

INDEPENDENCE DAY MIDDLEBURG STYLE

PAGE 12



PHOTO BY DANNY DAVIS

MIDDLEBURG TOWN COUNCIL REPORT

JAY HUBBARD

Sidewalk Sale

The Punkin Lee of the Middleburg Business Association addressed the Council about the upcoming Middleburg Summer Sidewalk Sale. The event will be held Wednesday, July 29, to Sunday, August 2, to help flatten the attendance curve. Senior hours will be offered as well. Extending the event's timeline would allow locals to shop during the week, visitors over the weekend. Hand washing/sanitizing stations will be spread throughout the event area.

Town Event Recap

During the last month, the Town had two events, the Unity March and Independence Day. Both events were praised by Mayor Bridge Littleton.

The Middleburg Police Department were prepared and worked hand in hand with organizers of The Unity March. "All the goals of the event we meet, in a manner respectful to the First Amendment and Public Safety," said Mayor Littleton.

The Town Independence Day Celebrations were changed significantly due to the Pandemic, no fireworks, hot-dogs, etc. To Celebrate the day, Town Staff and Scout Troop 2950 worked together to distribute 1000 US Flags around the Town.

Staff Reports

The Westend Pumping station project is complete, "the improvement overall is very well done and continues to operate well," said Town Manager Danny Davis.

Well 4 continues to be tweaked and adjusted after being offline for some two years. The well is back to producing at normal levels. The water usage of this well in the past has been an indicator of a good Town economy.

The Town Planning Commission will be having a hearing regarding the Banbury Cross Reserve Housing Development on July 27. The Town will be allowing both personal and remote public comment.

The Town end of year fiscal report is being finalized and, "Things still look fairly good for the Town at this point, despite the pandemic," said Davis.

Covid 19 Updates

The Town is currently in phase three of the State reopening plan. The State has not indicated a time frame for this phase to end or change.

The Town office is open to the public. The staff does keep the door locked and asks that people knock to provide time for proper entry protocols are met.

National Night Out will be postponed until possibly October.

The Town has an ongoing concern with the lack of compliance with the State mandated mask law. They are currently exploring many ideas as to how to help businesses with enforcement.

Vice Mayor

Darlene Kirk, current Vice Mayor for nearly 20 years, cited she would like to step back from the roll. Kirk nominated Phillip Miller as Vice Mayor. The Council voted to approve the vote for election.

Proposed Brewery ABC License Application

The Council has submitted a formal letter to the ABC, citing concerns over four issues they found with the project.

Public Safety and Traffic: Concerns about the addition of traffic from a location serving alcoholic beverages on a highly-traveled portion of Route 50 and within the vicinity of other ABC licensed facilities.

Quality of Life: Impacts to adjacent and nearby neighbors, to include noise, light, and parking. The addition of such a use may also impact property values and create harm to adjacent property owners.

WINDY HILL PLANTS COMMUNITY GARDENS TO PROMOTE HEALTHY EATING

FULL STORY ON PAGE 6

NEWS OF NOTE

THE LADIES BOARD OF INOVA LOUDOUN HOSPITAL AWARDED 40 NURSING SCHOLARSHIPS



PHOTO BY ADRIENE SIMMS

The Ladies Board of Inova Loudoun Hospital has awarded 40 nursing scholarships totaling \$70,000 to nurses who live and/or work in Loudoun County. Recipients are enrolled in LPN, BSN, RN, MSN, and DNP programs at 19 different schools, including The Academies of Loudoun. Awards range from \$500 to \$3,000.

The Susan Mills Scholarship for \$3,000 is named in memory of Susan Mills, who passed away in March 2020 during her term as The Ladies Board president.

Adriene Simms is the deserving recipient of the Susan Mills Scholarship. Simms is an Inova Loudoun nurse working on completing her master's degree at Liberty University as a Nurse Educator. Adriene expresses a deep commitment to her patients,

her nursing colleagues, and the broader Loudoun community. She completed her scholarship application by stating, "I enjoy the challenge of meeting people where they are and watching them rise to greatness," which epitomized Susan's life-long dedication to this community.

"It's comforting to know there is a place in this world where, without question, I was meant to be. I think a lot of

nurses feel this way. Nursing is more than a profession -- we are called to it, and we were meant to do it," said Simms.

Since the nursing scholarship program began in 1959, to provide supplemental funds to worthy nursing students, The Ladies Board has awarded nearly \$1,945,000 to over 1,275 applicants.

Scholarship applications for next year will be available

at www.ladiesboard.org in January 2021. Applicants must live and/or work in Loudoun County and be enrolled in or accepted by an accredited nursing school.

Scholarships are funded by The Gift Shop at Inova Loudoun Hospital; Twice Is Nice thrift shop in Leesburg, the Lights of Love remembrance program, and the Annual Ladies Board Rummage Sale.

**Middleburg
Eccentric** ✨

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NEWS OF NOTE

LEESBURG GARDEN CLUB AWARDS GRANTS TO LOUDOUN WILDLIFE CONSERVANCY



ATTENDING THE SCALED-DOWN CEREMONY WERE REPRESENTATIVES OF LGC AND LWC TERESA FERLAND, SALLY TRAVIS, ANN GARVEY, SUZANNE WORSHAM, MICHAEL MYERS, LINDA MACLEAN, AND BJ LECRONE. (PHOTO BY SKY RICHARDSON)

The Leesburg Garden Club (LGC) chose Loudoun Wildlife Conservancy (LWC) as one of three grant recipients through the Club's grant program. An informal and socially-distanced ceremony was held on June 24, 2020, to hand off the check to complete the Harrison Street Pollinator Meadow. Suzanne Worsham, President of LGC, handed off the check to Michael Myers, Executive Director of LWC. Other LGC members present were Teresa

Ferland, Sally Travis, and Linda MacLean. The representative of the LWC membership was Ann Garvey and Carol Sottili. The LWC's request for this grant met the Club's funding objectives and corresponded with the Club's mission "to promote an active interest in gardening and assist in the protection and development of the natural beauties of the State."

"We were thrilled to have such tremendous participation in our grant program. The number of non-profits and school-based projects tells us that there is a big need for horticultural and environmentally significant projects in our community. We are proud to support the Loudoun Wildlife Conservancy as they seek to showcase pollinator meadows." - Suzanne Worsham, President, Leesburg Garden Club

From 2018 to 2019, LWC's volunteers worked to plant 1,358 native plants in each of two pollinator meadows on either side of the W&OD Trail. The trail's heavy usage and the proximity within the 100' easement were considered a perfect location for such an informative endeavor. It will allow users of the W&OD Trail to learn more about the importance of pollinators, the habitat they need and see an example of planting and maintaining pollinator meadows. The meadows can be seen on the east side of Harrison Street as it crosses the W&OD Trail. It is a close neighbor to the Crescent Place townhouse community.

The grant funding the LWC received will be used to purchase several plants yet needed



SUZANNE WORSHAM, PRESIDENT OF THE LEESBURG GARDEN CLUB PRESENTS CHECK TO MICHAEL MYERS, EXECUTIVE DIRECTOR OF THE LOUDOUN WILDLIFE CONSERVANCY. (PHOTO BY SKY RICHARDSON)

and fees associated with beautiful, interpretive signage. Upon completing this project, visitors will enjoy identifying the many native plants along this trail. Visitors may stop to view the interpretive panels, which will describe each plant species, its habitat, and the types of wildlife it supports, thereby educating the public of the importance of native plants.

"Loudoun Wildlife Conservancy is honored to be a grant recipient of the Leesburg Garden Club. We're looking forward to installing interpretive panels at the Harrison St. Pollinator Meadow to educate and inspire the residents of Leesburg about the value and importance of pollinators and encourage everyone to support and attract pollinators by creating more native plant habitats." - Michael Myers, Executive Director, Loudoun Wildlife Conservancy

Community members have played an essential role in bringing this project to fruition with the LWC. A resident of Crescent Place, Carol Sottili, and a Virginia Master Naturalist, saw the space that would become the Harrison Street Pollinator Meadows. Ann Garvey and BJ Lecrone, members of LWC, put in extensive effort to achieve the creation of the pollinator meadows. LWC volunteers supplied the hard work of planting while others acquired the plants. The Town of Leesburg Parks and Recreation will take over the maintenance of the meadows once estab-

lished. A formal dedication will be planned when the interpretive signage has been installed.

Lucketts Elementary School and Tuscarora High School will both receive grant funding. Students and teachers at the high school will construct an Outdoor Classroom and Learning Lab, while the elementary school students will improve the courtyard with native plants, trees, and shrubs and install a Monarch Waystation. These grants will be distributed at a later time.

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

Recipients in the 2016 grant cycle were Oatlands Historic Home and Gardens to install an irrigation system within its walled garden, considered one of the finest historic gardens in Virginia. The Club was also awarded a grant to fund materials for an after-school garden club and outdoor classroom at Leesburg Elementary School.

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NEWS OF NOTE

WINDY HILL PLANTS COMMUNITY GARDENS TO PROMOTE HEALTHY EATING



With all the challenges going on right now, it might seem that planting a garden would be a luxury. For many of the residents of Windy Hill, it probably is. Many people in our affordable housing communities are front-line workers. They are the grocery employees, nursing home aides, and other essential workers that keep our economy, and our lives, running right now. Other residents are suffering from reduced or lost wages. At Windy Hill, we are working tirelessly to raise funds and partner with other organizations to provide food and ensure that no one goes without necessities or a roof over their head during the pandemic. Windy Hill Director Bob Dale notes, "In addition to all the food donations our residents depend upon, we have been fortunate to receive help to restore a few of our gardens. These gardens will produce healthy produce for our families to incorporate into their meals this summer. And they need to walk outside their door to enjoy the gardens!"

