ceremony at the headwaters of the Colorado River. Both events will be held later this summer.

PROGENY

FOXCROFT SCHOOL CLASS OF 2020



Foxcroft Class of 2020 graduates Abby All, Nell Nicastro, Krissa Thorndike, Janie Ware, Bridgette Elliot, Aglaé Hunter, Jojo Maalouf, Allie McManamey and Louise Whitner.

Middleburg residents Abby All, Nell Nicastro, Krissa Thorndike, and Janie Ware, along with Bridgette Elliot of Haymarket, Aglaé Hunter of Paris, Jojo Maalouf of Marshall, Allie McManamey of Purcellville, and Louise Whitner of Upperville were among the 36 students from four countries, eight states, and the District of Columbia to graduate from Foxcroft School on May 29, 2020.

These students are members of an impressive class, which includes two National Merit Commended students, seven AP Scholars, and eight members of the Cum Laude Society. Collectively, the Class of 2020 received 143 offers of admission from 95 colleges and universities – including, Cornell, Columbia, University of Washington, UC San Diego, UNC Chapel Hill, Texas A&M, and University of Virginia. They were also offered a total of \$1.9 million in merit scholarships. The class also stood out athletically with a Division III lacrosse recruit, five Exceptional Proficiency participants for riding, and a host of all-conference honorees.

Abby All is a natural leader. Chosen as Captain of the Hound spirit team, she also received the Ida Applegate Award for outstanding politeness, thoughtfulness, and kindness, as well as the Dean's Leadership Award and CAP Award for her positive impact in the Foxcroft community. Head of the Activities Club and A Capella Club, she also participated in the performing arts and multiple sports. The daughter of Denise and Perry

"Olen" All of Middleburg, Abby has received Randolph-Macon College's Dean's Award scholarship and will attend there in the fall.

Winner of Foxcroft's Eustis Prize for extraordinary achievement in the study of English, Nell Nicastro is an AP Scholar with Honors who was inducted into the School's Cum Laude Society as a junior. As a Dorm Prefect, she promoted a positive living community and served as a mentor to underclassmen. An accomplished horsewoman, she also participated in Foxcroft's Exceptional Proficiency program for riding. The daughter of Maryanne Newton and Nicholas "Nick" Nicastro of Middleburg, Nell will attend Cornell University.

Krissa Thorndike not only plays the lead but leads by example. The recipient of Foxcroft's Hilary Somers Deely Drama Prize, Krissa does it all – from acting to set painting. Always willing to pitch in, she was chosen by her classmates to receive the Parents' Association Award for consistently demonstrating leadership qualities and willingness to serve on behalf of her School. Krissa was a Dorm Prefect Captain and a Painter for the Hound spirit team. The daughter of Karin and David Thorndike of Middleburg, she will attend the University of Mary Washington.

A spirited competitor, Janie Ware was a 2020 Second Team All-State selection in field hockey, as well as Foxcroft's 2019 Defensive Player of the Year for Varsity Field Hockey and a First Team All-DAC selection. Janie's spirit was also evident on campus, where she

was chosen as Cheerleader for the Hound spirit team and participated in the Soggie Cheerios singing group. The daughter of Jane Bishop of The Plains, VA, and Harry "Hudnall" Ware of Middleburg, Janie will attend Elon University.

Bridgette Elliot was active on campus as a Head of the Hand in Hand (gender and sexual identity) Club, Assistant Head of the Afternoon Delights & Octets singing group, and co-Assistant Head of The Repository, a club for people to express themselves and their interests. She was also a multi-sport athlete, who participated in Varsity Volleyball and Softball, as well as Competitive Climbing. The daughter of Jessica and Robert Elliot of Haymarket, VA, Bridgette will attend James Madison University.

A Prefect in Foxcroft's Audrey Bruce Currier Library, Aglaé Hunter will take a gap year before attending the University of St. Andrews in Scotland. She is the daughter of Maya and Roszell "Rod" Hunter of Paris, VA.

Josephine "Jojo" Maalouf was Head Mascot for the Hound spirit team and participated in the Soggie Cheerios singing group. She was also a member of multiple clubs and participated in lacrosse and riding at various times throughout her years at Foxcroft. Jojo is the daughter of Wendy Maalouf and Deeb Maalouf both of Marshall, VA, and will attend James Madison University.

A recipient of Foxcroft's Teresa E. Shook Award, Allison "Allie" McManamey is the epitome of sportsmanship. A gifted athlete, she has been named a

VISAA All-State and All-Delaware Athletic Conference selection in both field hockey and lacrosse. She is also a leader off the field, serving as co-Head of the Athletic Association, Manager of the Fox spirit team, and a member of the Soggie Cheerios singing group. The daughter of Jennifer and Joseph McManamey of Purcellville, VA, Allie has signed to play lacrosse at the University of Lynchburg, where she also received a Presidential Scholarship.

Louise Whitner is a true

leader. Chosen as Head of the Fox spirit team, she also received the Dean's Leadership Award for her positive impact in the Foxcroft community, and the Starr Prize for her moral character, poise, and professionalism both in and out of Schoolhouse. She was a Cherry Blossom Breast Cancer Foundation Board Member and a Head of the Athletic Association. The daughter of Cricket Bedford '85 of Middleburg and James Whitner of Round Hill, VA, Louise will attend Elon University.

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PROGENY

HIGHLAND SCHOOL CLASS OF 2020



LUKE WARFIELD
CLASS OF 2020 VALEDICTORIAN



MATHEW HOERNER



UNION COLLEGE

Morgan Malinow

Union College

Intended Major: Biology and Data Analytics

Womens Swimming Commit



WASHINGTON AND LEE UNIVERSITY

Hall Pritchard

Washington and Lee University

Intended Major: Physics



SEWANEE THE UNIVERSITY OF THE SOUTH

Mary Flynn

Sewanee- University of the South

Intended Major: Undecided

Highland Student Leaders Spearhead Program to Keep Peers Connected

When schools raced to adjust their academic plans to the new virtual reality, Highland School simultaneously developed an equally important change: moving student life online.

According to Dean of Students Margie Kuzminski, "Student life is even more important now. So much of learning in high school is social. Students learn content in their classes, but they learn who they are in their relationships with peers, faculty, and mentors. Student life is such a key component. It is not extra; it is essential."

Sophomore Class Officer Lily Lerman agrees. "I thought we would just be alone in our rooms all day doing work. I worried about not getting to see people every day. As a class officer, it's so important to stay in touch and check in on people. You're going to keep in contact with the people you are close to, but then there are those who you maybe just smile at in the hallway. We need to make sure everyone is okay."

For Kuzminski, accomplishing this started with returning to Highland's values. "For Highland, that is to empower student leaders and to foster connections between students, not just delivering top-down content. You can get into panic mode and feel like you just need to do something, but you end up just taking a 'Band-Aid' approach. That doesn't address the needs of authentic, robust student life."

Class Officers Lead the Way

For Junior Class Officer Abby Soltys, the shift began with a meeting of the Class Officers. "[Mrs. Kuzminski] told us about the student life website she created. That's when I realized we had a role in keeping our class together. It wasn't just going to be every person for himself." Freshman Class Officer Kyle Crowne echoed these sentiments: "I had a responsibility to these people, to my classmates."

The class officers -- Lerman, Soltys, Crowne, plus freshmen Payton Vogan and Olivia Devening, sophomores Jasper Faulk and Jackson Campbell, and juniors Kohanna McCrary and James Zemo -- described their Zoom meeting where

Kuzminski explained how students "need scaffolds for this shift to happen. But there can be a tendency to get caught up in the scaffold for its own sake rather than for what it can do for our students. We have to create a structure for them while still leaving room to be responsive and to innovate."

For McCrary, the most important scaffold was the student life website. "It helps keep everyone connected and gives us a purpose," she said. The website hosts everything from the daily schedule, to class competitions and bonding ideas, to a talent show. Lerman's Sophomore Class posted "workout challenges and places for people to put their favorite recipes or Netflix shows." They also posted Google Forms where people can sign-up to get exam review help or to form study groups for exams. The student life website is the place to go when students need something, from information to some camaraderie.

