

NEW TOWN HALL MAKES PROGRESS



The Town of Middleburg recently held a Public Outreach Session to unveil the schematic design plans for the New Town Hall to be located behind the existing Town Office building. The one-story building will contain administrative and police offices, as well as a public meeting space wing - to include the Council Chambers - with public restrooms. The building will be situated between two beautiful green spaces - one being a small pocket park on Marshall Street where the existing Town Office is located and the other being a larger Village Green space located on Pendleton Street. These spaces will be available for use by the public, some Town special events and the community Farmer's Market. The meeting spaces in the Town Hall will be available for use by the public when not required for government operations.

In 2017, the Town Council identified the construction of a new Town Hall as one of its strategic priorities. This was the result of a number of factors, including that the current Town Office, built in 1964, is too small to effectively provide services to the com-

munity and to house the Town staff; the Town is leasing separate office space for the Police Department, which is disconnected from the rest of the Town operations; and the existing Town Office building has undergone three mold remediation events, creating health concerns for those spending extended time in the space.

"We are pleased that this building will allow us to serve the public more effectively by providing appropriate space for daily transactions and opportunities for multiple groups to meet at the same time," said Town Manager Danny Davis. In addition to very limited space in the current Town Office, the Town has been renting office space across town for the Police Department for many years, at a cost of nearly \$50,000 per year. "Being constructed in 1964, our building is simply no longer capable of meeting our or the community's needs in a safe and efficient manner," said Davis. Currently, three staff members work in the upstairs with no accessible entrance.

The Town takes the financial reality of this project seriously, spending significant time understanding the Town's financial situ-

KINROSS FARM'S JUST WAIT AND SEE ROMPS TO ROKEYBOW WIN

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NEWS OF NOTE

KINROSS FARM'S JUST WAIT AND SEE ROMPS TO ROKEYB BOWL WIN



WINNER OF THE 2021 ROKEYB BOWL (R-L): JUST WAIT AND SEE, CHRIS GRACIE IN THE IRONS, GROOM GIOVANNI CORTEZ, TRAINER RICHARD VALENTINE, OWNERS LISA AND ZOHAR BEN DOV, AND LONGTIME KINROSS FARM EMPLOYEE MICHAEL "SKIPPY" MURPHY. - PHOTO BY LAUREN R. GIANNINI

LAUREN R. GIANNINI

Three horses lined up, waiting for starter Graham Alcock to drop the Rokeby Challenge Bowl's flag, the feature race at Piedmont Foxhounds' Point-to-point on March 20, two finished. Kinross Farm's Just Wait and See (IRE), piloted by Chris Gracie, took command of the pace all the way, charging across the finish line one furlong – 220 yards! – ahead of Irvin Naylor's Hooded, McLane Hendriks in the saddle.

It was an amazing performance for any horse in its first outing of the season, especially on a track that features some serious hills. Still, trainer Richard Valentine obviously knows a thing or two about

conditioning. Veteran jump jockey Chris Gracie, who retired in late 2006 but returned to racing in 2018, showed his experience with two seconds in Maiden Timber before contributing to this sweet victory for Zohar and Lisa Ben Dov. As Valentine pointed out, they are terrific supporters of the game, locally on the point-to-point circuit as well as at sanctioned meets.

"Just Wait and See is a great horse," Valentine said. "He'll have two more races and then the Maryland Hunt Cup in April. I would love to win the Hunt Cup for Zohar and Lisa. It would be great to have a third Virginia-trained winner."

Thanks to racing announcer Will O'Keefe's CentralEntryOffice.com, it was easy to pull a full report of winners of

the prestigious Maryland timber stakes for amateur riders. It turns out that Valentine has trained two Hunt Cup winners: Anna Stable's Michelle Marieschi (GB) in 2009 and Jacqueline Ohrstrom's Professor Maxwell in 2013.

What was really astonishing is that Just Wait And See crossed the finish line, looking ready to tackle the 3-mile track a second time. That has to be a good sign this early in the season. Best believe that Valentine will have the 12-year-old Irish-bred gelding finely tuned and prepared for the four-mile Hunt Cup on April 24 in Glyndon, Maryland.

Piedmont proved a good day for Valentine and owner Jacqueline Ohrstrom whose Hafajay (GB) finished second in the Amateur and Novice

Timber under Gracie's tactful ride. The trainer finished up his day at the office with a second win when Paddy's Crown, Chloe Hannum doing the honors, led from start to finish first by four lengths in the Maiden Flat.

Neil Morris trained two winners, both ridden by Graham Watters: Noble Stables' Onarock in the Open Flat and Vincent Van Gogo (just love that name!), owned by Flying Elvis Stable, in the \$2,000 VHBPA Flat, Virginia Bred, Sired or Certified.

Warrenton Hunt ran the first of their two point-to-points at Airlie on March 13 with two timber, two flat, plus the ever-popular ladies sidesaddle flat. Most of the winners came south for the day, although Doug Fout trained Four Virginia Gents' First Friday, rid-

den by Sophie Cornelius, to score a four-length win in the Novice Timber. Warrenton's second race meet is March 28, again running at Airlie with no spectators.

Bravos and cheers for the hunts and sanctioned meets for running with no or limited spectators, thus supporting the sport of racing, the horses, and their dedicated people.

Racing continues in April with a weekend meet for months to come. For the full schedule of point-to-points and sanctioned meets, as well as results and other info, please consult CentralEntryOffice.com and nationalsteeplechase.com – and please bookmark VirginiaHorseRacing.com, sponsored by the Virginia Equine Alliance, another great site full of racing news.

NEWS OF NOTE

MIDDLEBURG SUSPENDS FARMER'S MARKET FOR 2021 TOWN LOOKS TO PERMANENT LOCATION IN FUTURE YEARS



In light of recent challenges and a decrease in attendance due to COVID-19, the Middleburg Farmer's Market will be suspended for the coming year. In 2020, the Market was moved to the National Sporting Library and Museum in order to comply with Governor Northam's

mandates related to COVID-19. This location change, paired with a decrease in visitor attendance, created ongoing challenges for a viable Market. As of this time, the Town does not believe that the Market can be successfully organized and operated for the coming year.

The Town Council has indicated its desire to identify a permanent home for the Market in a location where additional activities and vendor options can be accommodated. It is anticipated that the new Town Hall complex, expected to be completed in early 2023, will be an ideal

location for the Middleburg Farmer's Market to successfully return and serve the community.

The Town has expressed its dedication to local farms, vendors, and producers and encourages all residents and visitors to support local. Options to connect to local farms

and CSAs (Community Supported Agriculture) can be found at the Town's dedicated market page: www.middleburgva.gov/market. Any updates on opportunities to connect to Market vendors will be included on the same website.



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MIDDLEBURG LOOKS TO ESTABLISH AND IMPLEMENT SOCIAL MEDIA STRATEGY

The Town of Middleburg, with input from the Town's Economic Development Advisory Committee, will be issuing a Request for Proposals (RFP) for Social Media Activities. This RFP will seek individuals or firms who have the capability to develop and implement a Social Media Strategy. The Town expects to issue the RFP on April 1, 2021, and make a decision by June 1, 2021.

The Town of Middleburg is an historic, authentic Town that provides opportunities for shopping, dining, and relaxing that are unrivaled in the DC Metro region. Home to the only 5-Star awarded, full-service resort in the Mid-Atlantic (Salamander Resort & Spa), as well as the oldest continuously operating Inn in America (The Red Fox Inn), Middleburg is the premiere destination for leisure travel for those local, regional, and distant. With 20 food establishments, over 190 high-quality lodging rooms, and

dozens of small business retail shops, Middleburg provides something enjoyable for every visitor.

The Town of Middleburg promotes its destination to visitors in the Mid-Atlantic, with the goal of building destination awareness and traveler consideration. The Town uses primarily digital and social media efforts, building on the strength of Facebook and Instagram. Content will use the Town's new branding logo, along with key taglines such as "Make Your Escape" and "Instant Connection". Imagery will capture the beauty and essence of Middleburg as a rural retreat and quick getaway from the city. Marketing efforts will also target local visitors from the DC Metro region, to include Loudoun and Fairfax Counties.

Interested persons and firms are encouraged to review the Town's webpage for the posting of the Social Media RFP at <https://www.middleburgva.gov/bids.aspx>. You can also sign-up for alerts when new bids or RFPS are posted.

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NEWS OF NOTE

APPLETON CAMPBELL WELCOMES 2021 WHILE CELEBRATING 45 YEARS IN BUSINESS

Jim Appleton founded the company in 1976 with his son, James, to take care of the bookkeeping while he worked full-time at the phone company and his 16-year-old grandson, Mike, who worked alongside him in the company's single service truck. This family-owned business has flourished over the last four and a half decades with now 4 generations of Appleton's working for the company. Today, the business has grown to include a fleet of service trucks and approximately 90 employees.

When asked about the company's history and evolution, Mike Appleton, now president of Appleton Campbell stated "I remember how my Grandfather treated his customers. He always went the extra mile and reminded me often that we were guests in other people's homes. Integrity, trust and quality service were important to him. I am proud that during our growth we have been able to maintain those principles for 45 years."

A core belief at Appleton Campbell is taking care of employees who will in turn take great care of its customers. Technicians are continually trained in product knowledge and customer service so that they can provide an exceptional experience.

Appleton Campbell is proud to be a trusted residential service company providing plumbing, heating, air conditioning and electrical repair and installation needs. This comprehensive approach to servicing its customers has contributed to their tremendous growth over the past 45 years that lead to the company moving into a larger facility in 2020.

