

MARS GREAT MEADOW INTERNATIONAL CCI

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PHOTO BY NANCY KLECK



NANCY KLECK

Great Meadow lives up to its name once again. Under four days of cloudy to overcast skies (the best kind when it's 90 degrees outside), horse lovers, local and from out of town alike, watched world-class eventing at the MARS Great Meadow International. Two hundred thirty-four equine athletes competed in the *4, 3*, 2*, Preliminary 1 and 2, and the Piedmont Equine CCI2*, 3* and 4* for riders under 25.

Lush from consistent rain this past month, the David O'Connor designed cross country track gave fans dozens of perspectives to watch up close many of the sport's best as horse and rider galloped by. It takes a special kind of courage and grit to compete as a three-day eventer, achieves the wins, endures the disappointments, and humbly enjoy the surprises.

No one closer or more involved in the sport, Jacqueline Mars and her guests cheered everyone on from a hilltop view. Lauren Keifer Nicholson took third place on Mrs. Mars' handsome bay Vermiculus (32.5) and fourth place on her Landmark's Monte Carlos (35.4), a gorgeous grey, both homebreds. Her Landmark Monaco with Kimmy Cercere aboard placed 19th, and fan-favorite Marilyn Little, leading at the time, valiantly smiled as both she and RF Scandalous recovered from a fall at the first water jump.

Out of 39 entries, Phillip Dutton and Fernhill Singapore, owned by David Vos, Ann Jones, and Tom Tierney, won the 4* event with a score of 31.2. Fernhill

Singapore is a handsome 12-year old bay Irish Sport Horse gelding headed for the inaugural Maryland 5* next month at Fair Hill.

Just .8 seconds behind, Will Coleman and Off The Record (barn name Timmy) earned second place; they'll be headed next month to Aachen, Germany, to compete in the CCI04* as a member of the Land Rover U.S. Eventing Team. Coleman earned fifth place on Chin Tonic HS, a 9-year old Holsteiner gelding owned by Hyperion Stud, with a time of 35.4.

The winner of the 3* was Caroline Martin, owner, and rider of Redfield Dexter. Kurt Martin on D.A. Lifetime was second, and Buck Davidson earned third on Sami Crandell's DHI Showman. Alyssa Phillips on her Cornelius Bo won the 2*; Caroline Martin won second on her Galwaybay Blake and also earned third on HX Group Redfield King's King's Especiale.

The winner of the Preliminary 1 was Sharon White on her I-Quid J; Kurt Martin was second on Debbie Adam's D.A. Got Game. The Preliminary 2 winner was Ryan Wood on his Bellavista; second went to Elisabeth Halliday-Sharp on Cooley Starship. For the under 25's, Alyssa Phillips won the Piedmont Equine 2* on her Cornelius Bo, Isabel Finemore got second on Odaria Finemore's Heartbeat. In the 3* and 4*, Woods Baughman was first on Manderly LLC's Hopak de Greenbay Z, and Mia Farley on David O'Connor's Phelps was second.

Safe and speedy trips, everyone, in your next adventure!

FOOD SCRAP COMPOSTING IS COMING

A FEW MONTHS AGO, THE ECCENTRIC CARRIED OUR ARTICLE DESCRIBING WHY MORE AND MORE PEOPLE ARE COMPOSTING THEIR FOOD SCRAPS. WE ARE DELIGHTED TO REPORT THAT THE IDEA OF FOOD SCRAP COMPOSTING RECEIVED STRONG SUPPORT IN MIDDLEBURG. AS A RESULT, APEX ORGANIX WILL BEGIN COLLECTING FOOD SCRAPS FROM RESIDENTS AND BUSINESSES ON WEDNESDAY, OCTOBER 6TH.

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Hi neighbor. Are you really going to run me over?

You're killing me, and Bambi, and hawks, and eagles, and possums, and turtles, and all kinds of us animals every day. Look, I'm thrilled about the growth in the area, but traffic has increased to the point where careless speeding drivers are creating a bloody mess

all over our highways. And, if that doesn't matter to you, maybe that bill from the body shop for your crushed hoods and fenders will get your attention. Hey, I'm just a raccoon but somebody's got to speak up. Welcome to the neighborhood, but please slow down.



NEWS OF NOTE

WELCOME TO MIDDLEBURG'S NEWEST COMMUNITY EVENT



RODRICK R. RIGDEN

If you have been in town on a Saturday morning this summer, you may have noticed a group of exciting automobiles parked outside Middleburg Common Grounds. Middleburg Coffee and Cars is a project Duane Ellis of Common Grounds, and I have been working on for a few months now. All of us know Middleburg has a reputation for country pursuits. However, the love of horsepower runs deep in our community.

Both of us wanted to give back by creating something fun for our community. Being car enthusiasts from different backgrounds, all cars are unique, be it antiques or muscle cars, collector or exotic. All vehicles have their special intrinsic allure.

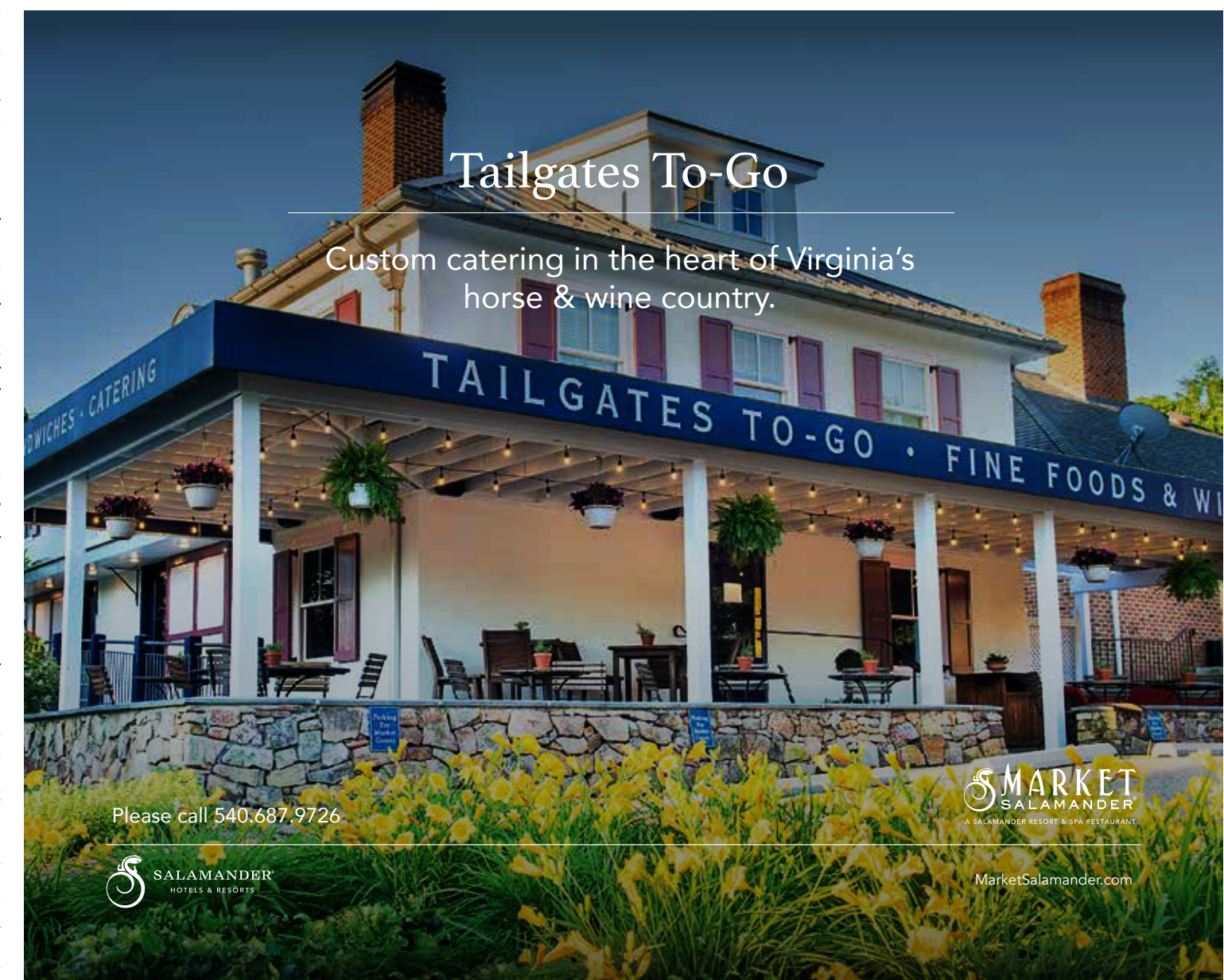
Duane and I saw an opportunity to do something new, encouraging auto enthusiasts to come into town, see old friends, familiar faces, and create new friendships. Believing this is our opportunity for greater camaraderie by inviting people to enjoy our lovely village.