Another important scaffold are the class meetings. "Our schedule has dedicated, built-in time for student life programs instead of making them an add-on," Kuzminski said. "It is so important, in a distance learning school day, to make space for student engagement."

In those class meetings, the Class Officers tried some bonding activities, to greater or lesser success. Devening said the freshmen have played Mad Libs and even Bingo together. But Soltys found, "The actual things we've tried sometimes don't work as well as just being someone's friend or just spending time talking and interacting. When we go into breakout rooms for work, most of our time ends up just getting caught up with one another."

McCrary agreed. "No matter what, our primary goal is to keep everyone engaged and to make sure no one is too far down in the dumps." Lerman concurred. "We start every class by just checking to see how everyone is doing before we even try to do any business." Soltys explained that if they haven't heard from anyone in a while, or if someone doesn't show up to a class meeting, the officers make sure to reach out to them.

Student-Led Outreach Reflects Highland's Core Values

According to Kuzminski,

this student-led approach is fundamental to Highland as an institution, and to its values. "In student life and in the classroom, we insist on seeing each other. When we don't see a kid, we ask why? It's part of our community, culture, and expectations to find out why we're not seeing that student."

Making the process student-driven was critical to Kuzminski's plan. "We've turned over some of the keys to the students. There are backstops, certainly. I hit 'publish' on the website and I spent time scripting the Class Officers before they run a meeting or a breakout room. We know students don't always make the best decisions, so we put them out there with a safety net. This gives them confidence, and it gives us programmatic stability."

"The truth is any content produced by a student is going to be met with more enthusiasm than what I come up with. My job is to plant seeds, but the students are ultimately the ones who nurture those seeds."

This last idea, that of enthusiasm, is something Kuzminski repeatedly returns to. "Students can sense and pick up energy. You have to bring it in everything you do, especially because it helps to combat isolation." Soltys was very clear about her approach: "I realize that if I'm not into it, no one else is going to buy-in. This is what I signed up for, you know? If I'm not doing something I'm asking others to do, then that's not leadership."

Lerman drew her enthusiasm from her fellow students. "Seeing everyone gives me energy and happiness. Some days it's harder than others because my classmates can be quiet and sad, so I have to fake it to get everyone to go along. Eventually, if you fake it enough, it can become real."

Vogan put it a little different way: "It's my job to model the behavior that I want to see." McCrary laughed about some of her efforts. "We try to have bonding activities, and I know some people think they're dumb, but it's my job to help get everyone up and excited. I try to encourage and show happiness because, honestly, you have to look on the positive side of this. What better thing could I be doing?"

Middleburg-Area Seniors Shine in Highland Graduation Awards

For the Senior Class Officers, spring 2020 was an unplanned, real-world test of the leadership qualities they've

developed at Highland. Senior Internships, Capstone Projects, trips to Greece and France, spring sports, and every traditional celebration were all off the table. But student leaders helped their fellow seniors persevere.

Class Officers Mary Flynn and Morgan Malinow designed a new senior project, creating an Instagram page featuring each senior with his or her college choice and intended major. The posts linked to the seniors' college, and many received congratulatory messages back from their future school. Flynn also led a school-wide "Service Bingo Game" that motivated every student in grades PK-12 to help out people in need. Founder's Scholar Hall Pritchard had to revamp his long-planned Capstone Project on rocketry "on the fly" to complete the very difficult Engineering Certificate.

Christina Sirianni completed two Certificates - Leadership Certificate and Global Studies - and was named the 2020 Female Scholar Athlete. Matt Hoerner graduated with Highest Honors and was granted the Male Scholar Athlete Award. Luke Warfield, Class of 2020 Valedictorian, became the first Highland student to complete three Certificates - Leadership, Global Studies, and Social Entrepreneurship & Environmental Sustainability.

As Warfield said in his Valedictorian address (videotaped in an empty Rice Theater), "This year has been filled with uncertainties no one could have predicted when our year began. The good news is, we're not new to this. Our experiences at Highland have taught us how to handle unforeseen circumstances. With our outstanding education we have the opportunity to address these problems with the clarity and calmness of an informed opinion, and it is on us to choose to use it. As we graduate and move on to the next phase of our life, it is crucial we remember we can not simply be silent observers or bystanders. We cannot sit idly by and ask, 'why doesn't someone fix these problems or prevent these catastrophes?' Class of 2020, how our future is shaped is our responsibility and if we think something is wrong, nothing should stop us from setting out to right it."

Highland School congratulates the Class of 2020 and sees in them great hope for our future.

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PASTIMES

2020 -THE SUMMER OF CHANGE
AROUND THE TOWN



HAZEL SWEITZER

As summer began, I noticed that all of us, even dogs are in the midst of so much change. The

Corona Virus has altered human and canine lives in a profound way. Then, within the last month there has been great passion over race and equality. I am sorry, yet

excited for humans, because this all means on the other side of this upheaval is the chance for a better, more grateful and meaningful life – something we dogs

are already good at. We don't let a scrap of food fall to the floor without being thankful for that moment.

But the change I want to talk about is with me. I would like to see if any of you can identify. I'll not beat around the bush (by the way there is a great bush for bathroom time out in front BB&T bank). I digress. Anyways, I am becoming older and my human, Tom worries about it more than I do. Don't get me wrong I still can walk close to five miles a day, but I am 11 years old in human years, which makes me 77 years old in dog years. I have been losing my vision, my stomach isn't like it used to be, and my hips kind of hurt after we walk. Though, I choose to walk then just sit and listen to t.v. or hear Tom sing the same song over and over again at his piano.

Dogs don't worry about this sort of thing very much, because we are creatures that live in the moment. But I do wake up confused at times and Tom has to call for me several times before I hear him. I wish they made hearing aids for dogs. All of this for me is not a problem, but I see and feel Tom worry about me. I try to



tell him not to, but he loves me so much and I know he is worried about me leaving him. I try to tell him I have a long time more to be with him. Change is hard and just like the world our bodies and our souls are in constant adjustment. I know it feels much more secure to know what to expect or for things we count on to stay consistent, but then there wouldn't be personal or global evolution. I am changing, and yes getting old, but that makes me even want to become closer to Tom and to all the other humans that love me. And as for the massive changes in your human world, you all will get thru it and be better for it. Al-right, I'm off to BB&T – It's that time. Love to you all and remember, you may be growing older, but there is nothing old about the moment you're living in.

THOUGHTS FROM THE FIELD; DEER, AND FOXES, AND BUTTERFLIES. OH MY!

FIELDRAFT



NICK GREENWELL

As summer arrives, and we are still practicing social distancing, many of us are looking for new and creative ways to engage with friends and family. Compounding this is the consideration that many of us are spending much more time at home, whether we are teleworking, furloughed, or on hiatus. This month, let's take a closer look at an emerging trend which if fun, allows for social distancing,

and gets us outdoors. Let us talk about, including our native fauna in our landscaping and gardening practices.

As you travel west on Route 50, you will notice that the highway's median looks a little different this year than in years past. This is the result of a local effort to designate this area as a "No Mow" space. Why? I will give you a hint; Monarch Butterflies. This time of year, you will see tall, slender stalks of a sage- green plant adorned with oval-shaped leaves, and a crown

of flowers. "Stemming" from the thick, milky sap that comes from the plant is commonly called milkweed. This native species is vital for the perpetuation of the life cycle of Monarch Butterflies, as it provides the nutrients required for Monarch caterpillars to transform into adult butterflies. Although Common Milkweed may be challenging to manage in a garden setting, Purple Milkweed is another excellent Monarch host plant, and very easy on the eyes. Milkweed is under serious threat due to the develop-

ment of land, the widespread use of herbicides, and overly aggressive mowing.

