

HAPPY HOLIDAYS



PHOTO BY JAY HUBBARD

HILARY THOMPSON & HER PASSION FOR HORSES

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SEVEN LOAVES SEES A CONSIDERABLE INCREASE IN DEMAND



Businesses and residents of the charming, small town of Middleburg are doing everything they can to raise food and financial donations for the local food pantry. Seven Loaves Services is a full-service food pantry operating out of the back of the Middleburg United Methodist Church (15 W. Washington St.) and is open to anyone from any county. No appointment or referral is necessary.

"We recognize that food insecurity is great in our community and the entire region around us," said Middleburg Mayor Trowbridge "Bridge" Littleton. "Our business community has decided to do all we can this holiday season to help those in need." Offices and retail shops throughout the Town have put out containers for food donations. A truck will be parked at the Safeway as the Town promotes a "Fill the Truck" donation effort. Sponsored by BAC Dumpsters and other community partners, the Town hopes to donate a literal ton of food to Seven Loaves.

While Middleburg is located within one of the country's wealthiest counties, the median household income in the Town of 840 is around \$54,000/year, about 60%

less than the county average. "We know that there are many families in Middleburg and the surrounding areas that are struggling to put food on their tables. Hopefully, we can provide them with sufficient groceries to get through this pandemic so that no one goes hungry," Littleton added.

Founded in 1994, Seven Loaves Services was created to provide food to anyone with no questions asked. Since that time, the food pantry has grown considerably and gained a large core of volunteers to help match residents' ever-growing needs throughout the region. "We are very grateful to have this support from the Town of Middleburg," said Seven Loaves Services Director Carleigh Underwood. "As the pandemic continues, the demand for food continues to grow, and this support will help us to be able to continue to feed individuals and families."

Food will be collected through Dec. 20th. Anyone wishing to make a financial donation may do so by going to www.sevenloavesmiddleburg.org.

For more information on the Town of Middleburg and its donation program, visit www.middleburgva.gov/holidays.



The Middleburg Business and Professional Association

Would like to thank the community for supporting our members in 2020.

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For more information visit our website at

www.visitmiddleburgva.com

On Facebook at Middleburg Business and Professional Association-VA

NEWS OF NOTE

LOUDOUN WILDLIFE CONSERVANCY PROGRAMS

Birding Banshee
January 9, 2021 @ 8:00 am
Whether you're a beginner or an experienced birder, you'll enjoy this birdwalk at the Banshee Reeks Nature Preserve. The preserve is a diverse 695-acre treasure in the heart of Loudoun County with streams, trees, shrubs and fields that attract lots of species, making it a birding hotspot. This is a regular outing that takes place the second Saturday of every month. Bring binoculars if you have them. Limit 9. Registration required.
Questions: Contact Joe Coleman at 540-554-2542 or jcoleman@loudounwildlife.org.

Amphibian Monitoring Training (Virtual)
January 16, 2021 @ 12:00 pm - 3:00 pm
All Participants:
Please read the COVID-19 Participant Guidelines. To attend this event, you must register (below), and sign the waiver prior to the event. Any participant under 18 must have an adult present, and the adult must acknowledge that the youth understands the guidelines.

Winter Planning for Your Garden (Virtual)
January 14, 2021 @ 7:00 pm
A little planning can go a long way toward having a rewarding garden. We will talk about things

to consider when planning your garden, references, and what to plant to benefit our local wildlife. There will be plenty of time for Q & A after the presentation. Instructor: Julie Borneman.
Questions: Contact info@loudounwildlife.org

This virtual event is presented in conjunction with the Loudoun County Public Library and will be accessible through the library website. Please check back for registration information.

Birding Bles Park
January 17, 2021 @ 8:00 am
Join Loudoun Wildlife Conservancy on this regular monthly bird walk at Bles Park, located along the Potomac River in eastern Loudoun. More than 175 different species of birds have been observed at Bles Park in a great mix of habitat. Everyone is welcome, whether you are an experienced or beginning birder. Bring binoculars if you have them. Limit 5. Registration required.
Questions: Contact Bryan Henson at bhenson@loudounwildlife.org.

All Participants:
Please read the COVID-19 Participant Guidelines. To attend this event, you must register (below), and sign the waiver prior to the event. Any participant under 18 must have an adult present, and the adult must acknowledge that the youth understands the

guidelines.

Amphibian Monitoring Training (Virtual)
January 23, 2021 @ 12:00 pm - 3:00 pm
Frogs and toads are a vital part of our ecosystem and are considered an indicator species. Fluctuations in their populations can give us vital information regarding the overall health of their habitat. Loudoun Wildlife Conservancy's amphibian monitoring program allows us to collect data which is compared over time to observe trends in populations and identify areas of population decline. Volunteers will monitor specific locations from February to August. During this training you will learn the various breeding calls of local frogs and toads and how to participate in the data collection. We are offering two virtual training sessions (January 16 & 23), allowing volunteers to sign up for either session. Join us and participate in this exciting citizen science opportunity! Registration required.
Questions: Contact Joe Coleman at jcoleman@loudounwildlife.org.

All Participants:
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NEWS OF NOTE

HILARY THOMPSON & HER PASSION FOR HORSES

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Lauren R. Giannini

Hilary Thompson has devoted her entire life to horses. She grew up on St. Thomas in the Virgin Islands, where she earned her "B" Pony Club rating and plotted a steady course in eventing, exciting her junior years with wins and a championship on her way to the top levels. It was a different sport in those days with the 3-Day long format of dressage, show jumping, and that challenging four-phase endurance test of Roads & Tracks (A & C), Steeplechase (B), and Cross-Country (D). She found Innisfail, her event horse of a lifetime, and trained the young mare while attending Oldfields in Maryland.

After graduation from Oldfields, Hilary and Innisfail went to ride with Olympic legend Mike Plumb. One particularly gratifying win took place at Radnor when Hilary and Innisfail bested Tad Coffin and Torrance Watkins, both Olympic gold medalists. Her next mentor was Nancy Escott in Aiken, SC.

"I knew how to go fast, but I had no clue how to gallop a racehorse," Hilary recalled. "Nancy taught me a lot, how to proceed in my riding, and she told me that I should learn how to handle two-year-olds. I stayed with her for a year and then she told me to come back up here."

Here happened to be Virginia,

specifically to the Middleburg Training Center where, in her first few days, Hilary was picked up as a rider by trainers Tommy Lee Jones, Larry Curtis, Freddie Fox, and Chris Kolb, to name a few.

"These were the best and biggest experiences I ever had," Hilary said, whose 387 career starts as an amateur jockey produced 59 firsts, 74 seconds, and 52 thirds. She also raced in Europe on the ARCA Fegentri circuit, riding against the likes of Julie Krone, the first female jockey to win a leg of the Triple Crown in the 1983 Belmont Stakes aboard Colonial Affair.

Hilary's racing debut in September 1980 was very encouraging, with two wins in her first two starts aboard Allowance Flat horse Bangka at Rolling Rock and Foxfield Fall Races. For two years, Hilary raced on the flat and over hurdles in sanctioned and non-sanctioned races. She won her timber debut aboard Noble Order (NZ) in a field of eight Lady Timber riders at Rappahannock Point-to-Point in March 1982. What stands out in her memories was being in the right place at the right time for a catch-ride the following week at the Blue Ridge Point-to-point when the jockey named for Boca Bird was injured in an earlier race. Owned by Roy "Tennessee" Graham and trained by Tommy Lee, Hilary and Boca

Bird finished second out of 10 starters in the Lady Rider Timber. One week later, they won the ladies' timber at Warrenton Hunt Point-to-point.

"I was shaking in my boots, but I ended up doing well even though I'd never sat on the horse before," recalled Hilary. "Boca Bird was one of the best horses I could ever have raced over timber. He was a wonderful horse."

Timber specialist Boca Bird raced from 1974-1983 for 11 wins, 15 seconds, and 23 thirds in 68 career starts. He earned two Virginia Point-to-point Foundation titles in 1980: Owner-Rider Timber Champion and Timber Horse of the Year. In 1982 and 1983, Hilary partnered with the bay gelding in the hotly contested Lady Rider Timber series, picking up three wins, four seconds, and two thirds in their 12 starts together. In 2011 Boca Bird was designated a "Legendary Horse" and inducted into the Virginia Steeplechase Hall of Fame.

Another memorable mount was Man of Rhythm, whose 18 "also rans" on the flat as a 3-year-old. The horse disappeared from the racing scene and showed up a few years later with new owners Tennessee and his wife Anne Graham, with Tommy Lee training. Hilary rode Man of Rhythm in two of his six starts in 1982,

winning over timber at Potomac Hunt Races and the prestigious Middleburg Bowl at the Middleburg Spring Races.

Hilary rode racehorses for big-name owners, including Maggie Bryant, George Ohrstrom, and Betty Bird, but there isn't enough space here for all the details. It's important to note that even chronic runaways galloped politely for her. "I love the feel of the horse galloping and flowing," she said. "People told me I had the best hands of anyone."

In 2002 Hilary retired from racing and continued to work with Thoroughbreds, teaching young ones their jobs on the flat and over hurdles or timber and galloping more experienced campaigners.

Hilary has a lot of heart, and she has needed it because you can't dedicate your life to horses without determination, grit, and stamina. She needed all that—and a whole lot more eight years ago when a freak accident riding a racehorse put her into the hospital for eight months, where she endured twelve surgeries to repair her severed limb. She managed to emerge from that trauma with more heart and even greater enthusiasm for her life with horses. Talk about courage...

Hilary recalled going to the rehab center and meeting a war veteran who put her injury into per-

spective. He watched her walk and said simply: "Get rid of it." Hilary looked at what he had lost, and suddenly it was crystal-clear what she needed to do to get her life moving forward again.

"Things like this riding accident make you believe and I had some serious discussions with Up There," she said. Like a Thoroughbred with heart, she is simply not a quitter.

"Compared to what the war veteran had lost, I realized that what I had was just a paper cut," Hilary said. "Riding horses has been everything to me. I would have been failing without horses. It's hard sometimes, when I think about what I had to give up, but I still hack and ride. I still work with horses. It's only a paper cut."

A severe paper cut, but what a positive attitude. Hilary credits her mother, Sheila Thompson, for encouraging her since early childhood. They speak every day, which helps buffer the long distance between them. Sheila was a powerful matriarch in their St. Thomas home and the family's very own chef d'equipe and cheerleader.

Hilary doesn't think she would have made it in life without the horses and Sheila, her role model since early childhood. "My mother was the spine for the entire family," Hilary said. "My fa-

ther Rudy Thompson went to the Olympics in Mexico in 1968 with the first-ever sailing team from the Virgin Islands. CY Thompson, my nephew, also competed in sailing at two Olympics. I loved horses and riding. The only reason we made it was because of Mom and Dad."

Hilary is living proof that children live what they learn. "My mom was a big help in the rescue of every animal, including horses, and I learned a lot from her and from the animals," Hilary said. "My mom's compassion for animals is the biggest thing I learned from her. She also encouraged me to settle down and find what I really wanted in life after losing a leg. My mom has always been there through thick and thin for us—my dad's spine, my spine. She's still there for me all the time. She told me to go and volunteer at a local handicapped riding program where I saw war veterans come to life the first time they sit on a horse. What I have is a paper cut."

Hilary has youthful energy (still has her baby face!) and plenty of compassion and kindness. Even after riding through the peaks and valleys, her love for horses is her life, and, just like her beloved horses, Hilary Thompson is all heart.

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HEELS DOWN, CHIN UP. HERE'S TO A MARVELOUS 2021!