The beautiful thing about coffee and cars is it is not a competition. We've never seen a car we didn't like; therefore, the atmosphere is laid back and non-judgmental. All enthusiasts are welcome to gather on common ground (pun intended) and enjoy the chance to talk cars, talk about their cars, car culture, share stories, discuss shared experiences and wisdom, commiserate and like anglers, talk about the one(s) that got away, all while enjoying a cup of coffee and maybe even a breakfast sandwich.

Therefore, we would like

to extend a warm invitation to Middleburg Coffee and Cars every Saturday morning from 7-9:30 (weather permitting)! Parking on Washington St. outside Common Grounds is first

come, first serve. However, we have permission to close N. Pickering St. every Saturday morning for event parking. See you Saturday morning,



NEWS OF NOTE

ENCOURAGING, SUPPORTIVE RELATIONSHIPS BUILD POWERFUL COMMUNITIES

CHRISTINE KRIEGER

When was the last time you reached out to a family member, neighbor, friend, fellow parishioner, or a person in need? This is an invitation to be respectful, vulnerable, kind, compassionate, and loving.

The past couple of years have been filled with fear, isolation, separation, and shutting down from interactive relationships. The best solution, for me, has been to stop using a cell phone, limit my time on screens, and focus looking into the eyes, hearts, and souls of other humans. This has taken me out of my comfort zone and into a challenge that has strengthened my faith. This has given me an opportunity to deeper dimensions of relationship. We need one another. We can be nourished or depleted by fellow travelers on this journey called life. Life can get frightening when we become real, raw, and exposed. This can build us into more courageous followers, so we trust God and one another more intimately.

At Emmanuel Episcopal Church in Middleburg, Virginia, we offer one another the opportunity to grow in the universe of community. This is not easy, but it enriches and gives us abundant life.

I was encouraged to reflect on a new facet of my life a couple of years ago. Anita Bown asked me if I would accept the responsibility of chairing the annual gathering of Emmanuel's Treasures. After prayer and consideration, I accepted. This event takes place in the Parish Hall, located next door to the church at 105 East Washington Street in Middleburg. This includes

the collecting of donated quality items that are offered during the Middleburg Sidewalk Sale. The donors call and make an appointment (with me), donors bring donations to the Parish Hall, and receive Charitable Gifting papers for their accounting purposes. The donors know that these quality items will be put in the sale, and 100% of the proceeds go to Emmanuel Episcopal Church ministries. During the annual sale, folks are guests in the Parish Hall and can purchase quality items for reasonable prices.

On August 5, 2021, dozens of people waited outside the front door of the Parish Hall for the opportunity to be the first to see and purchase the quality items on display. This allows volunteers to serve, love, be gracious, and show hospitality to our neighbors and friends. The best part is the warmth that our guests feel from the joy, fun, and laughter they experience being expressed in our community. God is breathed into our lives when we serve one another. It is incredible how a drive into the country, and this community of faith, can renew our spirit. The guests look forward to this event each year.

Many are to be thanked for the success that we received this year. Father Gene LeCouteur for putting up with the gathering, storing, and shifting of the donations year-round. Jill Winter, the Parish Secretary, for being a dear supportive friend during my craziness. Viviane Warren for being there to help me adjust, strengthen and align my armor as it shifted to and fro. The armor of God is taught in the book of Ephesians. It helps me to stay focused and know my position in the warfare of challenges that come daily. I respect Viviane's steady-

ness, accountability, and wisdom during moments of this process. Tam Hayter for her assistance in pricing and sorting items, Norris Beavers, the church accountant, Kevin Daly for his strength and presence when I asked for help. The town police overseeing my early morning set up before opening, Boy Scouts Ryan and Jake Buttner, for their assistance with setting up. A special thank you to the wisdom and advice from Mrs. Motion and Geraldine Peace from Middleburg Tack Exchange, Linda and Roger Mason from The Antique Emporium, Paul at Aliloo Carpets, Karen Jackson and Darlene of Tully Rector, Punkin Lee for all her support during the sale, donors Pat and Brian Walker, Peggy and Daniel Kovacs, Dody Vier, Gerry Chittick, Mrs. Tiedeman, and to my many volunteers: Molly Wade, Alice Christenson, Annabelle Haney, June Thompson, Dale Thompson, Linda Platt, Alan Platt, Barbara Sharp, Pat Reilly, B.J. Farrey, Pam Stokes, Jeff Baldwin, Marlene Baldwin, Romey Curtis, John Denegre, Peggy Denegre, Andrew Kozak, Jane Kates, Ann Hillegas, Elizabeth Lopez and her daughter, Barbara Schultz, Althea Prins, Curtis Prins, Penny Schmitz, Casey Schmitz, Andy Weyer, Barbara Pirrone sweet Marsha Stine, Carley Bryan, Colleen Bryan, Linda Wine, and James Costello. Also, a shout out to Richard Danker, Janet Danker, and Tyler Curtis for all they did for me in a pinch and their donations...I will never forget those moments...I am grateful to those who step in at the last moment. Many donors are not named, but I am thankful for all you gave.

There is one thank you that I must acknowledge. This is to my



brother, Charles Krieger, for going above and beyond the call of duty with humility. He assisted me, behind the scenes, in ways that will never be forgotten. I could not have accomplished as much without his constant help and support. Family is very important, and I am blessed to have a grand family. Thank you, Jesus, for this blessing.

I look forward to the coming year's possibilities and positive experiences for building deeper relationships in our community and beyond. This is an extraordinary community. May we share this joy!

When doubt swells up in my mind, I must have the strength to reach out, share my need for connection and vulnerability with others. I must invite my radiance to beam from the deepest parts of my inner being and shine on and share my insecurities with others....we all fall short of the glory of God, and, in a relationship, we can nourish and lift one another with encouragement and acceptance.

My life verse: Romans 12:1-2. Therefore, I urge you, brothers

and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will.

Be of service to one another, and do not look for what you will receive but continue to serve and watch your life transform. Hasten to The One who listens. To Jesus be all the glory. Surrender all.

Over this coming year, if you find yourself in a mode of downsizing, clearing out a basement, attic, barn, or storage area...remember Emmanuel's Treasures. Please make an appointment with me. Bring your items to the Parish Hall, receive Charitable Donation papers, and know that your gifting will go 100 % to ministries in the church. This is a win-win experience. Be part of this powerful blessing.

I am grateful to all who make this a memorable event...the donors, volunteers, purchasers, and most especially those who show the love of Jesus to one another without fear. I cannot list all those that made this happen. Thank you, God, for your grace and for giving us the desires of our hearts.

Christine Krieger Chair of Treasures at Emmanuel Episcopal Church in Middleburg, Virginia.

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MIDDLEBURG AUTO PARTS FOR ALL YOUR AUTO NEEDS



PAYTON VOGAN

Middleburg Auto Parts is a store in town that provides a wide selection of car parts. It is part of a local franchise backed up by two of the largest car part companies in the country, Carquest and Advanced Auto Parts.

Marc Johnson, a previous customer of Middleburg Auto Parts, purchased the business from the old owner, who retired in January. He was operational for twenty to thirty years before deciding to sell. Marc's background is in retail and retail management. Thus, it was an exciting experience going from a large store to

a smaller one. Regardless, Marc wanted to support small businesses and feels that knowing his customers well makes a business successful.

Middleburg Auto Parts has a lot to offer. Anybody in the community is welcome to come in. They keep a large selection of some of the most common parts in store. That way, people can have what they need available as soon as they walk in. Anything less available, Marc can order. Middleburg Auto Parts will have customers' orders available no later than the following day. Additionally, the business has excellent relationships with a lot of the garages in the local area.

Moving forward, Middleburg Auto Parts plans to continue to offer a wide selection of parts in the store. Additionally, they hope to help anyone in the community with special orders. Middleburg Auto Parts gets deliveries multiple times a day so they can save people trips. Marc Johnson states that "Middleburg Auto Parts is the best place in the local area to get parts, and we try to offer the best service possible with the widest selection in a locally operated store." Overall, he plans to keep providing services to the community. Additionally, he wants to do everything he can to keep the doors open, so this type of store can stay local.

TOWN OF MIDDLEBURG



As the COVID-19 virus continues to change our lives, please note that certain establishments in the Town may require wearing a mask. This is fully permissible under current laws.

We ask that you show deference and kindness - even if you do not agree with the mandates of individual stores. Each establishment has a reason why they may or may not require a mask - we ask that you respect their decision.

Most of all - please continue to take basic precautions to keep yourself and your loved ones safe. Wash your hands, stay home if you're sick, and get vaccinated! Stay informed with the CDC's latest recommendations at [cdc.gov/covid19](https://www.cdc.gov/covid19).