In early March, when the global pandemic was starting to affect us all, Desiree Lee and her team at Hunt Country Gardens were planting the first seeds at Virginia Lane (on Route 50, just outside of Middleburg) after Windy Hill reached out to ask for help restoring the garden

plots. Desiree has been gardening for 20 years and has operated her business, Hunt County Gardens, for the past ten years. She specializes in perennial gardens, orchards, boxwood restoration, and container gardens. She has clients on private estates in and around Middleburg. Many of her lush flower boxes outside Gentle Harvest in Marshall and Hunters Head in Upperville have been envied. Desiree and her team weeded at the Virginia Lane garden, set soil, and sowed seeds right as we were all told to shelter in place. Those seeds are now producing a crop of collards, shelling peas, radishes, broccoli, kales, lettuce, celery, bunching onions, and strawberries. On the way will be tomatoes, zucchini, and squash. Desiree has invited the residents of Virginia Lane to take part in the garden's caring and harvest, with social distancing measures in place. She will be sharing extra produce to the older adults at Levis Hill House. We are so thankful for Desiree for sharing her expertise, her labor, and the crops with our community.

And...our garden support does not end there. Windy Hill recently was the recipient, via the Town of Middleburg Go Green Committee, of a grant to promote healthy living at Levis Hill House. As a HEAL (Healthy Eating Active Living) gold member town, the Go Green Com-



mittee applied for this grant from the Institute for Public Health Innovation to promote increased access to nutritious food choices. Earlier this week, with Peter Leonard Morgan, the Town Council Representative on the Go-Green Committee, and a few of the residents of Levis, we planted three raised beds and more vegetables and herbs in the ground. The raised beds will allow some of the old-

er residents to easily water and care for the plants. This garden includes a variety of tomatoes, cucumbers, squash, kale, collards, and herbs. If the garden grows as planned, the residents will have more tomatoes than they will know what to do with. This is a community garden, and hopefully, the residents of Llewellyn Village, right down the hill, will also enjoy the bounty. We included a bench so the residents could sit outside in the shade and watch the plants grow. As one can imagine, this pandemic has hit our elderly residents, especially hard, and we are working to make sure they remain healthy and not feeling isolated. Having an outdoor space for them to enjoy is a big part of creating an environment that leads to a healthy lifestyle. Peter Leonard-Morgan, Middleburg Town Council member, commented that "The Town of Middleburg and the Go Green Committee is thrilled to have been able to utilize a significant proportion of its HEAL grant to help our seniors at Levis Hill House

with three raised planters, and a bench from which to admire their handiwork!"

We are not done yet with our plans to revive the Windy Hill gardens and outdoor spaces. We hope to raise enough funds to provide picnic tables at all our properties in Loudoun and Fauquier, to rehab our playgrounds, and to revamp the third garden at Llewellyn Village Apartments and the Cottages on Windy Hill Road in Middleburg. Windy Hill is reimagining all our resident programming, including a summer camp. Having outdoor venues will be critical this year more than ever, to promote healthy living. Bob Dale, Executive Director of Windy Hill, notes, "the gardens will play a small part in improving people's lives. We hope the gardens become a new normal for our residents and encourage them to grow and eat healthy food." If you would like to help us revive another garden, please call the office at 540-687-3997 or email Lisa@windyhillfoundation.org.



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NEWS OF NOTE

THE MYSTICS' PRIVATE 2019 CHAMPIONSHIP RING CEREMONY AT SALAMANDER INN & SPA



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Congratulations to our 2020 Loudoun Laurels Scholar



Breni Portales-Escobar

Park View High School
Class of 2020

Ms. Portales will attend the University of Virginia where she plans to enter the pre-med program.

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

Congratulations to Our 2020 GRADUATES



2020



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BS with Distinction
PhD Candidate Yale University



Jenae Barnes

George Mason University
BA Global Affairs
Fall 2020, School of Journalism
Columbia University



Sumeet Saini

Christopher Newport University
Social Services College
BS with Service Distinction

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



Congratulations to the Loudoun Laurels Foundation 2020 Laureate



Chuck Kuhn
JK Moving Services,
President/CEO

CapReLo, Chairman

Mr. Kuhn will be honored at the Loudoun Laurels Gala in September 2021 at Lansdowne Resort.

For Loudoun Laurels Foundation Sponsorship Information visit loudounlaurels.org, or email info@loudounlaurels.org.

URGENT- TIME FOR ACTION!

The biggest and most immediate threat to Middleburg and nearby is the Banbury Cross Development, an application for building 38 houses on 571 acres stretching a mile along Route 50 from Sam Fred Road east to Carters Farm Lane.

The largest development in western Loudoun on land zoned Agricultural Rural (AR2), BXR has the potential to negatively impact the town and its water supply, open space, and agricultural lands in one of the most pristine parts of the County.

THE REASONS WE AS CITIZENS OPPOSE THIS DEVELOPMENT ARE:

Inherent Risks to the Water Supply:

Further Loss of Loudoun Farmland:

How does this adversely affect you?

*****Want to get Involved?*****

Call in or Attend: Due to COVID-19, you may call in (540-339-6355) on the 27th with your comments or attend in person at the Town's office (behind the Safeway). Public gathering outside the office with face masks as COVID-19 guidelines will apply in person. (Call the town at 540-687-5152 to register to speak for 3 minutes on the 27th.

Email us & learn more: Please email us concerned citizens at ccabbx@gmail.com

for more information & more details.

Give: Donations can be made through our 501c3 partner, <https://goosecreek.org>.

Thank you.

Middleburg, We've Got a Problem

In recent months, our area has seen a flurry of development activity including a 30-home subdivision in the historic village of St. Louis; an ill-fated attempt to put a hotel/event center near Marshall; the possibility of a housing subdivision next to Mt. Zion Church in Aldie; and, the prospect of two breweries bookending the town of Middleburg. The real estate market appears to be hotter than at any time in recent years with farms, land and homes selling quickly. Our area is experiencing significant development pressure which will increase because of continued growth in the already developed areas to our east, and the rising appeal of a rural life style given the COVID-19 pandemic.

The biggest and most immediate threat to Middleburg and nearby areas is Banbury Cross Reserve (BXR), a proposed development of 38 homes on 571 acres on the edge of town, stretching a mile along Route 50 from Sam Fred Road east to Carter Farm Lane. Likely the largest development in western Loudoun on agriculturally zoned land (AR2), BXR has the potential to impact negatively the town, open space, agricultural lands and scenic views in one of the most pristine parts of the county. What could be most at risk is the availability of clean water for nearby homes and farms from an aquifer that is Middleburg's only source of water.

Risks to the Water Supply

Based on concerns about adequate water supply, Concerned Citizens Opposed to Banbury Cross Reserve hired independent technical experts to review the hydrogeological study submitted by the developer. These experts concluded that this study was technically flawed; did not meet some of the county's minimum requirements; and that the BXR project has the potential to adversely impact water quantity and quality. The Middleburg Planning Commission (MPC) at their June work session repeatedly raised concerns about the BXR's potential impact on the town's water resources.

The group's hydrology expert determined that the methodology used by the developer's firm oversimplified the complexities of the groundwater system. The BXR analysis did not account for the location of all of the development's wells and the likely movement of water through the aquifer. The BXR report even cautioned that the well-testing results should not be used for predicting water level declines caused by the new wells, but that's how the pumping test results were used. In addition, the county staff raised concerns in a memo to the county's health department that the new wells drilled for the development might not provide enough water initially and could go dry. The county even indicated that a contingency water supply plan was needed. Unfortunately, there is no plan, and if the development goes ahead and actual well-water problems occur, the developer will be long gone, and the town and those around BXR will be left with a huge problem.

The water situation could become even worse. If the subdivision is approved, the developer could decide later to put event centers, wineries or breweries on one or more of the 10 larger lots where a like number of homes are currently planned. These changes, which would increase water demand and wastewater treatment requirements, would be "by right," meaning that county would be required to approve these commercial uses as long as technical requirements were met. This is not an unrealistic scenario. Earlier plans for this property envisioned incorporating what had been known as the Banbury Cross Polo facility and a resort, hotel, clubhouse and spa.

One last technical point. Loudoun County's zoning ordinance clearly calls for soil structure to be evaluated, yet this was not done. The soils at BXR do not drain well, which contributes to the low perc rates and the need to install special septic systems for almost 80 percent of the development. These complicated systems have an increased risk of failure and must be inspected annually to avoid damage to the watershed, including Goose Creek, an important source of water for Loudoun County.

Further Loss of Farmland

This is another major problem with the BXR subdivision. According to the United States Department of Agriculture, Loudoun County lost 20 percent of its farmland between 2002-2017. And that loss could reach 50 percent by 2040 based on the county's projection of new residences in western Loudoun. Keep in mind that Loudoun's recently approved comprehensive plan stresses the importance of retaining farmland in the western part of the county.

Approximately 37 percent of the 571 acres at BXR consists of prime agricultural soils. As currently proposed, this farmland would be lost and the development could spur the loss of even more farmland. According to the American Farmland Trust, farms that are adjacent to low-density housing are many times more likely to be developed.

The Loudoun County Supervisors appear to be concerned about this issue. In June they unanimously approved a Board Member Initiative (BMI) to limit the loss of more farmland. While the supervisors should get credit for this action, it may be a case of too little, too late because the BMI is too late to have an impact on the BXR application, and too little because conservation groups thought the BMI should have included a reduction in the number of homes allowed for cluster developments.

There are other issues with this development. A large portion of the site was Mt. Airy plantation and residences and cemeteries for enslaved persons could be there. A site survey of the entire 571-acre parcel should be completed to assess if previously unrecorded cemeteries exist. The site also contains portions of battlefields associated with the Civil War battles at Aldie and Middleburg and both battlefields have been determined to be potentially eligible for listing on the National Register of Historic Places. BXR could threaten their eligibility.

Given that this development puts so much at risk, members of the community should plan to share their concerns at the MPC meeting on July 27th. You are also encouraged to contact town officials as soon as possible to request that they reject BXR by sending an email to the Middleburg Planning Commission via Will Moore, Deputy Town Manager (WMoore@Middleburgva.gov).

If there ever was a time to weigh in on a local land use issue, this would be it. A strong outpouring of public opposition might just be the community's last best chance of stopping this unfortunate project. For additional information, you can email ccabbx@gmail.com.