Cricket Bedford, Agent

2020 was a year of unprecedented challenges. My heart goes out to the many who have suffered this year. I feel certain 2021 will be a smoother ride and with resolve we will prevail. We've all taken more time to focus on what matters most. We've also been reminded of how important it is to support charitable groups that protect open spaces and this healthy way of life we live. I'm so grateful and honored to have been able to help more people than ever find their perfect place in Hunt Country this year. Here's to health and happiness in 2021. Tally ho!

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NEWS OF NOTE

THE ORIGINS OF CONSERVATION

THE FENCE POST
ROBERT BANNER

My friends, who know I live in a foxhunting paradise, regularly ask, “What’s it like there?” My reply has always been, “It’s like living in a national park, just privately managed.” It’s true. Any Facebook friend of Mark Deane, Juliet Graham, Eva Smithwick (and more) regularly see photography that rivals any national park I have ever visited.

Recently, I have read two books that explain the connection to national parks, and the Piedmont Valley may be far closer than I thought. I’ll connect the first two here. Next month, I’ll tie those names to the author of the modern conservation easement, Stephen J. Small. It’s fascinating to learn how we have developed the mindset (and the tools) to protect the land we love privately.

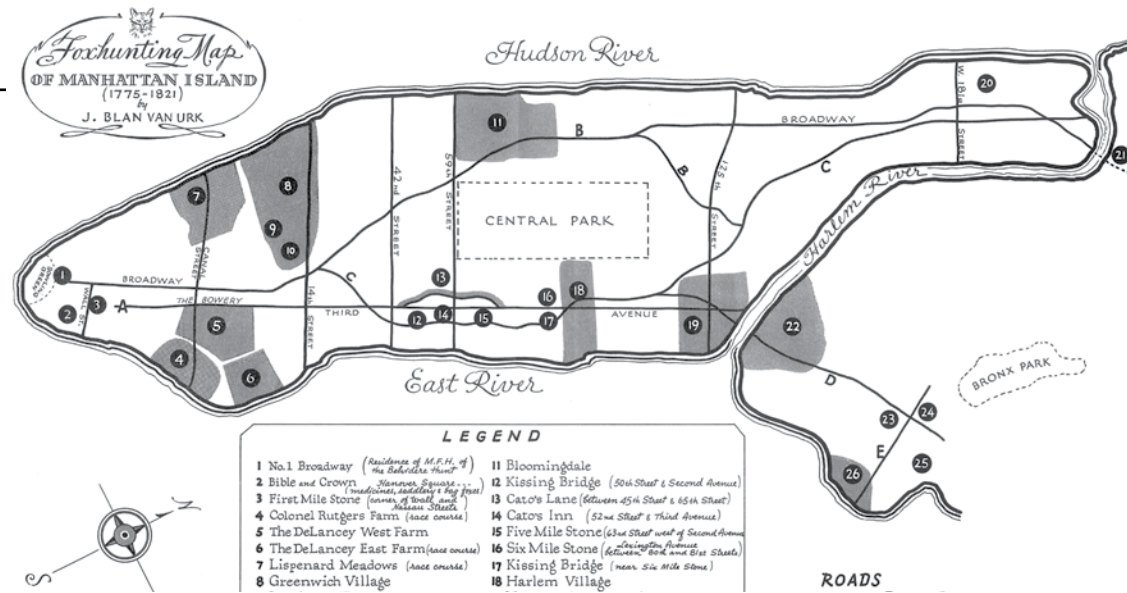
First, Book One. “American Sportsmen and the Origins of Conservation,” by John F. Reiger,” recommended by Michelle Guzman (George L. Ohrstrom, Jr. Head Librarian at The National Sporting Library and Museum.) She said, “It’s proof the environmental

movement in America originated with hunters and fishermen.”

Reiger explains that in the late 1850s, America was teeming with wildlife. So much so that sis was presumed inexhaustible. Herds of bison roamed in the millions. Passenger pigeon flocks were so large. The sky grew black when they flew overhead. Because they could, market hunters took wasteful kills that eventually threatened those species and more. The last passenger pigeon died in a zoo in 1914 and is now extinct. True sportsmen rallied to wrest control. The editor of Forest and Stream, George Bird Grinnell, used his pages to promote a movement that would separate greed and excess from those who hunted for pure sport.

He inspired those from an old family, highly educated and monied backgrounds that shared his contempt for what was becoming a society of Philistines, noted only for their plunder. With their resources, this privileged class of Vanderbilts, Rockefellers, and Harrimans (and many other wealthy friends) defined the popularity of sport and habitat, not pillage.

By 1878, Grinnell’s group had established more than 308



sportsmen’s clubs. Fourteen were devoted solely to foxhunting. For nearly all of them, the forest was as important as the wildlife. Without the trees, there could be no wildlife. The Bisby Club (1871) and The Ausable Club (1886) protected wildlife, woodlands, and clean water in the Adirondacks. Popular sportsmen and political leaders like Teddy Roosevelt and Gifford Pinchot thought to protect this area as state parkland. Here in Virginia, foxhunting was organizing under the leadership of Harry Worcester Smith. His American-English Foxhound Trial of 1905 described our bounty in the media. Land prices would jump from \$50/acre to more than \$250/acre to enjoy the land’s sport and beauty.

Grinnell, Roosevelt, and Pinchot (Roosevelt’s Chief Forester) were inspired to use

their political and publishing platforms to set aside land in parks that protected the wildlife and woodlands in perpetuity. Yellowstone was one of their first. Same as here, they saw themselves as “participants” in protection but needed federal designation to define laws and order.

Next, Book Two. The Hunt Country of America Then and Now, by Kitty Slater, also at NSLM. Slater knew everyone. A definitive work, if you want to understand how we arrived here as foxhunters, you have to read this history.

Slater recounts that Franklin Roosevelt, Jr. was a frequent visitor to Llangollen for epic foxhunting weekends. Theodore Roosevelt’s handwritten manuscripts documenting his foxhunting exploits on Long Island in 1886 are proudly on display in the rare book room

at NSLM, as well. Since Harry Worcester Smith had founded The Masters of Foxhounds Association, then in New York City, I cannot think he did not meet the Roosevelts at some point. Regardless, our local leaders’ like-minded thinking established more than 15 area foxhunting clubs recognized by the Smith’s MFHA today. Federal designation defining protection was unnecessary.

The Harriman name spans both books. In Reiger’s book, Edward H. Harriman is credited with helping Roosevelt protect Yosemite Valley. In Slater’s book, he is described as a prestigious resident from NY who parked his private car on the tracks at The Plains Depot, where he combined foxhunting and management of his expansive financial empire. Remarkably, that depot is just 150 yards from our offices today.

From Smith to Joe B. Thomas, to Randolphs, Harpers, Mellons, Warburgs, Ohrstroms, Guests, and Whitneys, Slater documents how the various foxhunting families evolved using their clubs to protect the habitat and open space privately. Beyond our own region, the same mindset, often the same people, was the genesis of conservation across America today. Then, as now, it has been a torch we responsibly pass.

Eventually, the leadership knew we would need more than wealth to protect the land. In the next issue, we discuss the birth of the conservation easement and the various other tools we have developed to protect the land and the habitat. One thing is certain. Thanks to these people, the land we love will always be how we see it today, long after we are all gone. While I sleep better at night, I know our job is not done. Want to learn more? Register for my webinar on January 12 on Nutrient Banking: What’s in it For You? This, my friends, is what’s next.

Robert Banner is the Special Project Officer at ACRE Investment Management in The Plains, VA. ACRE is a full-service natural capital asset platform for landowners to manage their ecological portfolio. Learn the potential of your property. Contact Banner at rob@acre-investment.com to understand how the DEQ program in Virginia can benefit you and the environment.



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NEWS OF NOTE

SYLVIA RIDEOUTT BISHOP HAD A WAY WITH HORSES

Middleburg journalist and author Vicky Moon has written a fascinating new book on the life of America's first African-American female thoroughbred racehorse trainer: Sylvia Rideoutt Bishop. Had a "Way With Horses" chronicles the story of a remarkable woman who was born, raised, and spent her entire life in Charles Town, West Virginia. She fell in love with horses after a pony ride she took at age eight, started working as a groom at the Charles Town race track at 14, and handled horses for prominent local and national owners by the time she turned 30.

One of 17 children and a descendant of enslaved people, Sylvia Bishop (1920-2004) fought sexism and racial bigotry at the track against a backdrop of the swirling Civil Rights movement. She prevailed to break barriers, shatter stereotypes, and celebrate countless transforming victories in the winner's circle with many clients.

As a single mother after two failed marriages, financial reality forced her to take on extra work in the shipping department at a Doubleday publishing factory in Berryville. Never wavering in her passion, she returned to

the track to train horses at age eighty. And finally, with little fanfare, she was honored for her pioneering accomplishments as the first black woman licensed to train racehorses in the United States.

Ironically, Ms. Moon's book was printed at the very same Berryville publishing facility, where several of Sylvia Bishop's co-workers and friends are still employed.

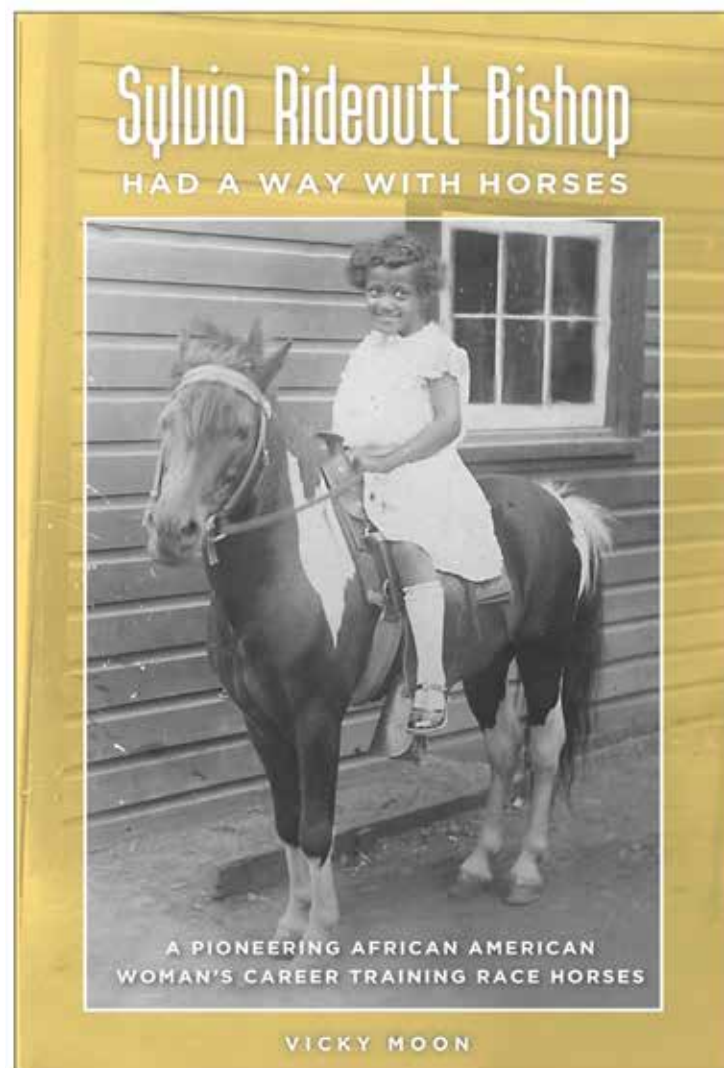
Sylvia Bishop began training in the 1950s and continued working with horses into her 80s before she passed away in 2004. Her grandson, Michael Jones, has carried on the tradition and is now one of Charles Town's leading trainers, giving his grandmother great credit for his wonderful way with horses.