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— Testimonial from a participant in the June 2021 'Ancient Trees' Hybrid Course

visit osgf.org/ancient-trees to learn more and apply

NEWS OF NOTE

FOOD SCRAP COMPOSTING IS COMING TO MIDDLEBURG

LYNNE KAYE AND PAM JONES

Food scrap composting is coming to Middleburg! A few months ago, the Eccentric carried our article describing why more and more people are composting their food scraps. We are delighted to report that the idea of food scrap composting received strong support in Middleburg. As a result, Apex Organix will begin collecting food scraps from residents and businesses on Wednesday, October 6th. We invite you to sign up for service now and help build a healthier and more sustainable Middleburg.

To sign-up contact Apex Organix at Middleburg@Apex-Organix.com or 703.403.9095. Learn more online at Apex-Organix.com.

Why food scrap composting?

Composting breaks down materials like scraps of uneaten food, chicken bones and pizza boxes and turns them into compost. Compost is a black, nutrient-rich soil additive that helps plants grow strong and healthy. Compost is so beneficial that farmers and gardeners call it "black gold".

Yet, every year, we send tons of material that could be turned into compost to the landfill where it decays unused. That waste is triply bad. First, while the compostable materials go to waste, our local farmers and gardeners import tons of man-made fertilizer to replace the nutrients in their soil. Second, the man-made fertilizer is more likely than compost to run-off local farms and gardens when it rains. The fertilizer ends up in local ponds, streams, rivers and the Chesapeake Bay where it contributes to the green scum on local ponds and the dead zones

in the Bay. Last, and certainly not least, when food and food-related items decay in a landfill, they release methane. Methane is a very potent Greenhouse gas. During its first 20 years in the atmosphere, methane traps 80 times more heat than the equivalent amount of carbon dioxide, contributing strongly to climate change.

Composting your food scraps is an easy way to help do away with all of these negative effects. It increases the local supply of compost and enables more farmers and gardeners to substitute compost for man-made fertilizer. In turn, substituting compost for man-made fertilizer helps the local economy and keeps local waterways cleaner and healthier. Food scrap composting also reduces methane emissions from our local landfills which reduces climate change.

How does the Apex Organix composting service work?

Middleburg Residents

Each household that signs up for the composting service will receive their choice of weekly or bi-weekly food scrap collection. Apex Organix will provide each household with a 5-gallon, covered, odor-trapping plastic bucket. Each household will fill up their bucket with food scraps and other compostable items during their one or two-week period. Apex Organix will be in Middleburg to pick up food scraps every Wednesday, beginning October 6. Apex Organix will send a reminder email the day before each pickup. On pickup day, each household will place their 5-gallon bucket next to their front door, garage or at curbside. Apex Organix will pick up the filled buckets and replace them with clean, empty buckets.



The sign-up for food scrap composting is now open. Simply email Apex Organix at Middleburg@Apex-Organix.com or call Apex Organix at 703.403.9095. The cost is \$14.00 per month for bi-weekly bucket collection or \$20.00 per month for weekly bucket collection. The first food scrap pickup will be Wednesday, October 6. After each resident's first month of service, Apex Organix will contact the resident to discuss their experience with the service. At that time, the resident may elect to continue or cancel service. Residents who elect to continue service may select from a variety of service plans. Residents may cancel their composting service at any time. Residents may also pause service for vacations and seasonal travel.

As a service and thank you, Apex Organix will provide finished compost to interested customers twice a year.

The Middleburg Sustainability Committee (formerly the Go Green Committee) is working to make food scrap composting af-

fordable for everyone. Financial assistance with the monthly fees is available. Please let Apex Organix know you would like assistance when you sign up for service.

Middleburg Businesses and Folks Outside Town Limits

Apex Organix food scrap composting is also available to all businesses located within the town limits. Apex Organix serves all types of businesses including restaurants, wineries, breweries, florists, schools and senior living facilities. Pricing

will be determined by your needs and location.

Finished compost is also available twice a year for interested business customers and for customers outside the Town limits.

What can I compost?

One of the big benefits of using Apex Organix's commercial composting service is the variety in what you can compost. The list goes way beyond what can safely go into a backyard compost. Compostable food items include bread, coffee grounds

and coffee filters, cooking oil, pumpkins and gourds, pet food, and meat and fish including the skin and bones. Compostable food-related items include used pizza boxes, paper plates and napkins, certified compostable take-out containers, and dead flowers. Paper items that are soiled with food or other natural materials like water, cooking oil, or pollen are compostable.

A more complete list of compostable items is available at Apex-Organix.com

Who is Apex Organix?

Apex Organix is a veteran-owned business headquartered in Fairfax. They are a licensed and insured professional composter. The company is a member of Fairfax County's Green Small Business Partners program for their commitment to sustainable, environmentally-friendly business practices. For more information, see Apex-Organix.com

Lynne Kaye and Pam Jones are members of the Middleburg Sustainability Committee. Lynne is also a Circular Economy consultant. Pam co-owns Gathering Springs Farm, a regenerative farm in Middleburg. Lynne and Pam both have firsthand experience creating and using compost.

Contact Apex Organix at Middleburg@Apex-Organix.com or 703.403.9095 to discuss your business's particular needs and to receive a price quote. Pricing will be determined by your needs and location. For additional information go to Apex-Organix.com

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*RAIN DATE: OCT. 11TH

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HUMANE FOUNDATION

HUNT COUNTRY MUSIC FESTIVAL

The first-ever Hunt Country Music Festival will be held May 20-22 in Middleburg and Upperville, Virginia.

Produced by The Middleburg Concert Series, the festival will

kick off with an exhilarating tango concert by QuinTango. Following a boxed supper and cocktail hour, fanfare trumpets will direct concert goers to the sanctuary of Upperville's Trinity Episcopal Church for a program of concertos for organ, harp and trumpets. A chamber orchestra from the Loudoun Symphony Orchestra will support the soloists.

Saturday's performances in Middleburg will offer spirituals and operatic arias plus an evening concert by the famed Washington Saxophone Quartet, led by Rich Kleinfeldt, known by many as the voice of WETA radio. A "High Tea with Brahms" afternoon concert will feature pianists and singers performing before an audience enjoying tea and scones.

Sunday's schedule begins with a recital by the Illinois Arts Duo on piano and violin. The festival will conclude with a concert of 1940s big band standards performed by a 16-piece swing band. Festival attendees will also enjoy free street entertainment by strolling musicians, town criers and walking tours that will highlight historic hunt country lore.

Festival Tickets can be purchased online at <https://huntcountrymusicfestival.org> and on-site on the day of the performance.

For more information, visit: <https://huntcountrymusicfestival.org> and <https://www.facebook.com/middleburgconcerts>

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NEWS OF NOTE

82ND ANNUAL LADIES BOARD RUMMAGE SALE

DONATIONS WILL BE ACCEPTED ONE DAY ONLY ON SATURDAY, AUGUST 28

The 82nd Annual Ladies Board Rummage Sale will be held on Saturday, September 18, and Sunday, September 19, from 10 a.m. to 4 p.m. at the Loudoun County Fairgrounds, 17558 Dry Mill Road, Leesburg, VA. Admission is free during regular sale hours. Doors will open from noon to 3 p.m. on Friday, September 17, for VIP ticket holders.



BRICK FUNDRAISER

MIDDLEBURG MUSEUM

Be a part of the rich history of Middleburg with an engraved brick that will be placed on the grounds of the new Middleburg History Museum. Your legacy will be part of the story of our community for generations to come. Visit themiddleburgmuseum.org for your brick order form or visit us at [Facebook.com/middleburgmuseumfoundation](https://www.facebook.com/middleburgmuseumfoundation).

The Middleburg Museum at The Pink Box, 12 North Madison Street, Middleburg, Virginia 20118



Named the 2016 Annual Tourism Event of the Year in Loudoun and named Best Annual Charity Event in Northern Virginia for three consecutive years (2017, 2016 and 2015) by Virginia Living magazine, the Rummage Sale draws shoppers from the entire mid-Atlantic region. This bargain shopping extravaganza offers almost everything imaginable: antiques, collectibles, books, clothing and accessories for the entire family, tools, sports and exercise equipment, small appliances, household items and décor, designer labels, electronics, holiday items, jewelry and toys.

VIP tickets for early entrance, which includes premium parking, are \$50 in advance and are needed for anyone 12 years or older on Friday from noon to 3 p.m. VIP tickets are available online only at www.LadiesBoard.org. Donations will be accepted one day only on Saturday, August 28 from 9 a.m. to 1 p.m. at four locations: Inova Loudoun Hospital, 44045 Riverside Parkway, Leesburg; Inova Loudoun Hospital - Cornwall Campus, 224 Cornwall Street, Leesburg; Middleburg Charter School, 101 N Madison St. Middleburg and Loudoun Valley High School, 340 N Maple Ave, Purcellville. A variety of items will not be accepted this year, for a complete list of acceptable donations and for more details about the sale, please visit www.ladiesboard.org or call 703-771-2985. VIP ticket sales and the Rummage Sale benefit Inova Loudoun Hospital and nursing scholarships.



