



WATERCRESS MANCHEGO AND
AVOCADO SALAD WITH LEMON
WALNUT DRESSING

PAGE 27

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CHRISTMAS IN MIDDLEBURG PAST, PRESENT AND FUTURE



AMOS AND ENCORE, LISA AND ALBERT ANDERSEN'S
MATCHING DAPPLE GREY HOMEBREDS,
WERE A CROWD FAVORITE IN LAST YEAR'S PARADE
PHOTO BY NANCY KLECK

JACKIE FISHMAN

Middleburg has a secret heartbeat that comes out at Christmas time. And like a heart, this life is not readily evident to the casual viewer.

Come out to the Middleburg Christmas parade, and you will witness it. According to Jim Herbert, commercial real estate broker and former volunteer parade chair from 2005-2019, the more than 80 elements in the 1.5-mile-long parade represent the heart of the town. These elements include all who work behind the scenes of this historic village's iconic horse farms and fabulous homes. These workers, farmhands, horse trainers, firefighters, musicians, students, chefs, restaurant workers, and more have been part of this annual ritual since the mid-1970s. Their participation makes the town iconic and ensures its mystique and beauty continue to enchant.

Starting with Dee Dee Hubbard in the 1980s, this event has continued annually, except for 2020, due to the pandemic. It is always the first Saturday in December; this year, it takes place on December 3.

According to Jim, the core of the celebrations is it is first a Christmas message event, which distinguishes it from merely a commercial/retail event. "Visitors come to witness an authentic expression of life in Middleburg...the core values of our community," he says. "It is the blossoming and blooming of the heart of our town."

One of the most memorable years for the event was 2009 because of the unexpected blizzard that day. "We always met early in the morning of the parade to go over logistics and the weather," he remembers. "And the weather report seemed manageable and safe. But

by 10 a.m., an inch or more per hour was falling, and it was too late to stop the parade. The photos of that day will always be iconic."

Jim recalled in 2016, the parade had its largest turnout due to an incredibly successful pre-event media blitz. Pre-coverage in Southern Living Magazine, Conde Nast Magazine, Garden and Gun Magazine, Northern Virginia Magazine, and even a mention on the Today Show by Matt Lauer resulted in a turnout of about 22,000 people. With the temperatures hitting 60 degrees that day, there was nothing to deter the crowds.

"While this number was too many—the sidewalks are not wide enough, and there are only so many places to move people from one end of town to the other—the event was well-received, but we learned our lesson in terms of feasibility," he adds.

During Jim's leadership in 2011, the parade became a 501(c)(3) non-profit organization, of which the town is a strategic partner.

Currently, the volunteer leadership of the event is in the hands of Michelle and Doug Myers. They own both a home services business and an administration services business.

They started helping Jim in 2019 and 2021 and are now on their own. They intend to maintain the accessible, small-town, family-friendly atmosphere embodying the Middleburg spirit.

According to Michelle, most of the crowd favorites, like the Charros dancing horses, are returning as well as all three of the local high school bands Loudoun Valley, Lightridge, and Fauquier.

"New this year will be the first element: a husband and wife duo, the Anderson family, for the Piedmont Driving Club," says Michelle. "They will

CONTINUED PAGE 11

LOOKING BACK AT THE PAST TEN YEARS
OF CHANGE WITH CHIEF A.J.

PAGE 6



RACE INTO THE *Holidays.*

If you've never been to Middleburg for Christmas, you might be surprised at just how big our little town does it up! Come on out for the day or the weekend, and experience the truly unique Christmas in Middleburg. We're proud that it's earned international recognition – but even more proud that you'll still enjoy the same charm, character and community that we're known for. We can't wait to see you!

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ACCOMMODATIONS

Choose from a historic inn, traditional B&B, or a 5-star sprawling country estate and spa.

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HOLIDAY ACTIVITIES

Join us all December long for food, shopping, and festive activities - celebrate with a "Dickens of a Christmas in Middleburg"



MIDDLEBURGVA.GOV/HOLIDAYS

THE SALVATION ARMY OF LOUDOUN NEEDS VOLUNTEERS AND SPONSORS FOR RED KETTLES

For more than 25 years, The Salvation Army of Loudoun has fought poverty in our community. We have weathered many a storm through the years, and now we face another: the traumatic ripple effect on working families and others from COVID-19. We know, firsthand, that members in our community are still struggling, and the rising costs of inflation is compounding the crisis.

Every day, more and more people have come to The Salvation Army of Loudoun asking for our help. Our clients need help with rent, utility bills, and emergency food assistance, and we do not expect that the need for our help - and our hope - will slow down anytime soon.

Loudoun is such a wonderful and caring community, and we NEED you. The Red Kettle fundraising

campaign began in 1891 in San Francisco, collecting money in a crab pot. Now, the Red Kettle campaign is one of the most iconic fundraising efforts in the country. All the proceeds that are raised through Red Kettles supports our emergency assistance throughout the year.

Our Red Kettle volunteers greet shoppers with smiles, warmth, and hope. The campaign runs from November 25th - December 24th, Monday - Saturday from 10:00 a.m. - 8:00 p.m. We will be located at Giant, Safeway, and Walmart stores throughout Loudoun. For families, it's a great way to teach your children about charity and goodwill towards men, and for professional and civic groups, faith communities to bond and give back to the community.

If you are a business, we have an additional opportunity. Thousands,

and thousands of people will visit our kettles throughout the month. Your business can sponsor a kettle which will display your brand and your contribution to our community. Depending on your level of support - we offer other benefits.

To sign up to volunteer or to sponsor a kettle, please call Bonnie Inman at 703-771-3371 or visit our website at <https://salvationarmypotomac.org/loudouncountycorps/love-beyond-christmas/>. You can also go to <https://bit.ly/LoudounRedKettle> to sign up to volunteer.

We are blessed to have support from compassionate friends like you. Your generosity makes it possible for us to uplift our struggling neighbors and strengthen our community. Thank you for your kind heart and for caring about those in need in Loudoun



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~ Cricket Bedford



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HALFWAY FARM

107 acres **\$3,550,000**
The Plains – Privacy, protected views and charm. The historic residences at Halfway Farm are on the market for the first time in nearly 60 years. Just 4 miles from Middleburg with an array of natural resources and rural amenities. (Buyers agent)



WHITE OAK FARM

93+ acres **\$3,300,000**
Middleburg – 1st time offering of this wonderful 'Hanback built' home with spectacular Blue Ridge Mtn views. 5 BR / 5.5 BAs. 4 fireplaces, hardwood floors. Pool & mature landscaping. 2 BR / 1 BA tenant house, 6 stall barn w/paddocks. 2 ponds.



WILLWYN

21 acres **\$1,900,000**
Purcellville – Stately c. 1780 stone house with 5,300 sq ft of updated living space. Timeless features remain such as walnut 3-story staircase, heart pine flooring and 5 fireplaces. Guest house, renovated 8-stall bank barn, FIOS and a backup generator.



WILLWYN EQUESTRIAN

16 acres **\$1,651,250**
Purcellville – A first-class horse facility with a 13-stall center aisle barn w/heated tack room, 2 wash stalls. Attached indoor arena and an outdoor riding ring. 4 paddocks, one with a run shed. Also a large equipment shed and a separate driveway for the barn.



MIDDLEBURG DOWNS

3+ acres **\$1,120,000**
Middleburg – A highly sought after location just minutes West of town. Tucked at the end of Dover Road sits this spectacular custom Colonial built in 2005 featuring over 3,800 sq. ft. of finished living space with a main level primary suite.



OLD IRON JOCKEY

.13 acres **\$1,015,000**
Middleburg – Turn-key commercial building in the village on the corner of Washington and Liberty. Exposed log and stones walls, original hardwood floors and 5 fireplaces. Welcoming covered front porch and a large display window.



HUNTERS WOOD

3 acres **\$900,000**
Middleburg – Sited high above Goose Creek and only minutes to town on a quiet dead end road. Unique "European style" stucco home is a mix of grand, yet cozy rooms with many windows offering lovely views. 2 BR / 2 Full BAs, updated in 2011.