I have noticed a shift in the mindset of some of my clients in that they are developing an interest in including native wildlife habitat into their landscaping plans. The effort is accomplished by either the judicious planting of native flora, allowing certain areas of their property to be "reclaimed" by natural processes, and conditioning other areas to target the fostering of specific fauna. In addition to helping with



natural seeding of native plants, it is vital to the reproductive cycles of countless birds, pollinators, and mammals. As an added benefit, property owners are not investing as much time into mowing every square foot of their property. The diversity of birds, bugs, and other wildlife that will soon come calling will undoubtedly provide hours of outdoor family-friendly education and entertainment. The addition of a beehive, birdhouses, and even a bat house into your "pocket meadow" will enrich the space even more.

For those readers who have water sources on their property, the fun extends even further. Making sure that ponds are clear of excessive weeds, are properly aerated, and also stocked with native aquatic species will deepen your outdoor experience. Regardless of whether you have one-quarter of an acre, or one hundred acres, including wildlife habitat, will surely provide you, your family, and your friends with immense enjoyment during these isolated times. Thank you for reading. I will see you in the field!!!

AN INTERNET RANT

IN UNISON--JUNE 2020

STEVE CHASE

The Voice of America recently did a story on Loudoun County, calling it the place where the Internet lives. There are more than 18 million square feet of data centers in and around Ashburn, and that development is headed west. Buddy Rizer, the executive director of economic development for Loudoun County told VOA reporter Dora Mekouar,

"It's amazing when you think about the amount of fiber that's in the ground...Both sides of the road pretty much have fiber troughs in them. And now we're putting some fiber in the middle of the roads as well. "We want to continue to build on that fiber network." That's a good thing for Loudoun, eastern Loudoun at least, but the state of internet connectivity in western Loudoun is poor to fair at best--and that is a sorry state of affairs.

Rather than take substantive action to get our rural areas access to reliable broadband Internet, we get lip service from the Loudoun Board of Supervisors, where the chair recently said that Internet connectivity should be considered a utility. Her statement was part of an announcement for the installation of "dark fiber" intended to wire schools in western Loudoun. Our supervisor ran on the platform of Internet access for rural Loudoun that sounded good, but we are still waiting, although he recently said something about us maybe having service within 10 years. Rumor has it that the fiber cur-

rently being installed on 611 in St. Louis will supply Banneker School with solid Internet service, but homeowners (taxpayers) are not included, and will still be stuck with meager radio, satellite, or cellular based solutions that work, sometimes.

There are Internet groups on broadband in Loudoun where folks talk about the best way to get 5mb service, and most comments in articles on the topic in the online local media are filled with trolls who mock those of us in western Loudoun --"It was your choice to live out there, deal with it...", or making the issue political--please, Internet service should not be linked to one's political affiliation! All of this is a symptom of the lack of leadership from the BOS, even as they attend receptions and cut ribbons for each new, fiber-served data center added in eastern Loudoun.

I was one of the earliest customers of one of the local wireless services, which was able to provide 1mb service, sometimes. In the early days it was acceptable, and I was able to really build my music collection when few others used the service. As time went on and more people were added, the service slowed, I stopped downloading music, monthly fees were increased, and by 8 PM each night, there was often no service at all, despite the nearly \$100/month fee charged. Fed up with paying for no service to a company, we switched to a fine small company that has actually given us decent bandwidth for streaming, but the speeds are nothing close to what folks get

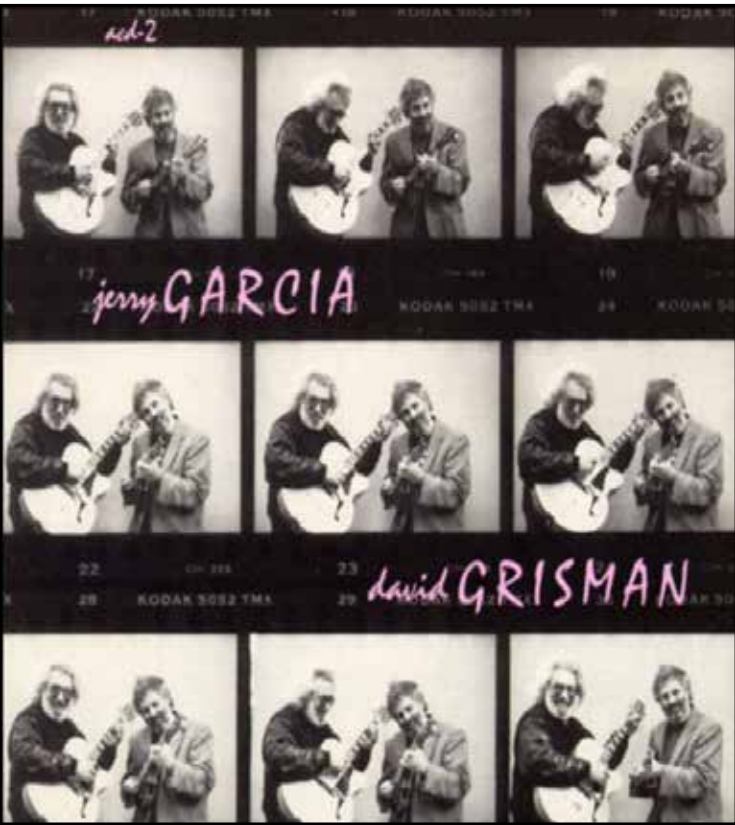
east of route 15, and I worry what happens when our new provider gets too many clients.

With the COVIC-19 pandemic, the need for solid bandwidth in western Loudoun has become even more critical as many people telework and school kids take their classes online. The emergency has reinforced the notion that utility status for broadband is warranted. I know the cost of broadband solutions for western Loudoun could be expensive, even though mandatory in these present days. But hasn't the time come, especially when there are trillion-dollar bills being signed by the President for COVID-19 relief, for us to be included in the 21st century?

As technology changes, perhaps this fiber is not the answer for western Loudoun after all. Cellular technology has come a long way, and will continue to improve, so maybe cellular is a better solution for the rural villages, hamlets, and farms. I'm ok with that, as long as something happens soon, and why shouldn't it-- Loudoun County is touted as a Global Center of the Internet and yet a substantial segment of the County has nothing but slow, poor Internet service worse than places I have been in the third world.

Garcia Grisman Music Series

In 1991, the landmark Garcia/Grisman was released on mandolinist David Grisman's Acoustic label. Grisman has been a key player on several of the Grateful Dead's most beloved tunes and had created the jazz influenced



bluegrass genre dubbed Dawg music; and Garcia held acoustic and bluegrass music close to his heart. This album gave us the best of both of their affinities--trippy, organic, intricate, and soulful melodies with Garcia's raspy vocals, which meld perfectly with the acoustic instruments. The disc sold well, and was nominated for a Grammy that year--high praise for a couple if Bay Area old hippies who liked to smoke, eat pizza, and play great music. Eventually they toured and a documentary film, Grateful Dawg, was made of the collaboration--well worth finding and watching.

In the following years, Garcia and Grisman produced several more discs, including the fabulous Shady Grove (with the great flatpicker Tony Rice), Not For Kids Only, the Miles Davis

inspired So What, I've Been All Around This World, the Grateful Dawg Soundtrack, and the notorious Pizza Tapes. During a two-day session with Rice, Grisman ordered pizza, and the delivery guy swiped some cassettes of some tunes that Garcia had left on the coffee table. Copies were rapidly made and the tracks proliferated through the Grateful Dead community. Fortunately, we can all hear these tunes on this fine release.

Go one your favorite streaming service and track down these releases, they will keep you grooving for many hours, and you will always come back for more.

Steve Chase is listening to Grateful Dawg at home in Unison

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Have you ever been afraid to do something and put it off due to fear? Maybe, it was the GRE assessment for graduate school or the start of a weight loss program. The years go by, and the "what if" starts to nag you. You are still stuck with the 20 lbs, and you never pursued the masters degree. Time passes on. The simple definition of fear is: To feel anxiety or apprehension on behalf of (fill in the blank). We all doubt our lives, but when it keeps us stuck, we have to examine the cause.