This is Ms. Moon's tenth book, many involving horses and racing. It became a true labor of love after she first met and started interviewing Sylvia Bishop six months before she died. Over the next 15 years, the author interviewed countless friends, relatives, jockeys, trainers, and owners, spent hours researching each and every one of Sylvia's racehorses, and visited all the race tracks where Sylvia took her horses to run.

Ms. Moon, who was a co-founder of Middleburg Life magazine in 1984, has chronicled the lives of the famous and the not so famous and covered major murders and prominent lives for People Magazine and The Washington Post. She writes a monthly life-in-the-Virginia-countryside column "Over the Moon" for Washington Life magazine. She's reported on hunt balls, steeplechase races, and parties from Palm Beach to Saratoga Springs for Town and Country and Millionaire magazines.

She's written about homes and gardens for Veranda and Southern Accents and served as a contributing editor for House and Garden. She appeared on the A&E network's "City Confidential" and served as a producer for Dominick Dunne's "Power, Privilege and Justice." She is a founder and now a writer of Country ZEST & Style magazine based in Middleburg.

Her new book is available at Second Chapter Books in Middleburg or on-line at vickymoon.com. She can be reached at vickyanmoon@aol.com.



PLACES & FACES

THE HOLIDAYS IN MIDDLEBURG

PHOTOS BY DEE DEE HUBBARD



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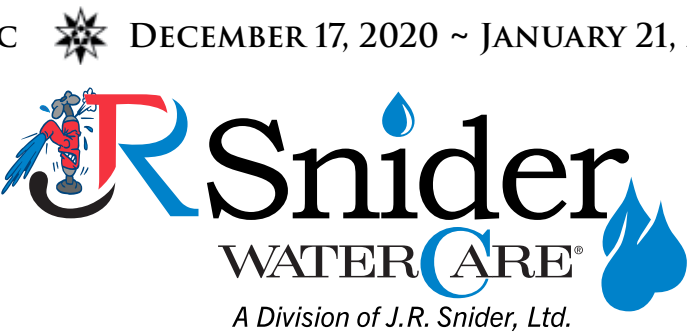
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PLACES & FACES

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PHOTOS BY ESTEE LACLARE



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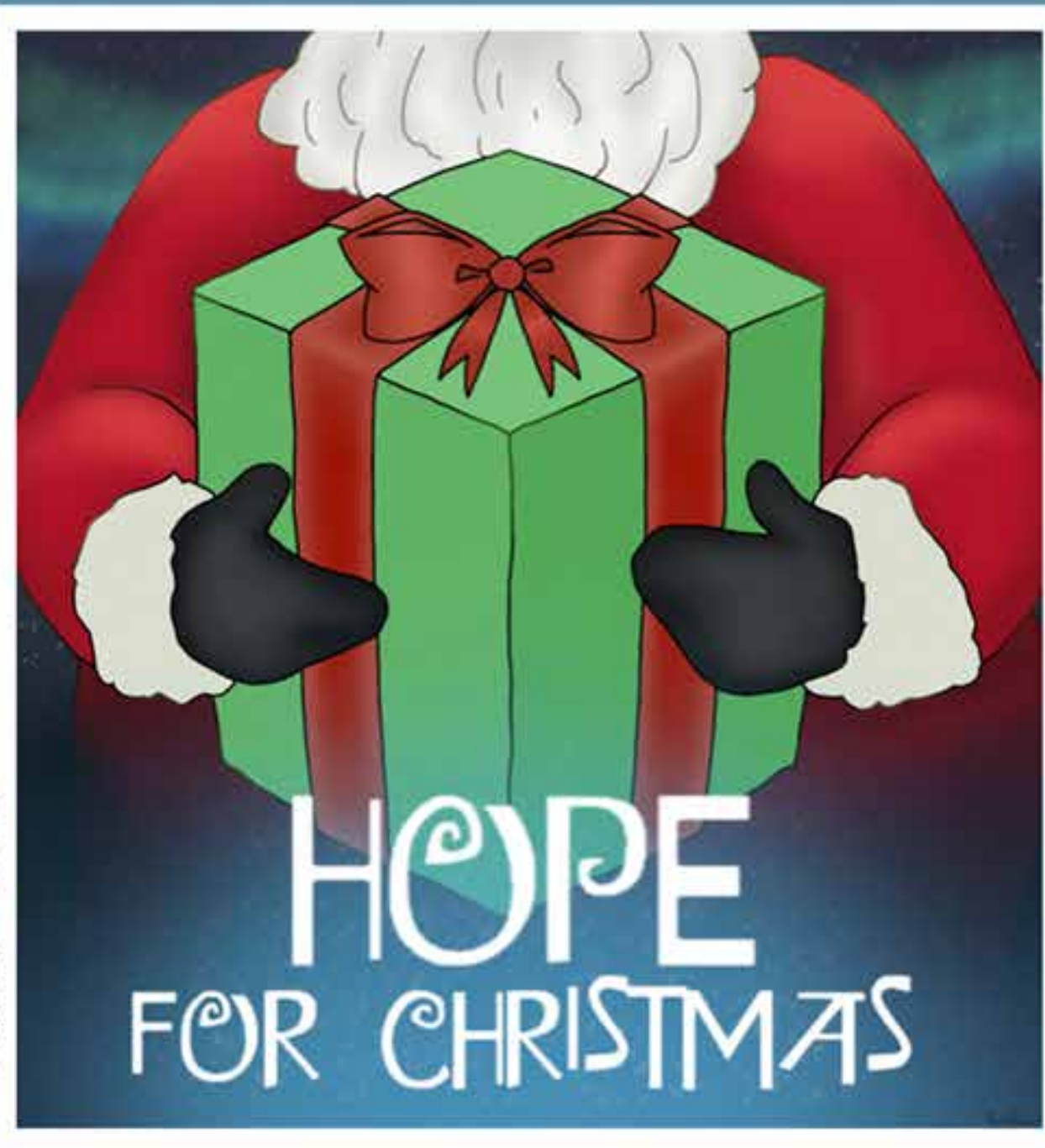


Very nice 6 acre buildable lot with recent new well and approved drain field.
38490CharlesTownPike.com | \$365,000

Peter Leonard-Morgan | Global Real Estate Advisor | Hunt Country Sotheby's International Realty
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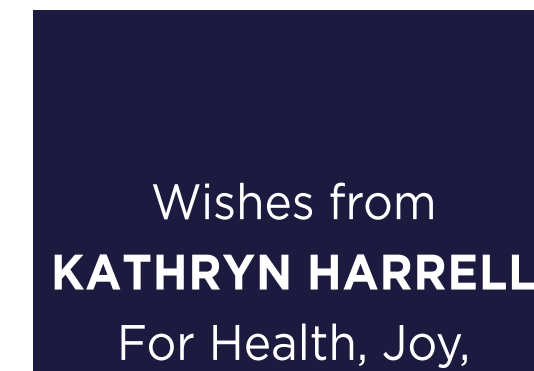
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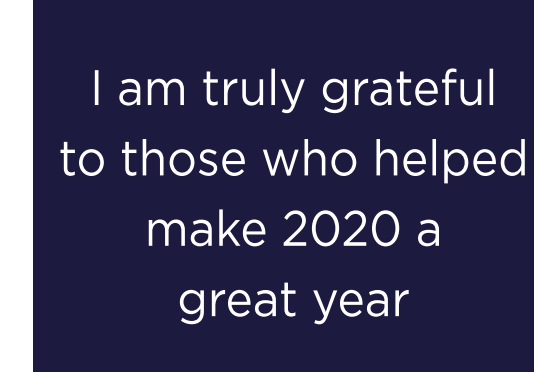
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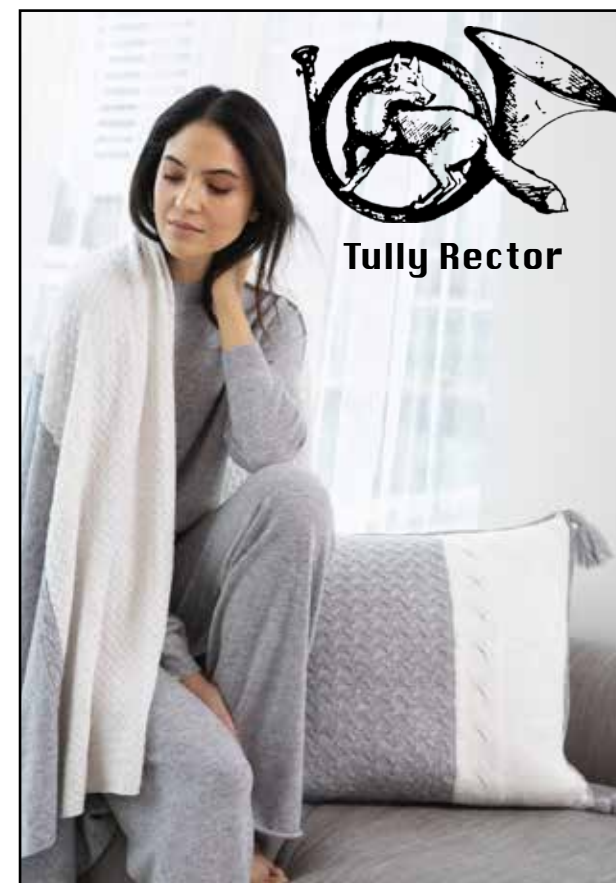
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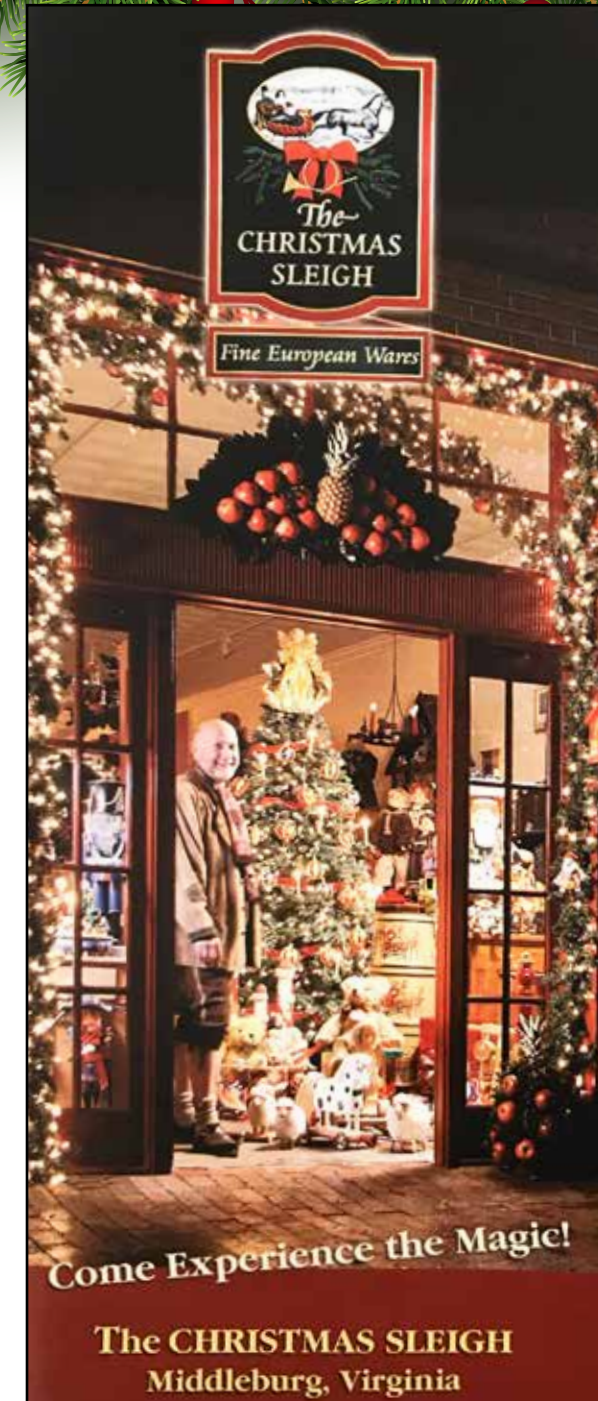
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PASTIMES

STEVE'S PICKS FOR 2020 IN UNISON

STEVE CHASE

This time of year, there are many “best of” lists for music on the Interwebs. Reading them, the lists have a lot of overlap and tend to focus on more pop-oriented albums. I look at the year and select nine albums that expanded my musical horizons and were great to listen to. I don’t focus on one genre. My picks tend to be more jazz, rock, or acoustic-oriented, with a few wild cards thrown in. So here’s the list, in no particular order. Go get a couple of pizzas and a bottle of wine from Knead Wine, sit back, and give a listen. You can get a taste of all of these albums on my Spotify playlist Steve’s Picks for 2020, available here <https://tinyurl.com/y6csj75b>.