Kevin Ramundo is a former communications executive who serves on the boards of Citizens for Fauquier County and Land Trust of Virginia and is active in various preservation and conservation efforts.

Sidebar Banbury Cross Reserve Public Hearing

Please mark your calendar for the evening of July 27th, when the Middleburg Planning Commission will hold a public hearing on the Banbury Cross Reserve subdivision application. The work session begins at 6:30 PM and the actual public hearing begins at 7:00 PM. Call the town at 540-687-5152 to register to speak. Given the pandemic and various restrictions, it may be preferable to call in with your comments (540-339-6355) rather than attend in person at the town's offices behind the Safeway. Face masks and social distancing will be required.

NEWS OF NOTE

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MIDDLEBURG INDEPENDENCE DAY PARADE

PHOTO BY DANNY DAVIS



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NEWS OF NOTE

TROOP 2950 CREEK CLEAN UP



MIDDLEBURG TOWN COUNCIL REPORT

CONTINUED FROM PAGE 1

Lack of Specific Commitments: The information provided by the proposer did not specifically commit to a number of parking spaces, occupancy, or other details that would mitigate impacts on the community. The proposer has stated a number of details that are not completely defined.

Misrepresentation of Discussions: The discrepancy in the proposer's purported outreach to adjacent neighbors, and the lack of effort in discussing with other neighbors, causes the Town concern as to the proposer's com-

mitment to other aspects of the project.

Source: <https://bit.ly/3js0k8S>

Route 50 Crosswalk Project

VDOT will be repairing a majority of the crosswalk in Town over three separate weekends. The detour will be in place from 10 pm Friday to Monday at 5 am on July 17 - July 20, July 24 - July 27, August 7 - August 10.

For more information: <https://bit.ly/2COV4eD>

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SHARON PERUZZI STRAUCHS,
DIRECTOR, CORTONA ACADEMY

DC Metro Area in July and August: "Normal Times" Proud Americans celebrate the 4th of July. Then we begin to hear the cicadas sing louder than ever signally the end of summer is near. Parents wrap-up last-minute vacations while preparing for the inevitable ring of the school bell. Children begin to plan lunchtime rendezvous with old and new friends, create new locker designs, choose classes. The race is on for new clothes and new school supplies. While cicadas are humming, store owners hear the joyful hum of cash registers.

Back then, children were actually talking to each other, attending summer camps, with-

out computers, cell phones, or iPads. Back then, parents knew what was coming in September...class schedules, homework, and new wake-up times. While it may have been nice during summer to sleep until noon after having stayed up most nights playing "Fort-night," during the upcoming school year, parents all knew this would be a recipe for disaster. In "normal times," July and August would have been when they gradually began adjusting new bedtime and gaming rules, helping their child ease into a September routine. Even for those homeschooling who had taken the summer "off," September would have signaled a new start, new rules, a new beginning, hope.

Now, since COVID-19, this July and August parents are stressed, children are more hooked than ever on comput-

ers and computer gaming, school systems seem to make weekly changes to opening plans for September, and all of us are at war with the pandemic, trying to protect our families, keep our jobs, and save what little we have left of the life we once knew. From which well-stream can parents draw their courage to face perhaps another two to 12 months (or longer) of online learning, or "hybrid" learning with mom and dad...at home, in front of the computer, having to monitor it all?

All of our school days, we have been taught that "history repeats itself" that we can learn much from history. Let's now look back at another July, 244 years ago.

On July 4, 1776, the Second Continental Congress ratified the "Declaration of Independence," then the fol-

lowing December, American Patriot, Thomas Paine, anonymously published "Common Sense," an extremely popular pamphlet, selling more than 100,000 copies which were read aloud on Dec. 23, 1776, to George Washington's distraught Continental Army. Paine recognized that indeed, these ARE difficult times, so difficult that they "try men's souls," but then he forcefully went on to encourage them to have faith, to persevere, to fight, to "stay the course," and never give up.

Recently there have been many comparisons to our battle with COVID-19 and America actually being at war. Since March, to one degree or another, we are all in semi-staged of insecurity or outright panic. This enemy is everywhere, but unseen. This seems worse than an actual, declared war; we face an invisible enemy. This writer's parents related that during W.W.II, while loved ones were called to duty to fight in far-off lands, families constantly gathered face-to-face with neighbors, friends, and colleagues to hug and share sadness and joys. Today, it is really hard to "stay the course" when we now have to do this on Zoom! We can still go to church, attend classes, concerts, and graduations, but from afar. Man-dated isolation, though necessary, has made this all seem worse.

The other factor faced by parents is that even before the pandemic, new computer technology led many children to become "hooked" on video gaming. Indeed, the only time many of our children even spoke to peers (other than online) was at school! Studies are now cautioning that children are getting a sense of euphoria, similar to a high when texting and video gaming. "People have turned to technology to communicate and have forgotten how to talk to each other. Kids today are losing the ability to interact with people. They're not being properly socialized." (Hooked on Games, Andrew P. Doan, MD, Ph.D. 2012)

Thus, many parents now have to deal with both issues: COVID-19 and technological isolation. How long it will be to assess these two combined risks to our children's mental health is anyone's guess because, at this juncture, no one knows exactly when in-person schooling will return.

The great news is this: What has NOT changed in America these 244 years since Thomas Paine is the utter resolve of us Americans, call it "American Determination." American was founded upon principles requiring courage and steadfastness. What this educator sees is the bright side of this isolating shutdown. I call it "American Ingenuity." Just since March, parents have been augmenting their child's education with a plethora of online options. Everything from dance, art, drama, math, and science courses are at our fingertips. Bored children now actually have the Gift of Time, time to expand their creative minds. They can now explore and develop way beyond the confines of their school program, while still being a part of it! At the same time, parents continue to fight (as they did before COVID-19) to secure more off-screen, relationship time with their children. They, too, have been FORCED to think creatively, to go outside their comfort zones, and actually go outside...anything to get children away from computers! Evidence of this is to try to buy an adult bike. They have been bought-up nearly everywhere for the past two months. Or a camper? Try even renting one.

What this means is that we are winning. Our "war" is being won in every single home, family by family, day-by-day, lesson-by-lesson as we strive to overcome fear and uncertainty. Just like early American patriots, we shall prevail, because we Americans learned from them. We KNOW how to innovate, how to "stay the course," and, most of all, how to adjust to our new environment. We are overcoming, sometimes insurmountable obstacles. As we look back to July or August of only a year ago, we realize that we took much for granted. Now, because we have been tested and have to fight for our health and our children's educations and mental health in innovative ways, we really have something much more valuable. To quote again from Thomas Paine, "What we obtain too cheap, we esteem too lightly: it is dearness, only that gives everything its value."

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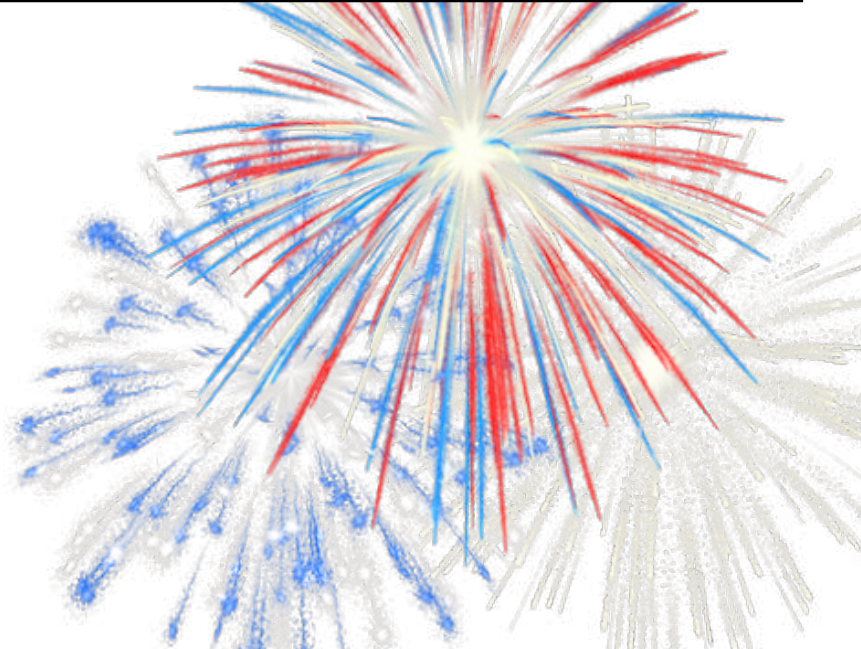
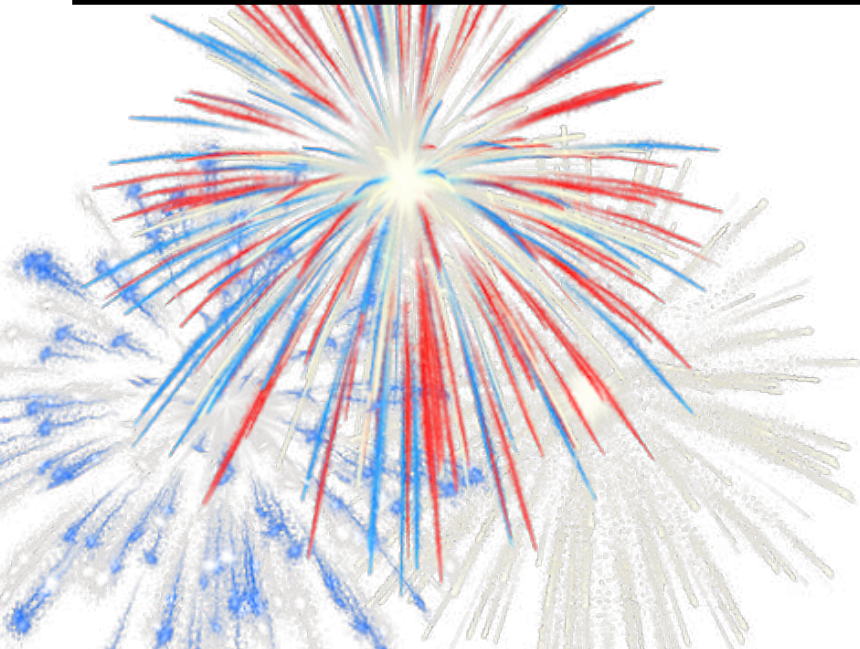


MIDDLEBURG INDEPENDENCE DAY DECORATING CONTEST

Door



Porch



PASTIMES

DENTAL OFFICE SAFETY AND COVID-19

MIDDLEBURG SMILES



DR. ROBERT A. GALLEGOS

Now that we have emerged from quarantine and restrictions are being slowly removed, patients want to know are they safe to resume dental care. The answer is “yes,” with few exceptions.