Just about everything we do has an element of fear. Driving to our jobs every day could be fearful. There are bad drivers everywhere, but I guess you are a good driver, so there is nothing to fear. It sounds silly, but so many things can elicit a sense of fear, which could lead to limiting our lives because of it. Realistically, anything can happen at any time, good or bad. Many

of us have had the worse happen, but we've also had the best happen. I wish bad things never happened to anyone, but that would be unrealistic. Dis-ease happens, loss occurs, and we don't always get the job we want. However, if we let fear prevent us from the experiences and the life we are meant to live, then fear wins. Cable news elicits fear and watching it continually gets into your subconscious and becomes a part of you. Some news is good. Too much is overload. Moving past the fear actually is quite easy. Visualize seeing yourself past the fear and doing what it is you want to do. Now more than ever, that one skill will help with the fear that is everywhere.

I hope that fear does not stop your progress in your life, whether it's starting a fitness program or sky diving. Whatever it is, you dare to do it. Get out there and do it. There will always be fear, but the opposite of fear is boldness. A simple definition of boldness is the ability to get things done despite risks. Let's be bold and embrace this thing called life and maybe even move past our



comfort zones. For more information about health and fitness,

please contact Kay Colgan at Middleburg Pilates, 14 S Madi-

son Street, Middleburg, Virginia, or call 540-687-6995.

PASTIMES

DO I NEED A MOUTHWASH?



DR. ROBERT A. GALLEGOS

Halitosis (bad breath), stained teeth, cavities, dry mouth, or gum disease are reasons you may consider using a mouthwash, otherwise known as a mouth rinse.

There are two main categories of mouth rinses, therapeutic and cosmetic. Therapeutic mouth rinses are meant to treat or prevent conditions like dry mouth, infections, decay, ulcers, and gum disease. Cosmetic mouth rinses are meant to neutralize breath odor or possibly whiten the teeth. Some mouth rinses may be a combination of both categories.

Let's start by looking at cosmetic mouth rinses. Whitening teeth is a very common procedure. Responding to consumer demand, mouth rinse companies have ventured into this market. The ingredient added to whit-

ening mouth rinses to "whiten" teeth is hydrogen peroxide. The concentration of hydrogen peroxide these mouth rinses is too low, and the contact time with the teeth is too short to whiten teeth. If you have whitened your teeth recently with whitening gels, these mouth rinses may offer some benefit to slow the process of re-staining. These rinses are not very effective in removing stains despite overblown marketing claims.

Another cosmetic category is mouth rinses for bad breath, which fall into two groups. The first group has been around for a long time. They contain a flavoring agent like mint, cinnamon, or bubble gum to give the mouth a fresh feeling. These are effective for a very short period and are meant to mask odors. If you like the feel and do not need longer-lasting odor control, these can be refreshing. The second category contains mouth rinses with the ingredient chlorine dioxide,

which targets the primary causative agent in bad breath, sulfur compounds. Chlorine dioxide mouth rinses are more effective and longer-lasting for controlling odor and will still give you a refreshing feeling. If managing the bad breath is your goal, go with a chlorine dioxide rinse, like Clo-sys. And do not worry, chlorine dioxide is not the same as chlorine bleach found in laundry detergent, sodium hypochlorite.

Therapeutic mouth rinses also have a few categories. Let's first explore dry mouth. Dry mouth is a symptom that can be painful and may lead to other problems due to bacteria accumulation. To help with dry mouth, some rinses have lubricating additives to help maintain a moist mouth. Most of these additives do not last long but can be soothing to a dry burning mouth if used frequently during the day. Biotene is an example.

Another therapeutic category

is cavity prevention. These rinses contain fluoride. Fluoride rinses can be beneficial in strengthening the enamel of the teeth, which assists in cavity prevention. Many brands have fluoride. Gum disease is another category. Some mouth rinses can help in decreasing the bacteria in the mouth that cause gum disease. The original Listerine falls into this category. There is a new rinse on the market that is molecular iodine-based. This rinse is not like iodine you are used to. It is molecular iodine, which is clear, non-staining, and non-allergenic. IO Tech International has its line of IO products available through some dental offices that are beneficial in controlling bacteria and viruses. Some prescription therapeutic mouth rinses are used for more advanced conditions like rampant decay, viral ulcers, and burning mouth from chemotherapy or radiation therapy. Ask your dentist about these if they are needed.

Mouth rinses are either alcohol or water-based. Alcohol-based rinses will give you that tingling/burning feeling when you rinse. Some people like that feeling some do not. Alcohol also dries the mouth, so if dryness or sensitivity is a problem, use a water-based rinse.



One last consideration is that warm salt water or salt with baking soda rinses are soothing and promote healing of the cheeks, gums, and tongue. If you want a soothing rinse that promotes healing and homeostasis in the mouth, this is a great and inexpensive option. However, these will not do much for cavity control or lasting bacterial or viral reduction.

The bottom line decides why you want a mouth rinse and find one that suits your needs. Your dentist or dental hygienist is an excellent resource for this information.

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



DISHES DONE RIGHT

SINCERELY ME

BRANDY GREENWELL



I have been a wife for ten years and a mother for 16 months. I am not a stranger to caring for my family, but now the household under my care includes my husband, our 16-month-old twins, two geriatric dogs, and myself. All of us have different feeding schedules

and dietary restrictions, with one thing in common: we all eat off dishes. And I do the dishes. Every day. Several times a day. All of the things my mother used to comment about my use and care of dishes when living under her roof, now are appreciated with older, more experienced, and dishpan hands, particularly after a recent dishwasher death and handwashing several weeks. I

want to share my mother's dishwashing laws for those who may be interested or need a refresher.

Starting with the dish/cup/utensil chosen, be thoughtful and use one that fits in the dishwasher or, if not, hand wash it and put it back in the cabinet clean and dry. It's incredibly frustrating trying to fit the one dish that doesn't fall into the washer mold. Equally as frustrating is squishing the sponge in the toe of the faceted, glass cowboy boot mug you had to use for your breakfast smoothie while humming "The Gambler." And reusable straws are great for the environment, but *&\$!@#, they are hard to clean.

Piggybacking on the boot mug, make sure whatever shape or style dish you use, take the 3-4 seconds to rinse it with water when putting it in the sink. Bonus points if you squirt some Dawn in there and give it a swirl.

You hit a home run if you spend a whole 5 seconds, loading it into the dishwasher after rinsing. Nothing is worse than scraping and scrubbing baked-on, caked-on, dry food goop when you know a touch of consideration could have exponentially lessened your task.

When cooking, you do not need to put every condiment in individualized dishes as if you were cooking for an audience like Giada, Bobby, or the Swed-

ish Chef. Nor do you need to use a different spoon every time you want to take a taste.

After cooking, pour out whatever fat into a non-plastic container while still warm. In this case, only, please do not put a fatty pan in the sink and run water over it. Once a sponge, Brillo, or brush gets greasy, it infects all your other dishes with its slimy film for at least 3-4 more washing cycles.

Dishwashers are thoughtfully engineered to make rows of like dishes. The placement is going in matters and most certainly makes for efficient unloading and organizational longevity for your cabinets.

And lastly, scrape your plate into the trashcan, composting bin, dog bowl, or disposer. Do not, I repeat, do NOT put a dish half full of food in the sink—no one likes to put their hands in your discarded food floaties.

Be kind, clean after you dine.

BACKYARD BARBECUES

KITCHEN PHILOSOPHY



EMILY TYLER

Fire up the barbeque for this locally inspired Fourth of July celebration using classic summer favorites all grown and produced here and near to Middleburg.

One taste of this locally grown Blackwater Beef and you will be reminded of how beef used to taste. So full of flavor and juicy with just the right amount of fat. You can find Blackwater Beef at the Middleburg Farmers Market or order online from their website below. At \$6 a pound, or \$2 a burger, it's a summer habit I'm keeping. These add ons push it over the top - Fig Chutney from Virginia Chutney, and Fresh Goat Cheese from Georges Mill Cheese, all on a soft roll from The Upper Crust Bakery, pure local heaven.