The new building, located at 285 Alwington Blvd., streamlines communication between the office, technicians, and customers, maxi-

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mizing response times and dispatch throughout Appleton Campbell's service area. The new facility also enhances their efficiency of the day-to-day operations.

Scott Wayland, Vice President, also added that there is excitement to look back at where we have been as we look forward to where our team will exceed customer expectations for many years to come.

In addition to providing homeowners with essential home services, Appleton Campbell is dedicated to supporting the surrounding community that has also supported them for the last 45 years.

Please visit appletoncampbell.com to learn more about Appleton Campbell.


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NEWS OF NOTE

PAVING PARADISE

LAUREN R. GIANNINI

Paving Paradise is the third installment in the Paradise Gap series by a local enthusiast, J. Harris Anderson, more familiarly known as John. However, don't expect another lighthearted view of foxhunting, religious fervor, and sex, themes that drive Anderson's debut novel, Prophet of Paradise, and The Foxhunter's Guide to Life and Love.

Because lighthearted isn't a word that applies easily to Paving Paradise. Extra points awarded if you recall Joni Mitchell's 1970 classic, "Big Yellow Taxi":

"They paved paradise and put up a parking lot.

With a pink hotel, a boutique, and a swinging hot spot

Don't it always seem to go that you don't know what you've got till it's gone..."

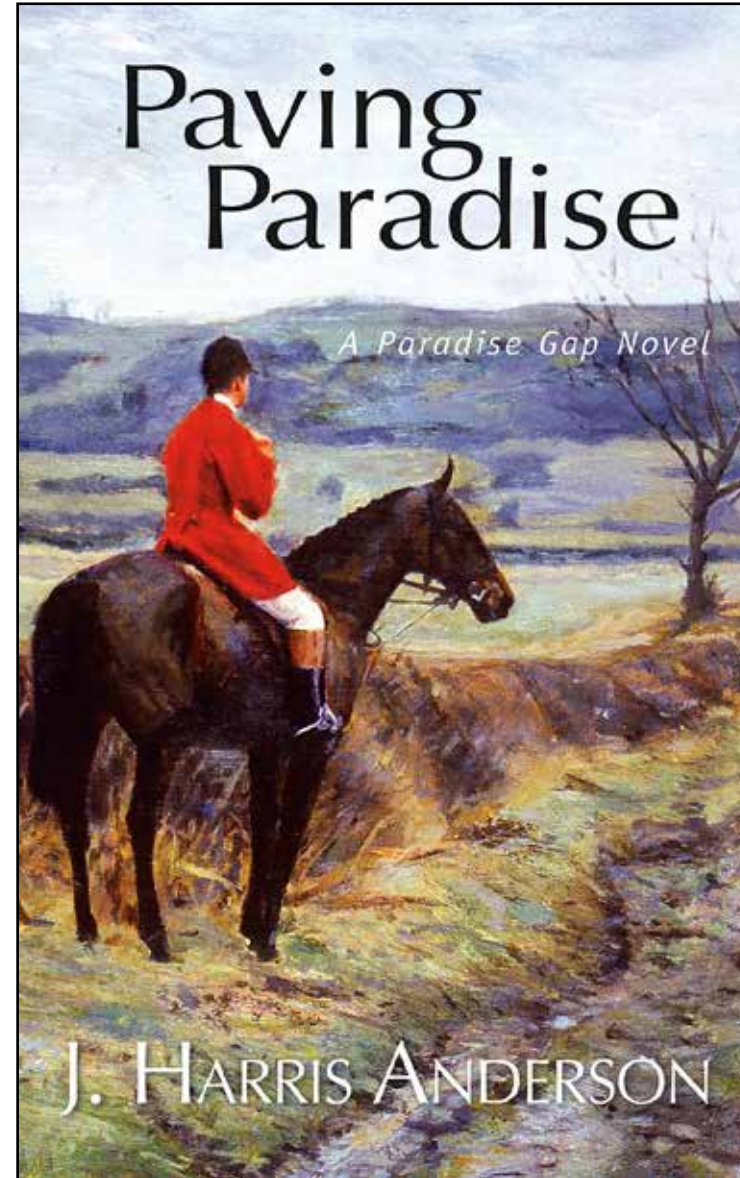
Paving Paradise addresses serious issues and sinister threats by unscrupulous con artists, who will stop at nothing in their insatiable quest for profit and power. Anderson kicks off powerfully with a nightmare suffered by "Thumper" Billington, MFH Montfair Hunt, because one of his neighboring landowners is seriously considering selling his farm to enjoy an easier life than farming. That opening, which rolls vividly through one's imagination like a big-screen movie, segues into a foxhunting scene, which Anderson handles with expertise.

What follows is an extremely meticulous and detailed setting of the stage. It's like riding to hounds, and the action starts with a bang at the first draw when hounds explode into their hallelujah chorus moments after they're

cast into covert, but lose the scent so that what ensues is a lovely hack cross-country. In contrast, huntsman and hounds continue to search for a fox willing to lead the chase. Have no fear: Anderson is taking readers for a ride, and there is a method to his machinations.

Thumper's younger sister, Myrna, plays a pivotal role. From the get-go, I loathed her whiny, self-absorbed, miserable, soul-selling self. Equally vile is cousin Cuyler, shady real estate land-gobbler, and his slimy client, Smith Bonduant, along with vicious and threatening "site manager" Drago, who is evil personified.

Although Anderson intersperses setting up his intricate plot with eyewitness accounts of exciting runs, the pace is uneven. The bad guys kept elevating my blood pressure to



dangerous levels, necessitating frequent breaks from reading, but it was worth kicking on.

Paving Paradise sprouts wings and takes off when Elizabeth exposes Myrna's sordid secret plot to sell her portion of Montfair Farm to pay off crippling debt. From there onward, it is a thrilling chase to the finish as Thumper, Janey, Gloriana, Bar, Sheltie Lou, Rhett, and other delightful denizens, including the formerly miserable Myrna, pull together to save Paradise Gap.

Tradition, animal welfare, friendship, loyalty, and family weave significant threads through this story. Implied violence and no graphic sex make it appropriate for older kids of all ages, including worldly teens.

Heads up: Paving Paradise leaves one story thread hanging, thereby opening the pasture gate to the fourth story about Paradise Gap.

Softcover, 294 pages: \$17.95; Kindle: \$7.99.

THE WILD AND SCENIC FILM FESTIVAL

HOSTED BY LAND TRUST OF VIRGINIA AND GOOSE CREEK ASSOCIATION

Join the Land Trust of Virginia and Goose Creek Association at our Wild and Scenic Film Festival, to be held virtually in 2021! Enjoy an evening of entertainment and connect with others as we screen films that feature the people, places, wildlife, and initiatives making a splash in conservation today. We curated a lineup of the best in environmental short films that relate deeply to our missions but take place against a global backdrop. With beautiful cinematography and first-rate storytelling, you will be informed and inspired. Watch and learn about the triumphs and joys of nature on land and water. The great outdoors, adventure, conservation, and much more are all there to see! Grab some popcorn, or your favorite treats, and gather the family for an evening of film watching. We can't wait to see you there!

Friday, April 9, 2021. Virtual lobby opens at 6:30 pm EST; program runs from 7:00 -9:00 pm EST

Virtual! Online! Your computer - your smart TV! To learn more about the film line-up, purchase tickets and receive access to the event links, register online at www.landtrustva.org or www.goosecreek.org or contact Kerry Roszel, kerry@landtrustva.org or (540) 687-8441 or Holly Geary, info@goosecreek.org or (540) 687-3073.



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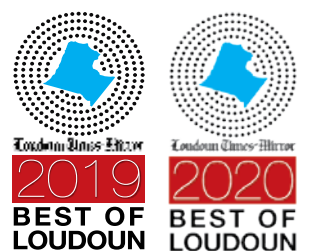
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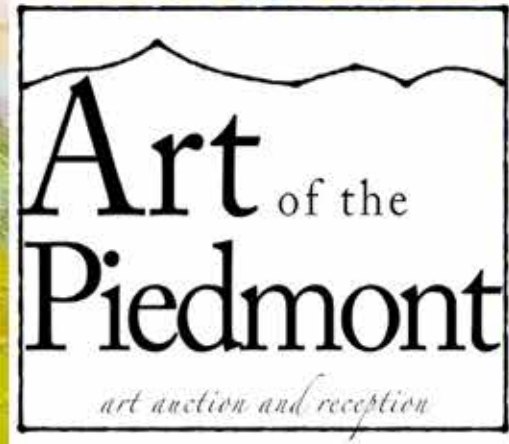
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NEWS OF NOTE

VIRGINIA PIEDMONT HERITAGE AREA ASSOCIATION ANNOUNCES BREAKING BARRIERS

RACE, GENDER, AND FAMILY IN THE EQUESTRIAN COMMUNITY VIRTUAL EVENT

The Virginia Piedmont Heritage Area Association (VPHA) announces the Breaking Barriers: Race, Gender, and Family in the Equestrian Community virtual event to be held Thursday, March 25, 2021 from 6:30-8:00pm live on the VPHA Facebook Page. After broadcast it will be available to view anytime at the VPHA YouTube channel. Vicky Moon, author of *Sylvia Rideout Bishop Had a Way With Horses*, and 2000 Olympic bronze medalist in team eventing, Nina Fout discuss the challenges and opportunities of growing up, competing, and succeeding in Northern Virginia's equestrian community.