1) RoundAgain—Redman, Mehlau, McBride, Blade It has been 26 years since these extraordinary musicians played together on the fine 1994 release MoodSwing. Since then, all four have led their bands and collaborated with great musicians on various must-hear music. Round-Again pulls together those two and a half decades of experience to produce some remarkable post-bop, 21st century Jazz. The set is new, fresh, and all original. Each composition shows us how close these four have become over the years and how they can build on each other’s prowess to produce one of the best Jazz albums of 2020.

2) Murder Most Foul--Bob Dylan Nobel laureate Dylan gives, for our consideration, this poignant epic, his

first tune in eight years. It’s a ballad that links the Kennedy assassination to our troubled times of 2020. The instrumentation is simple, putting the spotlight on Dylan’s familiar, aged voice and great lyrics. I don’t usually focus on single songs, but this one is a monster, almost 17 minutes long, that will keep you hooked. Music can affect us physiologically. This is one of those songs that resonates beyond my mind to my body. It’s that good.

3) Virus—Haken Progressive metal fans have been listening to Haken for a decade now. Virus, their sixth record, takes an audio journey through music that gives us flowing energy, strong melody, powerful rhythms, strong and normal vocals, and the technical sound that puts the band at the top of its genre. Unfortunately, the title reminds us of the pandemic we are living through, so put that aside and focus on the music, which is some of the best this band has produced.

4) Budapest Concert--Keith Jarrett The New York Times recently published an interview with pianist Keith Jarrett, who revealed that he had suffered two strokes, leaving his left arm unable to play the piano. This effectively ends Jarrett’s performing, which is a musical catastrophe the size of an asteroid hit. This concert, recorded in 2016, is a musical kaleidoscope that brings together short quotes from 150 years of music history, from Bartok to the Beatles, that is used to connect Jarrett’s brilliant spontaneous playing. The album starts dark, but by the end, the clouds have parted, and there are hope and joy in the concert hall. This

album is a challenging listen, but it’s a fitting coda to his early recordings like Koln and a strong testament to a brilliant pianist’s legacy.

5) All the Good Times--Gillian Welch, the husband-wife team of Gillian Welch and Dave Rawlings, is a formidable outfit. They stand atop the world of progressive American folk music, each release receiving critical acclaim and full music halls. On All the Good Times, the pair offers a powerful set of covers, recorded at their home as they hunkered down due to the pandemic. They play Dylan, Prine, and a mean Norman Blake, filling you with musical joy on each and every note and phrase. I saw them once in Telluride, and the tunes still playback in my head. A few good things have been hatched in the pandemic, and this album is one of them.

6) Americana--Maret, Collin, Frisell With Toots Thielmans gone, the heir apparent master of harmonica has got to be Gregoire Maret. On Americana, he joins with French pianist Romain Collin and guitar wizard Bill Frisell for a cinematic journey across America. Maret provides the melodic lines and stories to Collins chordal and lyrical foundation, and Frisell’s strumming gives us the Americana character that only Bill Frisell can do. While the music may seem melancholy at times, it is a meditation of what is good in America, and we need that kind of encouragement right now.

7) The Call Within--Tigran Hamasyan I had never heard of Armenian pianist Hamasyan until this year. As with some of the other mu-



sicians in this list, his music shrugs off genre labels, but Hamasyan proudly calling his music “electro-acoustic Armenian rock.” The set is a fusion-fest of composition, bringing jazz piano, electric guitar, vocals, and strong percussion together in a way that sometimes reminds me of ECM jazz, the great fusion band U.K., Canterbury Rock, and the Pat Metheny Group, to name a few. This brew of influences produces new, super accessible music that I have missed discovering for a couple of decades.

8) The John Hartford Fiddle Tune Project, Vol.1--Various Artists The bluegrass world is full of colorful characters who happened to be great songwriters and amazing instrumentalists. John Hartford was one of the greats, and his legacy lives strong in the hearts of many of today’s bluegrass musicians. He wrote standards like Steam Powered Aeroplane and Gentle on My Mind, and there were many, many more. The new Fiddle Tune Project, produced by Hartford’s daughter, takes a handful of his unknown tunes and gives them to players from this generation, Sierra Hull, Chris Eldredge, and Dominick Leslie, a few. The result is a solid

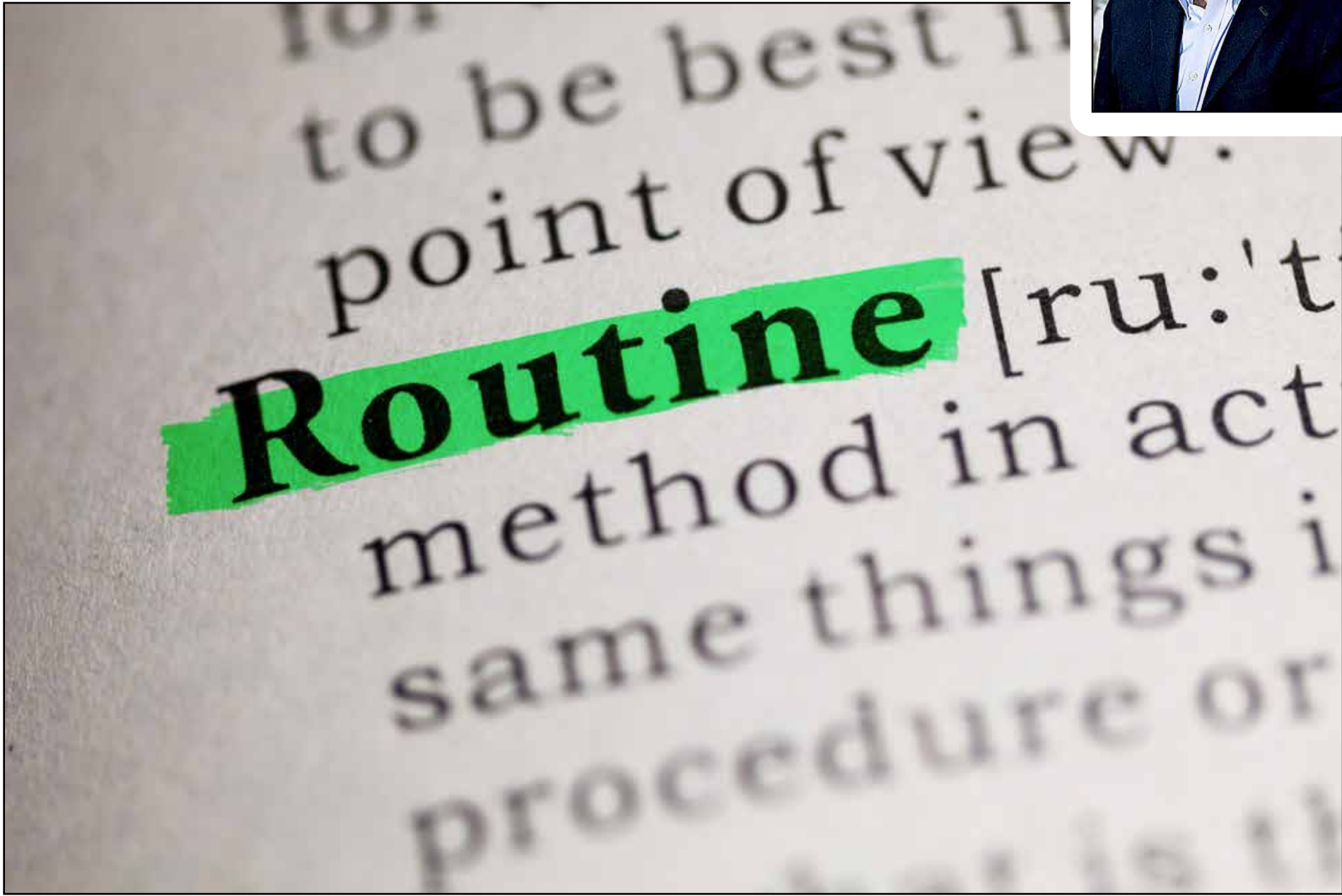
set of new music that will keep your head bobbing. Don’t ever forget John Hartford.

9) From This Place--Pat Metheny Guitarist Metheny is on the road a lot. During the past few years, he toured as a quartet with the brilliant pianist Gwilym Simcock, Bassist Lynda Oh, and drummer Antonio Sanchez. Metheny’s method is to play live with band for a year or so and then after the band has matured, head into the studio. From this Place followed that formula, adding the Hollywood Studio Symphony to the mix. The title track was written by Metheny the day after the 2016 election and is a solid kick-off to this complex, heartfelt, and exuberant release. The music is complex, melodic, but dark, compositions that speak for these times. It grows on you, as each listen reveals more from the detailed sonic tapestry that Metheny has created. Simcock was in the Metheny/Mays circle, and while his playing is his own, you can’t help but hear some of the late Lyle May’s lyricism in his solos. It also is the first Metheny recording with a vocalist singing lyrics. Top-notch music.

Steve Chase is in Unison, always trying to listen to new music.

STAY HEALTHY ESTABLISHING HEALTHY ROUTINES: A NEW YEAR RESOLUTION

MIDDLEBURG SMILES



DR. ROBERT A. GALLEGOS

Since the onset of COVID-19, we have been establishing new routines to stay healthy. Covid-19 prevention has placed a heavy emphasis on personal hygiene and unique social interaction routines. When you start a new routine and repeat it for several weeks or sometimes months, it can become a habit. Some of the physical and emotional healthy habits we establish during this trying time are meant to benefit us for a short time and others for years to come.

Healthy routines and habits help foster emotional and physical health. Research shows that routines are vital for children. Bedtime routines lead to better family functioning and healthy restorative sleep. Family routines have been linked to better social skills, moderation of impulsiveness, improved academic achievement, and enhanced stress handling. However, the importance of routines is not just for children. When evaluating adults in good emotional and physical health, research has found that they exhibit these same healthy routines.

Healthy morning routines are;

getting out of bed at a set time, making the bed, showering, putting on day clothes (not pajamas), eating breakfast, and establishing a schedule for the day. This is especially important for children who no longer can attend school and adults who now may work from home. Regular exercise and creative outlets promote both physical and emotional wellbeing.

Evening routines of eating healthy meals with others and having a set bedtime lead to healthier lives. Sleep hygiene is essential for health. This refers to having a set bedtime (adults and children), hygiene (hand and face wash, tooth brushing), reading from a book, no alcohol within 2-3 hours of bedtime, finish eating 2-3 hours before bedtime, no caffeine after noon, stop screen time (phone, TV, etc.) at least one hour before bedtime. Have a dark, quiet, and cool bedroom, and do not allow animals in bed with you. Sleep on your side. Back sleeping is the worst position for breathing and needs to be avoided, especially when you are congested or having trouble breathing. I know some will find this onerous, but if you try these things for several weeks, you will notice a more refreshed feeling in

the morning and throughout the day.