Burgers with Port, Fig Chutney and Goat Cheese
Makes 6 burgers

2 pounds blackwater ground beef
3 tablespoons Ruby Port
3 tablespoon Fig Chutney



6 ounces fresh goat cheese
6 soft rolls
salt and pepper to taste
Garden lettuce and tomato
slices to serve

Divide each pound of beef into 3 patties, being very careful not to over handle the beef

Salt and pepper the burgers
Heat the grill to medium high heat

Place the burger on the grill and grill the first side for about 3-4 minutes

Flip and pour about ½ a tablespoon of ruby port on each burger, then the goat cheese, then drizzle the chutney, cover the grill and cook until medium rare, and the goat cheese melts a bit, about 2-3 more minutes. Let the burgers rest for about 5 minutes before serving

To serve - On a soft Upper Crust bun, start with a slab of tomato, the burger and top with garden lettuce, add more fig chutney if desired.

Fresh summer green beans from the Middleburg Farmers Market mix so well with the roasted peppers and onions. I do



have a shortcut secret for pearl onions, I discovered frozen pearl onions which are ready to go, no peeling required! They can be used straight from the freezer and tossed in with the red peppers for roasting.

Green Bean Salad with Roasted Red Peppers and Pearl Onions with Basil
Serves 6

1 pint green beans, washed and trimmed
2 red or yellow peppers cored and cut 1 ½" pieces
1 cup frozen pearl onion (or fresh which have been peeled)
2 tablespoons olive oil
1 handful of basil, torn into bite size pieces
Dijon Vinaigrette - recipe below

In a large stock pot of salted boiling water add the green beans and simmer for about 4 minutes or until tender, drain and give a quick rinse of cold water to stop the cooking

Heat the oven to 375 degrees
Line a baking sheet with aluminum foil

Toss the pearl onions and peppers with olive oil on the baking sheet and roast for about 40



minutes or until the vegetables are soft golden brown in places

Let them cool to room temperature

Toss with the green beans
Dress with Dijon Vinaigrette
Add the basil right before serving

This will make much more dressing than you will need, but this is the dressing I always have on hand - for this salad start with 2-3 tablespoons

Dijon Vinaigrette
¾ cup olive oil
¼ seasoned rice vinegar
1 heaping tablespoon Dijon mustard
Combine in a jar with a tight fitting lid

Store the leftover dressing in the refrigerator

This simple rich lemony custard is so silky smooth, you will be amazed how it firms up as it chills, it's the magic that happens when heavy cream and lemon juice are combined. I found locally grown strawberries at Middleburg Farmers Market from C. Hess Orchard & Produce, so fragrant and sweet, the smell and taste of summer.

Lemon Posset
Serves 8



1 quart heavy cream
1 cup granulated sugar
3 lemons - juice and zest
Strawberries, sliced

for serving
In a large saucepan combine the sugar and cream and bring to a low boil

Reduce the heat and simmer for about 3 minutes, stirring constantly

Remove from the heat and add the lemon juice and zest and stir well

Divide the posset among 8 ramekin cups and refrigerate until firm, at least 6 hours, keep refrigerated until ready to serve

Serve with sliced berries

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SOME LIKE IT HOT

THE PLANT LADY



KAREN REXRODE

It's solstice time, the longest day of the year. With the sun at its highest, we enter the so-called dog days of summer when the dog star or Sirius rises at the same time (or nearly so) as the sun in the Northern Hemisphere.

In year's past, especially in droughty summers, a favorite fieldtrip was a visit to arboretums or public gardens where watering was a luxury they could not afford. The observation of stressed plants, the ones that don't whimper or pout about the situation nor die from the hardship might be those you want to have in your

own garden. For me there were certainly favorites which I chose because they are; able to take it hot and dry, be long lived, do not spread in an overly aggressive manner, offer a relatively long season of interest.

Perennials are my wheelhouse and I would like to list a few favorites, plants that stand up to the heat while many of us would prefer to be inside. First and number one is Calamintha 'Montrose White'. Even when temperatures hit 100 degrees, there is no sign of wilt. In the mint family, a clump grower with woody stems that grow to twenty inches, tiny white flowers cover the stem for two months. Rich in nectar, bees adore them. Tiny leaves are due to its superpower, the smaller or narrower the leaf, the more drought tolerant they are. Sun is best for calamintha, from sunup to sundown if possible. Coreopsis verticillata with its narrow foliage is another perennial that can take a lot of abuse. A sun lover as well, south or southwest for planting sites. Small yellow daisies persist for six to eight weeks and this perennial is native to Virginia and Maryland. Amsonia hubrichtii or Hubricht's

blue star is an amazing perennial for areas too harsh for others. Narrow foliage on stems to four feet and more, the summer movement is like an ornamental grass. Fall color is often the reason to grow amsonia (there are pale blue flowers in spring) and this one does not disappoint. Native to south-central parts of North America, when planting allow four square feet per plant.

Artemisia, perovskia or Russian sage and nepeta (catmint), all are satisfactory albeit non-native. The grayish foliage comes from hairy leaves which aid in retention of moisture during dry periods. Others that are white or gray and suitable for drought are lamb's ears, dusty miller, and lavender. One can also find suitable heat lovers from our warm season, native grasses. Little bluestem is a good choice, particularly when one finds gray leafed selections and an upright habit such as Schizachyrium 'Standing Ovation'. Reaching three feet, there is a gentle sway with summer breezes. We are not "sage land" with deserts in our backyards but we can certainly borrow from that landscape. Plants like thyme, sedum, sage or

salvia and various succulents are options for sunny places.

In the shade garden, the fight for water is elevated. Tree roots, particularly those with fine fibrous surface roots can be nearly impossible to garden under. Maple, beech, and cherry are examples of overly challenging understories. Epimedium or barrenwort seems to be singularly capable of the battle. A groundcover (in time), the spread comes from underground rhizomes. This perennial can live through abuse that few others will tolerate. Nice flowers, foliage turns coppery in fall, and the leaves are semi-evergreen. Not a native, but certainly not a problematic plant. Iris tectorum, a Chinese iris, and Solomon's Seal or polygonatum are others that score high. In native perennials I love Christmas fern and hayscented fern. The latter is a spreader, light green and dainty looking, a case where looks can be deceiving.

Given the choice on hot summer days, there are options beyond the bedraggled, wilt prone plants. Some actually do like it hot.

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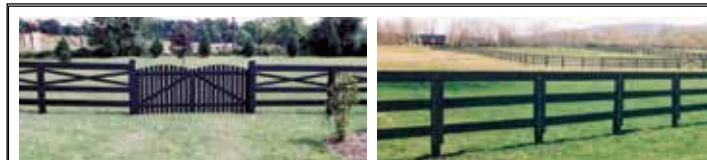
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LETTER TO THE EDITOR

KIMBERLY AND DON SKELLY
MIDDLEBURG

Middleburg—when is enough enough? The precious countryside surrounding your town is at risk of becoming an outright bar zone, full of weekenders coming out to drink beer and add more danger to our already overcrowded roadways.

Scott Buzzelli and Brian Yarnal's proposal to build "Fueled Farm" at the Buzzelli home, less than 1 mile to the east of Middleburg, is inappropriate. As the most immediate neighbors to this development project, we are extremely concerned about their plans to build a brewery next to our home. The failures of Loudoun County zoning coupled

with the shortcomings of Virginia's agri tourism laws threaten individual property rights and public safety. The brewery laws were written to help farmers, not real estate agents taking unfair advantage of poorly written zoning ordinances. After all of the farms Buzzelli's firm, Middleburg Real Estate and Atoka Properties, has sold to people seeking the rural life, he's now threatening to destroy the very character of this community.

Proposed plans include building a parking lot that holds 150+ cars right next to Buzzelli's home. Imagine seating for 300 people with outdoor games, food trucks, and live music in a property that barely meets the 10-acre requirement. How many bars and event spaces do we need?