About Sylvia Rideout Bishop: "Sylvia Rideout Bishop (Oct. 5, 1920-Dec. 27, 2004) was one of seventeen children born to a West Virginia family whose ancestors were enslaved. Sent to live with a nearby childless couple as a toddler, she was indulged with fancy dresses and one mesmerizing pony ride that changed her life. Her love of horses took her to the Charles Town racetrack at age fourteen to work as a groom, hot walker and then trainer, all the time fighting sexism and racial bigotry 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 wealthy clients. As a single mother after two failed marriages, financial reality forced her to take on extra work in the shipping department at a nearby Doubleday publishing factory. 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." Vicky Moon, *Sylvia Rideout Bishop had a way with horses*



SYLVIA BISHOP AT LAUREL PARK

About Nina Fout: International 3-day event rider Nina Fout is a multi-generational equestrian with accolades spanning the globe, most notably winning the team bronze medal during the 2000 Sydney Olympics on her horse 3 Magic Beans. Nina has successfully competed at every major 3-day event during her decades long career. Residing in her home town of The Plains, just outside Middleburg, Nina hunts with Orange County Hounds and has competed and won multiple field hunter championships from a young age. Nina has the experience and discipline to help other horses and riders achieve their goals. In addition, Nina has become an extremely well regarded

cross country course designer. Many advanced level courses, including Plantation Field, Middleburg, CDCTA, Kelly's Ford, Gordonsdale and Morning-side have featured her designs. She has recently earned her certification to design at the FEI level.

About Vicky Moon: Writer and photographer Vicky Moon has chronicled the lives of the rich, the not so rich, the famous, and the not-so-famous for more than twenty years. She has written about lavish parties, hunt

balls, steeplechase races for People, The Washington Post, Town and Country, and Millionaire and magazines. She has chronicled homes and gardens for Veranda and Southern Accents, has served as a contributing editor for House and Garden and writes a monthly column for Washington Life. Ms. Moon is the author of many titles including *The Private Passion of Jackie Kennedy Onassis: Portrait of a Rider and Equestrian Style: Home Design, Couture, And Collections from the Eclectic to the*

Elegant, *The Middleburg Mystique*, *The Official Middleburg Life Cookbook*, *Best-dressed Southern Salads* and *A Sunday Horse*. Vicky divides her time between the nautical capital of Fort Lauderdale, Florida, known as the "Venice of America" and the village of Middleburg, Virginia, "horse heaven" with wide-open fields. Vicky, too, has been a rider all her life.



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NEWS OF NOTE

THE FUTURE OF THE CONSERVATION EASEMENT

THE FENCE POST



ROBERT BANNER

Looking at the vast network of tools we have established in Virginia to protect our land, there is no more powerful tool than the conservation easement. Created in the early 1960s, conservation easements held by various land trusts now blanket the Piedmont Valley and beyond. Arms linked, landowners, and land trusts stand as a solid line of defense against the development of precious open space.

The conservation easement was developed to last in perpetuity. But as the world faces a tsunami of change, new challenges face the land trusts that hold and defend these easements. Are we ready for the next 10 years? 50 years? 100 years? And beyond?

Recently, the leaders of the conservation community weighed in to relate the challenge of change they face. Rest assured, they are prepared, but we should all feel ready to support them. The movement began in our community. The future is firmly rooted

in our property. Each of us plays a role in our success. You should know what we all face.

Bob Lee led the Virginia Outdoors Foundation as Executive Director for 9 years, beginning in 2005. The VOF was created by the General Assembly in 1966 and protects more than 860,000 acres. Lee explains that Senator FitzGerald Bemiss and attorney George Freeman set the agenda in motion recommending the formation of the VOF as a state land trust where private philanthropists could donate valuable property for protection in perpetuity.

For the donation, Virginia offers the most attractive reward of any state in the nation. In addition to federal tax deductions, our state offers generous state tax deductions that are transferable. Even if you don't have significant VA state tax, the credits may be sold to those who do. It's a desirable reward, but Lee warns, the statute is subject to legislative change if we don't continue to offer the public a significant benefit in return.

Needless to say, the Virginia

model grew quickly. After VOF, more than 22 land trusts (Land Trust Alliance accredits 15) followed, encouraging a dense network of protection across more than a million acres of Virginia. It has been prevalent in our local region, restricting development on private properties, historic landmarks, state parks, and more. While the program is one of the nation's most successful, Lee warns that we must remain vigilant as we protect the conservation easement that protects us.

Lee points to the Virginia Open Space Land Act, which authorizes conservation easements granted to public agencies, such as localities and the VOF. Because government agencies hold these easements, they are not subject to eminent domain by other state agencies (VDOT) or public utilities. While possible for an easement held under the Act to be released (which would violate federal tax rules,) the requirements for such a release by the VOF, or another governmental holder, are extremely rigorous and designed to replace any

released easement with new easements of equal or greater economic and conservation values. Such restrictions on release help ensure that a landowner's commitments to conservation are honored, even in the face of demands for new roads, power lines, or other public projects.

Chris Miller is Executive Director of the Piedmont Environmental Council. Founded in 1972, the PEC covers nine counties and holds more than 12,400 acres in conservation easement. One of the most effective community-based environmental groups in the nation, PEC protects our land, historical landmarks, air, and water quality, promotes building smart transportation choices while protecting the scenic byways, viewsheds, and public access to it all. Miller knows the future will involve a compromise between zoning, landowners, and land trusts. He is just as resolved to protect, but like Lee, he wonders if our reluctance to accept public need will result in legislative action reducing the state tax benefit.

Sally Price steers the Land Trust of Virginia, holding more than 200 easements in the popular land trust. She agrees with Lee and Miller, but her concerns are based around the perpetual stewardship obligation entailed in holding a permanent conservation easement and the costs of enforcing the protections imposed by those easements, especially as land changes hands. The pandemic has created a mushroom of sales in our area. Will new owners fully understand the deed restrictions that come with their property and embrace the responsibility unquestioned?

Stephen Small was the attorney-advisor in the Office of the Chief Counsel of the IRS in the 60s and wrote the original federal income tax regulations on conservation easements. Small sees an opportunity for landowners in the emerging natural markets. By growing trees and improving degraded stream beds, landowners can reap valuable benefits from nutrient credits, mitigation credits, even carbon credits. The work directly improves water and air quality and is consistent with the language of most all conservation easements. This allows landowners an opportunity to earn from their land while doing the right thing for the ecology. Is it time for conservation easement language to specifically encourage these programs?

Marie Ridder is now 96. Over her dedicated and successful career, Ridder has worked for numerous federal and state agencies, the VOF, the PEC, and the Chesapeake Bay Foundation, too. She was one of the first conservation easement donors in VA. Clear as a bell, she agreed with all of the above. When I asked her advice for the future, she said, "Two words Mr. Banner ... birth control!" Since all of the problems addressed relate to a growing population, who can argue with her? Loudoun County has exploded by more than 30% in 10 years. Simply, more people from the city want more access to the countryside, and conservation easements and land trusts protect our natural and historic assets for all to appreciate.

Sum total? While I feel confident the protections devised in the conservation easement will stand the test of time, our work is not done. We have much to lose but far more to gain.

Robert Banner is Senior 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 platform. He can be reached at rob@acre-investment.com.

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Sharon Brown

TO OUR FIRM

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SHARON BROWN
703-472-3686
sharon.brown@wfp.com

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PASTIMES

CRISPY LEMON CHICKEN

THE KITCHEN PHILOSOPHY



EMILY TYLER
WWW.THEKITCHENPHILOSOPHY.COM

This is a recipe all about technique with a simple list of ingredients. Read on how you can create a golden crusted moist piece of chicken with just the addition of sea salt, a bit of lemon and a well seasoned cast iron pan.

Serves 2
2 leg/thigh combination pieces of chicken
1 lemon
sea salt to taste

- Place the chicken on a cutting board skin side down and cut the leg lengthwise to expose the bone. Cut the meat loose from the end of the leg and carefully scrape the meat off the bone and continue removing

the bone from the thigh. Be careful not to cut through to the skin and do not remove any of the fat

- Check the deboned chicken for any tendons which can be removed with a pair of pliers
- Place the chicken skin side up on a plate, uncovered, making sure the skin is not folded or overlapping
- Refrigerate for 24 hours
- After 24 hours the skin should be quite dry. Season the meat with salt
- Heat a large cast iron pan to medium heat and add the chicken, skin side down (if your pan is not well seasoned add 1 teaspoon of olive oil)

- Cover loosely with a piece of aluminum foil - this will help cook the meat and keep the grease from splattering
- Cook for 12 minutes on the skin side until golden brown - monitor how fast/slow it is browning and adjust the heat accordingly
- Flip and cook the meat for an additional 3 minutes
- Remove the chicken from the pan and squeeze the juice from half of the lemon into the pan, deglazing the pan juices and fat
- Stir until slightly thickened
- Drizzle over the chicken and serve with additional lemon wedges and a sprinkle of sea salt.



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<https://runsignup.com/Race/VA/Aldie/JoggingforJackson>



We are raising awareness and funds for Sudden Unexplained Death of a Child (SUDC).

NEWS OF NOTE

MIDDLEBURG’S NEW TOWN HALL MAKES PROGRESS
THROUGHT THE PLANING STAGES

CONTINUED FROM PAGE 1

ation and the current interest rate market. “The Middleburg Strategic Finance Committee has reviewed the Town’s finances in conjunction with Davenport Public Finance, the Town’s financial advisors,

and confirmed the project can be funded without the need to increase taxes on the Town’s residents,” Davis added.
The project has now entered the design development phase. A second public out-

reach session for public review and comment will be held in June once those plans are available. “If all goes as planned, the project will be put out to bid in October, with groundbreaking occurring in

January of 2022. Our goal is to introduce the new facility to the public in January of 2023 if all goes according to schedule,” according to Rhonda North, Town Clerk and the Project Lead.

For more information on the project or to view the Public Outreach Session video, visit the Town’s website at www.middleburgva.gov/town-hall or contact Mrs. North at (540) 687-5152.