Nasal breathing is extremely helpful to prevent illness. Your nose filters, cleans, humidifies, and slows the flow of the air coming in, so when it reaches your lungs, there is proper oxygen and carbon dioxide exchange. Mouth breathing brings in the air that is harsh and contaminated with environmental toxins and allergens, causing the throat and lungs to become irritated and inflamed, which leads to inefficient oxygen and carbon dioxide exchange. To help keep your nose clean, use a xylitol spray daily (Xclear) and a Neti pot during allergy and flu seasons. If you struggle with nasal breathing, ask your physician to evaluate your nose. If there are no physical problems with your nose, but you have a mouth breathing habit, you can establish good nasal breathing habits. These books are very beneficial: Breath: The New Science of a Lost Art, by James Nestor. Close Your Mouth, by Patrick McKen-

own. Personal hygiene is essential now more than ever. Although we’re bombarded with this message, it’s worth repeating: regular hand washing and sanitizing surface areas effectively reduce the

spread of germs. Avoid hand contact with your face. If you are a caregiver, wash your hands well before and after caring for others and, when necessary, wear disposable gloves. Cough or sneeze into a disposable tissue, or if a tissue is not available, use the bend of your elbow rather than your hand. Wash reusable masks or replace disposable masks daily or sooner if soiled.

When resolving to commit to healthier habits, don’t leave out social interactions. As COVID-19 has impacted the way we would typically socialize, we should evaluate how we can remain connected to benefit our emotional health while maintaining our physical health. Distancing is effective while still allowing for healthy in-person interaction. Phone and video chats are a secondary means when you cannot meet in-person. Although personal touch may not be appropriate at this time, we need to keep in mind that personal touch signals safety and trust. It soothes and calms cardiovascular (heart) stress. Eventually, real handshakes and hugs need to return.

Routines are essential to our wellbeing, both emotionally and physically. Evaluate your daily routines and weed out unhealthy

habits and build on healthy routines. It is best to start with one or two easy things and not overwhelm yourself with too much change at once, as this can feel unsettling and may discourage you from making healthy changes. Resolving to stay healthy during this challenging time will result in a better New Year.

Dr. Robert A. Gallegos is a Fellow in the Academy of General Dentistry, visiting faculty at Spear Education, an alumnus of Pankey Institute, a member of 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.

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PASTIMES

THE DAY I FELL IN LOVE

AROUND THE TOWN



SASSY SWEITZER

I was in the Middleburg Humane Society for about two weeks before I found myself dressed up as a deer. Yeah, that's right, a deer. On December 8th, 2012, I was paraded down route 50 in Middleburg, Va., during the Middleburg Christmas Parade. There were thousands of humans, red and

green decorations, and music. I was honestly not in the mood. I was just taken out of a very abusive situation and still had some bite marks on my body from some mean dogs. But, I had to do what they said, so I put on my reindeer ears, and off I went to the parade. Oh, by the way, my name was NOT Hazel. It was Sassy. I know, Sassy Sweitzer sounds like I worked

at Hooters. Anyways...

I was trying to keep up with the other 30 dogs who were sadly on display. Cheers and hoots and hollers from the crowd filled the air. In front of me was a High School Marching Band and behind me was a camel. Camels are strange. I tried to talk to him, but he wanted nothing to do with me. So, I

was about 15 minutes into this very long parade when a man's voice in a microphone said, "Are you looking for someone new to love? You may find them in this group from Middleburg Humane Society" He was talking about us.

I realized I was adoptable. I had no home and wasn't feeling very loved. "All of these

dogs are up for adoption," the strange man said. I glanced over and saw him standing tall on a porch with tons of people around him. He had more wild hair than me, totally out of control.

Then...

"I'll Take that one?"

"What?"

"That one there!" The man said to my handler. He pointed to me.

Me? He wants me?!!!!!!

My handler looked confused and asked, "Are you serious?"

The man on the microphone said, "YES!"

He met us after the parade, and along with a boy named Kyle, they took me home.

That strange man was Tom - he became my dad that day. It seemed he needed my kind of love.

The boy was Kyle, a boy Tom helped. Kyle became my brother.

That was eight years ago today. I also fell in love with my town and all the people that live here love me because I am cute and know it.

I was ready to give up and had no idea love would come to me during a parade. I never can thank Tom enough for being my home and all the people that care for me. I am blessed!

All of us need a home, and just when you think that no one can love you, that might be the moment when you are most lovable.!



PEACE ON EARTH

SINCERELY ME



BRANDY GREENWELL

Happy Holidays everyone! With my whole heart, I wish you love, peace, and health as we close out in 2020. I generally share giving ideas on this issue, and this year will be no exception. It is most important this year over any other to SHOP LOCAL, support your small businesses, and thoughtfully give to those who need presents more than you do.

Some suggestions:

Share time with friends and family with an order of bacon pops and some local brews around a fire pit at Middleburg's new Lost Barrel Brewery or another local establishment of your choice. Time can also be shared merely as a long phone call to an old friend to catch up. Time is perhaps the most precious gift to give or receive.

Do something for yourself. Get a massage, walk in the woods even if, and especially if, you can see your breath, make time for that book you've wanted to read or take a hot bath with the fancy bubbles. You need to take care of yourself, too, to keep yourself together for those around you. Are you reading, moms?

With it being a masked world we live in, make sure your eyes are bright and can communicate for your covered face. You can do this by gifting your favorite mascara secret, eye cream from a variety of purveyors who would love to hook you up, or a gift certificate to your favorite med spa for a more involved solution—all excellent choices.

If you have some Covid fluff or holiday LBS to shed, contact me and join me on January 1 on a

program that works. Really. And if you are a regular reader, you know about my dog food diet, noshing on vodka-soaked cotton balls, and seeking out a professional to wire my jaw shut as weight loss methods over my 45 years in the chub club. I quickly and easily shed a ton this year and have maintained through the season of candy canes and cookies. Get a group together and gift yourselves health. Don't buy more oversized pants. Put that money into something that works. I promise you won't fail. esgreenwell@me.com

Recycle, repurpose, up-cycle. Buy used toys and clear out your toy box for others to make way. Make wreaths or decorations to share with braided bailing twine (a trick I learned from my mother). Or repurpose old tee shirts into memory blankets for a free, thoughtful, creative gift that can be made without sewing. Think outside the box, use resources you have on hand, and give from the heart.

And lastly and most importantly, give thanks. It is a soul-warming sentiment to give raw emotions of gratitude and thanks to those that make a difference in your life. Thank your spouse, thank the bank teller, thank the guy that held the door for you, thank a veteran, thank a health-care worker. Giving simple and genuine thanks will make a day brighter every time. This year, I want to publicly give thanks to my Mom, who always keeps the magic of Christmas alive for our family and brightens every single day. Priceless.

Merry Christmas, Friends.



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PASTIMES
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EMILY TYLER
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When Christmas morning arrived, so did my mother's sticky buns, and the house would be filled with that glorious smell of baking bread and cinnamon. She would serve them very informally, as we were opening presents, it was just one of the many ways she made the morning extra special. I encourage you to take this recipe and make it your own, and start a tradition of your own with your loved ones.

Cinnamon Pecan Sticky Buns
Makes 16 large sticky buns

Dough:

The dough needs to rise slowly in the refrigerator overnight, so prepare the dough the night before you wish to serve it.

- 1 package (¼ ounce) yeast - not rapid rise
- 1 cup warm water
- 1 cup vegetable shortening - preferably organic such as Spectrum
- 1 cup sugar
- 1 ½ teaspoons kosher salt
- 1 cup boiling water
- 2 eggs, beaten
- 7 ½ cups all purpose flour

Sprinkle the yeast over the warm water, stir to combine and set aside

In a large nonmetal bowl, combine the shortening, sugar, salt and boiling water and stir to melt the shortening - cool to lukewarm

Add the eggs and stir in

Add 7 cups of flour to the bowl stirring with a spoon at first then gather the dough with your hands, it will be sticky

Turn the dough out onto a well floured board and add the last ½ cup of flour as needed to keep the dough from sticking to your hands

Knead the dough for about 1-2 minutes

Clean out the bowl, oil it lightly and return the dough to the bowl - cover with plastic wrap and refrigerate overnight (at least 8 hours)

In the morning take the dough out and roll to a 12X20 rectangle

Filling:

- ½ stick butter softened
- 1 cup brown sugar
- 1 teaspoon cinnamon
- 1 ½ cups golden raisins

Combine the brown sugar and cinnamon in a small bowl

Spread the butter evenly on the rectangle of dough Sprinkle the brown sugar mixture then the raisins

Base:



1 cup Lyle's Golden Syrup (Pure Cane Syrup)*

- 2 cup brown sugar
- 1 1/2 sticks butter
- 2 cups pecans roughly chopped

Combine the above ingredients in a saute pan and bring to a low simmer to melt the brown sugar and divide evenly between the two pans

To form and bake the Sticky Buns

Once the filling has been added to the dough - roll the dough up from the long side

Gently with your hands on both sides of the roll, stretch the roll to about 26 inches and even it up

Cut the dough in 16 equal pieces

Place 8 buns in each pan - they will rise and fill the pan

Cover with a tea towel and place in a warm spot for about 2 hours

Heat the oven to 350 degrees

Bake for about 25-30 minutes or until lightly golden brown and dough is cooked through

If you like your sticky buns extra sticky you can do an additional batch of the "base" (with or without the pecans) to spoon over for serving - after all, Christmas comes just once a year.

*Lyle's Golden Syrup can be found locally at Wegmans or online

PASTIMES

DITCH THE PLASTIC-BAG
GO GREEN



PETER LEONARD-MORGAN

2020 will be remembered for one thing and I don't need to say what. Actually two things! But it will also be known as the year in which the Governor of Virginia signed into law Senate Bill SB11 and House Bill HB534, authorizing any county or city to impose a five cent tax on plastic bags provided by stores. This does not apply

to durable and reusable plastic bags, nor bags used for wrapping perishables or used for trash. As a member of the Virginia Municipal League's Environmental Quality Policy Committee, I had pushed hard for plastic bag regulation in 2019 only to see it shot down in flames. However, and ironically, now that grocery stores will not bag reusable grocery bags for safety reasons during COVID-19, I felt that it was premature to allow this new tax

to be imposed, beginning no earlier than January 2021, when so many citizens are struggling to get by. Middleburg itself cannot impose this tax, and must defer to Loudoun County. We made our views clear to the Loudoun County Board of Supervisors which concurred and agreed to defer the tax until at least January 2022, by which time hopefully COVID-19 will be well behind us.

In addition, taxes collected from this law will be directed to environmental cleanup programs, education aimed at reducing waste, litter pollution mitigation and the provision of reusable plastic bags to recipients of SNAP (Supplemental Nutrition Assistance Program) and WIC (Women Infants and Children) programs. Meanwhile, one of the best kept secrets related to plastic bags locally is the presence of a large

container outside the Middleburg Safeway store, where customers can drop their used plastic grocery bags to be collected by Trex of Winchester, and used to make its eponymous decking material. Now that really is a wonderful example of the circular economy! So, tax or not, please use this excellent option and feel good about not putting used plastic bags in the trash. Happy New Year!