TAIL RACE

6 acres **\$887,000**
Aldie – Welcome to your own private oasis on a quiet gravel road just north of the village. Contemporary home offers over 2,600 sq. ft of living space nestled on a wooded parcel. 3 BRs / 3 full BAs. Open floor plan. Many upgrades, Verizon FIOS internet.



TOBER CHLAIR

1.49 acres **\$801,146**
Upperville – 3 BR/2BA Cape nestled down a side street in the quaint village of Upperville. 2,300 sq ft of living space with an open floor plan. Wonderful location within walking distance to the Bluewater Kitchen, Hunter's Head, post office, churches and more.



FRIENDS CABIN

1+ acres **\$727,001**
The Plains – Charming 3 BR / 2 BA cottage is move-in ready. c. 1889, this home has been renovated with the finest finishes while embracing its architectural details, such as the stone fireplace, gleaming hardwood floors and exposed beams.

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NEWS OF NOTE

PROGRESS, TRAGEDY, LOVE, PRANKS AND SUPPORT

LOOKING BACK AT THE PAST TEN YEARS OF CHANGE WITH CHIEF A.J. 2014 & 2015



AJ PANEBIANCO

The next couple of years started off well. There were new policies to be written. A critical part of being a professional department...is organization and standards. The existing 2012 policy manual was about 50 or so pages. Those not familiar with policing may think that's enough. It's not. It was grossly underdeveloped. To that end, the first two years were about setting expectations and testing skills. Once a baseline was established, the writing began. Some 450 pages later, Middleburg was in line with other professional police departments across the Commonwealth.

Notoriety and respect followed. Notoriety as the First Lady, Mrs. Obama, visited the Salamander Resort. I am proud that our team played a crucial role in providing security for her. This was followed by the inau-

gural class of 120 students at the Middleburg Community Charter School. Both brought notoriety.

Respect came from increased community interactions, and your chief was elected to serve on the executive board of the Virginia Chiefs of Police Association. It was making Middleburg among the smallest jurisdictions in Virginia ever to have a chief who served in that position. This was followed by small-town chiefs in the region who organized a group to meet four times per year. Together we shared our unique challenges and successes in policing a small community. The concept was to make small towns across the region better policed. As fate would have it, Middleburg was asked to host the first meeting. Once again, playing a key role in policing in the region.

As I see it, my job is to be a consistent source of strength and protection. I have protected peo-

ple I didn't know. I have fought for them and have the scars to prove it. Just as it seemed we had hit our stride...the proverbial hammer dropped. My wife, Amy, was diagnosed with terminal cancer. Simply saying our family was devastated is an understatement, but my brain has settled on that word. As I referred to above, I see myself as a protector. The news we received meant that I couldn't protect the person I was nearest to. Knowing this, I questioned if I could continue to do the job. I felt I was failing her, and together we felt alone...like being on a desert island.

However, Middleburg and many friends ensured we had a rescue boat. The staff at the PD and the town were there for us. More importantly, so were the people of Middleburg. I posted a picture of Amy on Facebook, sticking her tongue out to show where candy had turned blue. I don't recall exactly how it took hold, but the theme that followed

was to stick your tongue out at cancer. Hundreds posted similar pics in support. Middleburg had rallied behind Amy. You don't know how much that gesture of love impacted her. She knew Middleburg was behind her.

Sadly, on November 6, 2014, at 2:31 pm, my wife of 27 years and 11 months, almost to the hour, passed away. She left this world knowing she was loved. I thank everyone in Middleburg for the support you offered. It made a difference.

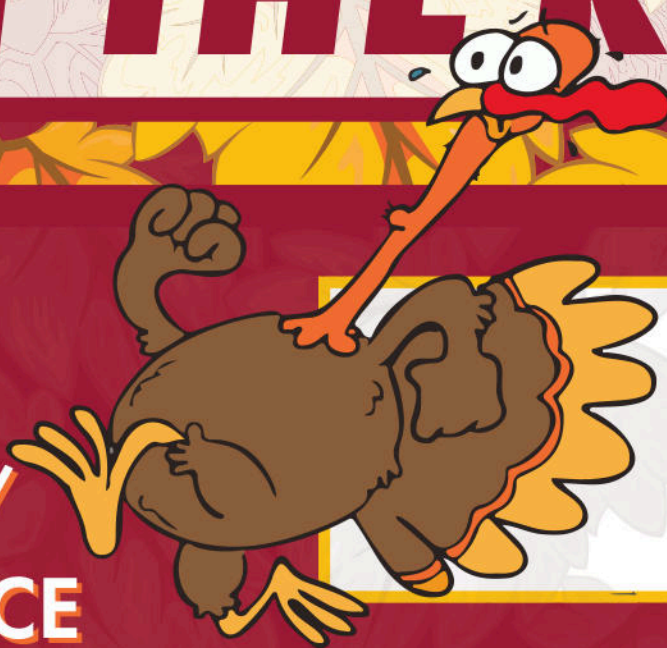
As I described earlier...part of my job is to be a consistent source of strength and protection. It required that I hit the grindstone and get back at it. As we know, in Middleburg, the parades were less than a month out. So, we concentrated on the preparations, and the 2014 parades went off without skipping a beat.

With all the stressors of our lives, it's important to have a sense of humor. Likely, the big-

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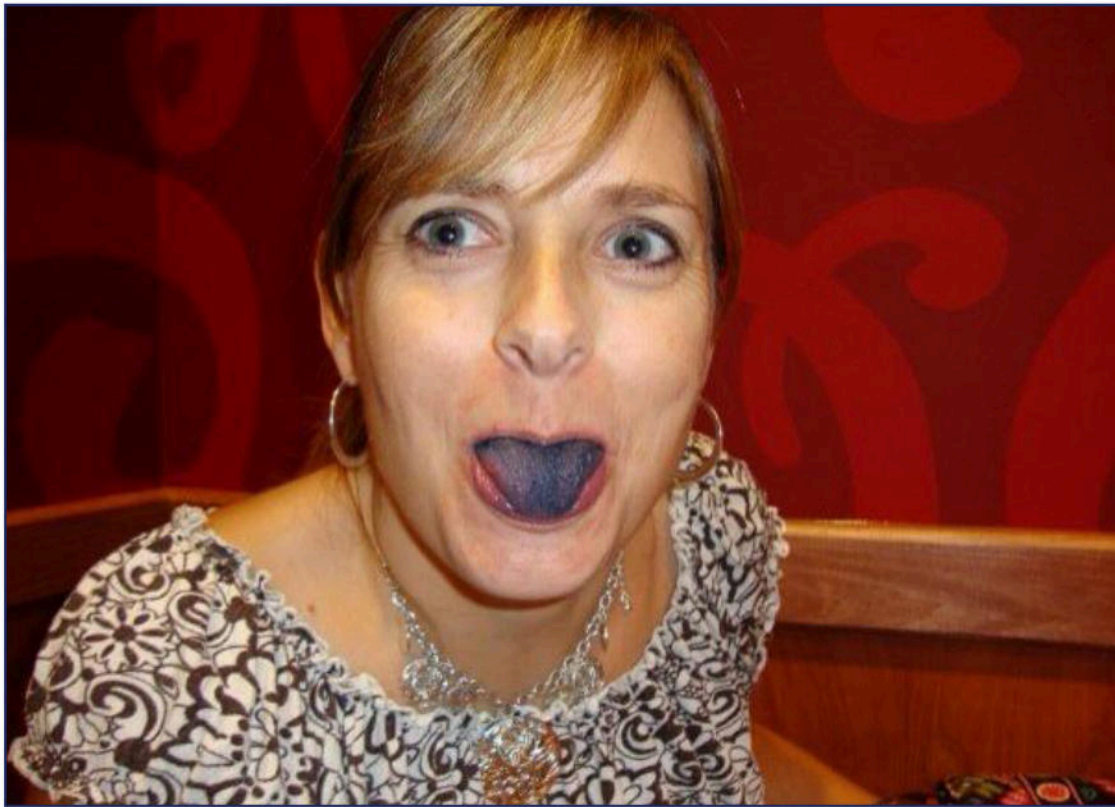


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gest prank pulled in Middleburg was at the frozen pond in the cemetery. A report came in that a wheelchair was tipped over on the frozen pond, and there appeared to be a hole in the ice... right in front of it. Tracks showed it going out and no footprints coming back. Several hours later, and a few cold LCSO deputies from the dive team, it was determined there was nobody in the water. If you're reading this and orchestrated, it...yep...you got us. But don't do it again!