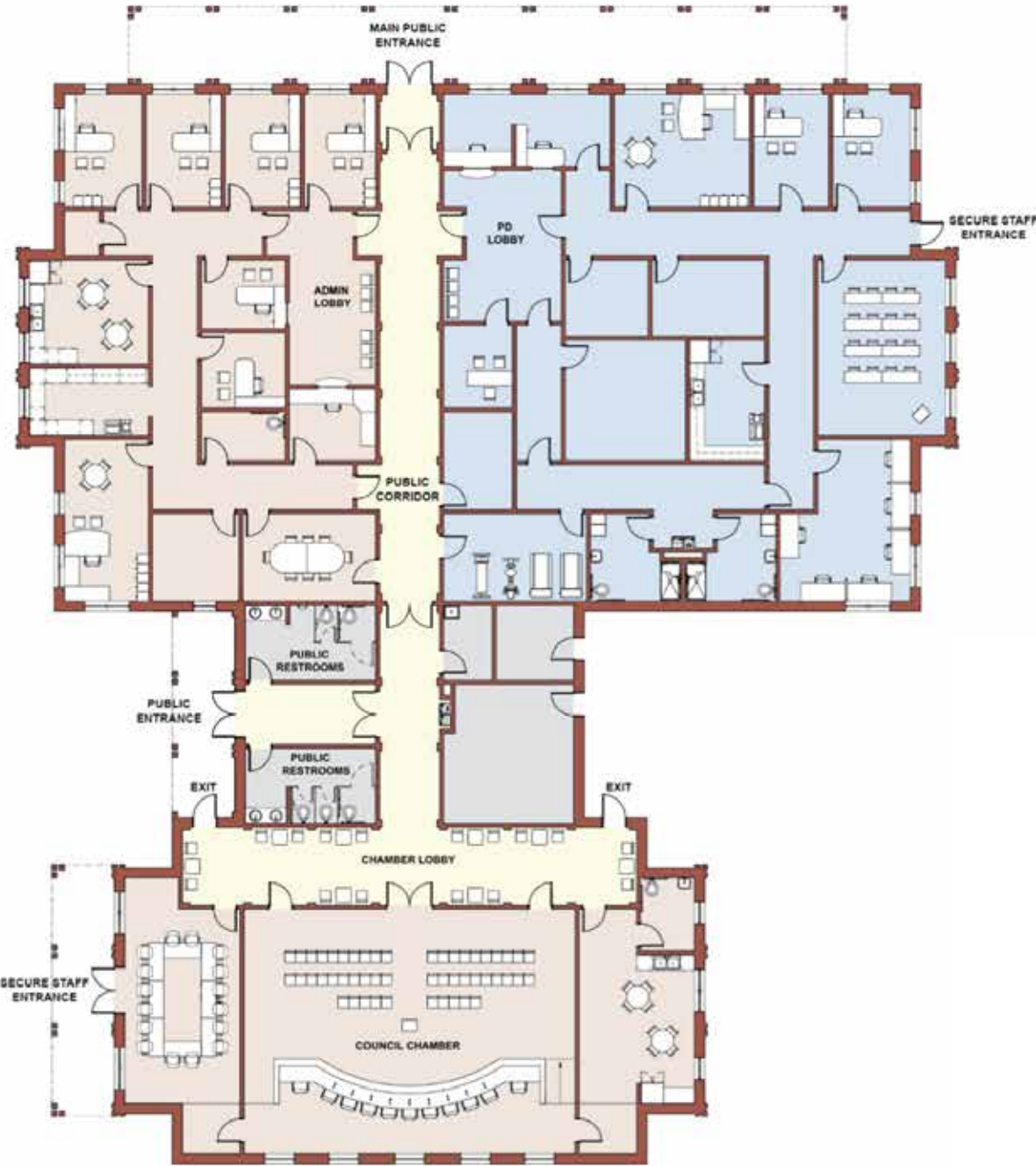


LEGEND

- ADMINISTRATION
- POLICE DEPARTMENT
- PUBLIC CIRCULATION
- BUILDING SERVICE



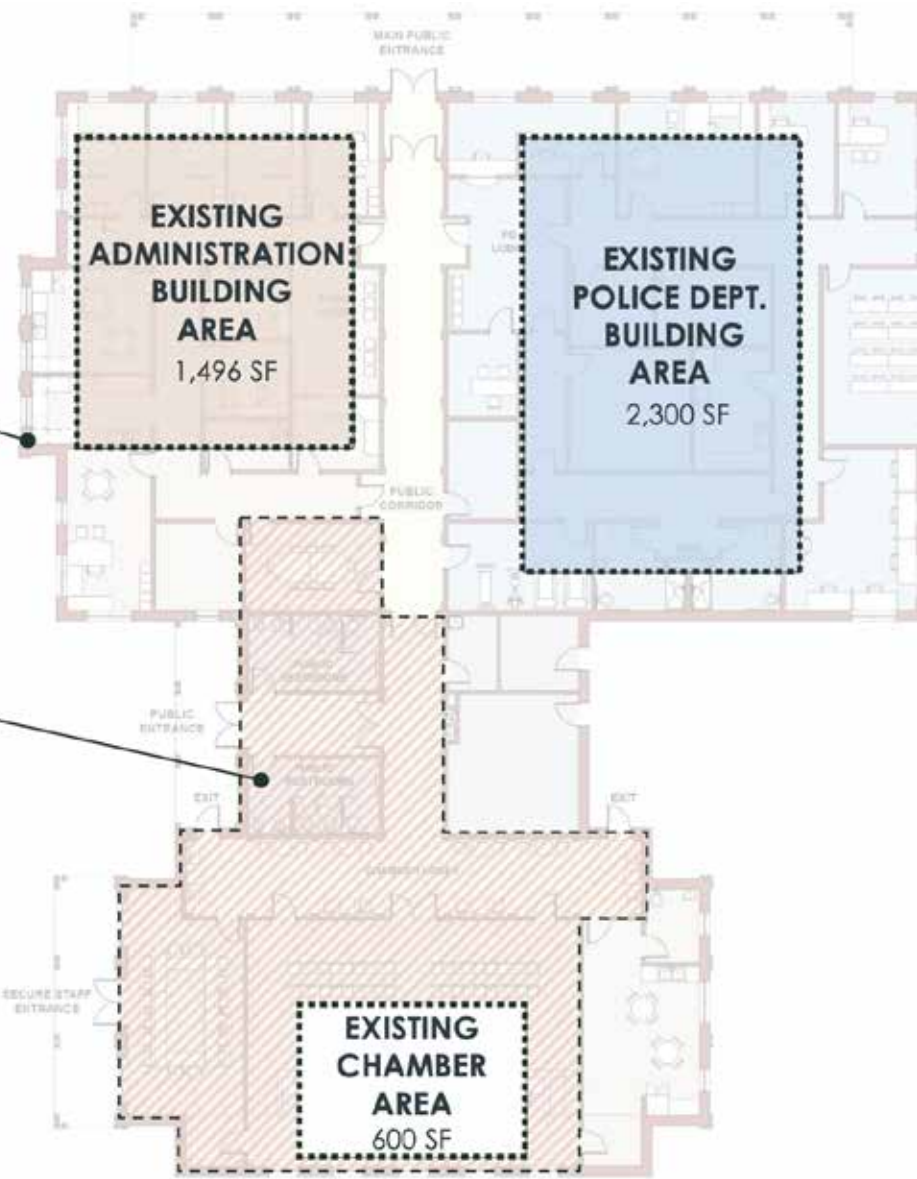
GROUND FLOOR 12,958 SF



VILLAGE GREEN

SCHEMATIC DESIGN FLOOR PLAN 12,958 SF

ADDITIONAL PUBLIC SPACES 2,952 SF





PASTIMES

RETURNING TO TOUCH

AROUND THE TOWN



HAZEL SWEITZER

For over a year all of you humans have been patiently getting thru the pandemic and I am proud of you! One of the reasons we love humans is because you believe in love and in touch. You have not been able to love or touch with all of your heart in so long that I worry about all of you. We dogs are constantly ready to be touched and loved and that is where we get our energy, our life force. Watching you go thru this time of isolation, physical distance and restriction has been rough for all us animals to witness. I am happy that there is the beginning of interaction coming back for you. A hug can fix a heart and being close to someone you love can create peace and contentment.

Humans are nicer to each other when they interact and engage face to face. I cannot imagine trying to talk to one of my dog friends using Zoom. Imagine all the times we

would have to leave the meeting to go pee. We thrive on being live with each other and depend on that interaction. I have heard many humans have become depressed, full of anxiety or sad over these many months. I say get yourself a dog or a cat, or something, or somebody to love. This could be a cute dog like me, or call a family member you miss, plant a garden, paint a picture and give to someone. It has been hard for us dogs to watch you all go thru this tedious and scary time. Many of you have become more dependent on us than ever. And some of you have shut off to other humans as well as to us animals. All of this expected, because this was an unwanted and scary situation. You must create a world that will better for you and animals. This was a time to reset your gratefulness inside, which reminds me of how I felt being adopted after being abused for so many years and finally getting a life full of love. Every day I dreamt of a better life and I got it. I suggest you do the same and get prepared to hug again, to be close to your friends and family again, and to experience music, theater, sports, travel, and restaurants again like you never have before. I am happy that there is hope waiting out there for you, and remember you are in charge of the amount of love you get by the love you put out. See you in town soon. And as the Beatles have said, "All you need is Love."