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DIXONS MILL ROAD

MARSHALL, VIRGINIA

Lovely brick home on hilltop setting, completely redone by current owners | Wood floors, high ceilings, lots of light | 6 BR, 5 1/2 BA, 5 FP, sweeping stair case in foyer | Basement level finished for family enjoyment w/media room, office, gym, billiard room, full bar w/kitchenette, full bath & outside entrance leading to pool and spa | Improvements include 3-car garage, heated 4-car garage w/car lift | Potting shed/studio w/ attached heated green house | 20 car barn for serious collector | Swimming pool with spa | 5-stall barn | Property fenced and cross fenced | 68.23 acres
\$2,375,000
PAUL MACMAHON 703.609.1905



11 SOUTH MADISON ST.

MIDDLEBURG, VIRGINIA

The Old Middleburg Pharmacy | Built in 1934 | Wonderful old stone building on Madison Street in Middleburg with endless options | Main level retail, full basement for storage or separate entrance and 3 rental apartments upstairs | Approximately 7,000 sf | C-2 zoning provides for many uses | Rear parking
\$1,100,000
HELEN MACMAHON 540.454.1930



FIRETHORN LANE

THE PLAINS, VIRGINIA

Privately situated on 2 acres | 3 BR main residence - each BR with separate bath | Spacious master BR, elegantly decorated and appointed | Conveniently located between Middleburg and The Plains | Large open eat-in kitchen w/bar and center island | Living room w/fireplace | Formal dining room | Space for home office w/fireplace | Basement includes ample storage & exercise room | 1 BR guest house | Lovely gardens and wrap around porch for outdoor socializing
\$1,250,000
ALIX COOLIDGE 703.625.1724



BUST HEAD ROAD

THE PLAINS, VIRGINIA

82.69 acres | Mostly wooded, mountain views, bold stream in very protected area | Conservation easement | Can not be subdivided | Prime Orange County Hunt location | Halfway between Middleburg and The Plains
\$1,100,000
PAUL MACMAHON 703.609.1905



ALDIE SPRINGS

ALDIE, VIRGINIA

Charming home w/ 3 bedrooms, 2 full BA & 2 half BA, FP with insert in family room | Rear deck for outdoor entertaining & front porch add to the charm | Attached 2-car garage | Large Morton building for storage, workshop or more garage space | 28.34 mostly wooded & private acres, multiple springs & creek plus waterfall | Trails throughout, hunters paradise | Minutes to Route 50 and Route 15 | Property has Fios
\$1,010,000
PAUL MACMAHON 703.609.1905



111 EAST WASHINGTON ST.

MIDDLEBURG, VIRGINIA

Stone building circa 1800 | Completely updated | New roof | Pine floors | Corner lot | 6 offices | Parking lot in rear | Shows well
\$995,000
PAUL MACMAHON 703.609.1905



10 CHINN LANE

MIDDLEBURG, VIRGINIA

In town living with main level primary bedroom with pocket doors that open into the living room | 3 BR, 2 half BA, hardwood floors & fireplace | French doors open to private patio with mature gardens & space for expansion | Great full time or weekend getaway property within walking distance to town
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As we all know, aerobic exercise is a great way to get our heart rate up, to stay fit, and it's a great step in living a healthy life. What might not be as well-known is how important strength training also is to living a healthy life. Strength training is extremely important for our body to be able to withstand aging and all that life throws at us.

Sarcopenia is the loss of muscle mass and signaling overtime, we can avoid this loss by having a strength training routine. We can lose around 10% of our strength every decade after turning forty if we do not have a consistent strength training routine. This type of exercise is especially important if we want to be able to bounce back from falls and injuries after the age of 50. It helps with balance, which is key to avoiding falls that could dramatically change our lives and our quality of life. Strength training helps our bones by helping them grow. Losing bone mass may seem to happen slowly, as we don't notice in the beginning, but it can lead to serious osteoporosis. This then can lead to very weak bones and one fall around the age of 60 could put us on a cane or walker for the rest of our lives. An unknown fact, osteoporosis kills more women than breast cancer (Crowley, 2015). The good news is, strength training can help prevent osteoporosis because it stimulates the bones, helps to build bone mass and strengthens bones.

There is a type of strength training for everyone. We all don't have to lift 300 pounds over our head to be strong. The goal is not to be able to carry hundreds of pounds, the goal is to have a great quality of life. Strength training for living is not about muscle isolation, but the body working together as a whole. An example of the body working as a whole is golf. In golf the entire body is being used in the swing, not just the arms as it may seem. Horseback riding is also a whole-body exercise. The rider is not just bouncing on the back of a horse, there is constant muscle movement all throughout the body. The heels become the anchors, the calves and thighs grip, the hips are heavy in the seat, core is tight, shoulders are back, arms and hands are lowered. It may look like the arms are holding the horse back, but that power and strength is coming from the whole body. When we perform complex movements, we are training our body for everyday life.

For more information on strength training, fitness, and health, please contact: Kay Colgan at Middleburg Pilates and Personal Training, 14 S. Madison Street, Middleburg VA. Or call 540-687-6995.

ing can help prevent osteoporosis because it stimulates the bones, helps to build bone mass and strengthens bones.

OBITUARIES
HENRY ARLINGTON "HANK" LONG

LEONARD SHAPIRO

Henry Arlington "Hank" Long, a co-founder of the iconic Washington area real estate company Long & Foster, who later launched his development firm responsible for several major regional projects, died at the Lake Manassas Health and Rehabilitation Center on Dec. 8. He was 83.

Mr. Long, who moved to the Middleburg area in 1985, also was a generous philanthropist as a major donor and supporter of the Loudoun Hospital Center and Wolf Trap Center for the Performing Arts, among many other community and non-profit organizations.

Mr. Long was born on May 18, 1937, in Arlington, Virginia, the son of William Arnstean Long and Emily Pearl Garland.

He spent several years as a youngster on his grandfather's family farm near Breezewood, Pa., and graduated from Arlington's Washington-Lee High School in 1955 and Virginia Tech in 1959. He was a proud member of Tech's military Corps of Cadets and went on to a distinguished career as an Air Force officer and pilot. Mr. Long was honored with a University Distinguished Achievement Award at his 50th reunion in 2009.

"I'm probably the only guy you'll ever meet in your life who volunteered to go to Vietnam as a young Air Force first lieutenant," Mr. Long said in a 2018 interview. "This was before the Vietnam war started—1961 and '62. I volunteered to help train ARVN pilots (South Vietnam's military)."

A few years later, Mr. Long was assigned to the Strategic Air Command, piloting B-47 bombers for SAC during the height of the Cold War. He was stationed at several different bases around the country, including Columbus, Ohio. That's where he met and married Betty Mae Horner, the mother of their four children who predeceased him in 2016.

After his military discharge, Mr. Long went into business for himself, working in investment real estate and still flying in the Air Force reserves. He and Betty were living near Falls Church in an apartment complex called Monticello Gardens and became friendly with a neighboring older couple.

Knowing Mr. Long was in the real estate business, the couple asked if he'd look at a house they thought about purchasing in a nearby development called Camelot. The sales manager for Camelot was P. Wesley Foster, and he showed the house to Mr. Long.

"That's when we struck up a friendship," Mr. Long said. "We started going to lunch together and the rest, as they say, is history."

Mr. Long and P. Wesley "Wes" Foster soon became partners. Their first office was located at 8301 Arlington Boulevard in a space so small they couldn't squeeze in a conference room. A lawyer they knew had an office and a suitable conference room not far from Fairfax Hospital and allowed them to use it. Mr. Long handled the commercial real estate end, Mr. Foster, the residential.

Mr. Foster's Camelot connection also began paying off. Original buyers were starting to move out, and Long & Foster handled a number of those re-sales. By 1978, the company had grown exponentially, with over 1,000 agents. Merrill Lynch was then getting into residential real estate and made Mr. Long and Foster an offer to sell their business and work for them.

Mr. Long was all for it; Mr. Foster was hesitant. Finally, Mr. Foster offered to buy him out, and Mr. Long was all for that, as well. They parted friends and have stayed friends ever since.

"Wes and I had a marriage," Mr. Long said. "Anything we did was ours, not his or mine. And it worked. It just got too big for me. I've always wanted the best for him, and Wes felt the same way. I was fine with (moving on). They made a lot of money, I made money. It was all good."

In 1978, Mr. Long started the Henry Long Company, and it also flourished, making a substantial regional mark, including building AOL's start-up headquarters. The company went on to develop the Westwood Project (Tysons) and Westfields (Chantilly), then the largest office park in the Washington metropolitan area. He later formed the Long Companies and Long Property Company to develop residential, office, and medical projects.

Mr. Long was a devoted and gregarious family man who enjoyed social gatherings and regaling attendees with tales of the latest books he was reading. He often took his family on ski trips, where he and Betty marked their anniversaries with family dinner celebrations. His favorite photo of his wife came from a rafting trip when she was suited up in an oversized life vest because he said he loved her beaming smile.

Among his favorite pastimes: traveling, playing tennis, skiing, scuba diving, and curling up by the fire with a good book. He was a crossword puzzle whiz and often involved his grandchildren in filling in the blanks. He never missed a grandparents' day at The Hill School and more than once traveled across the country to attend grand-daughter Maya's dance recitals.

And long after he left military service, he remained an avid flyer, piloting planes and helicopters.

Mr. Long served on the board of directors for The Potomac



School and Madeira School, was a vestry member at several Northern Virginia churches, and a driving force in developing the Goodwin House in Alexandria. He also was a long-time member of the Middleburg Tennis Club.

He enjoyed life, had a lifelong reputation as a kind, generous and caring man who treated everyone he encountered with respect. He always liked to say that everyone should wait tables

at least once in their life. He did.

"I've probably lost more money than I ever thought I'd make," he once said. "But I've been blessed in everything I've done."

Mr. Long is survived by a sister, Rosie Long Freeman of Berryville; three daughters, Andrea Long Selfe of Warrenton, Elissa Long White of Middleburg, Elizabeth Kristen Long of Los Angeles and a son, Henry A. Long II

of Roswell, Georgia, and seven grandchildren, Tori Selfe, Allie White, Pamela White, Wagner White, Maya Long, Hunter Long and Henry A. Long III.

Because of COVID-19 related safety concerns, a memorial service will be scheduled at a later date. To honor Mr. Long's memory, donations can be made to St Jude Children's Research Hospital. http://giftfunds.stjude.org/Henry_A_Long

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THE EDITOR'S DESK

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THE RECKONING – DONALD TRUMP

BLUE

JOHN P. FLANNERY

Donald J. Trump has played out his hand, lost the presidential election, proven himself a bad loser, and will soon confront all those offenses he committed in his 2016 election campaign and since.

Is it necessary – to investigate and perhaps prosecute Trump?

It is if the rule of law matters.

Madison wrote - “If Men were angels, no government would be necessary.”

Trump’s gross misconduct may not be allowed to serve as a precedent for other public officials, now serving or who may serve.

In this presidential election, the voters gave a crushing victory to former VP Joe Biden and Senator Kamala Harris.

Still, Trump lies that he won the election.

He authorized 50 court cases and recounts in the battleground states he lost. He won not one of those cases.

Trump figured he had an ace in the hole – the right to pardon himself and others.

A pardon is void when it’s an abuse of power, when it benefits the person conferring the pardon to an associate in crime or to himself.

The person who accepts the pardon necessarily acknowledges the commission of a crime or crimes.

The next Attorney General must enforce the laws that have been violated, pardon or not, finish what has been investigated, investigate what else should be prosecuted, and prosecute without fear or favor those offenses uncovered.

If the accused interposes Trump’s pardon as a bar to any prosecution, we should litigate insisting the pardon was void and without effect.

We know much of Trump’s misconduct because of the Mueller investigation and his Impeachment.