MIDDLEBURG ECCENTRIC

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MARSHALL, VIRGINIA

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\$7,800,000

PAUL MACMAHON 703.609.1905



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 (or 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

\$7,000,000

PAUL MACMAHON 703.609.1905
SANDRA BRAVO GREENBERG 202.308.3813



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



HALFWAY FARM

THE PLAINS, VIRGINIA

Privacy and 107 acres between Middleburg and The Plains | Residential enclave of great character within a rich array of natural resources | Classic Virginia stone and stucco c. 1820 | 4 bedrooms, antique floors and rich pine paneling | Two guest houses, stone cottage, farm manager's house, 2 stables, machine shed and work shop | Extensive Little River frontage and 2 ponds | Tremendous views

\$3,975,000

HELEN MACMAHON 540.454.1930



DEERFIELD

UPPERVILLE, VIRGINIA

Stately brick manor house c.1844 | 4 bedrooms, lovely kitchen, multiple porches, beautiful pine floors, 7 fireplaces, original mantels, large windows and detailed millwork throughout | Great natural light in every room | Additional outbuildings include the c. 1810 log cabin used as the pool house & a converted barn now serves as a guest house with movie theatre | 2 ponds, miles of trails, 178 acres | Separate workshop and 5 car garage

\$3,900,000

HELEN MACMAHON 540.454.1930



MASON FARM, LIGHTRIDGE FARM ROAD

ALDIE, VIRGINIA

20+/- acres in fast growing Loudoun location | Currently zoned TR3UBF | Willowsford, South Riding, Stone Ridge, minutes away | New county high school under construction next to property | Currently improved by 2 residences, 2 ponds | Northstar Blvd around corner

\$3,462,000

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



5 NORTH HAMILTON

MIDDLEBURG, VIRGINIA

Nice office building in the town of Middleburg | Private parking (8 spaces) and additional street parking | 2 level building | Additional storage available in lower level

\$1,165,000

HELEN MACMAHON 540.454.1930



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

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NEWS OF NOTE

MIDDLEBURG NATIONAL NIGHT OUT

PHOTOS BY JAY HUBBARD



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NEWS OF NOTE

MARS GREAT MEADOW INTERNATIONAL CCI

PHOTOS BY NANCY KLECK



1ST PHILLIP DUTTON 442 ON FERNHILL SINGAPORE ON CROSS COUNTRY



2ND WILLIAM COLEMAN 420 ON OFF THE RECORD



3RD LAUREN NICHOLSON ON VERMICULUS ON CROSS COUNTRY COURSE



4TH LAUREN NICHOLSON 422 ON LANDMARK'S MONTE CARLO CROSS COUNTRY



5TH WILLIAM COLEMAN 445 ON CHIN TONIC HS



8TH HANNAH SUE BURNETT 424 ON CAPITOL HIM ON CROSS COUNTRY



9TH JENNY CARAS 416 ON TRENDY FERNHILL CROSS COUNTRY



10TH KEVIN KEANE ON SPORTSFIELD CANDY ON APPROACH



12TH HOLLY JACKS-SMITHER 443 ON CANDY KING



BRUCE DAVIDSON 409 ON COOLEY CANDMAN



11TH LILLIAN HEARD 435 ON LLC BARNABY



SHARON WHITE 405 ON COOLEY ON SHOW



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NEWS OF NOTE

OREO THE PONY’S RIDE TO HOME

PAYTON VOGAN

Rescuing animals is a great way to help reduce the number of animals in shelters while providing loving companions to owners. Animal shelters are often overcrowded and house animals under poor conditions. By adopting animals from shelters, pet owners are helping to give homes to animals most in need of them. Further, the relationship between pet and owner is dynamic and rewarding. Animals provide joy and entertainment in exchange for a home and affection. In many ways, it is a mutual relationship in which the pet and owner are both fulfilled.

Molly White went through this adoption journey when she rescued a pony named Oreo in 2019 from the Middleburg Humane Foundation. The Middleburg Humane Foundation is a reputable animal shelter in Middleburg. At the time, Molly was seven months pregnant with her daughter, Edie, and adopted Oreo with hopes that Edie could ride her. Experienced with horses, Molly applied her knowledge of training to Oreo. Though challenging, she made significant progress with the pony. When Edie was old enough, Molly put her on Oreo. Soon after, Oreo went on to compete in Upperville against other ponies.

Molly White states that “rescue ponies and horses and cats and dogs for that matter can be really valuable additions. We could not be happier with her and I hope other people will look into adoption.” However, Molly stumbled upon Oreo by accident. In 2019 Molly took the trash to recycle in Marshall. She was pregnant and searching for a pony. She happened to look behind the dumpsters and saw Oreo. Unaware that Oreo was a rescue at Middleburg Humane, Molly asked the lady at the dumpster. Soon after discovering the foundation, Molly fostered Oreo for a month. After fostering, she adopted Oreo right before her daughter was born.

While Molly had experience with horses, ponies, and showing proved to be a unique challenge, additionally, this was the first time Molly rescued an animal. Molly’s grandfather was a huntsman in Pennsylvania. Consequently, Molly had exposure to fox hunting. She went on to train thoroughbred horses, or old racehorses, into hunters. Typically, in the racing industry, horses are given to you. Thus, the process of adoption and training a pony was new to her.

When it came to training, Molly had no experience with

ponies. When starting to train Oreo, it was clear that she had not been handled a lot. Even though Oreo had a friendly disposition, she did not like other horses. Additionally, she was too small for Molly to ride. So, to begin, Molly went slow. She put a tack on Oreo and walked around. To progress, Molly put grain on her back to prepare her for riding. Eventually, it was time to put Edie on her. This was problematic for Molly, but, luckily Oreo did astoundingly well. Edie, however, had to get used to it. Getting a two-year-old to sit on a pony was a challenge but, “after ten days and a lot of cookies, Edie was happier” (Molly White).

Soon, it was time for the show. Edie did a lot of prep bareback and only started practicing six weeks before the show. Thus, they did not practice extensively. On June 12, Oreo competed against the other ponies at Upperville. Showing Oreo proved to be a fantastic experience for Molly’s family. Molly states that it was “really gratifying to represent the locals among the fancy ponies.” Overall, exhibiting how rewarding adopting Oreo was for their family. In total, they “offered Oreo a home and she pays us back by letting a 2-year-old ride her. It is good for everyone” (Molly White).



CONSERVATION EASEMENTS AND LAND BANKS

THE FENCE POST

TIMOTHY LINDSTROM

Voluntary land conservation in Virginia depends heavily upon conservation easements. Significant tax incentives, including Virginia’s Land Preservation Tax Credit, are available to Virginia easement donors.

In recent years new incentives for voluntary land conservation have arisen in Virginia. These incentives are in the form of credits landowners earn by permanently setting aside land for uses that offset, or “mitigate”, the impact of development and agriculture on water resources in the Commonwealth. These credits can be sold, providing additional economic benefits for land conservation.

These incentives are the result of state and federal programs to offset the impacts of development on water resources. Pursuant to the federal Clean Water Act, the Army Corps of Engineers, together with an Intergovernmental Review Team, oversees the mitigation of development impacts on wetlands and streams. The Virginia Department of Environmental Quality, pursuant to state legislation aimed at cleaning up the Chesapeake Bay, oversees a separate mitigation effort to reduce nutrient levels from specific sources (“point source” pollution) and from stormwater and agricultural run-off (“non-point source” pollution).

Land permanently set aside by landowners for mitigation purposes is known as a “mitigation bank” or “nutrient bank” (collectively “land bank.”) The land bank is managed by an agreement between the landowner and agency overseeing the mitigation activity. Future use of land within a land bank is governed by a recorded set of permanent restrictions. When a landowner undertakes specified mitigation activities, credits are earned that can be sold to those whose activities require mitigation. The number of credits a landowner can earn is a function of the type of mitigation activity and the acreage involved, and is governed by schedules established by the governmental agencies involved. Typically, the creation of a land bank, the mitigation activities, ensuring the maintenance of the mitigation, and the sale of credits is managed by a licensed individual or entity known as a “sponsor.”

The details of mitigation banking are too extensive to be covered here. The point of this article is that land banks are compatible

with, and can supplement, traditional conservation easements. Conservation easements, generally speaking, are passive in that they prohibit certain activities, such as subdivision and development. Land banks supplement these restrictions by mandating restoration activities on the land.

In order to ensure that the restrictions imposed by a conservation easement and a land bank work together, several things need to be kept in mind:

First, to preserve tax benefits of the easement donation, the conservation easement donation should precede the land bank so that bank restrictions don’t reduce the land’s fair market value for tax deduction purposes.