ALL YOU NEED IS LOVE

"There's nothing you can do that can't be done

Nothing you can sing that can't be sung

Nothing you can say, but you can learn how to play the game

It's easy

Nothing you can make that can't be made

No one you can save that can't be saved

Nothing you can do, but you can learn how to be you in time

It's easy

All you need is love

All you need is love

All you need is love, love

Love is all you need"

Between the choices of walking for hours on end, driving the loop, or bringing a horse to ride (yes, that is an option), the State Arboretum of Virginia is the ideal escape, particularly for the naturalist and gardener.

SHERIDAN-MACMAHON

REALTORS

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RUTLEDGE FARM

MIDDLEBURG, VIRGINIA

Premier Middleburg estate | Main house of stone and frame construction circa 1740 w/addition in 1820. 6 BR, 3 1/2 BA, 5 FP, high ceilings, moldings & detailed woodwork throughout | Equestrian facilities are unmatched | 113 lush acres. 5 barns totaling 35 stalls | 19 paddocks | Derby field | 218 x 80 indoor arena | 250 x 150 all-weather outdoor arena | 80' lunging arena | Polo field (for 2 grand prix fields) | 4 board, double fencing & automated nelson waterers | Other improvements include 3 BR, 2 1/2 BA guest house | Farm office attached to 3 BR house | Machine shed | Carriage house w/apartment | Stone spring house/office | 3 BR apartment | Pond with gazebo

\$8,000,000

PAUL MACMAHON 703.609.1905
SANDRA BRAVO GREENBERG 202.308.3813



FIDELIO

THE PLAINS, VIRGINIA

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

\$6,490,000

PAUL MACMAHON 703.609.1905



DEERFIELD

UPPERVILLE, VIRGINIA

181 acres | Brick manor house c. 1844 | 4 bedrooms, lovely kitchen, multiple porches, pine floors, 7 fireplaces, original mantels, large windows, detailed millwork | c. 1810 log cabin/pool house, guest house with theater, 2 tenant houses, 5-bay garage and workshop | Sizeable pond

\$4,500,000

HELEN MACMAHON 540.454.1930



50 WEST VINEYARDS

MIDDLEBURG, VIRGINIA

Existing farm winery established in 2015 | 38.47 acres recorded in two parcels | Hilltop setting with magnificent views | 2,500 sq ft wine tasting room, main level consists of tasting room, seating areas, kitchen, restrooms | 2nd story more seating areas & bathroom | Club House of 5,100 sq ft contemporary style, wine tasting bar, seating areas, bathrooms, large deck, terrace & pool | 40 x 60 Butler building, large parking area | Unique opportunity

\$4,500,000

PAUL MACMAHON 703.609.1905



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



LONG BRANCH

THE PLAINS, VIRGINIA

Gorgeous 71 acre parcel in a wonderful location between Middleburg and The Plains | Rolling land with stone walls and 2 ponds | Enchanting property | Property is in conservation easement and may not be divided further

\$1,950,000

HELEN MACMAHON 540.454.1930



SENSENY ROAD

CLARKE COUNTY, VIRGINIA

163 private acres in central Clarke County convenient to RT 7 | Level, with some gentle roll | 70% open, 30% wooded | Pastures and meadows | 70 miles west of DC | 45 minutes to Dulles Airport | Just west of the Blue Ridge Mountains and the Shenandoah River in "slow growth" Clarke County

\$1,300,000

TOM CAMMACK 540.247.5408



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



109 THE PLAINS ROAD

MIDDLEBURG, VIRGINIA

Very private office building in Middleburg | Located on The Plains Road directly across from the Sporting Library | Charming office - 3 levels with lower level used for over flow and break room/kitchen | Surprisingly large parking lot behind the building offers what many other buildings are lacking in town | Building has many potential uses with C-3 Zoning

\$589,000

HELEN MACMAHON 540.454.1930

Saturday, **April 17th** 9am-6pm & Sunday, **April 18th** 9am-6pm

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PROGENY

AT HILL SCHOOL, IT'S BACK TO THE PAST AND PAYING IT FORWARD



LEONARD SHAPIRO

As a long-time Rector at Upperville's Trinity Episcopal Church, the late Rev. Richard Peard was invited to speak at the Hill School graduation in 1986. His words on the importance of giving back resonated with all who heard him that day, so much so that his message re-

mains posted on a decorative Compass Rose in the reception area on Hill's appropriately named Peard Building.

Betsy Davis, a past Middleburg mayor, a member of the school's Class of 1966, and a former Hill parent, recalled his words more than 20 years later.

"He said 'when you find your place in the world, help oth-

ers find theirs.'" she said. "It's something you never forget."

At Hill, founded in 1926 with students from junior kindergarten through eighth grade, that tradition of giving back, of selflessly contributing to society with community or public service and other good works, has long been a core concept.

For example, on the public service front, the last three Middleburg mayors—Tim Demos (1958), Betsy Davis (1966) and current Mayor Bridge Littleton (1988)—are all Hill graduates. And Bridge Littleton's father, Trowbridge Littleton (1958) was a long-serving member of the Town Council.

Punkin Lee (1960) has been the long-time volunteer head of the Middleburg Business and Professional Association and been on numerous town committees. Same for Jim Herbert (1966), who headed Christmas in Middleburg for ten years and now contributes in an advisory role.

Over the years, Hill graduates have been Town Council members, served on school, church or local government committees, on boards of community non-profits like the Windy Hill Foundation, Middleburg Community Center, and Seven Loaves and F.I.S.H. among a

multitude of other organizations.

And when Hill graduates leave the area, many volunteer for similar roles around the state and nation, as well.

"The main idea," said Academic Dean Hunt Lyman, now in his 36th year at Hill, "is that when you're involved in those kinds of things in your early years, when you take a leadership role and see what it takes and what you can accomplish, it stays with you your entire life. They realize from a young age how important community service can be."

In recent years, Hill students have been involved in a number of community service projects, including a school-wide program for children to regularly write letters to senior citizens, collecting food for needy residents around the holidays and other good works. This year, for example, the first graders sold dog treats and raised over \$500 for Seven Loaves.

Jim Herbert recalled that, "We were always involved in community stuff. We all participated in a food drive before Thanksgiving every year. We made baskets, and, as an eighth grade class, we would deliver them door to door. It made the children become pro-active in the community. It was always

talked about in assemblies and teachers were involved, too."

"When I was there," Betsy Davis said. "It was leading by example. You also learned courtesy and respect, and in school that was always expected. Through the years, I think it's become more of a written thing, and learning that these are the things you should do, how important it is to become involved in your community, wherever you are."

Punkin Lee, whose father was the Middleburg postmaster when she was growing up, also fondly recalled preparing the Thanksgiving baskets and said the school supplemented what she also had been taught at home by her parents.

"It was this whole environment at Hill," she said. "I grew up around it, and Hill refined it."

Herbert said that even to this day, whether it's been boards he served on or good causes he's been involved with, "There has always been someone or several people from Hill School prominently involved. The Community Center, Seven Loaves, everywhere."

The school itself also has made major contributions.

On Team and Teen Saturday, drawing children from lower income areas in Loudoun



and Fauquier counties to the school every week, Hill's eighth grade class serves as volunteer staff mentors to the younger kids in the free educational program.

At Christmas in Middleburg, the Hill campus becomes a bustling staging area for the event's annual parade. When a hailstorm pelted the village and its surroundings several

years ago, wreaking havoc on homes, commercial buildings and vehicles, a drive-up insurance adjustment operation was positioned on Hill property for several weeks.

The school regularly plays host to a wide variety of community events—guest speakers, art exhibits, musical or theatrical performances, athletic events, even church ser-

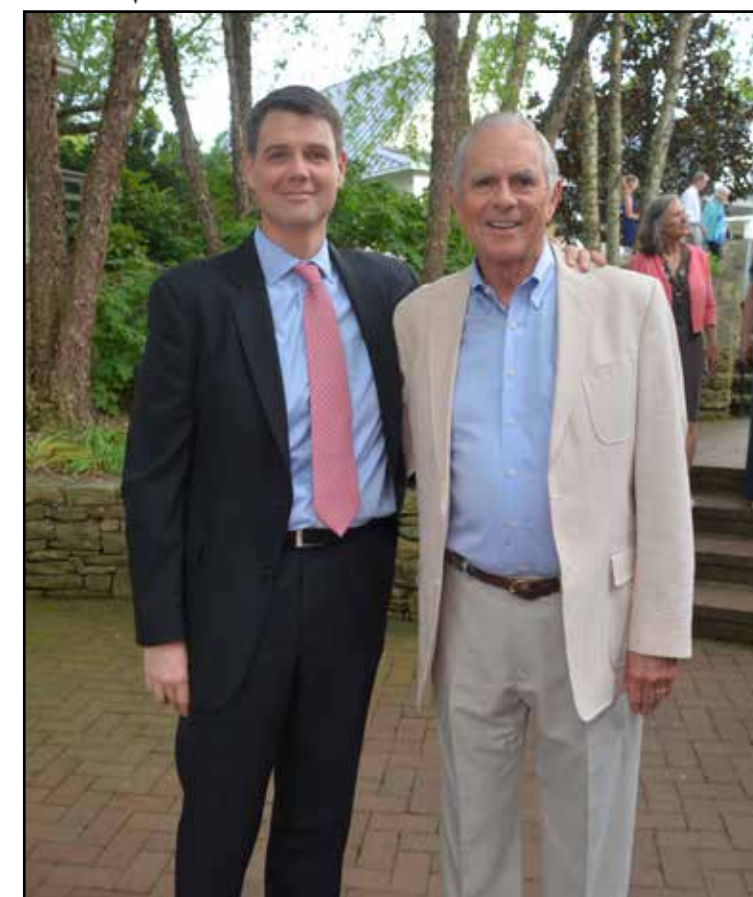
vices—using Hill facilities. And the walking/running/bike trail winding around and through its 140-acre campus has attracted countless appreciative residents, more than ever during the pandemic.