As for the first, when the question arose whether the Russians interfered in the 2016 election, Trump responded he had nothing to do with any Russians. This lie was punctured upon the disclosure of an exclusive

meeting with Russians in the Trump Tower on June 9, 2016. Donald Trump Jr. misled the public about what transpired at that meeting. First he said it was to discuss adoptions of Russian children by Americans, then he admitted it was to obtain damaging information about Hillary Clinton. Lastly, we found out that Donald Trump, the President, drafted Trump Jr.’s initial misleading public statement that it was only about “adoptions.”

Trump became President in large part because Russia interfered in the 2016 election.

Trump sought again in this election in 2020 to deprive the people of the United States of their right to a free and fair election.

Special Counsel Bob Mueller conducted an investigation of Russia’s interference in the 2016 election.

In the second volume of the Mueller Report at p. 76, Mueller wrote – “[T]he evidence does indicate that a thorough FBI investigation would uncover facts about the campaign and the President personally that the President could have understood to be crimes or that would give rise to personal and political concerns.”

The investigation did, however, produce 37 indictments; seven guilty pleas or convictions; and compelling evidence that the president obstructed justice on multiple occasions.

A statement signed by over 1,000 former federal prosecutors including yours truly concluded that if any other American engaged in the same efforts to impede federal proceedings the way Trump did, they would likely be indicted for multiple charges of obstruction of justice.

Trump’s obstructive conduct stood out as being particularly serious:

1. In June 2017 President Trump directed White House Counsel Don McGahn to order the firing of the Special Counsel after press reports that Mueller was investigating the President for obstruction of justice.

2. After National Security Advisor Michael Flynn was fired in February 2017 for lying to



FBI investigators about his contacts with Russian Ambassador Kislyak, Trump cleared his office for a one-on-one meeting with then-FBI Director James Comey and asked Comey to “let [Flynn] go.”

3. Trump fired Comey to stop the investigation.

4. In July 2017, the President directed former campaign manager Corey Lewandowski to instruct the Attorney General to limit Mueller’s investigation.

5. In 2017 and 2018, the President asked the Attorney General to “un-secure” himself from the Mueller inquiry, actions from which a “reasonable inference” could be made that “the President believed

that an unrecused Attorney General would play a protective role and could shield the President from the ongoing Russia Investigation.”

Trump interfered in the 2020 election, by coercing Ukraine to provide scandalous material against Joe Biden’s son in exchange for the US military equipment Ukraine needed to defend Ukraine against the Russians and Putin.

There were five crimes worthy of prosecution - bribery, soliciting foreign campaign contributions, coercion of political activity, misappropriation of federal funds, and obstruction of Congress.

As I’m writing this, 121 members of the Republican Caucus in

Congress had demanded that the Supreme Court ignore the facts and the law, set aside the election of Biden, and make Trump President - in defiance of the will of the voters.

In response, the US Supreme Court said “not so fast,” given that Texas was challenging elections in other states, and Texas “has not demonstrated a judicially cognizable interest in the manner in which another State conducts its elections.”

We have to let these members of Congress and anyone else who defies our law and constitution know not just what the Supreme Court ruled, but that there comes a time of reckoning for those who disregard our law and the constitution.

is on that fourth day that we were monitoring, we went public with some of our findings and Google backed off. They literally shut off that manipulation that night, and so for four days before the election they were showing vote reminders to everyone finally.” If that doesn’t make you uneasy are you aware of Facebook’s Zuckerberg financing of the Center for Technology and Civic Life (CTCL) to the tune of \$350 million which then regranted the money to thousands of government election officials around the country to give them “nonpartisan” assistance to conduct the 2020 elections. An election lawyer who previously served in the voting rights section of the DOJ summarized in an article what happened next. “What these grants did was build structural bias into the 2020 election where structural bias matters most – in densely populated urban cores. It converted election offices in key jurisdictions with deep reservoirs of Biden votes into Formula One turnout machines. The hundreds of millions of dollars built systems, hired employees from activist groups, bought equipment and radio advertisements. It did everything that street activists could ever dream up to turn out Biden votes with unlimited funding.” It didn’t matter that Trump increased his percentage of black and Latino votes to multi decade highs because overall the absolute number of votes in these urban areas increased by 100’s of thousands. He concluded “But what about fraud, you might wonder. Sure enough, fraud was a problem, but the singular fact is the rush to mail balloting created weaknesses all across the system. The important point to understand is that elections are messy, and in 2020 hundreds of millions of dollars thrown at lawsuits and at election officials made the 2020 elections the messiest ever. Elections are also complicated, and you don’t always need outright fraud or communist hackers to craft a scheme to defeat Donald Trump. Why take that risk when you can do it all mostly legally by simply fundamentally transforming the entire process?”

Since before he took his oath the mainstream media has devoted over 90% of its Trump airtime to negative coverage of him according to statistics kept by MRC. His press conferences were circuses with reporters trying to make news not report it and every word was twisted where possible and every accomplishment was ignored. Once Biden won his primary, they were content to have him hide in his basement. Not once did he answer any embarrassing or probing questions. The hardest answered question directed at him just after the Hunter laptop story broke was when a reporter asked “what flavor did you get” when exiting an ice cream store. To be fair a CBS reporter did ask him a few days earlier about the damning laptop emails and Biden went berserk accusing the reporter of participating in a “smear campaign” and attacking the

democracy”, his lead attorney David Boies said, “...the legitimacy of any president that’s elected is going to be impaired unless the American people understand that there has been a full and fair count of all the votes. “Does that all sound currently familiar, there were no calls for them to back off. Instead, Trump is being told, put the country first and concede, you’re putting democracy on a dangerous path, etc. We’ve listened for 4 years to Russia, Russia, Russia, from a whining Hillary and an out of control House about her stolen election all based on a debunked opo-research document her own campaign paid for. At least Trump has 100’s of signed affidavits. With the upcoming Senate runoffs in Georgia, we get to watch the liberal darling of the media, Stacy Abrams. She has been lauded for 2 years since her defeat for governor by nearly 55,000 votes in 2018. She never conceded that race, and justified it with her fictional claims that “since the election was plagued by voter suppression”. “I will not concede, because the erosion of our democracy is not right.” Every one of these dems were afforded their legal right to challenge the vote count and applauded and encouraged by the media. Trump is only trying to do the same and is met with nothing but derision.

Since before he took his oath the mainstream media has devoted over 90% of its Trump airtime to negative coverage of him according to statistics kept by MRC. His press conferences were circuses with reporters trying to make news not report it and every word was twisted where possible and every accomplishment was ignored. Once Biden won his primary, they were content to have him hide in his basement. Not once did he answer any embarrassing or probing questions. The hardest answered question directed at him just after the Hunter laptop story broke was when a reporter asked “what flavor did you get” when exiting an ice cream store. To be fair a CBS reporter did ask him a few days earlier about the damning laptop emails and Biden went berserk accusing the reporter of participating in a “smear campaign” and attacking the

reporter personally by impugning his integrity (the calming change of America is looking for?) The day after the laptop story, both Twitter and Facebook baselessly locked the Post’s account saying it violated their policy of showing hacked materials and poof the story was gone. None of the networks or social media had any problem reporting ad nauseum on Trump’s clearly stolen tax returns. The Polling Company surveyed dem voters with 8 issue questions in Arizona, Georgia, Michigan, Nevada, Pennsylvania and Wisconsin. This survey found that on average 6.2% of the Biden voters surveyed said they would not have voted for him had they known about at least one of the stories. (82% were unaware of at least 1) “The eight were Tara Reade’s sexual assault allegations against Biden, the financial allegations involving Hunter, the left-wing views of Kamala Harris, the economic snapback from the coronavirus recession as jobs reports surged, the jump in economic growth, the historic peace agreements in the Mideast, America’s energy independence under Trump resulting in America becoming a net exporter of oil for the first time, and the success of Operation Warp Speed in developing a vaccine for COVID-19.” It has been said that “The primary purpose of journalism is to provide citizens with the information they need to be free and self-governing”. Our media has failed us over the last few decades and their picking sides and not truthfully bearing witness for us this time has given us a likely sock puppet for President.

Thanks to the omissions, suppression and manipulation of the media the public knows little of how Biden will preside over the country. We must therefore judge his administration by who he chooses to surround himself with to tell him what he thinks and the words they place on his teleprompter. He has stated that he will raise taxes, eliminate right to work protections, raise the minimum wage to \$15 (because not enough restaurants have permanently closed yet do to lockdowns), supports bailing out, broke by their own mismanagement, cities and states who allowed domestic terrorists to burn them

to the ground, will ban oil and gas production on federal land (which will likely eliminate about one million American jobs by 2022 and who wants American oil independence anyway), he will offer amnesty to 22 million illegals and allow future illegals the right to stay here while awaiting there hearings, give taxpayer funded healthcare to illegals (all of which will further crush the hopes of the 10’s of millions of American’s currently unemployed without benefits), rescind restrictions on unvettable immigrants from war ravaged Muslim majority countries, and stop constructing the border wall. So far his cabinet picks have been just breathtaking. I shudder at the prospect of John Kerry at the helm of anything. He admitted he met with the terrorist leaders of Iran 3 or 4 times in 2018 to give them advice on how to maneuver around President Trump, even admitting to telling the Iranians to wait out Trump until there is a Democratic president again, to save his nuke deal. He wasn’t prosecuted, but that’s as close to treason as I can imagine. Yet he is now our presumptive Climate Czar with his 12 cars, 6 houses, 2 yachts and a private jet, clearly a job tailor made for him. His Homeland Security pick ignored asylum fraud at Immigration services under Obama. His Deputy Director of the White House Office of Legislative Affairs pick during the 2nd Intifada in 2002 justified terrorism lecturing that “suicide bombers were the last resort of a desperate people,” and supports the BDS movement. His pick for OMB should thrill the “MeToo” movement as she

outed an anonymous sexual harassment victim while presiding over a meeting to restore faith in her organization’s protection of women. She was instrumental when previously at HHS in ramming through the mandate forcing Catholic organizations to pay for abortion inducing drugs and contraception, saying it’s a matter of healthcare not religious liberty. After promising that science and scientists would lead our Covid response Biden nominated a career politician to head HHS who has no healthcare experience. Even AP said his main credentials seem to

be that he’s Latino and has been a strong defender of Obamacare. Lastly his pick for NSA was described in a Vox profile as “the man behind Hillary’s hawkish foreign policy.” He spearheaded the disasters of Libya and Syria. In an interview in 2018 he insisted that the U.S facilitating China’s rise was a “success.” He does have excellent Dem creds though as he acknowledged to a House committee that he spread the Trump Russian rumors to the press in 2016 based on Hillary’s now discredited dossier. His first public statement since being named to NSA was to endorse the original (disastrous) Iranian nuclear deal. Is this the direction and leadership everyone was hoping for?

Biden has called for unity, reconciliation and urged the country to “lower the temperature” and “To make progress we must stop treating our opponents as our enemy” Michelle Obama didn’t get the memo, saying “Let’s remember that tens of millions of people voted for the status quo, even when it meant supporting lies, hate, chaos, and division.” After 4 years of Democrat’s questioning the legitimacy of Trumps Presidency, calling him a Russian asset, calling for his impeachment before he was even inaugurated, calling every Republican that disagreed with any of their policies a racist or a Nazi or “cancelling” them, boycotting Trumps inauguration, marching in “Not my President” rallies, initiating a coup at the highest levels of the FBI, CIA and DOJ, allowing their minions to burn our cities to throttle the economy, using Covid as a weapon to do the same, it’s our turn now. The best summary of what 74 million of us are feeling at this moment was expressed by the actor James Woods: “And just like that the rioting and looting has ceased overnight. And now the half of the country that pummeled America like a battered wife is telling her to put on sunglasses, hide her black eye, be a good girl, and “come together as one.” Her answer? “Go ***** yourself.” We look forward to affording them the same courtesies.