Within 1 mile of this property we now have Greenhill Winery, the Middleburg Barn, and Mount De fiance Cidery and Distillery, not to mention that there are already 31 "farm breweries" in Loudoun County. How many more car accidents can we take? Buzzelli even admits that his fence has been hit more than once over the years.

When presenting their plans to the Middleburg Town Council on May 14, Buzzelli and Yarnal told the Council that the neighbors were "ok with the plan." The truth is neither of them ever told us or any of our fellow neighbors about the project. The lack of transparency and honesty they extended to their neighbors, including to neighbors who have lived here for more than 50 years,

defies the definition of "neighbor."

Haven't we lost enough of our peaceful countryside? Haven't we had enough loss of property value because of a neighbor's poor judgement and inappropriate development plans? This neighborhood is rural, which is how it is zoned. Our home is a small family horse farm, which is what it has been since the Rogers family built Stonehill in 1850. That's what we bought when we moved here in 2016 and that's what we plan to pass on. Our horses live in our back pasture, and I teach my kids to ride there. Now our rights and our very lifestyle are threatened—and for what? A bar?

Speak up Middleburg! Help protect our farm, our neighbors

homes and farms, your county park and the safety and tranquility of this community. Send your personal objections to:

Ms. Denise Hires
Virginia ABC Compliance Unit
2901 Hermitage Road
Richmond, VA 23220
denise.hires@abc.virginia.gov

RE: Brewery License Application by 37374JMH, LLC trading as Fueled Farm Brewery near Middleburg Virginia

Act fast! There is no time for delay.

Sincerely,
Kimberly and Don Skelly
Middleburg, VA

THE DEFERRED DREAM
BLUE

JOHN P. FLANNERY

Years ago, in Staten Island, Eric Garner, a black man, was choked to death, suffocated by a police officer. His mother still suffers the indignity that the officer was never prosecuted.

The same thing happened to George Floyd, a black man, in Minneapolis on May 25, 2020.

Four policemen, with people watching, choked George to death, by kneeling on his neck, ignoring his final plea, now much-publicized, when he said, "I cannot breathe."

George allegedly bought some cigarettes at Cup Foods in Minneapolis, at 8:08 pm, and the storekeeper insisted that George used a counterfeit \$20 bill.

George was parked just around the corner from the store.

At about 8:14 pm, Officers Kueing and Lane walked George toward the squad car.

Officer Derek Chauvin arrived on the scene with another officer, Tou Thoa.

Chauvin was involved in an earlier fatal shooting and the subject of at least 17 complaints in his nearly twenty years with the department.

Chauvin and Lane and Chueng tried to get George into the squad car on the passenger side.

At 8:19:38 pm, Chauvin pulled George out of the passenger side of the car, and George was cuffed behind his back, so George fell to the ground flat on his face.

Chauvin put his knee in the area of George's head and neck. Kueng held George's back. Lane held his legs. There was nothing George could do. He was immobile and in pain.

George said, "I can't breathe." He repeated, "I can't breathe."

He called for his "Mama." She had died years earlier.

He said, "Please."

None of the four officers at the scene moved to release the pressure.

One picture of Chauvin that's circulated looks posed like Chauvin was getting a trophy photo to put up on the police locker room for bragging rights, for his abuse of George.

Lane asked, "Should we roll him on his side?"

Chauvin said, "Staying put, where we got him."

Lane said, "I'm worried about delirium or whatever."

Neither Lane nor Chueng did anything to end the torture they inflicted on George.

Chauvin said, "That's why we have him on his stomach."

At 8:24 pm, George moved no more.

About 5 minutes later, these three officers placed George in this torturous immobile contortion that denied him the air he needed – as he told them was the case – until he finally had no breath to talk.

Kueng checked George's pulse and found none.

Still, no officer moved him.

These three officers continued to hold George down, and another officer looked on.

Chauvin held his knee in place until 8:27:34 pm.

George was dead at the scene, but they reported his death at the hospital.

Chauvin had his knee on George's neck for 8 minutes and 46 seconds; Chauvin kept his knee in place for two minutes and 53 seconds after Chauvin was unresponsive.

This was murder plain and simple.

A horrible act seen by the nation – only because of the people, the bystanders, who recorded the event on smartphones.

A delay to act, to charge all four officers, too long a time without any official response, was rightly understood as intolerable indifference.

Protest was inevitable when men and women fear for their lives because their skin color is deemed

sufficient to be violated or killed with impunity by a police officer.

Our nation, in the protests since, has recoiled from these offenses against humanity.

Other nation-states around the world have protested in agreement with our revulsion.

The early signs for these protests take us back to Charlottesville, when a racist and anti-Semitic mob marched with torches, backed by militia, hurling hateful slogans.

Trump nevertheless said he saw some good people on both sides of those demonstrations.

Presumably, even the racist who drove his car into a woman, killing her.

Trump did once lecture police not to be "so nice" when arresting someone.

Healing, coming together, in this "new reconstruction" of our nation, requires more than "thoughts and prayers."

Mr. Trump and AG Bill Barr, in response to the DC protests, and outside the Capitol, have preferred an armed force and police violence in the street to disperse protesters to clear Lafayette Park so Trump could have a photo op using a bible as a prop.

Mr. Trump and AG Bill Barr have tried to discredit legitimate protest insisting there is some phan-

tom unseen and unconfirmed interference in these protests, as cover for their police state suppression of free speech and reform.

In terms of reform, the Minneapolis Town Council concluded its police force was beyond repair, had to be torn up root and branch, and are replacing the "force" with a community-led model.

There are congressional proposals to outlaw chokeholds, to do away with immunity, qualified or otherwise, for police who have abused their authority to commit acts of violence.

We've known at least since the Kerner Commission 50 years ago what is wrong – it's bad policing practices, a flawed justice system, unscrupulous consumer credit practices, poor or inadequate housing, high unemployment, voter suppression, and more...

The Kerner Commission concluded what remains true today, "White institutions created it, white institutions maintain it, and white society condones it."

It is our duty to see what poet Langston Hughes feared, "a dream deferred," that we see to it that it be deferred no longer and that we not let the dream "dry up like a raisin in the sun" or "fester like a sore."

The Left's incendiary contention of fault has been wholly dishonest. Democrats run the vast majority of the cities that have experienced the worst of the current rioting, some of them for decades. Sadly, the good citizens of those communities continued to re-elect these negligent politicians inexplicably expecting a different outcome. This is not a new phenomenon, remember Rodney King (L.A.), Freddie Gray (Balt.), Eric Garner (NYC), Tamir Rice (Cleve.), to name just a few, all that

occurred before Trump descended the golden escalator. The Democrats have notoriously been soft on crime. They do it to curry favor with their inner-city constituents in the hostile environments they've created, but it continually diminishes the quality of life. Thousands of NYC protesters disregarded "strict" curfews set by the city, causing millions in damage. Over 500 were arrested, and nearly every one of them was released the next day to bail "reform" laws.

In St. Louis, the Soros backed prosecutor released every single looter and rioter back on the streets. This was after four police officers were shot, and one retired (black) police captain was murdered while doing security duty. Do you know his name, it's David Dorn. His life doesn't matter. Ground zero in Minneapolis, Minn. They have a democratic governor. The AG Ellison is a Farrakhan defending, Antifa embracing radical, Ilhan Omar is their Congresswoman, Klobuchar is one of their Senators, the mayor is a democrat, the police chief is black. The city evacuated the precinct where the officers involved in the Floyd death were stationed, allowing it to be taken over by rioters and burnt to the ground, followed by four nights of unchecked rioting pushing the unlawful contagion across the rest of the country. Our own pandering Senator Tim Kane in floor debate said, "The United States didn't inherit slavery from anybody. We created it." My ancestors would likely take issue with that, though the Pyramids are quite lovely. The Twitter account of the Fairfax Va. Democratic Committee retweeted, "Riots are an integral part of this country's march towards progress." Knowing all this, the only conclusion the media and the democrats could deduce was its Trump's fault.