As of May 1, 2020, Virginia resumed regular dental care as an essential service. This essential service distinction is important because, at that time, our state was still not open in many sectors of business. The reason dental offices resumed regular care is because of the essential nature of dental health in relation to our overall health. Delaying dental care can lead to more serious dental and medical conditions that impact overall health and wellbeing.

Are Dental Offices Safe?

Dentists and their teams put safety first. Dental teams pay close attention to and comply with Centers for Disease Control, the American Dental Association, and state recommendations.

Even before the COVID-19 outbreak, offices followed strict infection control guidelines that were designed to prevent the transmission of communicable diseases, including viruses. These practices are effective with COVID-19. In an abundance of caution, dental offices have increased the frequency and thoroughness of sanitizing procedures. They have also added additional protective measures (described below) and follow safety procedures recommended by the Center for Disease Control and the American Dental Association.

Safety of Reception, Business, and Common Areas

Offices are asking patients to stay in their car and contact the team when they arrive. A team member will then contact the patient when it is time to come into the office. Patients are asked to wear facemasks into the office. They are then greeted by team members who will also be wearing facemasks. Each patient must clear a screening with a COVID-19 questionnaire and temperature check with a touch-free temporal thermometer before they are allowed to proceed to their care area. Amenities such as coffee and water bottle service, magazines, toys, and books for children have been removed. These procedures accomplish physical distancing by limiting the time each patient is in the reception area and limiting the number of patients in the reception area. Hand sanitizer and facial tissues are available at various locations for patient use. The reception area, business area, bathroom, and common areas of the building are sanitized several times each day.

Clinical Area Safety

Each dental team member has



to clear the COVID-19 questionnaire, and temperature checks each morning before starting their day. Team members in clinical areas are also using additional personal protective equipment (PPE). This PPE may include higher efficiency respirator masks, second layer masks, face shields, and gowns. Offices are addressing air quality by limiting aerosol procedures, using high volume evacuators, and air purifying systems (such as HEPA filters and ultraviolet-UV sanitization).

What about Older and Medically Compromised Patients

The health consequences of infection are especially important with these patients, but it is essential that health decisions not be made based on fear. Each patient in these categories has to be treated individually. By that, I mean consultation with the dentist and physician may be necessary. Many older and/or medically compromised patients health will get worse if they delay dental care. We know that the overall health of every person is directly affected by their oral health. When the immune system is weak, any change in oral health can lead to worsening medical health.

Should I come to my dental appointment alone?

Offices are continuing to practice physical distancing until it is safe to do otherwise. We ask that you do not bring any other individuals into the office for your appointment unless they are also receiving treatment or if they are needed to provide assistance.

Should I cancel my appointment if I or someone else is sick in my household?

If you or anyone in your household is sick, or under quarantine for any reason, you should postpone your appointment for at least three weeks.

In summary, dental offices are safe environments for patients and team members and, with very few exceptions, it is important not to delay visits, so oral and overall health is not adversely affected.

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

MID-YEAR NEW ALBUMS

IN UNISON

STEVE CHASE

It's June, COVID is still with us, and many of you are still home. Here are ten great new albums you can check out. Best listened to on Spotify or your streaming service of choice.

Little Big II--Dreams of a Mechanical Man--Aaron Parks (Invisible Cinema Music),

I'm always looking for new sounds, and I found them with Aaron Parks and his great project Little Big. His interplay with his band is synergistic and organic, creating what one critic has called a new aesthetic and a unique sound. Joined by Greg Tuohey on guitar, David Ginyard on bass, and Tommy Crane on drums, it's a cerebral album that is best listened to rather than background music. Discover for yourself how these guys bring together a variety of viewpoints and genres in a way nobody else can.

Swallow Tales--John Scofield (ECM) In the 70s and 80s, a whole generation of jazz players considered composer and bassist Steve Swallow their go-to collaborator. Guitarist John Scofield considered Swallow a mentor during and after his time at Berklee School of Music, and he played several early projects with Swallow. This new ECM release is Scofield's tribute to Swallow, recorded in a single session with Swallow on bass and the very talented Bill Stewart on drums. The set reflects Swallow's melodic expressions, while still allowing Scofield's complex and sometimes percussive playing style to mix it up with Stewart.

Underneath-Code Orange (Roadrunner) Sometimes, you have to go a little nuts, and this brilliantly disturbing piece of hardcore metal rock may be just your ticket. Coming out of Pittsburgh, Code Orange mixes all that is loud, strident, and outrageous-- a dark musical stew that is brilliantly executed and super fresh. The Guardian's review says it best: "There are glitches, freakily distorted screams, sudden bursts of static and weird repetitions, making the songs seem attacked by malware. Shifts in time signature create further instability..." Prepare yourself, and play it loud.

Americana-- Gregoire Maret (ACT) This new album by the great harmonica virtuoso Maret is a soothing tonic to the Code Orange experience. Based in NYC, Maret is joined by Berkeley graduate Romain Collin on piano and the superb Bill Frisell on guitar. The trio's set brings listeners a set of songs that bring up visions of home and community, both urban and rural. This is where Frisell's guitar atmospherics perform best, and Maret and Collin's interplay brings every tune together for nostalgic reflection.

Warna-Joeey Alexander (Verve) When Herbie Hancock

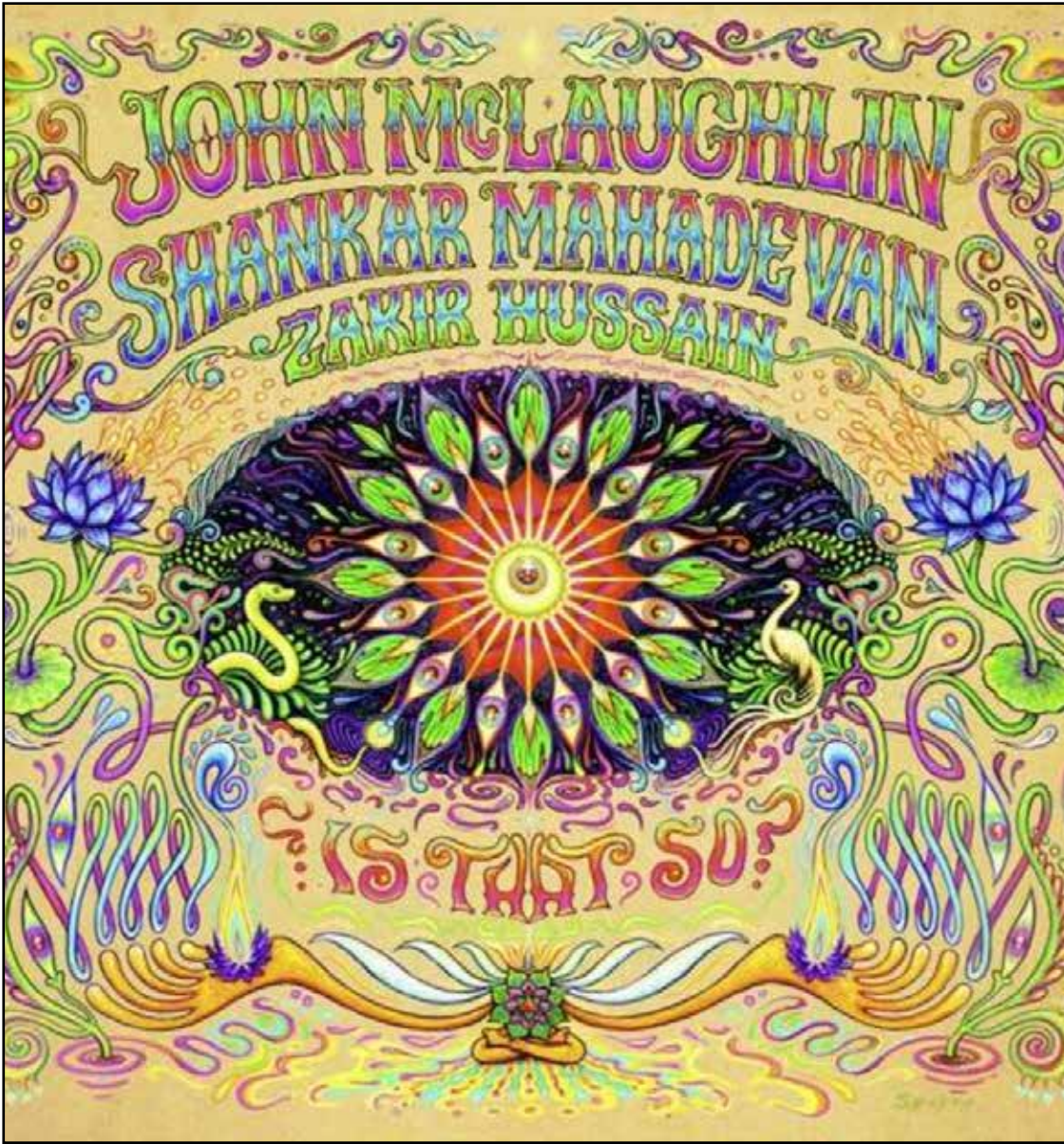
met the eight-year-old prodigy jazz pianist Joey Alexander in Jakarta, the word was out. In 2014, Wynton Marsalis invited the ten-year-old Alexander to play at Lincoln Center, and the acclaim was tremendous. He considers his playing a "gift from God," and he is probably right, having become a formidable force in jazz piano at eleven years old with his first album, My Favorite Things. His latest album has 18-year-old Alexander playing trio music with some of the best sidemen in the business-- a surprising set of extraordinary jazz. Great dinner music.