The quality of our National Night Out event was partly noticed by the Eccentric's very own Jay Hubbard and his video skills. Middleburg is among the smallest towns across the country to offer the event. The team puts their heart and soul into it, and we believe we do it well. It seems the powers to be in the National Night Out realm liked what we do too. In 2015 they selected our event as the "Top Event in the Nation" for towns with a population under 5,000 people. So, ku-

dos to our team.

I have been doing this for a long time. I started policing in 1988 and have been chief in four jurisdictions. So, to say I have experience with sheriffs is an understatement. I am proud to say that the relationship between the Loudoun County Sheriff's Office and our department is among the best in the Commonwealth. And yes, I have a story about this too. As we all know, there could be a new sheriff every four years.

I generally stay neutral. I am required to work with whoever is elected. Often potential candidates share their vision with local chiefs in hopes of gaining support. I was visited by one such candidate running for office against our Sheriff, Mike Chapman. I rarely use kid gloves when something may impact Middleburg. So, I told him... "we have a great relationship with our sheriff. Likely one of the best in the state. If you get elected...Don't screw it up!" Well,

he didn't win, Mike remains our sheriff, and he continues to support Middleburg.

Other key events occurred; Shakespeare in the Burg, Thanksgiving at A Place to Be, the PD HQ moved to the Federal Street location, free timed parking was tested and approved, the inaugural Halloween kids' parade, and round one of the traffic calming projects occurred. More to come in the next issue.

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NEWS OF NOTE

RINGING IN ECO-FRIENDLY HOLIDAYS

LYNNE KAYE

Holiday time is fast approaching, and this year, the Town of Middleburg's Sustainability Committee is offering tips to help make the holidays more eco-friendly.

Start by eating and decorating 'local.' Local Middleburg farmers and gardeners have been hard at work growing pumpkins, greens, sweet potatoes, holiday flowers, Christmas trees, raising turkeys, and much more. Local mills are stone-grinding grain, and bakers turn flour into fun holiday treats. Local craft beverage producers offer their best holiday cheer, while local farm-to-table restaurants, shops, and caterers have created delicious holiday menus. Local gardens are advertising their wreath-making classes. It's a great time to eat and decorate locally! Information on local eating and decorating resources is available on the following websites: bit.ly/3MUNrTD, bit.ly/3F1hirL, and bit.ly/3DljMjf.

Having a house full of guests? Well, instead of buying it, how about renting it? Follow the lead of the pros and rent what you'll need. Party rental companies rent more than tents; they have extra tables, chairs, place settings, TVs, sound systems, grills, and many other items. Want something new to wear? Well, you can rent that, too, and here's a site that lists some of the current

options for clothing rental. bit.ly/3SrlSm3.

Re-love it. Resale is one of the hottest trends in retail. Between antique stores, non-profit shops, and consignment shops, the Middleburg area has a wide variety of previously owned items. Its resale stores can help decorate your table, house, closet, or barn. They also offer one-of-a-kind gifts. Last year, my family received a 1960s-era blue glass measuring cup with a matching juicer that fits on top. It turned out to be perfect for making juice for cocktails!

Give the gift of nature. There are thousands of ways to share nature for the holidays, such as burning off a bit of Thanksgiving dinner by taking a walk in the woods with a friend or family member. Gift a subscription to a hiking, kayaking, plant identification, or national parks app. Giving a backyard bird feeder can provide hours of entertainment for people of any age or ability. Want to go all in? Spend the holidays in a national park.

Give an experience. Looking for a gift for someone who has everything? Give them an experience. The Middleburg area features once-a-year and unique events like steeplechases, horse shows, concerts, lectures, tours, and festivals. Charity auctions sometimes include visits to local farms and estates that are not open to the public. We also boast experiences that take place year-round, like spa and fitness

offerings, dining, museums, and tasting room trips. Last year, a local charity auctioned off a private kayak tour down Goose Creek. The tour made a wonderful and unique holiday present!

Save it. Thanks to home delivery, many materials for holiday wrapping arrive at our doorsteps. Cardboard shipping boxes (aka Amazon boxes) make great boxes for presents. Other home delivery wrappings are also great for protecting holiday gifts. Plastic from the dry cleaner can come in very handy, too. Are you carrying gifts to a party, friend, or family? Reusable shopping bags, as well as other shopping bags, work great. Many holiday decorating items are also good for more than one use. You can start next year's holidays with a "free" supply of decorations and wrapping materials by saving large pieces of wrapping paper, gift bags, gift boxes, ribbons, bows, and many holiday decorations.

Dispose local. Being eco-friendly is about what happens after the holidays and before and during them. Pumpkins for Pigs - bit.ly/3sl11Gn - lists local farms that take used pumpkins, Christmas trees, and other natural holiday items. Many local stables use Christmas trees as after-holiday jump decorations. Worm Works LLC, the winner of the Loudoun County Innovation Challenge, offers food scrap composting in the area. They now pick up in Middleburg as well as other local areas, and they accept drop-offs at Gathering Springs Farm



(see bit.ly/3Tvopx4 and bit.ly/3DpmWTq locations.

Last but not least, local counties typically collect and mulch Christmas trees. The mulch is often available to county residents for free. Check your county's website for a list of free drop-off

However you choose to ring in the holiday season, the Middleburg Sustainability Committee wishes you and yours the happiest and most eco-friendly season!