We have seen an unprecedented rise in totalitarian authority sweep our nation. Professor Wil-

liam Jacobsen, author of the widely-read blog, Legal Insurrection, and a professor at Cornell Law recently wrote at great professional peril: "We are living in extraordinarily dangerous times, reminiscent of the Chinese Communist Cultural Revolution, in which professors guilty of wrong think were publicly denounced and fired at the behest of students who insisted on absolute ideological orthodoxy. It's a way of instilling terror in other students, faculty, staff, and society so that others shut up and don't voice dissenting views. We are seeing monuments destroyed in Taliban-fashion because they represent an uncomfortable history, movies, and TV shows canceled, and individuals disappeared from employment due to even the slightest deviation from the prevailing political culture. This is not going to end well unless people of good conscience support black lives but not the Black Lives Movement as it was founded and currently operates, to speak up and refuse to cower in fear." As a Jew, I've watched nightly in horror as the mobs rampaged throughout the country, looting, murdering, shattering storefront after storefront unopposed (and in some places encouraged) by local authorities. I couldn't help but think that this must have been like what Kristallnacht felt like in Germany, though this time, it's retribution for the crime of being white. Seeing a political opportunity, the Left is now exerting thought control, demanding absolute unquestioning compliance. Corporations are cowering before them, hoping not to be singled out in the mob's cleansing of perceived privilege. They have pledged nearly \$2 billion to black causes since the Floyd death to help them all spread the word on how systemically oppressed they are. I believe the whole country would voluntarily, not through fear and intimidation, join in addressing the

concerns of the Black community in further reforming the police. Still, the discussion can't start with defunding and disarming them because a society without laws and enforcement would be in chaos. BLM has a platform calling for reparations, abolishing prisons, redistribution of wealth, rejecting the Western -prescribed nuclear family structure, removing cops from schools cutting funds from school discipline programs. They should instead acknowledge that progressive Democrats have enjoyed complete power over every large city in the country for six decades and have, by default, caused the disintegration of the black families in those locals. In 1960 22% of black children lived in a single-parent household now that number is close to 70%. Obama said, in 2008 when the percentage was in the mid-'50s, "children who grow up without a father are five times more likely to live in poverty and commit a crime; nine times more likely to drop out of schools and 20 times more likely to end up in prison." Call for defunding and reorganizing the education systems in our cities, which in those 60 years have failed to provide those students with equal opportunity. They demand more community control of the police force, but they'd find it's more difficult to remove a tenured failed teacher from their failed schools. They should demand school choice. Stop playing the victim and being hypocritical and acknowledge that all black lives matter and decry the carnage from 90% of black homicide being committed by other blacks (7,406 total 2018) and that blacks on a population-adjusted basis are more than seven times as likely to commit violent crimes and thus have more encounters with police. Stop embracing socialism and more government that has already failed the black community. Embrace capitalism and disavow higher taxes, which drives away

business. A job is the best way out of poverty, along with keeping more of your hard-earned income. We've spent over \$20 trillion in the War on Poverty over the last 50 years, which was designed, according to President Johnson, to lift people from welfare and government dependency and transform the poor from "tax-eaters" to tax-payers." The experiment failed as the family unit has failed, as the money has undermined self-sufficiency, discouraging work, and penalized marriage.

In a recent interview, civil rights leader Shelby Steele summarized where Black America stands today, I hold it in contrast and hope for solutions vs. what is being drilled into our homes nightly:

"It seems to me that in many ways, it's about power. In order to pursue power as they do, you have to have victims. Wow, the excitement that creates on the Left. It validates their claims that America is a wretched country, and they must get their recourse. It feeds this old model of operation that we've developed, that America is guilty of racism, guilty of this sin, and has been for 400 years, and minorities are victims who are entitled. When people start to talk about systemic racism, built into the system, what they're doing is expanding the territory of entitlement. We want more. We want society to give us more. Society is responsible for us because racism is so systemic. That's a corruption, and I know it's corruption because the truth of the matter is blacks have never been less oppressed than they are today. Opportunity is around every corner. In all of this, no one ever stops to say, well, you're unhappy with where minorities are in American life, and blacks continue to be at the bottom of most socioeconomic measures. You're unhappy about that. Well, why don't you take some responsibility for that? Why don't you

take more responsibility? I would be happy to look at all the usual bad guys, the police, and so forth if we had the nerve, the courage to look at black people. To look at black Americans, minority Americans, and say, you're not carrying your weight. You're going to have a fit and a tantrum and demonstrate, [but] are you teaching your child to read? Are you making sure that the school down the street actually educates your child? Are you becoming educated and following a dream in life and making things happen for yourself? Or are you saying, I'm a victim, and I'm owed, and the entitlement is inadequate? I need more, and after all, you whites, you know racism has been here for four centuries with slavery and so forth, so it's time for you to give to me. Well, that's an exhausted, fruitless, empty strategy to take. We've been on that path since the 60s. We're farther behind than we've ever been, and we keep blaming it on racism, blaming it on the police. I'm exhausted with that...We have allowed ourselves to be enabled in avoiding our real problems by a guilty white society. It keeps using us and exploiting us as victims. If you really care about how minorities do, why don't you ask them to do it? Why don't you ask them to drop the pretense? There's always going to be some racism, in every society. My own sense is that it is endemic to the human condition. We will always have to watch out for it. As I like to always say, stupidity is also endemic to the human condition, and we have to watch out for that too. That is no excuse for us to be where we are right now in American life. We have let this sort of guilty society, and our grievance industry put us in this impossible situation where we are a permanent underclass."

LETTER FROM THE PLAINS

ANTHONY WELLS

First, let me say that I hope all Eccentric readers and their families and friends are all safe and well in these challenging times. I want to address how the developing advanced technologies that I've briefly referred to in the past can help deal with several of the most insidious national and international threats that affect us all. I've talked about Artificial Intelligence (AI) in some detail earlier. Bear that in mind for a moment. Let's recall "Quantum Computing" and its likely impact on what may in the future be called the "Quantum Internet." The US Department of Energy's Argonne National Laboratory, together with the University of Chicago, has successfully tested a "Quantum Loop," the first stage of a Quantum Internet. Recall that "Quantum" replaces the zeros and ones in current digital computing with the revolutionary use of neutrons, protons, electrons, and protons. The security applications in sensing, computing, and communications across the board

are legion in every part of the electromagnetic spectrum. Fiber links will know no bounds once this US technology is further developed and commercialized. Remember, in 1969, the US Defense Advanced Research Projects Agency (DARPA) created the ARPANET that led to the creation of the INTERNET, followed by the creation of the World Wide Web, the British Oxford scientist Sir Tim Berners-Lee. We're at that point in time again, a step change. With the experiences of the past well understood, the 17 National Laboratories managed by the US Department of Energy can forge ahead much more quickly than it took the nascent ARPANET to emerge. Watch what happens next between Argonne and the National accelerator Laboratory in Batavia, Illinois. I managed highly classified programs with the Lawrence Livermore National Laboratory for the Department of Defense and the National Intelligence Community at the height of the Cold War. The capabilities inside the National Laboratories and the universities that are now on board at, for example, MIT,