The Unraveling--Drive-By Truckers (ATO) This band has been around for some time, bringing southern rock and Americana together in a neat and powerful musical package. Founded in 1996 by Patterson Hood and Mike Cooley in Athens, Georgia, the band has had a number of incarnations over the years as they have stayed consistently popular. Their constant is a strong alternative rock sound with lyrics that are a window on our times. This latest album is a no holds barred look at what the country has become since 2016. Make no mistake; the band was angry as they recorded this one-- it shows in the lyrics and some of the best playing they have ever done.

From This Place--Pat Metheny (Nonesuch) It's been a while since we heard from Metheny, so this new album is a welcome addition to 2020. Like the Drive-by Truckers, Metheny seems motivated in this set to question the state of things in the country. The first tune America Undefined was written the day after the 2016 election. Metheny is joined by drummer Antonio Sanchez, bassist Linda May Oh, and the great young British pianist Gwilym Simcock, who toured with Metheny the past few years. This is a lush and complex recording, with vocal lyrics, a rare thing on a Metheny release. Simcock's melodic style and complex harmonies remind us at times of the late Lyle Mays. This one grows on you; I hear something new every time I listen.

Sigma Oasis--Phish (JEMP) With all of the live material available from Phish, you can easily forget that they have made some great studio releases. Sigma Oasis is one of those albums, a tonic for our souls in these difficult days. With a new producer and Trey Anastasio taking the songwriting helm, this is a funky, complex, and good-natured romp that gives listeners a lot to listen to without diversions into noodling jams that only the hardcore can appreciate. A record you can play again and again.

Is That So?--John McLaughlin (Abstract Logix) The great guitarist McLaughlin has an affinity for Indian music. In this landmark release, he takes the Indian musical aesthetic and structure. He combines in with Western harmonies, resulting in a new



sound that is the next evolutionary step from his work with his earlier band, Shakti, in the seventies. Vocalist Shankar Mahadevan's exceptional voice anchors the songs, blended with Indian percussion and McLaughlin's acoustic and synthesized electric guitars. The result is an amazing musical journey that is accessible

to the Western ear.

Modes of Communication: Letters from the Underworlds--Nduduzo Makhathini (Blue Note) In his debut on Blue Note, the great South African pianist, and bandleader Makhathini brings us an intriguing synthesis of South African and American

Jazz that is reminiscent of Kamasi Washington's recent work. It's a fusion of Coltrane's historical styles, Saunders, Shorter, and McCoy Tyner, fused with a 21st century jazz aesthetics from two continents. This album cooks.

Steve Chase is playing new tunes in the village of Unison.



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PASTIMES

THOUGHTS FROM THE FIELD; ELECTROLYTES PLEASE PASS THE SALT (AND WATER)!!!

FIELD CRAFT



NICK GREENWELL

With the temperatures soaring, the grass becoming crispy, and our horses either maintaining their workload or coming back into work in anticipation of hunt season, hydration is of the utmost importance in our heavily sweating equine friends. It is common practice to include electrolytes in our horse's intake, either as a top dressing on their concentrate, as an additive in their water, or in paste form administered directly into their mouths. With that known, what exactly are electrolytes? What should we look for in this common supplement? Let us take a look.

What are electrolytes?

They are salts that conduct electricity when dissolved in liquid; commonly listed salts are Sodium (Na+), Potassium (K), Calcium (Ca), Chloride (Cl), and Magnesium (Mg).

Electrolytes are responsible for normal cellular function. This has a cascade effect all the way up to every system in the horse's body.

Depleted electrolyte levels can cause muscle soreness, stiffness, tying up, decreased blood volume, colic, fever, shock, and in severe cases, death.

Horses can drink 27- 30 liters of water daily

They can lose 10- 12 liters of water per hour in sweat alone

when in heavy work in hot climates. This has the largest impact on Na+, K, Cl levels.

Loss of fluids increases the concentration of solutes in the blood. This triggers the thirst response.

Offering mildly salted water (dissolved electrolytes) to horses to immediately after work encourages this response, and more fluid is replaced than when plain H2O is offered.

It is important to start exercise with adequate electrolyte levels to facilitate skeletal muscle function. This is particularly important during these extremely hot, humid months. Many horses show the same physiological state coming out of the field as horses

that have already been worked. Tying up and colic is a huge risk.

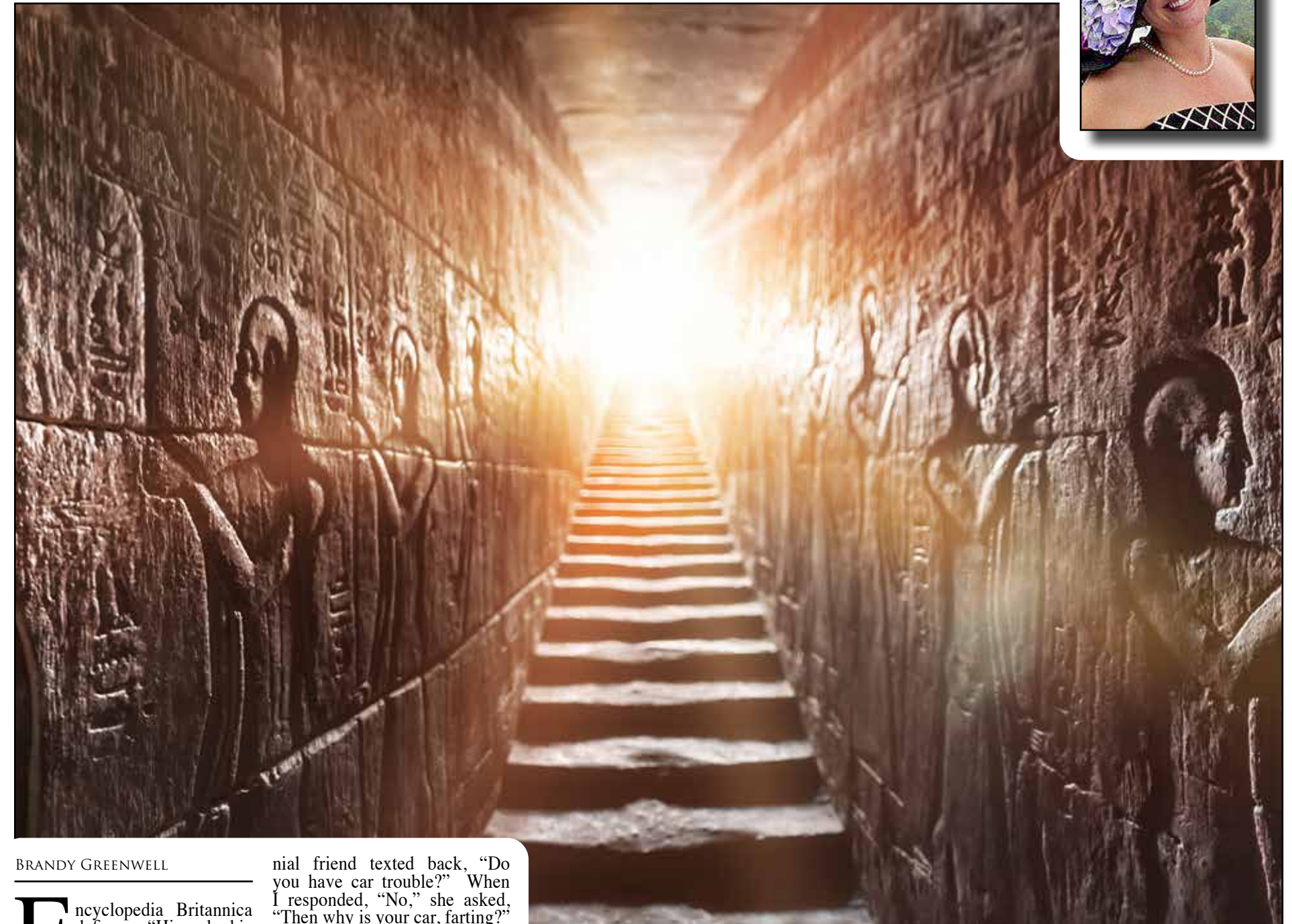
Commercially available electrolytes come in both powder as well as paste. Powder is designed to be added as a top dressing for feed and dissolved in water. The paste is most effective in situations where the horse is either already depleted, or just finished heavy work. The paste is dissolved in the horse's mouth and is bio-available within minutes. Many pastes are loaded with sugar as well. This not only makes it more palatable but also serves to "jump-start" the metabolic process.

It is important to look for powdered electrolyte supplements where sugar (Dextrose) is NOT the main ingredient. Most use a



WHAT SAY YOU?

SINCERELY ME



BRANDY GREENWELL

Encyclopedia Britannica defines "Hieroglyphic writing is a system that employs characters in the form of pictures. Those individual signs, called hieroglyphs, may be read either as pictures, as symbols for pictures, or as symbols for sounds."

As far back as recorded history goes, humans have used written symbols to communicate. Time brought sophistication, and the written word has morphed, including how it is received through modern technology.

Today we often use emojis, GIFs, and acronyms to communicate, bringing two long-term questions to my mind. First, how will our descendants translate our communication? And second, is evolution regressing through technology?

As part of Generation X, I like to use emojis for fun and am not nearly as proficient as some of my younger friends. For example, one time, I was trying to tell a millennial friend by text that I was hurrying to get to our meeting. I thought it would be super savvy and get me in with the Yoots if I used the car emoji plus the wind emoji, which in my mind translated to "I'll be there in a hurry." My millen-

nial friend texted back, "Do you have car trouble?" When I responded, "No," she asked, "Then why is your car, farting?" Facepalm. Complete miss.