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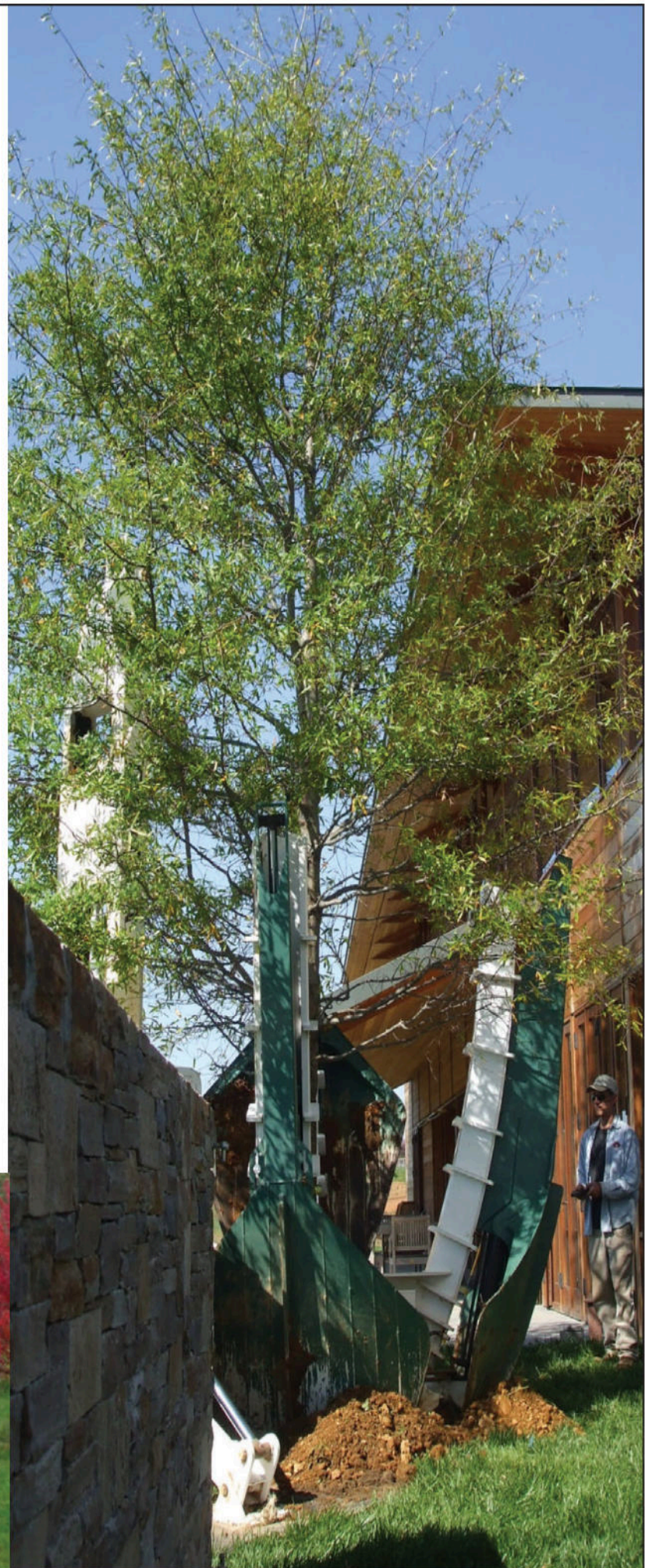
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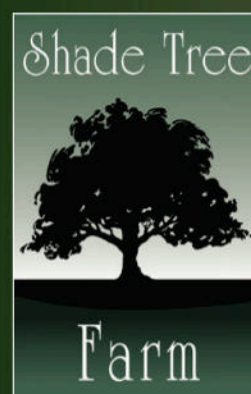
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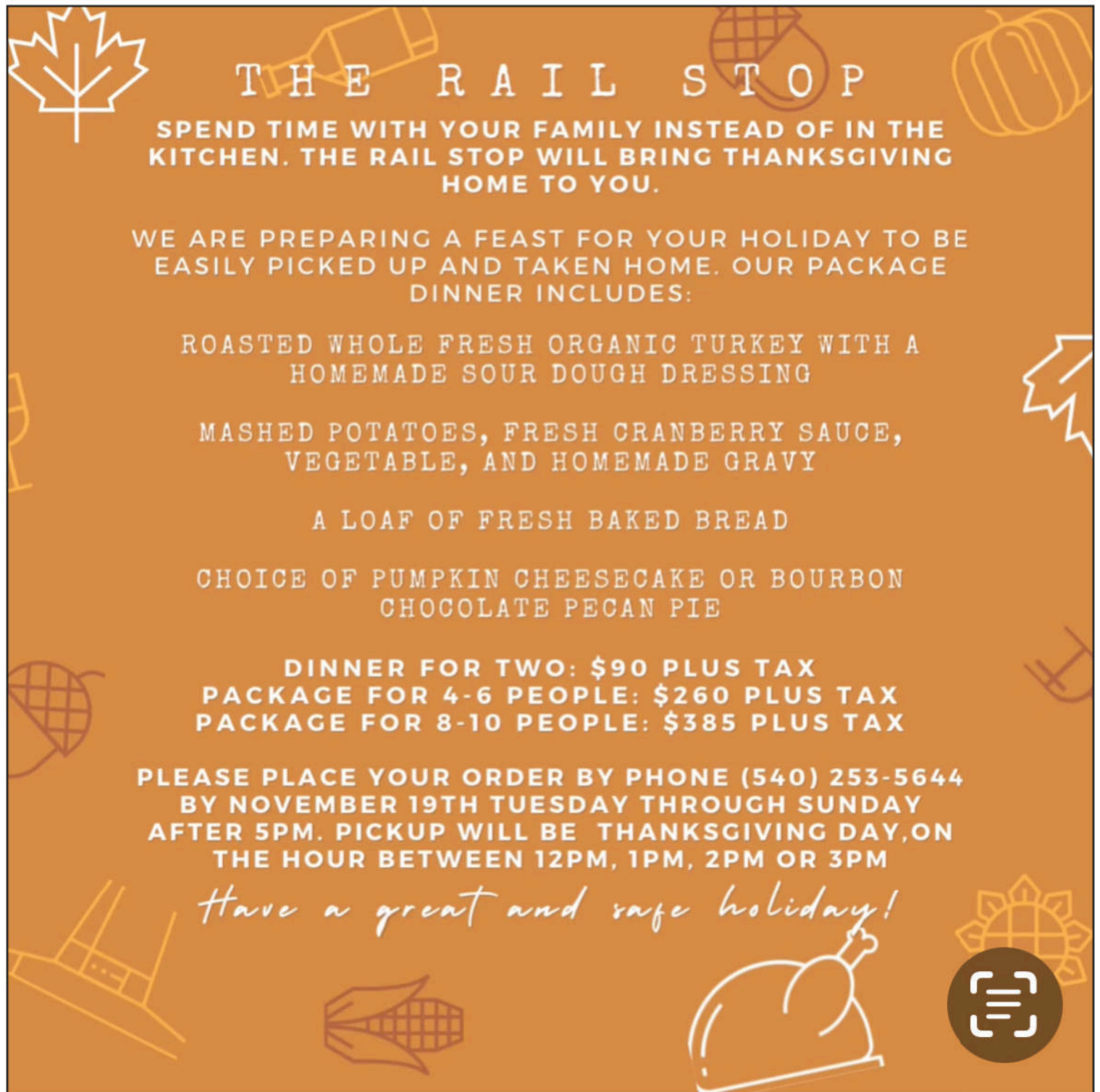
CHRISTMAS IN MIDDLEBURG PAST, PRESENT AND FUTURE CONTINUED FROM PAGE 1

be driving their shooting break carriage pulled by their home-bred horses, Amos and Encore. This element is an old-fashioned horse-drawn carriage used for transporting sportsmen out shooting.

She adds, "There will also be a classically trained horn musician, Curt Christian. He will play authentic horse coaching tunes on his antique horn and periodically pose for photos."

"And look out for Bill Kent's Little League Group reunion of his team, which played in Loudoun in the 1960s-70s," she adds, "This group will walk in the parade alongside their team photos."

Michelle says her favorites include the beautiful Middleburg Smiles carriage and the Old Dominion Fire Historic Department's fire truck. Although the average turnout has historically been around three to four thousand people, Michelle believes they can expect about 10,000 to turn out for the parade this year.

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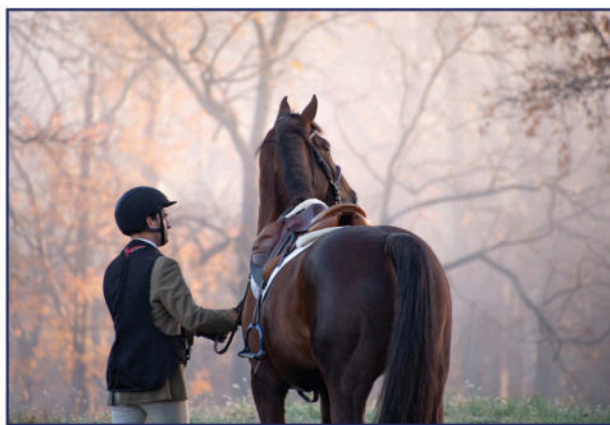
FACES, FASHION & FUN

PIEDMONT HUNT

PHOTOS BY TIFFANY DILLON KEEN



JORDAN HICKS AND PFH HOUNDS



MALCOLM DILLEY



HUNT BREAKFAST AT THE ZIMMERMANS BUTTWOOD FARM



PFH ACROSS THE POND AT GREAT OAK FARM



MICHELLE ROUSE WITH PFH HOUND AT PELHAM



ERIKA OFFUT

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SNICKERSVILLE HUNT BREAKFAST

NANCY KLECK

The weather was so unforgiving Snickersville Hunt cancelled their opening meet but members and guests did not

dare miss the breakfast at Eva Smithwick's Dairy Barn. Tables upon tables of offerings were enjoyed, to which Exit, the retired foxhound, gave his paws up approval.