AN ELEPHANT NEVER FORGETS

RED

ROBERT KOGGAN

Our election day has come and gone but as of this writing while the press has declared a winner that is just a meaningless gesture until it is decided in the Electoral College. In the minds of the American voting public not even that event, should it in fact be Biden, will finalize anything. In a Rasmussen poll released 11/20, 47% of all voters answered “likely” to the statement “How likely is it that Democrats stole votes or destroyed pro-Trump ballots in several states to ensure that Biden would win?” Not surprisingly 75% of all Republicans believed it, but 39% of Independents believed the election was stolen and 30% of Democrats believed so. It would also not be a stretch to say that given the fear of revealing anything publicly that could cause one to be “cancelled” by the woke mobs it is likely that the % of Democrats is higher. Having lived through the last

four years being told by the liberal media, and by any Democrat official with a microphone in their face that the 2016 was hacked and a fraud what can they say now when at least 30% (20% very likely) of their own party believes there was fraud.

While it is shocking to see the number of Americans who believe the election was fraudulent, it’s understandable. There have been so many plausible allegations of wrong doing, shouldn’t we all want to guarantee the integrity of our elections and make sure there were none. We saw videos of Detroit Dem poll workers herding Republican poll watchers out of the counting room to applause and then blocking the windows. How is it that the NYT had rated 27 House seats as tossups yet Republicans won everyone of them except one (because unbelievably NY is still finding “uncounted votes” in that district 5 weeks after the election.) Plus the GOP flipped three state chambers red, gaining 192 state

house seats and 40 state senate seats nationwide. The Republican brand made huge strides; we deserve to know that its leader legitimately lost. Why did five swing states: Wisconsin, Michigan, Pennsylvania, North Carolina, Georgia and Nevada; mysteriously quit counting votes after midnight, have you ever heard of something like that before. Al Gore said in 2000, “If we don’t root out the fraud ... we don’t have a country anymore” is that any less true today. I can’t address whether Dominion voting machines were hacked but it seems a simple process to determine if they were, especially after even CNN did a feature showing how easy it was to do. In 2019 Dems Warren, Klobuchar and Wyden filed a complaint against Dominion alleging vote switching; now never mind?

Equally disturbing is a poll on the night of the election by the Media Research Center (MRC) which found that 36% of Democrats knew nothing

of the NY Post Hunter Biden laptop story and of evidence that Joe Biden was personally involved in his son Hunter’s business deals with China and the Ukraine. Recall this story was banned by social media and buried by the media (a fact proven by the recent undercover report about CNN with actual recordings of such by Project Veritas). Further nearly 4.6% of all democrats would not have voted for Biden had they known. One does not need to be a mathematician to understand what that would have meant to the outcomes in Pennsylvania, Georgia, Arizona, and Wisconsin where Biden’s reported margins of victory are a slim 1.2% down to .2%.

Perhaps the most insidious intrusion on our election integrity is the impact of unregulated social media. Earlier this year Dr. Robert Epstein, an ardent Hillary Clinton supporter, testified before the Senate Judiciary Subcommittee that in 2016 that biased search results directed

2.5 million votes to Hillary and tech can manipulate votes to reverse an election outcome without leaving a trace. He further testified that upwards of 15 million votes could be shifted in the 2020 elections without people’s knowledge and big tech won’t underestimate their vote needs again. Two weeks ago, Dr Epstein reported on actual manipulation. “Google’s search results were strongly biased in favor of liberals and democrats. In fact, conservatives got slightly more liberal bias in their search results than liberals did. These manipulations that we’ve so far quantified could easily have shifted at least six million votes in one direction. That’s the bare minimum at this point that I’m confident of. Then we found what seems to be a smoking gun. We found a period of days when a vote reminder on Google’s home page was being sent only to liberals. Not one of our conservative field agents received a vote reminder during those days. The good news

LETTER FROM THE PLAINS

ANTHONY WELLS

The annals of ancient Roman history show that while ruling Rome, Marcus Aurelius, was concerned that power might go to his head, and he would become overbearing, arrogant, conceited, and in all regards, very simply, “full of himself”. Aurelius had a servant follow him everywhere, and when Roman citizens bowed before him, or uttered words of flattering praise, he instructed his servant to always whisper in his ear, very softly, “You’re just a man. You’re just a man”. As far as we can tell other Roman generals, returning to ancient Rome after returning from a military triumph, were reminded in like fashion by a slave, holding a golden crown over the general’s head, of Marcus Aurelius’ exhortation to humility, and the reminder that all people are both mortal, and all triumphs are transitory. Personal power is short lived. There is still much to be learned from the Classics, whether Socrates, Plato, Aristotle, Heraclitus, and many others. As Alfred Lord Tennyson wrote in the last lines of his epic poem, “Ulysses”, about the hero Odysseus in Homer’s immortal story in ancient

Greek literature: “That which we are, we are: One equal temper of heroic hearts, Made weak by time and fate, but strong in will To strive, to seek, to find, and not to yield.” The Bathos, in classical vein, of all the above, is not lost on Eccentric readers in the aftermath of the November 3, 2020 US general election. Tennyson’s lines reflect on our situation, that all may not be perfect, particularly for those who have reached the golden years, but that we will go on, we will endure, and we will come through. Donald Trump is transitory, but the American people, and the spirit and goodness of America, are not. “That this nation, under God, shall have a new birth of freedom, and that government of the people, by the people, for the people, shall not perish from the earth”. Abraham Lincoln’s immortal words at Gettysburg, on November 19, 1863, ring in our ears now, in November, 2020. Whatever side one took every Eccentric reader should feel blessed that Lincoln’s words have been fulfilled. We are not in Moscow, or Beijing, or Kiev, or Pyongyang. We are very fortunate. To continue classical metaphors, and the last few lines of Thomas Hardy’s novel “Tess of the D’Urbervilles”, there seems

little doubt that, “Justice was done, and the President of the Immortals, in Aeschylean phrase, had ended his sport with Tess (read President Donald Trump)”. The ancient Greek playwright, Aeschylus, wrote the tragedy, “Prometheus” that Thomas Hardy paraphrased. We have all just experienced something very similar, Aeschylus living C525-456 BC, and here we are in 2020. Has anything changed? I do not think so. We should all perhaps reflect on the other great words of Abraham Lincoln: “With malice toward none; with charity for all; with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in; to bind up the nation’s wounds”. We should all do no less. Let me be more parochial. My Letters seek to be non partisan. It is no secret, given my letters over the years, that I was once a Life Time member of the Republican Party, a moderate, very slightly right of center, with many Democratic friends in Congress, until the Iraq invasion, the torture of prisoners against international law and the rules of war, lies committed about WMDs in no less than the United Nations’ main forum, the General Assembly, and the wholesale misuse

and abuse of Five Eyes intelligence. I changed horses, and wrote two Letters in the Eccentric many years ago to that effect. However, I wish my many loyal readers to know that I will continue in the same vein and spirit of all my Letters: truth, impartiality, and objectivity at all times. Donald Trump, like us all, is “Just a Man”. We are all transitory. Covid 19 is an existential threat to ours and the world’s wellbeing, together with climate change, the need to address, plan, and execute a path to green energy, the revitalization of our economy, racial equality, true, fair, and imaginative progressive immigration reform, and critical relations with our key allies who look to us for unbending and unequivocal leadership and loyalty, and not the vagaries of personal political agendas. I look forward to addressing over future Letters several crucial issues that affect us all in so many different ways. These will include the sustainment, and survivability, of our dependence on Global Positioning System (GPS) data and networks, the resurgence of the intelligence community as a high integrity body providing accurate, timely, unvarnished, and apolitical intelligence irrespective of

political agendas, and the worrisome rise of extreme right wing groups across the world and here in the US. To conclude, Joe Biden’s speech of Saturday, November 7, 2020 showed his care for all Americans, irrespective of party loyalties. President Trump’s failure to be gracious and magnanimous in defeat showed the inherent personal weaknesses that have been identified by the best American psychiatrists. He is aided and abetted by Rudy Giuliani, a truly “Fallen Angel” if there ever was. Joe Biden, like us all, is not a perfect human being. He has made past questionable calls, such as his support of the Clarence Thomas nomination, and his son’s overseas appointments, but over many decades he has also consistently shown that he is a compassionate and caring person who places other people first, not himself. He does not have an out of control ego. Joe Biden is a great American, and he knows himself. He is very aware that he is, “Just a Man”, but one who has a truly merciful heart. Have a joyous Holiday Season, be well, and be safe..



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\$8,495,000

Middleburg – Magnificent estate on 100 acres. The stone manor boasts 22 elegant rooms, 9 fireplaces, high ceilings, all superbly detailed and beautifully appointed. Brilliant gardens surround the heated pool. Fabulous 11 stall stone stable with 2 staff apartments. Riding ring, green house all in pristine condition. Additional 227 acres are available.

Mary Ann McGowan | 540-270-1124



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104 acres

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Bluemont – Just north of historic Middleburg, this exquisite country estate includes over 104 acres of lush pastures with spectacular mountain views. Features 9000 sq ft of elegant living space, a picturesque pond, pool & spa, guest house, an apartment over the 4 bay garage, plus a 6 stall stable & paddocks, all in an idyllic setting!

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415 acres

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Hume – Spectacular land with rolling, verdant fields, lush woodlands and a spring fed pond, on 415 acres in unspoiled Hume. Offering four parcels of 100+ acres each, this property is ideally located off scenic Leeds Manor Road, amongst other beautiful estates, many in conservation easements. Easy access to I-66 and within an hour of the nation's capital.

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94+ acres

\$3,674,999

The Plains – Hilltop custom French Country stone manor with magnificent views of the Blue Ridge Mountains. 5 BR / 6 BA. 5 fireplaces. 1st floor luxury Primary Suite. Great Room opens to terrace w/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.

Cricket Bedford | 540-229-3201



BLOOMFIELD ESTATE LAND

95+ acres

\$2,100,000

This spectacular 95+ acre parcel is ideally located just north of Middleburg outside of the historic village of Unison. Private and secluded, it features magnificent views of both the Blue Ridge and Bull Run Mountains, and offers open fields, lush pastures and beautiful woodlands. The land is rolling with a gentle hillside that captures the panoramic landscape and the picturesque pond below. Protected in easement, it is the perfect site for a fabulous estate, ideal for nature lovers, equestrians or anyone seeking the serenity of an incredible country lifestyle.

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THE ORCHARD

4.82 acres

\$1,950,000

Middleburg – 1st time offering one of the largest residential parcels available “in town!” Brick home built by local master builder WJ Hanback. 3/4 BRs, 3 full BAs, eat-in kitchen, combo living/dining room with two large bay windows overlooking terrace, sweeping lawns & large pond. Gorgeous details include spiral staircase, built-ins, hardwood floors and fireplaces. Fully finished LL. Fenced garden extensive landscaping and mature trees. Views in the back you must see to believe.

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201 W WASHINGTON

2,400 sq ft

\$1,090,000

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

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MADISON & FEDERAL

5,155 sq ft

REDUCED \$699,000

Middleburg – One commercial building that appears like two, which are adjoined on the corner of Madison & Federal Streets. 4 separate entrances. Zoned for mixed use with Retail & Office spaces. This building includes 7 rare parking spaces off Federal Street! Long time, active retail business in one building. Seller desires to rent back. Priced well below appraised value. Zoned C-2.

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OLD THOS. HAYES

REDUCED \$1,250/mo

Middleburg – Available for the first time in decades, the Thos. Hayes & Son Jewelers space is available to rent. Wonderful corner location at the cross streets on Madison and Federal in downtown historic Middleburg. This street has seen a renaissance of sorts! Lots of new shops and restaurants. Join in on the action.

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