Imagine in 100 years from now, if historians go through our texts to get a flash of life in 2020. The heavily used poo emoji is sure to be a controversial symbol. Are academics in 2120 going to compose a thesis on the gut health, nutrition, and bathroom habits of 2020 culture since our communication is so full of the turds? Will they assume something caused constipation? Or diarrhea? And when they learn of the great 2020 toilet paper crisis, surely it will conclude that GI health in 2020 was awry for some reason.

And what about WTF, OMG, and filing the TPS Reports. Especially in my professional life, there are numerous acronyms to keep track of that make me feel old and in need of a life manual. But I bet a few remember XYZ-PDQ.

And lastly, the GIF. The grossly overused, especially on Middleburg Uncensored, GIF of Michael Jackson eating popcorn will undoubtedly make future historians scratch their heads at the importance of that image.

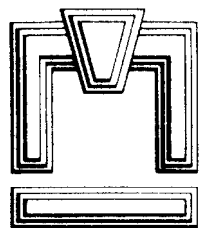
I'd love to be a fly on the wall in 2120 when time capsules are open, and they are full of



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PASTIMES

CELEBRATE AN ABUNDANCE OF SUMMER PRODUCE

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EMILY TYLER
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As I watch my garden start to ramp up with a bounty of cherry tomatoes and zucchini, I am always on the lookout for a new recipe. I just acquired a grill basket which is perfect for shrimp or vegetables as it keeps food from falling into the fire.

Grilled Shrimp, Cherry Tomatoes, Zucchini, Chickpeas and Feta - Serves 4

- 1 pound jumbo shrimp shelled and deveined with tail ons
- 2 medium zucchini (about 8 ounces each) sliced in ¼”rounds
- 1 15-ounce can chickpeas drained and rinsed
- 2 pints cherry tomatoes
- 4 pita pockets, cut in quarters
- 8 ounces feta cheese

Marinade

- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- 1 clove of garlic, crushed
- ¼ teaspoon crushed red pepper flakes
- ¼ cup olive oil, plus more for grill basket



Dill Sauce

- 1 cup sour cream
- ¼ cup chopped fresh dill
- 1 teaspoon kosher salt
- 1 teaspoon fresh ground black pepper
- (Combine all of the above ingredients and served chilled)

In a large bowl, combine the shrimp, zucchini, chickpeas and cherry tomatoes

In a small bowl, combine the marinade ingredients and pour over shrimp mixture and stir to combine

Heat the grill (or build a fire) and when it heats to medium high temperature, lightly oil the grill basket, place it on the grill and add the shrimp mixture, turning often until the vegetables are soft and the shrimp is cooked through and lightly charred - about 7-9 minutes

While the shrimp and vegetables are grilling, toast the pita pockets on the grill as well

Transfer to a serving platter, sprinkle with crumbled feta cheese, some chopped dill and serve with the pocket bread and dill sauce

*if the chickpeas are too small and fall through your grill basket, keep them separate, put a tablespoon of the marinade on them and grill them separately on a sheet of aluminum foil.

These tender thin pancakes are so delicious - sweet sorghum flour makes them naturally gluten free and I am sure they will become the family favorite. I often make a double batch of the brown sugar peach sauce - using it for dessert paired with vanilla ice cream or raspberry sorbet.



Sweet Sorghum Pancakes with Brown Sugar Peach Sauce - Serves 4

- Dry:
- 1 1/2 cups sweet sorghum flour
 - 2 tablespoons granulated sugar
 - 2 teaspoons baking powder
 - 1/2 teaspoon salt
- Wet:
- 4 tablespoons salted butter melted
 - 1 cup buttermilk room temperature
 - 1 teaspoon vanilla extract
 - 2 large eggs, beaten
 - 1/2 cup water
 - butter for the pan

Combine the dry ingredients in one bowl, and the wet in another.

Add the wet ingredients to the dry ingredient bowl and mix until just combined.

Heat a sauté pan to medium high heat and add a small amount of butter, ladle the batter (about 3-4 tablespoons per pancake) into the pan, let cook undisturbed for a couple of minutes, flip when lightly brown on the bottom - removed when cooked through.

Continue until all of the batter is used up.

Serve warm with the brown sugar peach sauce

Brown Sugar Peach Sauce

- 1 pound peaches, skin removed, cut into ½” chunks
 - ½ cup brown sugar
 - 6 tablespoons butter
 - Pinch of salt
 - ½ teaspoon vanilla extract
- In a heavy saucepan combine all the ingredients except the vanilla
- Bring to a boil, stirring constantly for about 3 minutes our until the peaches are soft and the sauce is slightly thickened
- Remove from the heat and add the vanilla
- Serve warm with the sweet sorghum pancakes

This is one of my favorite classic summer recipes - perfect paired with summer tomatoes, or change it up and serve it with sweet cantaloupe - a surprisingly good flavor combination with the green tabasco sauce.

Herbed Cottage Cheese

- Makes 2 cups
- 1 ½ cups 4% (full fat) cottage cheese
 - 2 tablespoons mayonnaise
 - ½ cup cucumber, seeded, peeled and chopped
 - ¼ cup shredded basil leaves
 - 1 tablespoon minced chives
 - ¾ teaspoon freshly ground black pepper
- Green tabasco sauce for serving
- Mix all of the above together and serve chilled

PASTIMES

Is Your Backyard “Staycation” Ready?

ASK A REMODELER



TIM BURCH

With so many summer plans on hold and a continued need for social distancing, now is a perfect time to plan an outdoor renovation. Today’s backyards are often multi-purpose spaces designed for relaxing, entertaining, and spending time with family. Does your outdoor space meet your current needs? Or is it underutilized, neglected, or dated? If you don’t love what you see, consider the following to transform your backyard from blasé to beautiful.

Poolside Paradise

A well-designed pool area can create a resort-like oasis right in your backyard. Intriguing options like a gradual-slope beach entry, free-form shapes, or natural “salt-water” fills can add to the resort vibe. While free form pools have a unique appeal, many homeowners still opt for a traditional rectangular shape to ease an automatic cover. For the interior pool shell, consider deeper colors, such as midnight blue, for a great look. When designing the pool deck, consider surfaces, such as Copper Canyon, that don’t get

as hot and can help avoid burned feet on sizzling summer days.

Expanding your Living Space

Whether you’re renovating a deck or patio area or building from scratch, you’ll want to make sure the design blends well with your home. Many backyards are being designed as a transitional space, blurring the line between the outside and the inside. Sliding glass walls and larger windows create a physical and visual connection, helping to pull the outdoors. Extend usability by carving off space for a covered “room,” which can help you es-



will provide color and interest in your garden. For the winter season, a good basis of evergreens will keep your yard from looking sparse. Fountains, ponds, laminar jets, and other water features are a beautiful addition to any backyard and offer more than just visual appeal. An active water feature not only creates a relaxing and soothing sound but can help block unwanted noise. And, of course, consider adding a cozy fireplace or fire pit for those cool evening gatherings!

Every weekend with a customized backyard retreat, it can feel like a “staycation” with family and a few friends gathered around. If you wish to create a more inspiring outdoor space, an experienced design-build professional can help turn your dream backyard into a reality.

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



THANK YOU!

AROUND THE TOWN



HAZEL SWEITZER

As many of you know, my human Tom had COVID. It was a scary time for both of us. He had to be in the hospital for five days, and I was taken care of by my mom, Tom’s best friend-Kim. It was weird how the virus kept changing. Tom had a couple of days of fever and exhaustion, then a day or two of a bad feeling stomach. I told him to eat some

grass. That always works for me. A week later, when his breathing became labored and he kept 100-degree fever consistent for about three days. Finally, he went to get help. The doctor told him there would be a good chance if he wouldn’t have shown up when he did, he could have had to be on a ventilator. THANK DOG! He is back at home.

On behalf of Tom and myself, I wanted to say thank you. Tom is one lucky, blessed, and loved guy. Day after day, there would be a knock at the door. Food!

Candles! Wine! Flowers! Now, I don’t want to complain, but there were not a lot of gifts having to do with me. Tom got calls every hour and texts and emails asking how people could help. He was and is overwhelmed by all the nice people who have reached out. In fact, one night, Tom did nothing but allow himself to cry. I do NOT like to see Tom cry. When I asked him why he was crying, he told me for two reasons.

First, I am scared and was scared of this virus and did not

want it to get worse or take my life. Second, I feel so filled with gratitude and can’t believe how amazing this town, the community, my friends, and strangers have been during my recovery.

He said, “Hazel, a person or a dog are lucky to have even one or two people who really care for them. I am blessed to have tons. I am also blessed to have a human best friend, Kim, who took care of me when this virus was in a scary spot. She gave up her time and constantly made sure I had what I needed. And you! Hazel, you are the best, and hav-

ing you sit beside me, kiss me or even greet me at the door brings me great health.”

We want to remind everyone that every moment can bring something good to your life, and it is important now, more than ever, to be in charge of your own outlook. The world is fragile, and we don’t really know exactly what is next, but we can at least create the world we want to live in. We will also be back together again with cuddles and hugs and groups of people where scraps of food will fall on the floor again. This, I believe.

THANK YOU for loving my human and for loving me

- HAZEL

PASTIMES

SUMMER SYMPHONY

THE PLANT LADY



KAREN REXRODE

Dependent on humidity and recent rain, my tree frogs are loudest at night, joined by the katydid who repeats katydid, Katy didn't. Summer nights can be alarmingly noisy, yet it is something that registers in our sound

library to the point of disregard. If summer nights became as quiet as winter, would we notice? With the alarming drop in butterflies this summer, I am trying to pay attention to what else may be missing. The cicadas fill summer days with their rasp, which is far from quiet. To me, they

may represent summer sound over all else. Katydid's are elusive, although plentiful if their call is any indication. They, too, produce a rasp by rubbing their forewings together. We may not hear the subtle vocabulary, but it addresses reproduction, territory, aggressive warnings, and defensive ventriloquizing. The

latter is the ability to send sound signals down a branch to hide its location. They are designed to mimic a leaf, which is where they hide and feed, preferably high in trees or other suitable platforms. The calling begins in the early evening, and males are the real noisemakers. Once while sitting in my night garden, I hear a



loud chewing sound, which came from a katydid chewing on the end of a papyrus flower. Not that there were a lot of lip-smacking, just powerful mandibles that can chop solidly into the thick foliage. I found it entertaining and memorable.