Second, conservation easements should be drafted to accommodate future land banking. Easement provisions that prevent or limit the opportunity for mitigation banking preclude mitigation bank benefits. Therefore, easements should expressly allow mitigation banking, and minimize restrictions reducing, or foreclosing, opportunities for mitigation activities. For example, careful thought needs to be given to easement provisions requiring buffers around streams and wetlands. Extensive easement buffers that prohibit resto-



ration or enhancement activities can reduce or eliminate the benefits of a land bank. In some cases, the requirement for buffers has actually been deferred by easement provisions for a period of years to allow the landowner to first implement a land bank.

Third, conservation easements and land bank instruments should be carefully tailored to each property by knowledgeable counsel; fill-in-the-blank forms from agencies should be carefully reviewed and revised as needed.

The combination of tax benefits and mitigation credits create a compelling case for land conservation in Virginia. There has never been a better time for landowners to conserve their land than now.

Timothy Lindstrom is a nationally recognized legal expert in conservation easements and related tax law, based in Williamsburg, Virginia. ctlesq@hotmail.com



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PASTIMES

PIANIST LYLE MAYS AND COMMUNITY IN UNISON

STEVE CHASE

Are you sick of Facebook yet? I am, and the release in 2020 of the documentary, *The Social Dilemma* almost caused me to cancel my account. But one word has kept me going with this platform--community. The ability for music fans to come together and meet and interact with like-minded folks is amazing. Let's face it, a lot of my favorite musicians most people have never heard of, and I recognize that I am completely unaware of many fine musicians. If I love a band like National Health, most people would think is has something to do with Obamacare, instead of a somewhat popular late Canterbury rock band from Britain in the 70s. I can go onto Facebook and create a community, let's call it "National Health, the Band," and I can talk musicians, concerts, and recordings

with other National Health fans. This has become a huge deal on Facebook as it brings isolated fans together, and I belong to a string of groups focusing on genres like Jazz Rock Fusion, Americana, Telluride Bluegrass, or artist groups for John McLaughlin, Pat Metheny, or Lyle Mays. The cool thing is that talking about music transcends political and cultural boundaries, and it is great to find that music fans from around the world have the same eclectic taste in music that you do.

Lyle Mays was a visionary artist who collaborated throughout his career with Pat Metheny and other musicians in his circle of talented collaborators. A prodigy on piano, Mays always considered himself a fan of classical music who played Jazz, and his deep understanding of musical theory fascinated him as he put together chordal puzzle pieces to create unique and highly complex music that was still accessible

to the common ear. His catalog of albums includes the amazing work of the Pat Metheny Group, a few guest spots on friend's albums, and a series of brilliant solo albums, starting with the self-titled Lyle Mays. On Facebook, a small, but vibrant and enthusiastic global community grew around Lyle Mays, with people checking in daily on what the "Maestro" was up to and what recording might be considered his best. When Mays died in February of 2020, the group responded with shock and even greater awe of May's practically unknown contributions to music. Post after post opened up more of May's life and musical contributions, through photographs, articles, and personal anecdotes.

I have a good collection of live Lyle Mays material in my live music collection, a significant accomplishment considering there is not much material out there. Many of the available shows



came off of FM radio, so the quality is very good. Recently, a radio broadcast of a very rare solo concert from the early 90s emerged on of the live music web sites I frequent. The quality is amazing, and the songs melodic and wonderful to listen to. I decided I would go to the Facebook Lyle Mays page and let folks know I had a copy of the show, and was willing to share it with anyone that sent me a personal message. The floodgates opened and I was engulfed by messages, from every continent, and many countries, all asking for a copy of the show. Even when English was not their language, folks figured a way to ask. This went on for about ten days, and I must have responded to more than 200 requests. The reaction was great, as many people had never been exposed to bootleg shows that are high quality. Even relatives of Lyle Mays contacted me asking for the link. It was community at its finest, where people from across the globe who love May's music came together and listened to this marvelous performance. I have since added a few more shows to that Dropbox directory, and people were thrilled.

So maybe I'll hold off on ditching Facebook for now. I recognize the problems, but the musical communities that I am engaged in are worth being careful. Just don't believe every-

thing you read on Facebook.

Two Great Festivals in September

The live music scene is coming alive again, even though the Delta Variant is causing havoc right now. Many bands and venues are requiring concert-goers to show proof of vaccination to go inside the concert venue. I am not sure what the outdoor shows are doing, but I do know that both DelFest and Watermelon Pickers' Festival are coming up in September, and both have killer lineups.

The Watermelon Pickers Festival will be held at the Clarke County Fairgrounds in Berryville this year on September 16-18. Bela Fleck My Bluegrass Heart, featuring Sierra Hull will headline, along with The Infamous Stringdusters, Keller and the Keels, and Charley Crockett. More info at watermelonpickersfest.com/.

DelFest will run September 23-26, and it's located in Cumberland, MD. The Fest will feature the great Del McCoury Band, The Travellin' McCourys, Old Crow Medicine Show, Sam Bush, Bela Fleck My Bluegrass Heart, Leftover Salmon and many more. You can get more info at delfest.com, Del Yeah!

Steve Chase is typing a post to the Lyle Mays Facebook Group in Unison.

EVERYTHING WILL BE OK AROUND THE TOWN

HAZEL SWEITZER

One thing that we dogs know more than you humans is: Everything will be ok.

It is obvious in the world we are all living in today that it is hard for humans to trust the next moment. And in my 12 or 84 years of life, I have seen a lot happen in my human's world. Like many of you, Tom has had Covid, lost a few friends, and has had some very sad news in his life, like the loss of a child he worked with within this last year. But, he keeps going, trying to make each day a little brighter, but he and I also are very concerned for the world. He told me today that airline attendants are taking self-defense classes, that there is a land far off that people are dying and trying to escape, that Covid is growing again in a different way, and that people are confused more than ever and tired and angry. There are shark attacks, a coyote chased a woman, and children are sad about masks and, and.....I told him to THINK LIKE A DOG! When everything gets to be too much, think like a dog.

Wake up to greet humans and the sky with a smile and a wag

Go walk somewhere and take in nature.

Play with your toy for distraction when it's just too much

Cuddle when you need it.



Trust there is something good that is being worked on that you cannot see quite yet.

Connect with a friend or be a friend who connects.

Sometimes allow yourself to lie in your bed with your eyes open and dream.

Really savor special snacks.

Allow people to give you love. It's ok to roll in your back and allow someone to rub your belly.

Forgive anyone you need to as fast as you can because not forgiving can make you not feel well.

Stop thinking about time. Time doesn't really exist for dogs, and you would do better to try to forget timing.

QUEEN BEE

SINCERELY ME

BRANDY GREENWELL

The memorable character Bubba Blue from Forrest Gump speaks of different types of shrimp. "Dey's uh, shrimp-kabobs, shrimp creole, shrimp gumbo. Pan fried, deep fried, stir-fried. There's pineapple shrimp, lemon shrimp, coconut shrimp, pepper shrimp, shrimp soup, shrimp stew, shrimp salad, shrimp and potatoes, shrimp burger, shrimp sandwich...."

This summer, I have been unfortunately acquainted with several different types of bees and other flying stinging things. (Insert Bubba voiceover.) Dey's bumble bees, honey bees, carpenter bees, sweat bees, ground bees. Wasps, yellow jackets, hornets. Some hornets murder, and some have passports from lands far away. Horseflies, green heads, house flies....

Bumblebees are like drunk flying panda's that, well, bumble and are peaceful creatures. Honey bees are only slightly less docile than a bumble. Carpenter bees are more bark than bite. Sweat bees are just obnoxious little shits that lick perspiration and leave their venomous little singer pumping poison in you until it's removed. Ground bees are like Kamikaze pilots on a mission to kill. Wasps, yellow jackets, and hornets are all grade A pains in the butt. The biting flies are always plentiful,



and one gets extra points for successful swats.

Yellow Jackets have been my nemeses this summer. I first was stung and chased by a colony living in a bale of hay that I opened and moved with bare hands. They flew up my shirt in guerrilla warfare. I dropped the hay and bucked down the barn aisle, peeling off clothes until I was skivvy clad and could visualize my smarmy predators, weak

after battle, and brought them to a crushing death by shoe sole. Panting, I celebrated my kill and ran for the ice cubes and cortisone. It took weeks to stop itching.

The next major yellow jacket episode was the life-changing one and the reason for this wordy tale. I was blowing leaves out of the stone wall in front of my house, and unbeknownst to me, I put the blower straight into a nest. They didn't take

kindly to my unannounced visit and came out shooting to kill. Again I stripped, flailed, squawked, and cursed. They got me. Good.

About an hour later, after three shots glasses of children's Benadryl (because that's all I had), my right arm numbed and felt afire with intense pain. It is noted that episode one brought stings to my right hand and episode two to my right foot. I



have never had an allergic reaction to bee stings, but something wasn't right this time. I went to the ER. Again, fresh stings on right foot. Old sting on right hand. Severe pain in my right arm.