Caltech, and Yale are, very simply, prodigious. Quantum Science (QS) I predict will be the wave of the future. If we tie Artificial Intelligence applications to QS, then we will have real-time means to challenge the likes of Vladimir Putin and his extensive international network of cohorts, operating, for example, in dingy places in Nigeria and the like, when coming at us through the Internet. Unconventional non-state sponsored threats are out there in profusion, the "Little Green Men" that undermine our way of life in the advanced western democracies. I follow in detail the work of the US Army Special Operations Command, for just one example, where these new technologies will help protect our vital national interests against the Russians, the Chinese, North Korea, Iran, and all those surrogate entities working in the shadows, often undercover for Moscow and Beijing. International electronic fraud is just one domain of dozens where bad people do bad things to your interests and mine. We have to protect US intellectual property and national security command,

control, and communications. The former is the lifeblood of America's economic future and the latter what will keep us all safe from emerging threats. With the help of the above technologies, we cannot only break into and prevent the worst effects we will be able to deceive and harass those who seek to violate international legal norms. Moreover, we will be able to identify and bring to justice the guilty parties. I predict that it will be a new Bletchley Park and Station Hypo era, based on the same factors and qualities that led to British and American successes at these historical entities, namely brainpower, ingenuity, adaptability, and technological inventiveness and superiority. The latter was underscored by the kind of extraordinary clever applications that people like my mentors in the 1960s, Sir John Masterman of "Double Cross System" fame, and Sir Harry Hinsley at Bletchley Park in World War Two, taught me. In addition to National Security, the commercial applications will know no bounds. They are exponential. Just in simple and everyday appli-

cations, like encryption for example - we will not only know in a flash which is messing with us, (trying to break into our systems, steal our data, technology, and money), we will be able to give them not instant gratification, but instant reprisal if required, a proportionate and appropriate taste of cybercriminals' own medicine that is of our choosing. Finally, let me introduce a change of subject. Please take a look at a link that I was sent in May, a few weeks ago, <https://www.snopes.com/fact-check/irish-times-fintan-otoole>. This is an article by Fintan O'Toole in the Dublin "Irish Times." Its authenticity was checked by many because of its scathing content. When reading Blue and Red, Eccentric readers may wish to read what the Irish Times journalist has to say about our current US dilemmas. I mention this because it is ostensibly non partisan and comes from a fine country with great historical roots in the United States. Do form your own opinion. I know that you will.

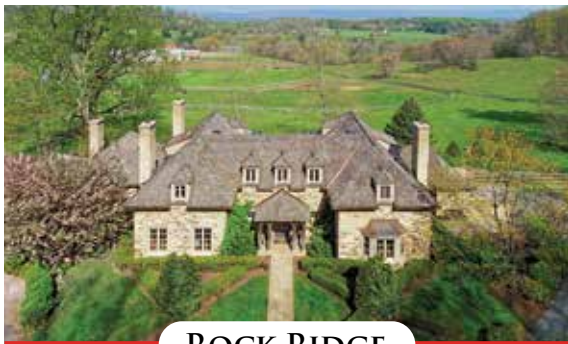
Be well and be safe.



THOMAS & TALBOT REAL ESTATE

Opening the door to Hunt Country for generations

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**

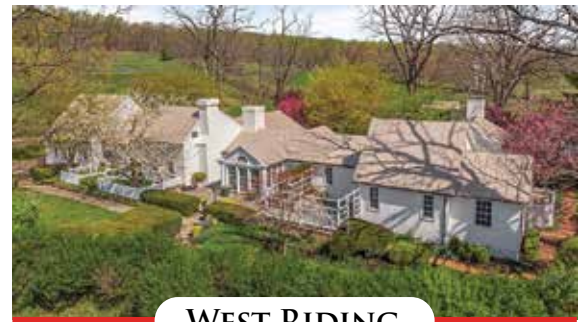
Cricket Bedford 540-229-3201



HOLLY HILL

Middleburg ~ Meticulously renovated, beautiful stone manor on **37+ acres in 3 parcels**. 4 bedrooms, master suite with his and hers bathrooms. Chef's kitchen, ballroom, library, guest cottage. Lake and gardens. Pool. 2 barns with 6+stalls. 100 x 200 dressage arena and separate jumping arena. Great ride out potential in OCH hunt territory. Conservation easement potential. **\$3,299,000**

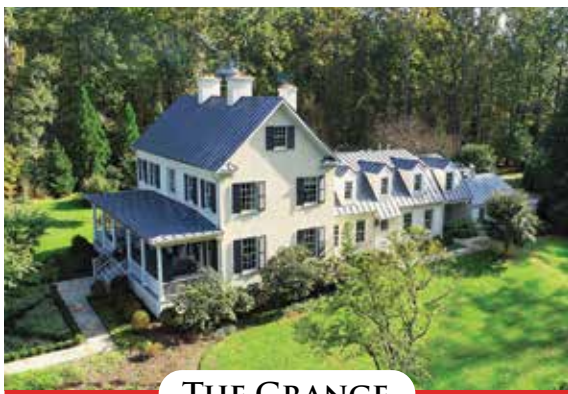
Emily Ristau 540-454-9083



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**

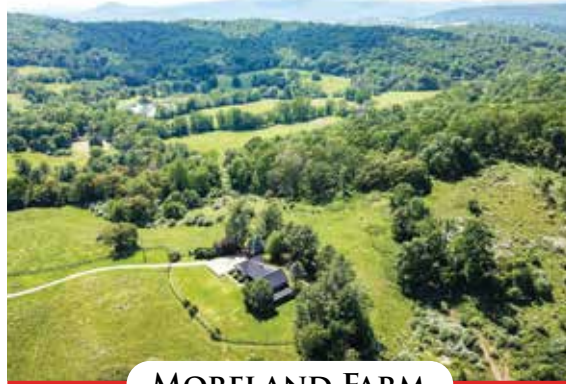
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THE GRANGE

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**

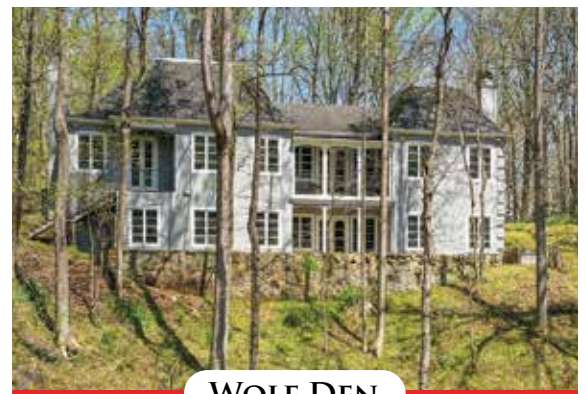
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MORELAND FARM

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

Rebecca Poston 540-771-7520



WOLF DEN

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

Rebecca Poston 540-771-7520



FOX MEADOWS

Delaplane ~ A private hilltop setting surrounded by **82 acres** of lush rolling hills, mature woods and the 'Crooked Run' river. Elegant brick manor house with open floor plan and one level living. House centers around a large living room with 18' ceilings. Features a paneled library, dining room, family room off the gourmet kitchen and a luxury master suite. Hardwood floors throughout and 3 fireplaces. 1 BR studio apartment, 3 BR/2.5 BA guest cottage and a 3-car garage. Storage shed and stocked pond complete the property. Ideal commuter location. **\$1,500,000**

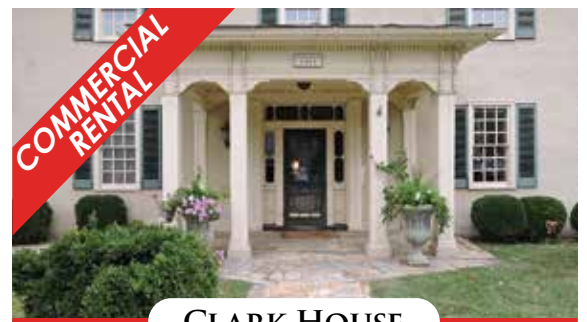
Cricket Bedford 540-229-3201



UPPERVILLE COTTAGE

Upperville ~ Ideal weekend retreat or full-time residence. This charming cottage blends old with new combining a 1919 log cabin with creative addition. Open floor plan with Kitchen, Family Rm & Dining Rm all together. Living Room has log walls and separate small office. Main level Master bedroom suite w/full bath. 2 more Guest Bedrooms & 2 full Baths. Updated windows, well, septic, roof, geo-thermal and large fenced back yard on 2+ acres. Walk to restaurants, churches & Post Office. **\$650,000**

Cricket Bedford 540-229-3201



CLARK 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 I66. 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. Suite3: 900sf, **\$1,900/month**. Suite4: 1,100sf, **\$2,300/month**. Or both for **\$3,800/month**.

Rein du Pont 540-454-3355

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