Current Middleburg Mayor Bridge Littleton recalled that, "There was always an emphasis on different activities that were supportive of the com-

munity. I can remember picking up trash on the side of the road one year. We had a can drive when I was in second grade. The cans would be turned in and the money collected would go to help people at Windy Hill. In third grade, (the late) Worthy Caulk asked everyone to bring in an old toy that would go to children who really needed them."

Littleton recalled teachers like Molly Spencer, Em Sharp and Tal Mack, among others, all setting similar examples and talking about contributing to the community.

"It was always about 'what can we do to make other people's lives better.'" Littleton said. "And it's something that always stays with you."



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APRIL 17, 2021

5K Run/Walk	1 Mile Fun run
8:00AM - 10:00AM	9:00AM - 10:00AM

Register on-line or at the Race

EAGLE5K.MIDDLEBURG.COM

PROGENY

ART OF THE PIEDMONT IS CELEBRATING 10 YEARS

Middleburg Montessori School announces it is holding its 10th annual Art of the Piedmont Art Auction charity art auction on the week of May 14th 2021 culminating with an auction gala on Friday evening May 21st.

The event raises financial support for Middleburg Montessori School and provides a forum for many local talented artists in the area. As the world has changed in the last year the Art of the Piedmont volunteers have been working on revitalizing the event in celebration of its 10th year and Middleburg

Montessori School's 40th year. These anniversaries are milestones worth celebrating. Thanks to the support of community members Chris Patusky and Kiernan Slater this year's event will take place in the beautiful Piedmont countryside of Slater Run Vineyards. New this year will be our week long virtual auction for eager bidders in addition to our walk through viewings at the winery. To commence the event, the virtual bidding will begin Friday May 14th, 2021 followed by the opening of the Barrel Gallery for an in person walk through on Thursday May 20th, 2021 between 2:00-6:00PM. To

complete the event, there is a limited seating auction gala for Friday May 21st, 2021, 6:00-8:00PM for \$100 per ticket, including dinner.

The Auction Gala will feature a socially distanced artist meet and greet with an outdoor dining experience catered by Nomad Provisions. The meal options will include Porchetta made with pork raised by the Adolescent group at Middleburg Montessori School. A full course dinner paired with Slater Run wines are all included with each ticket purchase. Please visit artofthepiedmont.org for more ticket sales infor-

mation. Ticket sales to begin April 1st, 2021.

The Art of the Piedmont has been raising financial support for Middleburg Montessori School for 10 years. This event all began when a few parents and local community members looked for a better way to support this 501(c)(3) non-profit school. Middleburg Montessori School has been serving families in our community for 40 years and uses these funds in an effort to serve as many children as possible, all while meeting each and every child's developmental needs. Due to these unprecedented times, our com-

munity support has increased 20% as we continue to provide financial aid to 52% of our students. The Art of the Piedmont has raised over \$172,000 for the school while supporting our local artists and community the past 10 years. Come out and contribute to the next 10 years and many more while enjoying a fabulous dinner in our beautiful countryside.

Contact us for more information at info@artofthepiedmont.org or at 540-687-5210.

GREAT MIDDLEBURG CLEANUP

Saturday, April 24th, 2021

8:00 - 10:00 a.m.

Meet at the Middleburg Town Hall
10 W. Marshall Street

Spring is here, so its time to get out and polish our historic town. All Ages Welcome!

Dress comfortably and be ready to sweep up the streets. Social distancing and other COVID precautions will be practiced.

Make a difference for the community!

**TO SIGN UP TODAY BY EMAIL AT
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for recycling!



PASTIMES

IN GRATITUDE TO CHICK COREA

IN UNISON

STEVE CHASE

A few weeks ago we lost the great Chick Corea. For those of you who don't know who Chick was, let me introduce you. He was the most prolific, creative, humble, and joyful pianist in the last sixty years. To his fans and his collaborators, we all just knew him and referred to him as Chick.

Chick started writing tunes in the 1950s, and began playing piano with Mongo Santamaria, Blue Mitchell, and Herbie Mann. He recorded his first album in 1967, and released *Now He Sings, Now He Sobs*, one of the five best piano trios ever recorded. I first heard Chick in the mid-seventies, after he had finished playing on some of Miles Davis' consequential jazz fusion albums— *In a Silent*

Way, Bitches Brew, and *A Tribute to Jack Johnson*. It was on those seminal recordings that Chick joined with musicians who would become, with him, the most influential jazz players of their generation: John McLaughlin, Herbie Hancock, Keith Jarrett, Joe Zawinul, Wayne Shorter, Dave Holland, Billy Cobham, Jack DeJohnette, and Lenny White, all led by the indefatigable Davis. Whether acoustic or electric, Corea's sound and style was unmistakable—his sublime Fender Rhodes playing, singular mini-Moog sound, or his lyrical and percussive piano playing. You always knew it was Chick playing.

After leaving Davis he formed the great *Return to Forever*, one of the first fusion bands that dominated the seventies, starting with a title album with some of Corea's greatest melodies, and

ending with a series of three albums featuring one of the greatest fusion quartets—Chick, Al DiMeola, Stanley Clark and Lenny White. Their final album *Romantic Warrior* is a classic combination of orchestral jazz rock, funk, and soaring white hot guitar licks.

Chick reveled in playing with a diverse group of musicians. He spent decades playing music with the vibraphonist Gary Burton, their album *Crystal Silence* is a classic of the duo genre, along with his duo albums with pianist Herbie Hancock. His collaboration on the record *Like Minds*, with Pat Metheny, Gary Burton, Dave Holland and Roy Haynes is another benchmark in post-bop Jazz. There were a slew of acoustic band and electric band recordings with a range of musicians, always great, solo albums, orchestral experiments and a duo



album with banjo player Bela Fleck called *Two*. All of these

albums brought him acclaim, Grammy awards, and invitations for future collaborations.

Since we lost Chick, I have been playing a lot of his music. Here is a list of albums for those uninitiated to Chick to listen to. Kick back with a good bottle of wine and pizza or two from Knead wine and dig on the brilliance of Chick.

Now *He Sings, Now He Sobs*—Joined by bassist Miroslav Vitous and drummer Roy Haynes, the trio weaves an ambitious Post-Bop journey that serves as Chick's true debut to the Jazz scene. The debut of his standard *Windows*.

Light as a Feather/*Return to Forever*—I always consider these two albums as connected—same band, recording sessions close together. Chick is joined by Joe Farrell, Flora Purim, Stanley Clarke and Airto Moreira to play some of his most beloved tunes—*Crystal Silence*, *Some-time Ago*, *La Fiesta*, *500 Miles High*, and *Spain*.

No *Mystery*—Rehearsed in his parent's basement outside of Boston, this album is the second outing with the Di Meola, Clark, White band. Highlights are *Day-ride*, the wildly funky *Jungle Waterfall*, and his masterpiece *No Mystery*. Electric moments are offset by some good acoustical music, although Di Meola provides some guitar fire throughout. The critics didn't like this on, but it is one of my favorites, reflecting the era well—to me it is amazing, sublime jazz rock fusion.

Friends—After playing on Joe Farrell's neo fusion masterpiece, *The Joe Farrell Quartet* album in 1970, Chick brings Farrell back with bassist Eddie Gomez and drummer Steve Gadd for one of my favorite Chick albums. Despite the cheesy Smurf art on the cover, this album captures the essence of Chick's music—joyous, rhythmic, complex, and melodic. Gomez gives us one of his greatest performances on *Samba Song*; he is the perfect foil to Chick's keyboards. This one really cooks.

Five *Peace Band Live*—We saw this band play at the Strath-

KILLDEER

THE PLANT LADY



KAREN REXRODE

As February left I heard the calls of the killdeer as they arrive to plot out a territory and nest. These vocal birds are technically shore birds, although they are found far inland, breeding from Alaska to Newfoundland and south. Their call is a high pitched killdee(r), the reason for their common name. Scientifically known as *Charadrius vociferus*, which means "Talkative Plover", there are 62 species of plovers, split by lowland and upland. The killdeer is closely related to the American woodcock and the numerous sandpipers, wonderful birds to watch as they poke for food with their thin bills and long

legs.

The killdeer is particularly entertaining as they feign a broken wing whenever an intruder comes too near the nest. This instinctive act is designed to draw attention to the hurt bird, assuming you have come to hunt and this compromised bird might make the perfect meal. The act will sometimes go a step further and pretend to sit on a nest that isn't there, all to lure you away from the actual spartan nest and eggs. As ground nesters they are under constant danger, and I have always wondered how they survive. Some of their survival actually depends on their lack of nesting material, literally just a few twigs to keep the eggs from rolling, and eggs that

are speckled to match surrounding rocks.

The job of raising the young is shared by both parents and a couple may raise 2 clutches a year. Each clutch will contain 3 to 6 eggs, and like other ground nesters, the eggs will not begin to develop until they feel the warmth of the parent killdeer, subsequently hatching at the same time which takes 24 to 28 days. The eggs are sizable which is typical for precocial birds, which translates to "ripened beforehand", the young hatch with their eyes open, ready to run. Newly hatched killdeer are equivalent to a two week old altricial baby bird, those we may be more familiar with that hatch with eyes shut

and no feathers. Altricial bird eggs are smaller and the nests are in trees and shrubs to help avoid capture.

Newly hatched killdeer are capable of standing and are ready to leave the nest immediately. Although they will wobble a bit on their long legs, they are marvels in design. The average territory per killdeer is one acre and they clearly benefit from man-made habitats, raising their young in ballfields, unpaved roads, and rooftops. In the days of my nursery we had them nest in 1 gallon potted plants!