I stumped doctors as they confidently said there is nothing that stings on the foot could affect the arm. After morphine with no pain relief, a chest X-ray, EKG, CT Scan, and lots of confused doctor faces, they concluded that the poison from the two sting sites, on separate occasions, on the same side of my body, combusted with some odd, systemic reaction. I concluded from the events that superpowers from the stings must be forming within me. I can't wait for them to reveal themselves. My superhero name shall be Queen Bee, and I will do good all over the world. If it can happen to Spiderman...

GET SOME INSPIRATION FROM THIS BEAUTIFUL OUTDOOR SPACE

ASK A REMODELER

TIM BURCH

Are you longing for chilly fall evenings, football season and enjoying time outside with friends and family? If so, this project just might provide a bit of inspiration as you bounce around ideas for your own outdoor renovation.

These homeowners wanted to expand their home by adding a screened porch off the exterior of their family room with improved access to the outdoors. Beyond that they also wanted to create a multi-level outdoor space for entertaining and fam-

ily gatherings. The challenge was to preserve the abundant natural light and expansive woodland views in the existing space.

BOWA's design team developed the perfect solution. With an eye toward maximizing natural light and sightlines to the rear yard, the bottom set of family room windows were replaced with a quad sliding door, and the roofline of the addition was thoughtfully designed to not obstruct the existing top row of windows. The result is seamless egress to the new space, plenty of light and maintained beautiful views.

The new screened porch features floor-to-ceiling screens and a contemporary custom cable-rail system. The outdoor room also includes a dramatic gas fireplace and built-in electric heaters to allow for cool-weather enjoyment. The space is sizable enough to accommodate both a large sectional seating area and an outside dining set and provides access to a new deck with additional seating and a grilling station.

A lighted stairway with cable railing leads to a yard-level, stone patio with a cozy firepit and beautiful stone wall. The space under the deck was captured to create a finished storage

room, and below the screened porch is additional seating and access to the lower level of the home.

These clients are thrilled with their new outdoor-living spaces and all the options they provide. If you'd like to see more photos, visit <https://bowa.com/porch>. So, did this beautiful project stir up any ideas for you? Of course, I'd welcome the opportunity to chat through them with you.

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.



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PASTIMES

ORAL-SYSTEMIC LINK FOR OVERALL HEALTH

DR. ROBERT A. GALLEGOS

“Oral-systemic” is the connection between your oral health and your entire health system. Poor oral health has been linked to conditions such as Covid-19, diabetes, heart disease, stroke, pneumonia and Alzheimer’s. Specifically, high-risk oral bacteria that enters the bloodstream through the gums from periodontal disease can adversely impact overall health. Conversely, a healthy mouth can help overall health.

Periodontal (gum) disease is an inflammatory disease around the roots of teeth caused by bacteria. It is estimated that around 70% of adults have some degree of periodontal disease. This high-risk bacteria gets into the bloodstream and can be inhaled into the airway. The results of this oral-systemic link can contribute to susceptibility and worsening of other diseases like Covid-19, diabetes, heart disease, Alzheimer’s and pneumonia.

The Covid-19 link shows a relationship between periodontal disease and bad Covid-19 outcomes. The relationship is inflammation. Oral inflammation is not limited to the mouth; it activates chronic systemic inflammation which challenges the body’s immune system. The Covid-19 virus enters cells and elicits an



immune response which can lead to a cascade of inflammation throughout the body, affecting many organs which can lead to death. The risk of serious complications from Covid-19 is significantly higher in patients with moderate to severe periodontal disease when compared to patients

with no periodontal disease.

The bacteria that cause periodontal disease can also be inhaled into the airway leading to respiratory disease. Research in nursing home patients demonstrated that regular tooth and gum cleaning lead to fewer cases of pneumonia and these pa-

tients were less likely to die from the infection.

The latest research suggest that the bacteria that cause periodontal disease may pay a role in Alzheimer’s disease and dementia. Periodontal bacteria have been found in high levels in the brains of Alzheimer’s patients. Bacteria in the mouth that cause inflammation can also be found in remote areas of the body including crossing the blood-brain barrier. This leads to the formation of amyloid plaque around nerve cells disrupting brain activity as seen in Alzheimer’s disease.

Patients with diabetes are more susceptible to periodontal disease. Proper periodontal care can have beneficial effects on the glycemic control and lessen diabetic complications. Research shows that people with periodontal disease have more difficulty controlling their blood sugar, and 95% of Americans who have diabetes also have periodontal disease.

People who have periodontal disease are nearly twice as likely to suffer from heart disease or stroke. The bacteria that cause periodontal disease get into the blood stream causing blood vessel inflammation and damage; tiny clots, heart attacks and stroke may follow.

Many of the risk factors for



systemic diseases are also the risk factors for chronic inflammatory periodontal disease. Managing the common risk factors that affect oral and systemic diseases can help better manage the inflammatory driven systemic conditions. Behavior management including cessation of smoking, weight control, healthy diet and supplements, as well as proper oral hygiene and regular visits to the dentist all contribute to an overall healthier body.

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

THE LATE SUMMER BATTLE

THE PLANT LADY



KAREN REXRODE

As summer thins so may the gardeners resolve. In a climate with four seasons, the battle of maintaining waivers after the heat of July and August. The results leave many annual weeds free to bandy about and great battles are lost in a short time. A younger gardener may not feel or even know the challenge, they are armed with energy and a positive outlook, or so it seems as I look over areas of my garden that have been overtaken with a layered sea of morning glory. How did these seeds travel so far? Birds and/or ants may be culprits, dropped from a distance, no evil intent or lack of respect.

One morning glory, or maybe all, were brought to the garden on purpose. The cardinal climber was a favorite for its spider-like leaves and small red flowers. Now it cavorts with others, scrambling up everything. Hummingbirds love it and my surrender to the battle always comes in August when I feel like the hummingbirds need it and I’m too tired to continue.

A particularly aggressive morning glory, Ipomoea acuminata was an experiment while I still had the nursery. Deep purple flowers on a hostile vine quickly led me to discontinue growing it. Alas it followed me home, some small seed tucked in with something else. I have managed to eradicate it, or it became the soft blue of ‘Heavenly Blue’, the vine that may have swallowed sleeping beauty whole as she slept the summer away. On a positive note, who needs to tie up tomatoes when you have morning glory?

The one annual weed that may

be the end of me is mulberry weed or Fatoua villosa. New in the scheme of things, a pest from Japan that is spreading to every state and many continents in record speed. I’m sure it’s entry into my garden came from something I purchased; a few seeds is all it takes. Capable of flowering with only three leaves, by late summer it may be two feet tall and loaded with minute flowers and seed heads. Easy to pull but alarming in its coverage, a word of caution, if you are pulling the plant check your hands where there will certainly be remnant seeds (you may be moving it around). Hand pulling is something that must begin early and continue nonstop, a chore that seems impossible. One method to thwart mulberry weed is to lay newspaper (5-6 layers) on the ground and top with wood chips. In areas that are void of spring bulbs; under shrubs or flower border edges, cardboard will last longer, also topped with mulch or wood chips. Similar to other warm season weeds, the seeds will be viable for many years, so be ready to relayer or patch where they sprout anew. In my own garden I have targeted areas where I will newspaper this fall in an attempt to diminish the population.

At this point I find it hard to believe I will finish the battle of annual weeds versus me. Other vengeful players are the perennial vines like oriental bittersweet, Japanese honeysuckle, and am-pelopsis which are a battle of another sort.

Ah but the zinnias are lovely and my tuberose are blooming. I’ll take heart that it was worth it and wait for cooler days and a new energy.

ROASTED TOMATOES WITH SHERRY AND BACON

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EMILY TYLER

salt and pepper to taste

Pinch of dried red pepper flakes (optional)

Preheat the oven to 375 degrees

Line a sheet pan with parchment paper

Prepare the tomatoes and turn them upside down on a paper towel to drain some of the juices

Stir together the cheese, bacon, mayonnaise and the red pepper flakes if using

Place the tomatoes (and their tops) right side up on the lined sheet pan and put 1 teaspoon of sherry inside each tomato, salt and pepper to taste

Divide the cheese mixture evenly among the tomatoes

Bake for about 20-25 minutes or until the cheese is lightly browned and bubbly and the tomatoes are soft

Allow them to cool a bit before serving to firm up

Serves 4

4 medium tomatoes, tops cut off and remove the seeds and pulp, being careful not to pierce the sides

2 slices cooked thick-cut bacon, roughly chopped

4 teaspoons Spanish sherry

4 ounces Monterey Jack cheese, shredded

1/4 cup mayonnaise

KAY COLGAN
CERTIFIED PILATES INSTRUCTOR
AND HEALTH COACH

Nutrition is the star when it comes to managing or improving your health. Exercise is awesome too. However, exercise alone will not be enough to reap the benefits of true good health unless you are filling your body with good nutrients. To truly give our bodies the defense it needs, good whole food nutrition along with exercise and stress management are needed.