FATIMA AND ROD GREY (R) WITH FRIENDS



AL AND MAUREEN GRIFFITH AND SAMANTHA RANKER



GREGG RYAN, KATHERINE SWAINE, JOHN RYAN, ADAM SWAINE WITH DAUGHTER DOROTHY



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EXIT AND HIS HUMAN DR. CROWLEY



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Sunday, November 27, & December 4, 11, & 18

Advent services at 8:00am, 10:30am, & 5:00pm (no 5:00pm service on 12/11)

Also:

Sunday, November 27, Advent Sunday

2:30pm Piano Recital, Noah Alden Hardaway

Sunday, December 4, The Second Sunday of Advent

6:00pm Trinity Family Christmas Party & Paddle Raise

Sunday, December 11, The Third Sunday of Advent

4:00pm The Joy of Waiting, with the Blue Ridge Singers

Friday, December 16

7:30pm Christmas Concert, with Winchester Musica Viva

Saturday, December 17

4:00pm Lessons & Carols, with the Master Singers of Virginia

Saturday, December 24, Christmas Eve

5:00pm Christmas Pageant & family service

8:00pm Celebration Choral Eucharist

11:00pm Candlelit Eucharist



Sunday, December 25,

Christmas Day, The Nativity of Christ

10:00am Festive Eucharist & Carols

Sunday, January 1. The Naming of Jesus

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PROGENY

LOCAL STUDENTS STAR IN ARSENIC AND OLD LACE AT THE MICHAEL A. HUGHES CENTER FOR THE ARTS



In just a few weeks, Highland School will open its theater to the public for the Highland Players' 37th production, *Arsenic and Old Lace*. The play, written by Joseph Kesselring, follows two old ladies and their three nephews as the family slowly descends into comic madness. The play represents the culmination of a team effort between parents, teachers, Middle and Upper School students, and even two Highland alumni. The show will be directed by Michael Hughes, Highland's long-time director and Department Chair for the Fine and Performing Arts.

Hughes is sure that the show will be one to remember. "Arsenic and Old Lace is one of the classic comedies," he stated. "It's one of the few plays that's been made into a very successful mov-

ie, which is still shown on TV today. The show has always been very popular and I think it's going to impress students, parents, and grandparents alike."

Hughes has directed the play twice, once in Charlottesville at the Albemarle Playhouse and once at Notre Dame Academy. When asked why he decided to give it another go, Hughes said, "I don't usually like to repeat shows, but there was a lot of interest in it, and the stars really aligned for the talent. We had a talented sophomore and junior available to play the two aunts, and it just seemed like time to do it!"

Even though he's put on the show before, Hughes knows it's important to keep things fresh. "Every show is new and there

will be new challenges even if I've done a show previously, so I'm always trying to look at things with fresh eyes." Likewise, the show's cast makes it totally different from the rest. "Each cast is different and I try to pick shows that fit with the talent pool, but I always get surprised by someone new," Hughes remarked. "I try to make it a practice to include freshmen in every show, and it's great to see what they bring to the table."

This year's production boasts a remarkable cast indeed, with one teacher, one alumnus, high schoolers from every grade level, and even two rising stars stepping up from eighth grade. Sammy Foosaner, a senior who went to the Hill School before attending Highland, is playing the lead role of Mortimer Brewster.

For Sammy, putting on this show is a team effort. "I'm not necessarily nervous about being the lead," he said. "There are a lot of other characters in the play, and a lot that have just as many lines as me. I don't think that I'm in charge of the show by any means. My job is just to make sure that my lines are right so that other actors have the right cues and it all flows well together."

Freshman Calum Wright, who plays Officer Brophy, also enjoys the team aspect of the show. "I was in a few plays at Hill, and I definitely wanted to have that experience at Highland. It's been really cool so far. My fellow actors are very serious about what they do, and at first, that was intimidating. Now, it's just really neat to learn from other people who are passionate about acting.

I've never had something like that before."

When we asked the Players what audiences should expect, they all gave the same answer—be ready to laugh! Mike Hughes and his Assistant Director Cece Zugel '17 agree. "It's a good examination of the foibles of human character," said Hughes. "And the strangeness of family dynamics!" added Zugel.

Mark your calendars for *Arsenic and Old Lace* in the Michael A. Hughes Center for Performing Arts. The show opens at 7 pm on December 2nd, with a Saturday show at 7 pm on December 3rd and a Sunday matinee at 3 pm on the 4th. The cast can't wait to see you there!

COME ONE, COME ALL TO FOXCROFT SCHOOL'S ANNUAL CHRISTMAS PAGEANT

Foxcroft School invites adults and children of all ages to come and celebrate the holiday season on Sunday, Dec. 4, with a spectacular Christmas Pageant, followed by a visit from Santa Claus. The free performance will begin at 2:00 pm in the Engelhard Gymnasium, located in the Athletic/Student Center at Foxcroft School, 22407 Foxhound Lane, Middleburg, VA.

For the Foxcroft community and the many area residents who have been attending for years, the pageant is a beloved tradition and a lovely way to kick-off the holiday season. This event is free to all, but space is limited. RSVP to attend the pageant at www.foxcroft.org/pageant-rsvp or 540.687.4510.

The pageant is a tradition that began with Foxcroft founder Charlotte Haxall Noland soon after she established the School in 1914. Each year, Foxcroft's new students and Chorale present the nativity story as a gift to the community using Miss Charlotte's script — which includes several characters you won't find in the Bible, along with some animals that you will.

Live donkeys, goats, and bunnies have all made appearances in recent years. Non-stop music and beautiful costumes that have been part of the show for

decades are also featured. Karin Thorndike of the Fine Arts Department at Foxcroft directs the performance, assisted by Fine Arts teacher Nance Sweet, Voice Instructor and Music Coordinator

Morgan Brower, and accompanist Jeremiah Hines.

The pageant is the culmination of a weekend devoted to community outreach and holiday

activities by Foxcroft students and faculty. On Friday evening, they gather to decorate the campus, sing carols, share holiday traditions. On Saturday, students and faculty assist with various

"Christmas in Middleburg" activities, including Breakfast with Santa and face painting. Members of the Freshman Class ride the Foxcroft float in the parade.



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PASTIMES

SMILE EVALUATION AND FACIAL AESTHETICS

DR. ROBERT A. GALLEGOS

Smiles are part of our social interaction, our greeting card so to speak. Smiles are an important part of the first impression we give to a new acquaintance or business associate. Smile evaluations are fun and informative, and essential if one wants to make improvements and maintain an overall aesthetic facial look. A smile evaluation is more than looking for discolored, crowded, chipped or missing teeth. Studies indicate that lip length, lip volume, lip movement in casual smile and high smile, tooth length, gum position on the teeth, and jaw lengths and widths all impact the overall aesthetic look of a smile.

Smile analysis is a very important part of a facial and smile aesthetic evaluation. Making the correct diagnosis is essential to getting the best results with the proposed treatment. The wrong diagnosis and treatment will not restore proper balance, it will shift the imbalance from one area to another. For instance, gummy smiles, showing too much gum tissue, are often misdiagnosed and mistreated. Gummy smiles are the result of four possible problems: short upper lip, overgrowth of the gums, hyperactive upper lip, overgrowth of the upper jaw or some combination of these conditions. Measuring lip

length will reveal if there is a long, short, or normal length lip. Lip mobility should be measured and observed in casual smile and high smile positions. Lip length and lip mobility will determine what is revealed inside the smile. Discussing these findings is an important conversation to have with a patient before they have facial cosmetics like dental restorations, face lifts, lip lifts, Botox, and dermal fillers. Often facial surgeons and dermatologists do not understand the underlying issue with the smile and adding Botox or doing a face or lip lift may not correct the real problem and may create another problem. Botox will deactivate muscles to some extent, depending on the dose given. When the smile muscles are deactivated, the smile is diminished. In patients who have a gummy smile due to a hyperactive lip, Botox may be the appropriate treatment. If the problem is not a hyperactive lip but overgrowth of the gums, an upper jaw that is too long or a short upper lip, deactivating the lip will hide the teeth and give the lip the appearance of being dead or frozen and not correct the real discrepancy.