Virginia is at the verge of the killdeers winter distribution which means they can be found here year-round. Many of

the winter residents will move further north as summer populations return. I usually hear the males in early February as they reclaim a territory. Beneficial as their primary diet consists of weevils, grasshoppers, beetles, ticks, mosquitos, flies, and other noxious insects. Threats of habitat loss, predation, and loss of insects to feed their young are challenges and the killdeer is in decline but currently holding its own.

I love hearing them in the fields and keep my distance so they are not forced to undertake the ritual act of pity.

sion has always been to bring the joy of creating anywhere I could, and to have done so with all the artists that I admire so dearly—this has been the richness of my life."

Listen to my Chick playlist at: <https://tinyurl.com/zws893>

Steve Chase is in Unison listening to Chick.

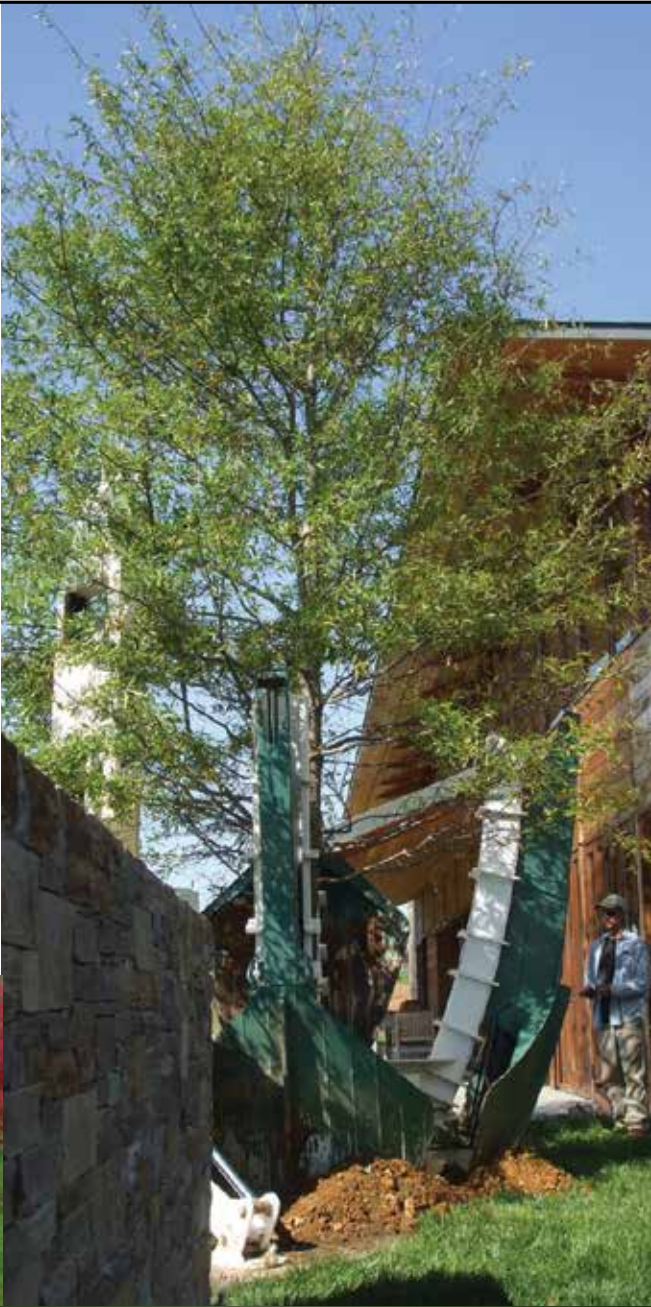
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PASTIMES

REMODELING SAFELY DURING COVID-19

AREA FAMILIES ENJOYING THEIR HOMES AND THANKFUL THEY MOVED FORWARD WITH THEIR PROJECTS - ASK A REMODELER



TIM BURCH

2020 was certainly a year of many challenges, and the safe harbor of our homes has come to mean so much more. With the increased amount of time spent around the house, we are enjoying the things that are working well, and not surprisingly, have become laser-focused on the areas that need improvement.

From the very earliest point

in the pandemic, BOWA ramped up safety protocols to help protect our team members, clients and partners. Remodeling with enhanced precautions, such as mask wearing, symptom monitoring, sanitizing and using negative air machines, quickly became the norm and will continue for the foreseeable future. Thanks to the vigilance of the team, we are fortunate to have remained largely healthy and to have maintained a busy schedule of projects.

From a client's perspective, what did it look like to undergo a renovation during a pandemic? What were the challenges and surprises?

Two BOWA clients who renovated during the early months of the pandemic had a similar goal for their very different projects – a screened porch addition with new deck and lower-level patio, and the other a kitchen bump out and second-level owners' bath re-

model. Prior to COVID-19, both homes were the location of weekly gatherings of family and friends, and both couples had begun the planning process in late 2019 to enhance the spaces where they entertained the most.

What surprised both clients was that their projects were started and completed according to the agreed-upon schedule, and in fact, the kitchen project finished two weeks ahead of time. BOWA's design and production teams stayed on top of selections and material availability to minimize delays, even preordering appliances and storing them on-site until needed. Additionally, our clients appreciated BOWA's flexible production schedule, designed to allow the on-site project managers to rearrange construction phases to accommodate changing conditions and keep the project moving forward.

What didn't change was BOWA's schedule of weekly on-site meetings. For these clients, we continued to hold them in person and outdoors as appropriate, and always with stringent safety protocols in place, including social distancing and masks. Other clients, however, opted for virtual meetings and photo sharing to stay on top of



men projects progress. Either way, our culture of communication, even over-communication, ensures that all parties are on the same page and available to address and resolve issues efficiently.

The take-away from both was that their renovations went remarkably smoothly and, in the words of one, that "it was the BOWA people that made the experience different." It's been a year since the pandemic upended our lives, but thanks to their trust in BOWA and our processes, these two clients – and many more – are now able to take advantage of their beautifully renovated spaces to create even more memories with loved ones.

Tim Burch is a Vice President and Owner of BOWA, an award-winning design and construction firm specializing in renovations ranging from owners' suites and kitchens to whole-house remodels and equestrian facilities. For more information, visit bowa.com or call 540-687-6771.

SMOKING AND CANCER

MIDDLEBURG SMILES



DR. ROBERT A. GALLEGOS

By now everyone in the United States ought to be aware of the dangers of smoking. Anti-smoking ads and warning labels, concerned friends and relatives, and doctors warn against the serious consequences of smoking. In most parts of the country, restaurants, airlines and workplaces no longer allow smoking – and for good reason. The good news is that if you're a smoker, quitting can lower the risk of illness and death.

Cigarette smoking is the leading preventable cause of death in the United States. It accounts for about one third of all cancers and causes more than 480,000 deaths each year in the United States, nearly one in five deaths. Here are the ugly statistics: Shockingly, more than 10 times as many U.S. citizens have died prematurely from cigarette smoking than have died in all the wars fought by the United States during its history. About 90% of all lung cancer deaths are due to smoking. Another surprise statistic is that more women die from lung cancer each year than

from breast cancer. Other cancer deaths attributable to smoking are: larynx (voice box) cancer, oral cavity and throat cancer, esophagus cancer, and bladder cancer. Lung cancer claims more lives than colon, breast and prostate cancers combined. Smoking causes more deaths each year than the following causes combined: human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries and firearm-related incidents. Every day in the United States, 432 people die of lung cancer (smokers and non-smokers). Approximately 7,300 non-smokers die from lung cancer each year because of breathing in second-hand smoke. If no one smoked, one in three cancers would not occur.

There is no safe level of exposure to cigarette smoke. To date, researchers have identified approximately 7000 chemicals in cigarette smoke. Of those, 250 are known to be poisonous and 70 can cause cancer. It is a toxic blend of chemicals that put human life (and pet's lives) at risk. Smoking can cause cancer and then block your body from fighting it due to poisons in the cigarette

smoke that can weaken the body's immune system.

How Does Smoking Cessation Affect Cancer Rates for Ex-Smokers?

Here is the good news about cessation. Quitting smoking cuts cardiovascular risks. Just 1 year after not smoking the risk for a heart attack drops sharply. Within 2 to 5 years after quitting, the risk for stroke can fall to about the same as a nonsmoker's. Within 5 years of quitting, ex-smokers reduce their risk of esophageal, mouth, throat and bladder cancer by 50 percent. Within 10 years of quitting, the risk of dying from lung cancer goes down by 50 percent.

Quitting Smoking

The decision to quit smoking is one that only the smoker can make. Others may want them to quit, but the real commitment must come from the individual. Consult with your physician about getting help with the mental part of addiction, consider nicotine replacement therapy, there are prescription drugs to help quit smoking and ask your physician about counseling and quit smoking groups. The hard



truth is that the best statistics for stopping smoking are those that go cold turkey. Most of the nicotine replacement therapies are not successful in stopping the addiction and many people relapse. E-cigs are not a good alternative, they are filled with addictive nicotine but also many other harmful chemicals that are linked to cancers.

Statistics are from the American Cancer Society

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



Piedmont Environmental Council

QUARTERLY KEYNOTE:
Featuring D.C. Central Kitchen CEO Mike Curtin
Tues, March 30 | 2:30 – 3:30 p.m.

A discussion about the important role local food systems play in addressing food insecurity

D.C. Central Kitchen uses career training, job creation, and sustainable business practices to strengthen local food systems and reduce disparities in health and economic opportunity. The organization's life-changing social ventures include providing culinary job training to at-risk adults, turning wasted food into balanced meals for shelters and nonprofits, and serving healthy, scratch-cooked meals in low-income schools.