There are so many confusing messages surrounding food. Meat-based, plant-based, macro-based, and the list goes on. Who’s right? Tough question, simple answer. They all are except, we need a little of some and a lot in others. Protein is awesome for us and it helps fuel our energy, carry oxygen throughout our body via blood. Big bonus, it helps to make antibodies to fight off infections, diseases as well as keep our cells healthy and create new ones. Some sources of protein are fresh fish, free range chickens, lean beef, tofu, eggs, nuts, seeds, legumes. Remember, if

meat is not your preference. Plant based protein for many is the way to go. It also provides cardiovascular benefits and could play a role in cancer prevention. Whichever protein you choose, variety is the key.

Vegetables and fruit are the power house in any good nutrition program. Filling your plate with gorgeous fresh fruits and vegetables will load your immune system with antioxidants. Fruits and vegetables pack a punch in fiber. That definitely helps to lower cardiovascular disease as well as keep our weight in check. Not to mention all the electrolytes, phytoestrogens and anti inflammatory agents.

Whole grains have been shown to lower risk of diabetes, heart disease and obesity. Whole grains contain all three parts of the grain. They are particularly high in B vitamins. Start your morning with oatmeal, fresh berries, cinnamon. Try adding quinoa, brown or wild rice to your meals.

None of this is new information, but we are all inundated with messages that encourage us to give up whole foods. Doing away with food

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LETTER FROM THE PLAINS

ANTHONY WELLS

Many of us of a certain age reflect back on the “Greatest Generation” with huge respect and admiration for family members who may have fought in World War Two, or helped sustain the war effort for those critical years when so much was in the balance. Indeed democracy and Western civilization in the late 1930s, and into the 1940s, were threatened by insidious challenges from the odious regime in Nazi Germany and the invasion of huge areas of Asia by an expansionist and culturally violent Japan. The massive and horrific war crimes and crimes against humanity committed by these nations saw their nemesis in the trials that took place at the end of World War Two. The Nuremberg War Crimes trials that commenced in 1945 saw the surviving Nazi leadership either sentenced to death or long prison terms in Spandau Prison in Berlin. In East Asia a similar process ensued against Japanese war criminals, with the worst offenders executed for their heinous crimes after similar trials to those at Nuremberg.

Let us pay our respects to two individuals, a man and a woman, the former American, the latter British, who represent the quintessential “Greatest Generation”. They are both still with us and their combined age is 199. Yes, that’s one hundred and ninety nine. Benjamin Ferencz was 101 on March 11, 2021. He was born in Transylvania, Romania, and came to the United States as an infant. He is the last

surviving U.S. prosecutor at the Nuremberg Trials in 1945, when he was a young Harvard Law School-trained U.S. Army officer. He investigated Nazi war crimes and was the Army’s chief prosecutor at the Einsatzgruppen Trial, one of 12 trials held by U.S. authorities at Nuremberg. Since 1945 Ben Ferencz has been an advocate for the international rule of law and for the United Nations International Court of Justice (ICJ) and the International Criminal Court (ICC) in The Hague, Netherlands. Thanks to people like Ben Ferencz the United States with the British led the way at Nuremberg. They ended the Nazi era in an international court.

Gladys Lewis was 98 on May 29, 2021. She lives in East Yorkshire in England, very close to a good friend who assisted me when I worked for British Intelligence. Gladys is like Benjamin, a great human being, as well as being a wonderful lady. From 1942-1945 she held as a very young woman a very critical position in British Intelligence. As a Sergeant in the Women’s Royal Air Force (WRAF) she was in charge of the typing pool in Hut 3 at Bletchley Park, the highly secretive and clandestine center for British code breaking during World War Two. The German Enigma Code was broken at Bletchley Park where the famous Alan Turing and other luminaries not only cracked the codes but also developed the first electronic computer, “Colossus”.

On her birthday in May Admiral Lord West of Spithead, a former Director General of

Intelligence, First Sea Lord, and Chief of Naval Staff (head of the Royal Navy) and, in retirement from the Royal Navy, Minister of Security, called Gladys to not only wish her “Happy Birthday”, also to thank her for her extraordinary work in Hut 3 at Bletchley Park. Lord West arranged for the official British government archivist from GCHQ (Government Communications Headquarters) in Cheltenham, England to visit Gladys and begin writing an oral history. This process will go on for some time because Gladys, like Ben Ferencz, is totally lucid and can remember in detail what she managed during those crucial years.

After the code breakers and translators had done their work, and the analysts went to work on the Enigma data and produced their assessments it was Gladys Lewis’ highly trusted and secure ladies who typed the final product that went to the Director for sign off. Two great Royal Navy Commanders led Bletchley Park during World War Two, Commander Alexander “Alastair” Denniston, and Commander Edward Travis. The latter would subsequently become Sir Edward Travis, KCMG, CBE, and the Director of GCHQ after World War Two, the successor organization to Bletchley Park.

Gladys had to ensure that her ladies produced a totally accurate and first rate documents that would find their way instantly after the Director’s release to Winston Churchill and the small group of political-military leaders cleared for “Top Secret Ultra”,

the Enigma Code product. In the estimation of my mentor, Sir Harry Hinsley, a Bletchley Park code breaker, and later the official historian of British Intelligence in the Second World War in several volumes, and Master of St. John’s College, Cambridge, and Vice Chancellor of Cambridge, the Bletchley Park team and Enigma/Ultra intercept data shortened World War Two significantly. Many experts argue as much as two years.

Ben Ferencz has had a profound influence on the development of international law and institutions since World War Two. He is still going strong at 101. He is a firm advocate for the United States taking the legal high ground. He wants to see our country leading in the enforcement of crimes against humanity, war crimes, the enforcement of international codes such as the Geneva Conventions and UNCLOS (United Nations Convention on the Law of the Sea) and positive coordinated action against the increasing number of cyber crimes, human trafficking, illicit arms movements, wide ranging terrorist activities, money laundering in support of crime, atrocities and genocide. Lesley Stahl of CBS Channel 9 interviewed Ben Ferencz on June 27, 2021. I encourage Eccentric readers to listen to this remarkable interview.

I have been privileged to talk with both Gladys Lewis and Ben Ferencz. They are an inspiration for us all. Their generation represents the very finest in courage, loyalty, and an enduring commitment, often against the worst odds,

to ensure the survival of our treasured freedom and values. Our democratic way of life has seen recent challenges in 2021 to basic voting rights, rights that were fought for with what Winston Churchill would call, “blood, toil, tears and sweat” (May 13, 1940 when he met his Cabinet on becoming Prime Minister). We cannot afford to let partisan politics override fundamental rights by crude and self serving restrictions. Remember please another great quote from Winston Churchill, “Democracy is the worst form of government except for all others” (January 31, 1919). These two wonderful people, Gladys Lewis in the United Kingdom and Benjamin Ferencz here in the United States, are emblematic of the very best in human nature and our way of life that they helped to preserve. Let us all follow in their footsteps and ensure that we preserve the basic freedoms that they and the “Greatest Generation” fought so hard to preserve and at huge sacrifice.

The current United States House of Representatives’ investigation into the January 6, 2021 insurrection, and attack upon the US Capitol should not be partisan in any shape or form, and have no objectives other than to “Preserve and Defend” the Constitution of the United States, our incredible hard fought for democratic traditions and way of life, voting rights, and ensure that no such outrage reoccurs. The Greatest Generation, our forebears who were many readers’ parents, grandparents, and great grandparents, would want no less.

Four men helped set the record straight at the only hearing held so far by the Select Committee on the Insurrection.

On January 6, 2021, amoral and lawless citizens gathered from diverse points on the compass, to convene in Washington, DC, answering the summons by Trump himself to take over our government by force and riot, and install Trump as the winner of an election he sorely lost.

Benjamin Franklin feared the destiny of any democracy when he said “You have a Republic – if you can keep it.”

Our Republic is under siege by a foreign enemy, a former KGB officer, and worse than that, by the enemy within.

Before January 6, 2021, then President Trump called VP Pence, who was slated to oversee congressional certification of President Biden’s election win, and reportedly Trump told Pence, “You don’t have the courage to make a hard decision.”

On January 6, Rep. Louie

Gohmert told a crowd massing near the Capitol, you’re going to have to go to the streets and be violent.

Rep. Mo Brooks decried those members of congress who would support Biden – “Today is the Day American patriots start taking down names and kicking ass. Are you willing to do what it takes to fight for America? Louder! Will you fight for America?”

Trump’s rogue counselor, Rudy Giuliani, said, “Let’s have trial by combat.”