To hear the katydid and didn't, you listen to the echoes. These calls are the reason for their name. Our locally abundant species is the greater angle wing katydid or Pterophylla camellifolia, the species name referring to a camel and the similar hump on their back. Not good flyers, related to crickets (more so than grasshoppers), it is more like a partial jump and glide. Females are equipped with a curved ovipositor or egg-laying structure, which will deposit small brown discs on a branch or leaf to winter over and hatch in spring. Like most of our insects, freezing temperatures will kill adults in fall.

Maybe the craziest fact about katydids is their ears' location, in the crook of their front legs, just below the knee. They are so placed to work in concert with vibration, all the better to aid with night activity. Their long antennae are another tool to sort out things that go bump in the night.

Virginia is home to numerous other katydid species, mostly smaller to half the size of our greater angle wing. As a common insect and a plentiful one, they do not account for much in the way of crop or garden damage. Leaf nibblers of mostly deciduous forests, their feeding can't be compared to the more destructible grasshopper or Japanese beetle.

With their all too familiar night noise, I still encourage you to listen and appreciate. It tells the gardener that the day is almost over, and the night symphony is about to begin.

OBITUARIES

SALLY BARCLAY GUTHRIE

Sally Barclay Guthrie died at home near Middleburg on June 23, 2020, after a short illness. Her daughter Julia was with her. Sally was born on May 31, 1929, in Indianapolis. She was passionate about food and was a wonderful cook, a skill she worked hard to enhance, and that led to a long career in the food business. She owned and operated a French restaurant, a gourmet food store, and a catering business that she only recently stepped back from. In all her ventures, she enjoyed an ad-

miring audience. Sally was also passionate about music, politics, nature, and, most of all, her many friendships. She will be sorely missed by her two surviving daughters, Carolyn and Julia, and by a multitude of friends. A service will be held at a later date. In lieu of flowers, please send a donation to Medi Home Hospice, 12531 Clipper Dr., Woodbridge VA 22192; phone: 703-392-7100. (The funeral home is Royston Funeral Home in Marshall, VA 540-364-1731)



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LETTERS

OPPOSE THE BANBURY CROSS DEVELOPMENT

There is no better time than now to speak up against Loudoun's suburban sprawl. As housing developments encroach westward, the few remaining small towns and villages are facing pressure from real estate investors and lenient cluster zoning ordinances to approve such subdivisions. The decision on whether or not to trade prime farm land for residential communities is becoming a real, hard-pressed topic – especially for the many small farms trying to operate in the shadow of suburbia. It is time for the residents in and around Middleburg to actively participate in their prospective town hall meetings and/or city council discussions.

July 27th will be one of those opportunities when the Middleburg Planning Commission will hold a public hearing and vote on a proposed 38-home

subdivision along Sam Fred Road called “Banbury Cross Development.” As the co-owner of a working farm located just across the road from this proposed subdivision and someone who believes strongly in preserving our rural lands, I feel obliged to encourage community engagement.

My family's property is representative of the many hard-working local farms scattered throughout western Loudoun. Along with many others, we have been working diligently on more sustainable and efficient farming practices. I would like to elaborate on these improvements that way Loudoun's residents can appreciate the hard work that goes into horticulture, raising livestock and the many other farming practices. My family's income is based on agricultural activities, specifically raising/

selling beef cattle and boarding / training racehorses and foxhunters. As of lately, we have been growing specialty crops such as garlic on a much larger scale than before. Please note that there are no ‘deep pockets’ supporting our activities. Rather, it is our own hard work alongside a few employees that maintains this treasured land. We are motivated by our love for the open space, nature and the culture of the area.

Along with dedicating our time to true farming practices, our family placed 1,075 acres of land in a VOF Easement, making a promise to the community that our farm would never be used for a cluster housing subdivision or commercial buildings. In addition, we have worked with the company RES to place 284 acres of Sunny Bank Farm into the Wancopin Creek Mitigation Bank, covering nearly nine miles

of stream channels along Wancopin Creek and several tributaries. RES is also working with VDOT on a Wancopin Creek Stream Restoration Project to reduce nutrient and sediment discharge in the Chesapeake Bay Watershed. My family is proud to say that the ‘multiple layers’ of land and water protection on our farm will make a permanent environmental contribution.

Our hydrogeologist, David Buss Ph.D., has raised serious questions regarding the effects the Banbury Cross development could have on nearby properties as well as on the Town of Middleburg. As the neighbor with the longest contiguous border with the proposed development, about one mile, we have a special interest in opposing this development.

In closing, I would like to remind the Middleburg Plan-

ning Commission that both the county and the town are charged with reviewing the Banbury Cross Development application and deciding whether or not to grant approval. Neither should delegate that responsibility to the other. The Middleburg Planning Commission should carefully review the application as they are obligated to do what is in the best interest of the town's citizens. In particular, they should carefully review the developer's hydrogeological report and consider the problems related to the water supply identified by our hydrologist that were brought to the County's attention and not addressed.

Thank you.

Sincerely,
Eva Smithwick
Middleburg,Va

TRUMP LOSES IN THE SUPREME COURT – BUT NOT ENTIRELY BLUE

JOHN P. FLANNERY

Mr. Donald Trump is not “absolutely immune” from N.Y. DA Cyrus Vance's subpoenas for Trump's tax records held by a third party so ruled the Supreme Court in a 7-2 decision.

Mr. Vance is fighting in the lower trial court now to get those records to present to the N.Y. Grand Jury in a criminal investigation.

But the same Supreme Court made decisions that will suppress hundreds of thousands of votes in Florida, evoking what the Supreme Court did in Bush v. Gore when it stopped counting ballots in Florida, in 2000, making George Bush President by order of the Court, rather than by a vote of the people.

Chief Justice Roberts struggles to protect the Court's institutional legitimacy, but you can't really be legitimate if you are making decisions that suppress the vote that chooses the President who appoints justices to the Supreme Court.

By way of background, on the decision involving Trump's tax returns, since the 2016 campaign, Trump has promised to release his taxes.

About a year ago, DA Vance issued a state court subpoena for those tax records in a state criminal investigation.

DA Vance wanted to know how Trump structured reimbursement to his fixer, Mike Cohen, for the hush money payoffs Cohen paid to porn star Stormy Daniels, to conceal Trump's sexual liaison from the voters.

Vance asked Trump's accountants.

Trump intervened to complain that he enjoyed absolute immu-

nity as President and sought to kill any subpoena seeking his tax records.

The Supreme Court asked how the President thought he could enjoy absolute immunity if there is no such immunity to be found in the constitution.

The Bronx DA cited how Nixon was forced to surrender tapes of oval office conversations, in U.S. v. Nixon, in 1974, in a criminal investigation.

The Supreme Court decided by a bipartisan vote of 7-2 that the President is not “absolutely immune” from a criminal investigation.

The Court brushed aside Trump's concern that he would be harassed by other local D.A.s. Indeed, this decision was unprecedented in the sense that earlier decisions had only involved federal criminal investigations.

The Court instructed that Trump was to be treated as any other person served with a subpoena. Somewhat surprising was the fact that Trump's appointees on the Supreme Court, Justices Gorsuch, and Kavanaugh joined the result, but Kavanaugh wrote a concurring opinion that they would have preferred a more narrow test, like in U.S. v. Nixon.

Consistent with Roberts' effort to salvage the Court's “credibility and legitimacy,” there were several decisions that served his stated objective including a 6-3 historic decision extending protections to LGBTQ persons, in an opinion authored by Justice Gorsuch, saying that the civil rights act prohibited discrimination “because of sex.”

Roberts also joined a 5-4 decision to declare burdensome that Louisiana's law restricted available abortion providers to just one place in the entire State.



The Court did, however, allow religious employers, by a vote of 7-2, to refuse insurance coverage for contraceptives.

Roberts joined a 5-4 decision to save the hundreds of thousands of “dreamers” from deportation who know no other home but America, brought here by their parents; the Court found

that Trump's effort to close the program was “arbitrary and capricious.”

But the Republican partisan reflex among the members of the Court overcomes too easily the desire to be found legitimate – at least when it comes to suppressing the vote.

First, there was a 5-4 decision

that Wisconsin could not order elected officials to count absentee ballots received after election day; the dissent objected that the Court could not turn a blind eye to the special and onerous condition of the pandemic affecting voters who could not safely vote in person, and the anticipated delays in a surge of mail-in ballots,

that prompted the rule change in Wisconsin.

An equally controversial decision, known to involve hundreds of thousands of votes, was issued by an unsigned order from the Supreme Court, transparently suppressing the vote in Florida this November.

The Supreme Court allowed Florida to bar people with felony

convictions from voting unless they paid court fines and fees.

The history of this is striking.

In 2018, the voters in Florida amended the constitution to end the disenfranchisement of felons except for murder and rape – provided that they did their time.

The next year, the Florida legislature, dominated by Republicans, said what is meant by do-

ing your time “including parole or probation” encompasses any fines, restitution, costs, and fees.

It was a fair argument that this bill defeated the voters' intent when they approved a constitutional amendment.

This restriction is quite clearly an unconstitutional poll tax, violating the 24th amendment.

But the Court decided any-

how, if you don't first pay these fees and costs, you can't vote.

Three justices dissented (Sotomayor, Ginsburg, and Kagan), calling this a “trend of condoning disenfranchisement” barring the participation of felons “simply because they are poor.”

The Roberts court has now barred hundreds of thousands of voters in Florida – and the State

reportedly can't tell who may owe what, if anything, in terms of fines, restitution, costs, and fees.

Roberts wants to salvage the Court's “credibility and legitimacy.”

If he meant it, he should have favored the right to vote, not suppressed it.