Another example of the need for correct smile evaluation is with facial cosmetic surgery procedures offered to patients with the goal of shortening the upper lip to give a pout appearance.



It is important to know whether the surgery will cause lip incompetence (not being able to close lips without activating muscles). Long term lip incompetence may cause chronic mouth breathing leading to airway problems, TMD (jaw dysfunction), and chronic headaches.

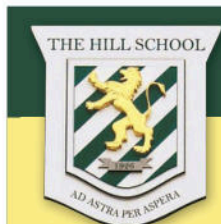
An aesthetic smile shows off the teeth. Sometimes smiles show too little of the teeth. This can make the person look old or even as if they are missing teeth. This can be due to severe wear of

the teeth, too much Botox, excessive gums, a long lip or an upper jaw that is too short. Again, the proper diagnosis is needed before treatment.

In most cases, correcting the dental imbalance first will reduce the need for facial cosmetics and set the stage for the best results. If you are thinking of some aesthetic changes to the face and smile, consult with your dentist as part of your healthcare team to make sure you have all the information needed to make

the best decisions for the desired outcome.

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 and Virginia Dental Associations. Dr. Gallegos practices dentistry in Middleburg, VA. www.MiddleburgSmiles.com.



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MIDDLEBURG HOME RECEIVES A STUNNING TRANSFORMATION



TIM BURCH

The family approached BOWA while still under contract to purchase this 1970's four-bedroom, colonial home in Middleburg. The buyers knew the home needed a significant update to meet both their style and functional needs and had a list of projects they wanted to complete. The BOWA Team, which included architect Sarah Armstrong of Studio360, helped them to develop a plan that would accomplish as

many of their goals as possible within their desired budget.

When purchased, much of the home's exterior was in shambles, and it felt out of place in comparison to the other houses in the area. On the inside, it was very dark and outdated, and did not flow well. The challenge was to update the house inside and out, maximize the existing footprint and let in more natural light. The transformation that followed is stunning.

The extensive whole-house

remodel began with reworking the layout of the first floor, opening walls and letting in as much natural light as possible. This created an exquisite new kitchen space along the rear wall with an extended island seating four, a triple window above the range and a beautiful, beamed ceiling. All the doors and windows were replaced, wood flooring was refreshed in each room, fireplaces were updated, the laundry room was renovated, and deferred maintenance was completed. Upstairs, bathrooms were styl-

ishly updated, and a lovely window seat was created in the hallway with flanking built-in storage cabinets.

Outside, the façade was re-finished with beautiful high-end finishes and a welcoming front porch was added with a sitting area and beautiful, entry door with sidelights and transom windows. Around back, there is now a covered patio allowing for indoor-outdoor living and entertaining. The homeowners now have lovely places to relax and enjoy the views of their property.

The homeowners' vision of a bright and sophisticated design, improved functionality and a welcoming atmosphere was brought to life throughout this now-luxurious home.

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



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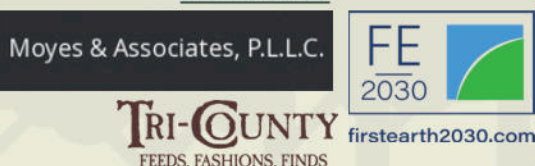


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PASTIMES

THE SEASON OF LOVE

AROUND THE TOWN



HAZEL SWEITZER

And here it comes...Christmas! The season of love. Along with many other holidays that celebrate family, peace, reflection, and, most of all, love. Here at our house, we have a few things I look forward to.

This year's very exciting project is the Gift Card collection for children. As many of you know, we have a Snoopy house right in our yard. I don't have a doghouse, but some animated dog does. That's the way the dog treats crumble. Snoopy has a lock box in his house for people to slip their gift cards in, which will go directly to children whom my Dads have pinpointed as "in need" this holiday season. Please help us out. I hate to think that any child or dog, for that matter, is without a gift of some kind.

Our holiday season is full of musi-

cal and theatrical events, not to mention many gatherings with loved ones. But, after everything you have been thru within the last few years, there is a great need for extra love this year more than ever. You can see this in how short-tempered humans are with other humans. All you have to do is try to cross the crosswalk in town to notice that patience is in short supply. I also have seen that most things on your human TVs are enormously negative in tone. People seem to be more worried and sad than before the Pandemic. Depression in dogs and humans is not easy to deal with. Millions are dealing with grief, sickness, life confusion, and financial distress this holiday season.

I hope all of you humans understand that you all are the same. Dogs can see that much easier, but many of you have your eyes and hearts closed to the similarities between you. We dogs know this.

I may be a Borkie (half Beagle and half Yorkie) and pass a big yellow Lab or a Pitbull in town, and as different as we look or act, I understand we are all canines. The same. I love my species, but I am envious of humans. Humans can reach out to others easier than animals can. Your hands can touch, your voice can speak, even sing, your imaginations can create, and with your social structure, you can connect. It's hard to imagine why you all can't work together to make the world a better place for good. It is possible. If only humans could love each other like dog lovers love dogs or Cat Ladies love cats. This season may be when there will be more love than ever before. Humans need it. There is so much to be Thankful for, and I hope you have a beautiful holiday.

Have a Wonderful Holiday Season! And hope to see you at Snoopy's house.

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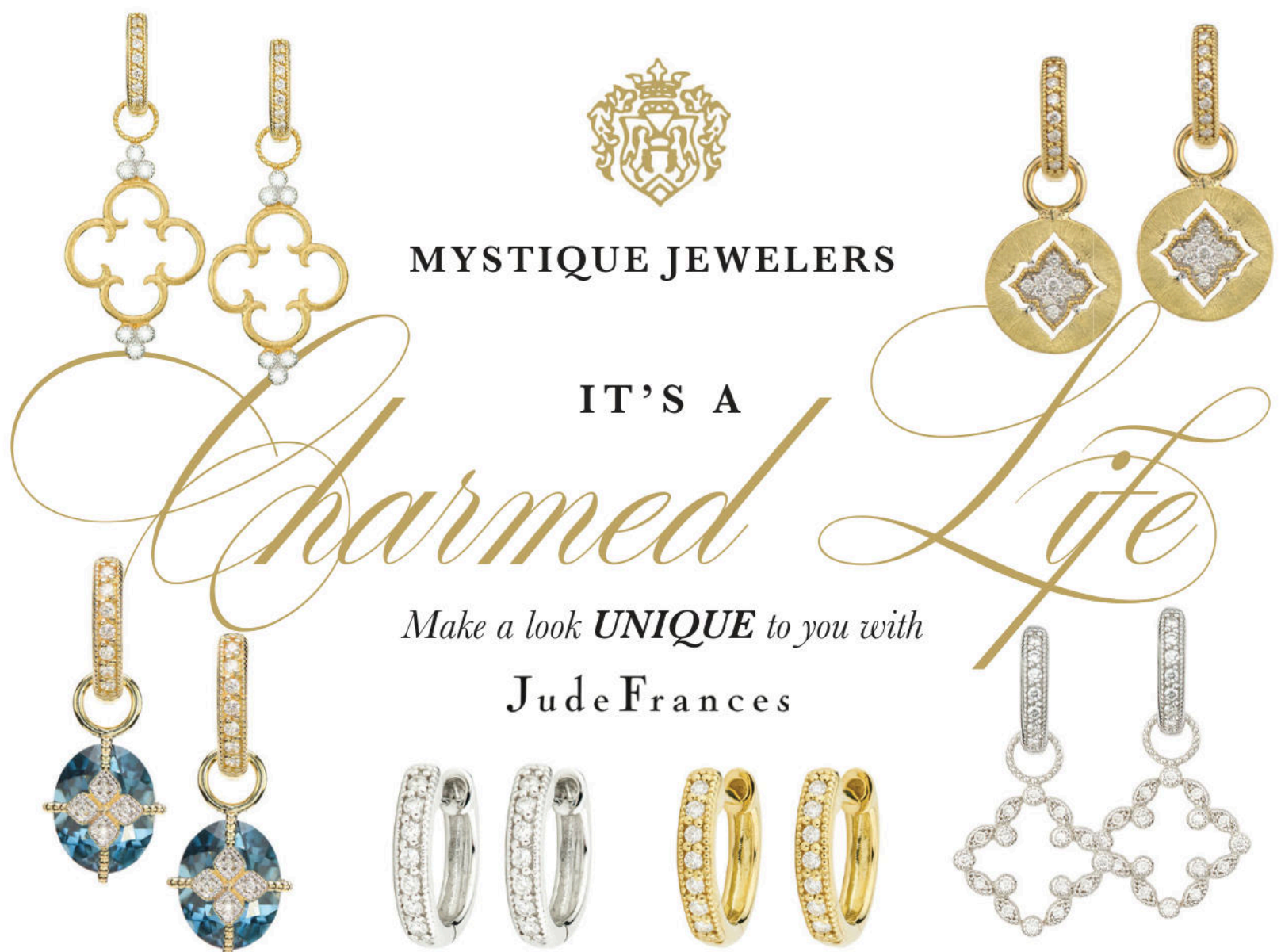
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MIDDLEBURG, VA & CHARMING OLD TOWN, ALEXANDRIA