The first installation of a new event series, The Piedmont Environmental Council's Quarterly Keynote webinars will feature a different speaker and topic each quarter. Free for PEC members. Suggested donation of \$10 for non-members.

Learn more about this event and register at www.pecva.org/events





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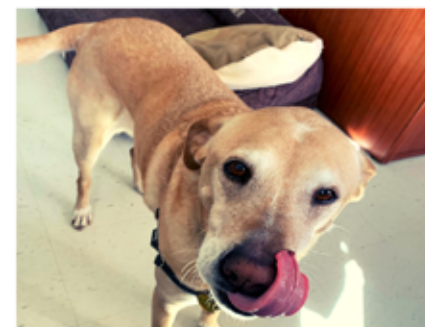
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THE END OF CAPITAL PUNISHMENT – A GOOD THING

JOHN P. FLANNERY

When V.P. Joe Biden decided to run for president, he said it was about restoring the nation’s soul.

You may remember when George Bush Sr. mocked “the vision thing.”

Not Joe.

It was important to him and important to the nation.

Joe turns the pages of the good book and draws strength from his faith.

Proverbs say –

“Where there is no vision, the people perish: but he that keepeth the law, happy is he.”

We are accustomed to transactional politicians suffering a myopia about public service that fails the nation.

Their vision ignores the law – and, as proverbs warned, the people have not been “happy.”

Biden’s vision lifted the spirits of a beleaguered nation.

He has shown us a path forward.

He has made it clear that the law and good and fair process will make the difference.

We have to be wary and watch, however, what the Republican leadership actually does when, by speech, they mislead so extravagantly.

The nobel prize winning

writer and poet, Toni Morrison, has an easy and apt phrase for the most painful assaults upon our rights and liberties.

Toni once said “we live in a world ...where the body of civil liberties, won cell by cell, bone by bone, by the brave and the dead withers in the searing heat of ‘all war, all the time...’”

Toni called the nation to “war against error.”

She called us to arms to “[a] deliberately heightened battle against cultivated ignorance, enforced silence, and metastasizing lies.”

I listened to an exchange at the recent CPAC conference reassuring those would listen how these Republican advocates, favoring an autocratic government, doing so openly, are not racists.

Caution: Judge them by what they do, not by what they say!

Still fresh in our collective consciousness from last year are the widespread efforts by Republicans from the Chief Executive and the Republican leadership down to the states, counties and republican election precinct captains, to suppress votes in the presidential election by persons of color.

As I write this, a score of legislatures are drafting and passing legislation that would suppresses the vote of persons of color.

The current Republican

leadership has to know that Biden is right – the soul of the nation has been compromised.

Aristotle said nothing improves your aim like having a target.

Our national vision is that we are all equal before the law and we said so in our declaration of independence and our constitution and its amendments.

We are equal, all of us, no matter the differences that unite us.

What prompted candidate Joe Biden’s decision to get in the race, I’m sure, was the racist abuse he observed in Charlottesville, supported by our chief executive, Donald Trump.

Trump was just fine with the excesses that occurred, associating himself with far right white supremacists, racists, bigots, xenophobics, who believed in violence; one of these terrorists used his car as a battering ram, killing a peaceful protester in Jefferson’s neighborhood.

As a model for others, Trump taught each person who followed him, to be individually selfish, to do what makes one feel good, to look out for oneself, to do whatever you want, no matter how it affects others.

Trump inspired a woeful mimicry, to disregard law and order, to create chaos, to seek advantage in an unsettled state, and to sanction pain and hate

against those not like you, against persons of color, of different religions, of different gender orientations.

The Nixon Republicans calculated a Southern strategy in the 60s, and the strategy has grown more offensive and transparent each election cycle since.

The Greeks, especially Plato, warned us of the imbalance that can occur in a constitutional government.

A mixed constitution, as Aristotle favored, and as our founding fathers implemented, requires every group in society to pull its own weight.

If any one element, the monarchical, the democratic, or the aristocratic gain undue influence over the other parts, that can become a death knell for the democracy at hand, can be the end of any self-governing republic.

The lesson from history, from the post-mortems of failed democracies, is that sooner or later the overbalance occurs.

The Romans could not figure how to stop it.

From 133 to 85 BCE seven consuls and four tribunes of the plebs were murdered in street violence.

Our recent insurrection resulted in deaths on Capitol Hill.

This was the culmination

of an inappropriate arc toward monarchy.

We have to secure ourselves against autocrats reaching that perverse political high water mark again – if we value our democracy.

We have to succeed where other democracies in histories have failed.

A hole appeared in our nation’s soul.

The forces of disorder flowed through that hole.

Disinformation flowed through that hole.

Men and women without character flowed through that hole.

Whatever Biden’s unity means it cannot mean finding common ground with those who would overthrow our government.

We must be clear sighted to the risk of gullible pollyanish hopes.

James Baldwin had a wonderful expression for where we find ourselves – “Not everything that is faced can be changed, but nothing can be changed until it is faced.”

We have work to do if we accept Benjamin Franklin’s challenge – “You have a Republic if you can keep it.”

We can keep it but we have to work at it.

several of the contractor created systems have been attacked, compromised, and data exported. At Bletchley Park and Station Hypo in World War Two you had the finest minds that both the United Kingdom and the United States could muster respectively. There were no mediocrities producing inadequate results. The cracking of the Enigma Codes, the creation of the first electronic computer, “Colossus”, and the extraordinary brilliant work in US Naval Intelligence on the Japanese “Magic” intercepts, were war winners. Imagine the Manhattan Project without J. Robert Oppenheimer and all the other brilliant physicists on the team such as Edward Teller, Enrico Fermi, and Leo Szilard, to name just a small few. The challenges we face today, right now, require similar brain power, not the “Lowest Bidders”.

Eccentric readers have read my observations in a

much earlier Letter about the technical value of inertial navigation systems (INS) technology for navigation and, for one very good example, its use in our nuclear powered submarines when underwater. INS is extremely good, and is an alternative to GPS navigation, but it is very expensive and complex compared to the GPS in your car and on your cell phone. Be aware though that INS is out there, and has been in use for decades, long before satellite based GPS systems.

Extreme right wing fanaticism, in its many forms and incarnations, is not new. Readers may go on line and read for free my own study, “German Public Opinion and Hitler’s Policies, 1933-1939”, published fifty three years ago, but still read today globally by postgraduate students and specialists. The mechanisms by which right wing fanatics, with racist ideologies, such as Hitler and Mussolini, and to a much lesser degree Franco in Spain

and Salazar in Portugal, came to power and sustained their dictatorial regimes, is well understood. The nature of their demagoguery, propaganda, and organization approach, and eventual political control of largely decent societies with predominantly Christian value systems, is well understood. It can not only happen again, but we are seeing stark manifestations of it, here in the United States, today, and not just on January 6, 2021. It has been ongoing for some time. The dark years of the Trump Administration obscured the true nature of American right wing extremism, with severe racist and anti-Semitic overtones and manifestations. What happened in Charlottesville was a dress rehearsal for January 6. Trump was insidiously clever in playing not just to the decent and upright loyal Republicans with perfectly fine intentions but to a seriously large, disaffected, and often with a First Amendment that espouses free speech,

extreme right wing racist base. The latter’s voting power was pivotal in 2016, just as Hitler’s rise to power happened as a result of one critical vote that had been fired by heinously conceived propagandist lies. The latter were believed. The rest is history. In November, 2020 the American people were neither that naïve nor foolish. But the 21st century American demagogue protested, supposedly cheated by electoral fraud, and firing up a right wing racist base that showed its worst manifestation on January 6, 2021. Worse can follow, unless we heed the lessons of history, and also use technology. How then do the issues raised earlier interlock with this new frightening challenge in our midst? How in the digital era, an age of relentless mass communications, with instant gratification for those who wish to parlay their evil thoughts and plans, in a nation with a First Amendment that espouses free speech,

and the right to be heard, do we address not just the clear and present danger of the criminal violent aspects, but the much more insidious mechanisms and controls that were used so successfully in the past, and that had none of the potentially odious benefits and attributes of contemporary digital communications. We have a very serious problem. It is not going away. Upstanding Republicans, Democrats, and Independents will need to bury their other differences and use all the power at the United States’ disposal in the pursuit of containing white racist extremism. How we may do this in a modern democracy, with a sacred adherence to freedom of speech, and the protection of privacy, will be presented in my April Letter. Meanwhile please be safe and well, and I hope as many Eccentric readers as possible will benefit from vaccination as soon as possible.

OBITUARIES

LOUIS EDWARD HALEY

Louis Edward Haley departed this life on February 14, 2021, at his home in Middleburg (Macsville), VA. He was born February 20, 1930, in Markham, VA, to the late William Haley and Henrietta Bailey Haley. He was the youngest son from their marriage union, a family of 13 children.

Louis was proud of his service in the United States Army during the Korean War. After returning from his tour of duty in Korea, he had a career with the General Services Administration in Washington, DC., retiring from his government job during the 1980s. Long before there was an UBER, Louis provided daily rides to and from work in the 7 Corners and Bailey’s Crossroads areas for many of his family and friends.

After retiring, Louis worked as a janitor for several local businesses, Middleburg Town Office, Dr. Gregg Helvey’s Dental office, and the Middleburg Clinic. He was often seen spending time at the local Safeway store buying groceries and discussing his Middelburg/Northern Virginia local history lessons. He took pride and joy in decorating his wagon and riding the family and friends in the yearly Middleburg Christmas Parade. He was a caretaker for several families in their private homes, and he spent many years working with the Royston funeral home – well into his eighties.

Louis was a member of the



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