DOWN THE RABBIT HOLE RED

BRIAN VELLA

We live in very strange times where a significant segment of our society seems to have fallen into Lewis Carroll's rabbit hole, and now like Alice, live in a fantasy world where up is down, and bad is good. In America today, that alternate reality has been constructed by leftists in politics, academia, and the media, who tell us incessantly that America is bad, and that socialism and anarchy are good. Buying into this nonsense requires a high degree of cognitive dissonance.

For example, since the moment President Trump was elected, the liberal's political/academic/media machine began the narrative that the President is undisciplined and a threat to civil society, at the same time proclaiming that the leftists and Antifa forces are in reality the guardians of our civil liberties as they took to the streets to riot, block free speech on college campuses, physically assault anyone wearing a MAGA hat, harass members of the Trump administration at work, at their homes, and in restaurants; and

generally declare war on their political adversaries. The history of the past century and the 100 million dead at the hands of communist/socialist governments are simply forgotten. Instead, we are sold an alternate reality by American Leftists that socialism is utopia. A few decades of indoctrination in public schools and elite universities and Presto! Just like that, up is down and bad is good. Every day we are subjected to more of the same. Now if we can just get rid of the police, we will all live together in peace and harmony.

With Adam Schiff and his media collaborators having failed in their attempt to fabricate the alternate reality that the President colluded with Russia, and without serious economic or foreign policy positions to run on, the election hopes for the Democrats this fall rely on convincing the American public of the false notion that President Trump is a racist. Some of the shortest political conversations I have had with my liberal colleagues have occurred when they tell me the President is a racist and I re-

spond by asking them to give me the three most racist things the President has said, which typically is the end of the conversation because they have no answer (I developed this tactic in my early 20's and have had lots of practice employing it since the Democrats have used the same race-baiting allegations against Reagan, both Bushs, Dole, McCain, and Romney). Rather than rely on the President's words, the most common liberal response is to fabricate something the President did not say, and then criticize the fictional statement. A prime example is the oft-repeated falsehood that the President expressed sympathy for the white supremacist in Charlottesville, a pernicious lie that a 10-second search on Google will dispel. Yet even though it is patently untrue, it was recently suggested in the pages of this publication that the President's fictitious support for the white racists in Charlottesville went so far as to endorse somehow the behavior of the criminal who drove his car into the crowd and killed a woman. Applying that same preposter-

ous logic, Joe Biden's support for Antifa “protestors” in St. Louis means Mr. Biden endorsed the actions of the criminal who shot and killed retired police officer David Dorn during those “protests.”

At least for the time being, this is still America where a person is entitled to be judged on their actual words and deeds rather than the alternate reality concocted by the political Left. Contrary to the bigoted accusation that the President is a racist, the reality is that the President's economic policies have provided job growth and income growth for all Americans, driving the pre-COVID unemployment figures for African Americans to their lowest levels ever recorded. The President's policies on taxes and de-regulation allowed entrepreneurs of all races to flourish, with a particular emphasis on inner-city opportunity zones. The President's reforms on criminal justice have long been sought after by minority leaders, but it was the Trump administration that made them happen, not the Obama administration, and the same is true for

the President's restoration and increase in funding for historically black colleges and universities. Clearly, these are not the actions of an individual with racist beliefs, so it requires the ultimate in cognitive dissonance (or outright dishonesty) for Leftists to disregard the reality of President Trump's string of accomplishments and instead posit the alternate reality that those concerned about racial equity should continue to embrace the same political party that brought us the Confederacy, the Civil War, the KKK, Jim Crow laws, segregated schools, fierce opposition to the civil rights and voting rights acts, the denial of school choice, and policies that have decimated the inner cities; to name only a few of the contributions the Democrat Party has made to “systemic racism” in America. Like Alice, one would truly need to eat mushrooms to accept the alternate reality the Leftists are attempting to have us swallow.

LETTER FROM THE PLAINS

ANTHONY WELLS

In the mid to late 1960s, the mentors who trained me in British Intelligence were distinguished World War Two veterans in the sources and methods of the intelligence arts and sciences that defeated Hitler and all the odious apparatus that composed the Third Reich. Understanding the mindset, indeed the psychology, of that regime was part of the overall process. I carried their training forward into meeting the challenges from the Soviet Union and its leadership. In addition to what most people think of as intelligence, there are other little known skill sets. The latter include predicting the likely behavior and decision making of key leaders, what drives them, what makes them tick, past behavior, and their total personal makeup from birth until the present. The Soviet leadership, like Putin and his cohorts today, was very predictable. If these aspects are taken alongside all the other “Ints,” such as HUMINT, ELINT, COMINT, IMINT, and a host of others too numerous to name, you get a very reliable picture of the people who may threaten us one way or the other. President John Kennedy was most astute in deal-

ing with Nikita Khrushchev during the Cuban Missile Crisis, ignoring very wisely the rash and impetuous advice of several of his military leaders, such as Air Force General Curtis LeMay, a distinguished veteran but one who had no concept of the Soviet mindset and its leader. John Kennedy surrounded himself with the very best American advisors from both sides of the political aisle during the Crisis. Fast forward to 1964 and what became known as the “Goldwater Gag Order,” that the American mental health community (psychiatrists and psychologists) imposed on their professional community to avoid being publicly involved in assessing the mental stability of Barry Goldwater to become President of the United States. That restraint persisted until 2017 when a sizeable and very distinguished group of American psychiatrists felt it professionally, not politically, necessary to break ranks with the “Goldwater Gag Order” principle. Their findings were published in the “Yale Duty to Warn Conference.” Eccentric readers can study for themselves and form their opinions of the evidence and assessments presented, all of which are not only in agreement but have common

threads. One of the most capable groups of American psychiatrists ever to unite in a common purpose published their findings in “The Dangerous Case of Donald Trump” (St. Martin's Press, New York, 2017). When I read their findings I realized two undeniable facts: They were non-partisan or in any way political ideologies with non-professional motives; They had an abiding and consistent concern about the mental suitability of Donald Trump to be President of the United States under Section 4 of the 25th Amendment to the United States Constitution. Two of the group, Dr. Nanette Gartrell, MD, a Harvard and UC San Francisco specialist, and Dr. Dee Mosbacher, MD, Ph.D., from UC San Francisco, summarized as follows: “Our independent non-partisan panel of mental health and medical experts evaluated Mr. Trump's capability to fulfill the responsibility of the Presidency.” When I read the evidence, I naturally reflected on my intelligence career and, in particular, the influence of two fine British psychologists, Dr. Eon Williams, who had been a fighter pilot in World War Two, and Dr. Edward Elliot. They had provided me with the fundamentals of looking at “Personality” in

the context of national security. Readers, the news is not good from the Yale Conference. If I was back in the late 1960s, in my very secretive facility inside a Royal Park in west London, and I read evidence like this that related to men, for examples, such as Leonid Brezhnev and Aleksey Kosygin, in the Soviet Union, my community would have been deeply concerned. The Professor of Psychiatry at Yale, Dr. Robert Lifton, discusses Trump's “False Reality,” and ability to orchestrate “Malignant Normality” within his support base, whereby there is a gradual acceptance by parts of the population “inundated with toxic untruths until they pass for normal.” Other diagnoses include Narcissism, with the promotion of the self, sociopathic behavior by harming others for personal power and gratification, lack of empathy for others, lack of remorse, lying and cheating, and loss of reality, with one phrase that stood out, “Not crazy like a fox, versus crazy like a crazy.” They universally state that he, “Freezes healing, and promotes crisis,” living in a “Multitude of other alternative realities” (lies by another name).Dr. Thomas Singer, MD, states that our President “Exploits a huge

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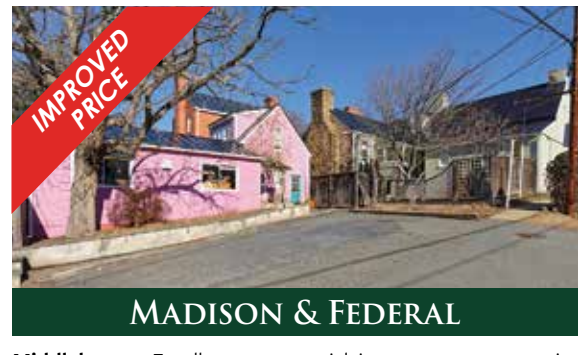
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Mary Ann McGowan 540-270-1124



MADISON & FEDERAL

Middleburg ~ Excellent commercial investment opportunity in historic downtown. One commercial building that appears like two buildings which are adjoined on the corner of Madison & Federal Streets. Offers 4 separate entrances and so many options! Zoned for mixed use with Retail & Office spaces. Parking is limited within the town for most businesses, this building includes 7 rare parking spaces off Federal Street! Long time, active retail business in one building. Seller desires to rent back. Three other small offices are currently rented. Priced well below appraised value. Zoned C-2. **\$699,000**

Cricket Bedford 540-229-3201



BLUEMONT

Situated on the outskirts of the historic village of Bluemont off a paved scenic byway this custom built Southern Living style home features 4 beds, 3.5 baths, a first floor main bedroom suite, family room w/fireplace opens on to spacious deck, finished walkout basement. Renovated kitchen w/high end stainless appliances, new bathrooms, tile and refinished hardwood floors throughout are just a few of the many improvements. Set on 3 pastoral acres with beautiful views. Fenced front and rear for pets, your own garden and no HOA! Move in ready to begin enjoying country living with wineries, breweries and farm fresh produce just around the corner. Easy commuter access to points East & West. **\$679,900**

Catherine Bernache 540-4247066



RIDGESIDE ROAD

Bluemont ~ Beautiful land located on just over **12 acres** with views of the Blue Ridge Mountains. Ideal property for horses with a run-in-shed, well, board fenced paddocks and great "ride out". Property is in 2 separate parcels but are being sold together. **\$425,000**

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AIRMONT

Bluemont ~ With 5 beautiful acres in the rolling countryside of Western Loudoun County, this ideal parcel is ready for your custom built home! It has a 4 BR perc site and enjoys wonderful mountain views. Ideally located with easy commuter access to Route 7, it is just east of Bluemont and north of Middleburg. **\$275,000**

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

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