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- 12/1 - 12/2 Middleburg Garden Club Christmas Flower Show
- 12/2 Town Tree Lighting
- 12/3 Breakfast with Santa, Hunt Parade, Christmas Parade
- 12/4 Foxcroft's Traditional Christmas Pageant
- 12/5 - 12/16 Tiny Tim for Toys
- 12/9 Stuff the Trunk for Seven Loaves
- 12/9 - 12/10 Christmas Shop
- 12/10 Dickens of a Dog Show
- 12/17 Dickens on Madison with A Christmas Carol, Dance Like The Dickens and Christmas Stalls

12/4, 10, 11, 17, 18, 24 Carriage Rides. For reservations and more information visit:
<https://www.eventbrite.com/e/christmas-in-middleburg-horse-drawn-carriage-rides-tickets-461240501757>

12/4, 10, 11, 17, 18, 24 Free Hot Chocolate at Scruffy's Ice Cream Parlor

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PASTIMES

LOVE WHERE YOU LIVE

SINCERELY ME



BRANDY GREENWELL

Other than a few snarky trolls on Middleburg Uncensored and another handful of generally mean-spirited individuals, the local population as a whole is kind, caring, generous, and compassionate. I truly love living in Middleburg and think it is the greatest place in the world to call home. Don't you agree?

Where else do you do a u-turn to pick up a known local walking to work only to find that someone else had the same idea, so our friend didn't have to walk in the rain? That is so special.

During the Passing of Peace at my place of worship, the congregation doesn't just greet the pews in front and behind. They travel to multiple rows, sometimes front to back, to offer Peace to a neighbor. I love that. I love that sense of local community far beyond my church's hallowed walls.

This past year has been a personally challenging one. I have received so much love and support from family and friends but through random acts and kindness from strangers. I was at a town event once, and someone said a cordial "hello." I uncontrollably started ugly crying. What a response to a salutation, right? I must have just needed to cry at that very moment. My new friend and his friends surrounded and comforted me for a few minutes until my breathing steadied and my mascara was all gone. I am sure to them I was the whacky, black-teared bandit, but to me, I still carry that random act of kindness. Thank you, strangers.

If a dog, cat, pig, or horse goes missing, you can count on a tribe of locals to help you search day or night until recovered. If you break a leg, lose a grandma, or are ill, that same tribe will make a food train for you and yours to provide full bellies in your time of need. Farmers with equipment help others in emergencies, from unsolicited snow plowing to bringing water during a power outage. Around Middleburg, someone is always willing to lend a hand and be neighborly.

During this month of Thanksgiving, when people are exhibiting so much gratitude- let's look around and be grateful year-round for our little place in the world in and around Middleburg.

A friend once told me, "The teachings of Jesus are simple: love your neighbor and don't be a jerk." Our community is incredible. Jerks need not apply.

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PASTIMES

LIVE RADIO CONCERTS CAN STILL BE HAD

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STEVE CHASE

Ask anyone under forty what a crooner is, and there is a good chance they would not know. A quick reference to Wikipedia provides the current definition:

"Crooner is a term used to describe primarily male singers who performed using a smooth

style made possible by better microphones which picked up quieter sounds and a wider range of frequencies, allowing the singer to access a more dynamic range and perform in a more intimate manner."

With the advent of the radio in the 1920s, Rudy Vallee would like great the audience with "Heigh Ho, Everybody" and

proceeded to do his nightclub act for the microphone. Soon, there were dozens of crooners singing their songs on the radio. Also, several came out in the spotlight, including Bing Crosby, Dean Martin, Desi Arnaz, and Frank Sinatra, although he despised the word crooner.

For us Boomers, by the time the sixties hit, we were in a croon-

er renaissance, and there were dozens of artists making records and getting played on the radio. Think Tom Jones, Sammy Davis Jr., Mike Douglas, Mel Tormé, Nat King Cole, and the list goes on and on. I admit I was not a fan of these guys. I prefer female jazz singers like Ella Fitzgerald. But I did make an exception with Holiday music. A Christmas song or carol sung by a crooner is always good, and these tunes bring back memories of cold winters, snow at Christmas, and a festive holiday time.

So what are some of the excellent crooner holiday albums? Here's my list for this holiday season. I've also added a playlist of crooner holiday tunes. It's a good soundtrack for your Holiday party.

A Jolly Christmas From Frank Sinatra-- Frank Sinatra

While some of these holiday tunes fall flat, revealing that Sinatra did not prefer singing holiday songs, it is, nevertheless, a great album to play during the holiday season. Sinatra projects warmth throughout the outing, and a few of the tunes, like Christmas Waltz, are quite good. A must for Sinatra fans.

White Christmas--Bing Crosby

Did you know Crosby first sang White Christmas not in the namesake movie released in the fifties, but in the 40s wartime release of my favorite holiday movie, Holiday Inn? This album, released after the film in 1945, is the quintessential Holiday record. Play it now and play it often. Der Bingle shines throughout.

The Christmas Song--Nat King Cole

Cole delivers a sentimental masterpiece of holiday standards

in the same league as White Christmas. Blending a homey style with the sophistication of his jazz work, this album was made for a fire in the living room, egg nog being served liberally. Better yet, look for the vinyl version of this album at used record stores. You will not be disappointed.

Elvis' Christmas Album--Elvis Presley

The critics say this could be one of the King's finest albums, an exciting thought when Christmas Albums are usually something artists make just for the extra money. Not the case with this release, which has a blend of traditional carols and gospel tunes. It is a great album and a must for any fan of the King.

Snowfall: The Tony Bennett Christmas Album--Tony Bennett

This is another Christmas release that the critics were crazy about. Bennett gives listeners a sublime set of holiday music that is well-arranged and a pleasure to listen to. Many jazz artists cover My Favorite Things, and Bennett's version is sublime-- the best of the best. Play this one a lot. You will never tire of it.

Ella Wishes You a Swinging Christmas--Ella Fitzgerald

I know, not a crooner, but is there a better vocalist than Ella Fitzgerald? I don't think so. This album features her spirited renditions of classics that always leave me shaking my head in wonder at the perfection of her voice. Excellent and well-worth time in your Christmas soundtrack.

My Christmas Album--Dean Martin

First released in the mid-sixties on a different record label, this set is a solid effort where Martin, who was appealing to a country crowd in the sixties, brings out his best on these traditional songs, which he sings with a casual warmth--another fine addition to your holiday soundtrack.