Trump himself said, “We fight like hell. And if you don’t fight like hell, you’re not going to have a country anymore.”

Originally, there were

reportedly 12 Republican senators, along with more than 100 GOP House members, who planned to object to the electoral votes cast in key states, charging their elections were rife with fraud despite the absence of any evidence that this was even remotely true.

When the insurrectionists were finally repelled and the House and Senate re-convened, there were senators who stood steadfast and sought to bar Biden from the pro forma counting that would confirm he was elected President.

They objected to the certification of the election based on bogus charges of

election fraud.

In the House, 121 members supported this groundless objection.

Thus, I say we suffered the enemy within, traitors to democracy, friends of monarchy and autocracy.

On July 20, the four men, both Capitol and District Police, came to the Hill to discuss that fateful day, January 6, 2021.

They fought not only to protect the persons on the hill but the transfer of power to the man actually elected by the citizens.

Republican Rep Cheney praised these men for “holding

the line” and “defending all of us.”

She warned, however, if those who did this are not held accountable, “this will be a cancer on our Republic.”

Cheney said this Selection Committee will have to require subpoenas and she was talking about persons above and beyond the rioters to those who drove the insurrection.

She said the question is will we adhere to the law or will we throw away the miracle that is our democracy, while our children are watching.

In the end, they will know who stood for them.

This begs the question, isn’t

OBITUARIES

CURTIS ANTHONY PRINS

Curtis Anthony Prins, of Middleburg, Virginia passed on Friday, July 16, 2021 at the age of 87. He was born in Norwalk, Connecticut and grew up in the Spring Valley neighborhood of Washington D.C. He moved with his family in his early teenage years to Bethesda, Maryland. He is a 1953 graduate of Bethesda-Chevy Chase High School. After high school, he attended the University of Maryland College Park where he was a member of the Terps basketball team and of Sigma Alpha Epsilon fraternity as well as the sports editor of the school’s daily newspaper. He served in the United States Army from 1956 to 1958 stationed in France where he was also a member of their basketball team which traveled around Europe entertaining the troops. After his service, he graduated from University of Maryland with a degree in Journalism. Curt was a sports editor in Stroudsburg, PA, editor of Golf Magazine in New York City, an editor of DATA, a research and development magazine in D.C. and then a financial writer for Financial Services. This last job launched him into a long career with the U.S House of Representatives in 1964. Curtis served for 28 years on the staff of the Committee

on Banking Finance and Urban Affairs of the U.S. House of Representatives. He started as a chief investigator, and then moved to be staff director of the Consumer Affairs and Coinage Subcommittee. During his last four years with the Committee, he was staff director of the Subcommittee on Financial Institutions, Supervision and Insurance. At the time of his retirement in January 1993, Curtis had served longer than any Banking Committee staff member, serving under four committee chairman and six U.S. Presidents His greatest accomplishments while working for the House of Representatives were playing a major role in Congressman Wright Patman’s initial Watergate investigation, tracing the money used to finance the break-in and uncovering some \$7 million in illegal campaign contributions; reviving the Nation’s commemorative coin program after it was dormant for 50 years. It went on to raise \$700 million to help with the refurbishing of the Statue of Liberty and Ellis Island and for training the US Olympic teams; and was responsible for writing much of the legislation that dealt with the savings and loan crisis as well helped structure the S&L

assets disposition agency, the Resolution Trust Corporation. According to the Almanac of the Unelected, “Prins has become a legendary figure at committee.” Due to his support to the US Olympic Program, he was invited to help find the site of the 1996 Olympics which were played in Atlanta. He was a trustee for the Christopher Columbus Foundation and on the board of directors for the Wright Patman Congressional Federal Credit Union. When he retired from Capitol Hill he became a lobbyist for the National Auctioneers Association for several years.

Curt was a life-long fan of the Redskins. He grew up going to Senator games and was incredibly pleased when the Nationals came to D.C. Although, University of Maryland broke his heart when they moved to the Big 10, he really could never turn his back on his beloved Terrapins, cheering for them in all sports. Throughout his life, he spent many hours on the greens playing numerous rounds of golf. Later in life, he became a rules official for the Hooters’ PGA golf tour. At one point, he was a NCAA basketball referee for the Atlantic Coast Conference and a recruiter for the George Mason Basketball team. His sports opinions and

advice could be heard on both his own local sports call in talk show and in a local newspaper golf column. Through the years, Curt was active in his church and the local food bank, Seven Loaves. Recently, he was able to join the American Legion Post 295 when the military members who served during peace time were finally able to join the American Legion. This brought him great happiness in the last years of his life. One of his greatest joys of life was becoming a grandfather, making his grandchildren laugh at all his silly jokes and watching them in their various sports and activities.

His family will miss his endless stories, the sharing of his opinions, his gift of gab, his ability to make a connection with everyone he ever met (even the Queen of England who he approached without permission at the Royal Windsor Horse Show to discuss their loves of Corgis and who excitedly engaged in conversation with him for several minutes), his jokes, his love for late 50’s/early 60’s music and his love of sports.

He is survived by the love his life and wife of 65 years, Althea Prins; his daughters, Lisbeth Prins and Penny Schmitz; his son-in-law Eric Schmitz; grandchildren Casey Schmitz,



Cameron Schmitz, Mac Schmitz and Ashlynn Prins-Crombie; his niece April Tzanis, his nephew, Patrick Tzanis and his loyal companion, his Welsh Cardigan Corgi, Munford. He is preceded in death by his parents, Charles Eli van Prins and Frances Evelyn Prins; his brother, Peter Prins, sister Alicia Izard and his nephew Warren Prins.

Service of Thanksgiving for Life of Curtis Anthony Prins will be held at Emmanuel Episcopal Church of Middleburg on Friday, July 23rd at 11:00 a.m., followed by interment at Emmanuel Cemetery and reception at the parish hall at Emmanuel Church.

In lieu of flowers, gifts may be made in Curtis’ name to Seven Loaves Food Bank in Middleburg; Emmanuel Episcopal Church of Middleburg; the Middleburg Public Library; or The University of Maryland’s M Club Foundation.



Nursery School from 1968 until 1988. She taught Kindergarten at Aldie Elementary for ten years, retiring in 1999.

Dot and Rosser built their home in Aldie, as well as the Humpty Dumpty Nursery School building. In 1966, they purchased riverfront property near Tappahannock, Virginia, where they spent most summer weekends. There they introduced numerous friends and family to waterskiing (and parasailing).

Dot was quite active in local

summer Vacation Bible School, as well as Sunday School, at Aldie Methodist Church where she was a member for 50 years. In recent years, she attended Arcola Methodist Church.

A private graveside service for family is planned at Ebenezer Cemetery. A celebration of life for both Dot and Rosser will be held in the fall.

Please consider donating blood in memory of Dot – celebrate her life with a gift of life.

MORAL COWARDICE IN AMERICA

JOHN P. FLANNERY

We might ask – Is this America’s greatest generation of moral cowards?

We have the contrast between what needs to be done and the failure of our public officials to act.

Our public officials are an embarrassment – in Congress and in the Administration failing to hold the principal actors responsible for the incitement to riot and to overthrow our government.

On July 20, the House Select Committee on Insurrection convened a hearing with four law enforcement officers who told the Congress and the nation how they suffered to defend our government from violent overthrow on January 6, 2021.

They also told us that we need an accounting for those rioters but also for those who incited the insurrection.

We arrived at this historic intersection long before a tv reality star and failed casino

operator ran for President.

For years, Republican leaders have been suppressing votes and drawing favorable electoral district lines because they couldn’t otherwise win those districts in an election.

Hateful rhetoric also helped to move the political dial when broadcast on Fox.

Large segments of our population were summoned from the shadows.

Russia’s Vladimir Putin saw the weakness in our body politic, and exploited it, most critically, by interfering in our nation’s presidential election in 2016.

Putin helped re-fashion the Grand Old Party into a personality cult for the boorish, bigoted and angry rhetoric of gift edged Donald Trump.

Our Republic’s frailty, as an open political system, was at risk.

Nicholas Kristof, writing in the New York Times about terrorism, said the lesson of the Trojan War was “[to avoid]

the intoxicating pride and overweening ignorance that sometimes clouds the mind of the strong ... [and] the paramount need to listen to skeptical views.”

Skeptics have rightly thought from Trump’s garish golden escalator ride at Trump Towers, when he announced his presidential ambitions, we were going to pay a price should he succeed.

Leaders and commentators acted as if his candidacy was “a joke,” gave him hours of free air time, until no one laughed any more.

Hubris is the word for these troubled times.

It is that excessive pride or self-confidence that clouds judgement and invites peril.

We acted with such certainty that our government runs like a swiss clock, that it will keep on ticking like a Timex watch, no matter what challenges it faces.

We thought we didn’t have to concern ourselves about this threat from the extreme right,





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