The Andy Williams Christmas Album--Andy Williams

I am not a fan of Andy Williams, but I include the album because critics call it both "poignant," "sparkling," and "enchanting." Tome, the creepy cover makes Williams look like a refugee from Children of the Corn, but I digress. Regardless of my musical preference, this album is a classic in the genre that many people find to be great. Williams goes through the traditional list of tunes heard on many other albums but succeeded in making each tune his own. I may be missing something. Check it out for yourself and show me I am wrong.

Enjoy your holidays, and listen to crooner music on this playlist: tinyurl.com/249aw2pa. It always makes things more festive.

Steve Chase is playing crooners in Unison.

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WATERCRESS MANCHEGO AND AVOCADO SALAD WITH LEMON WALNUT DRESSING

THE KITCHEN PHILOSOPHY - WWW.THEKITCHENPHILOSOPHY.COM

EMILY TYLER

This simple salad is a bright citrus counterpart to all of the rich soft flavors of a traditional Thanksgiving meal. I love the peppery bite of the watercress and the Manchego cheese balances it all out. By using a microplane grater the walnuts become this fluffy cloud of nut essence and gives the dressing a lovely nut oil flavor.

Lemon Walnut Dressing Makes about 1 cup

1 lemon, zest and the juice (about ¼ cup)
¾ cup avocado oil
10-12 walnut halves
1 teaspoon Kosher salt
½ teaspoon fresh ground black pepper

Grate the lemon with the microplane, then squeeze the lemon. Remember it is a 1:3 ratio, so if you have a scant ¼ cup, go scant ¾ with the avocado oil

Grate the walnut halves on the microplane

Combine all of the ingredients in a jar with a tight-fitting lid and shake well

Watercress Manchego and Avocado Salad Serves 6

12 ounces baby watercress
1 large or 2 small avocados, peeled, pitted and diced
½ cup walnuts, roughly chopped, sauteed until lightly browned in 2 teaspoons avocado oil



3 ounces coarsely grated Manchego cheese

Combine all of the ingredients in a large bowl and toss with the lemon walnut dressing. There will be leftover dressing which should be stored in the refrigerator.

CHANGE YOUR RELATIONSHIP WITH FOOD

FITNESS EXPERT

KAY COLGAN, HEALTH COACH
AND CERTIFIED PILATES AND
FITNESS INSTRUCTOR

Do you eat nutritious food, exercise, and meditate but still feel low energy? Maybe you experience digestive or skin issues and lack that zest for life. If you are over 50, age gets the blame. Maybe, you run a battery of tests, but all come back normal. Frustration sets in, and acceptance of not being 100 percent becomes normal. But what if tweaking the foods you eat could eliminate some, if not all, the symptoms you feel? The following is not medical advice, and whenever we experience any of the above symptoms, we should always consult our physician first.

The goals of living a long life are more doable today than

ever before. However, what will that quality of life be? It all begins by listening to your gut. Do you feel bloated or gassy after eating certain foods? Maybe you have slow digestion, which leaves you with feelings of constipation. Are you picking up every cold or virus you come in contact with? If you are experiencing foggy brain or skin rashes, these could be symptoms of food intolerances. Or you may experience all of the above or are tired. A feeling that nothing is left in the tank.

I went on an elimination way of eating earlier this year. Now, I have always eaten a nutritionally sound diet. However, I noticed changes in the last few years, such as not feeling 100 percent. Still, work out most days, eat well, meditating....but I was tired. All my tests came back excellent. So, on January 1 of this year, I started a small elimination diet. First, I cut out

dairy.... significantly changed my energy levels. Second, I cut out all sugar. Not that I ate a lot, but I wanted to see what effect it would have. I slept like a baby.... no waking up.... sleep. It took a little bit to get to that bliss, but it happened. Lastly, I cut out meat. Again, I didn't eat much of it, but I wanted to see its effects.

My digestion went from irregular to excellent. No more sluggish digestion. Those were all small changes that turned around a system trying its best to keep homeostasis, despite the food I was given. To be clear, each of us digests certain foods differently. What my system views as intolerable, yours might use effectively. I do well with a mostly vegan way of eating. I have rethought how I eat and how my body processes the fuel I give it. So now restorative practices such as Pilates and spinning are much more rewarding. I try to be

vegan 85 percent of the time. So, yes, I'll have turkey for Thanksgiving.

Sometimes it's the small changes that we make in our lives that have the highest returns. Just changing how we view food and how it fuels our bodies is an excellent place to start. Also, please check with your physician if you have any symptoms of feeling unwell. For more information about health and fitness, contact Kay Colgan at Middleburg Pilates and personal training at 14 S Madison Street, Middleburg, Va, or call 540-687-6995

For more information about fitness and health, please get in touch with Kay Colgan at Middleburg Pilates and Personal Training, 14 S Madison Street, Middleburg, Va., or call 540-687-6995. Be balanced, flexible, and strong!





OPINION - LETTERS@MIDDLEBURGECCENTRIC.COM

A TIME TO BE HEROIC, TO FIGHT FOR WHAT MATTERS

JOHN P. FLANNERY

When we asked a local resident what he was doing for Thanksgiving, he said he was going to be with his mother-in-law, and family.

Not everyone, however, is with his or her family or loved one.

The service men and women we so recently celebrated may be abroad in theaters of war and at risk. Some Americans have volunteered to stand shoulder to shoulder, soldiering with Ukrainians, placing themselves at high risk. They won't be sitting down with their family at home.

Even here on the home front, it is true we have those separated from family and friends by obligations at work, the expense of travel, perhaps illness, the (hopefully) waning COVID infections, maybe they are in a hospital recovering, or told they shouldn't travel, and an array of circumstances too varied to imagine or recount.

This separation doesn't mean that they have nothing to be thankful for.

Despite time and distance and obligation and whatever has caused separation this season, they still have each other to cherish, know they are loved, may draw strength and meaning from their connection, what they were for each other in the recent and distant past, and the

knowledge that they will be together again.

There is another group of people we cannot overlook on Thanksgiving, who have little to be thankful for, the homeless and the hungry.

We cannot celebrate ourselves without giving these poor souls hope.

Nor can we ignore the fact that the plight of the homeless and hungry is not limited to a single day.

We should especially be aware, as the evenings grow cold and the morning sun burns off the frost, what the homeless and hungry shall suffer.

In the good book, in Ezekiel, we are encouraged to be "given [of our] bread to the hungry." We have a word that conceals hunger and starvation. Listen carefully and you'll hear it on air waves; starvation has become the blander express - "food insecure."

We should not be prideful that we are better if we have food or a home. We should make it part of our thanks to be giving to others.

We are soon upon the season when we celebrate in an annual rite of passage a young couple that could not find a home to give birth to a small child. In this timeless story, there was no room at the inn. Matthew wrote how - "Foxes have dens and birds have nests, but the Son of Man has no place to lay his head." Nor do many of our sick and poor have a place to lay their heads. If you



truly believe we are made in "his image," then how can anyone not care to help the homeless?

I'm not religious but these writings and beliefs square with how the family of man should treat each other. After all, the measure of a civilization is how we treat our own.

It's a long tradition, going back to the beginning of recorded history, best illustrated among the Greeks, as a matter of culture and comity handed down to the present, to welcome strangers, as guests to our land, to our homes and to dine on our bounty.

In recent days, we've watched some of our less worthy political

leaders run from that historic tradition - trash talking those from other nation-states where they are suffering, to come to America.

The Old Testament teaches that strangers should be treated as native born, that they should be fed from our harvest, and they should be clothed.

In Leviticus, it is written, "And if a stranger sojourn with thee in your land, ye shall not vex him. But the stranger that dwelleth with you shall be unto you as one born among you, and thou shalt love him as thyself..." In the New Testament, in Matthew, it is written, "I was a stranger and you invited me in."

Many from this community and across our nation are themselves strangers in other lands, in war zones, in universities, towns, world capitals, and we hope and expect, even insist, they be treated, as we should treat strangers in our land.

Those who are in the military service and abroad celebrating Thanksgiving are strangers in the lands that they find themselves.

We should give thanks for how they are treated, welcome strangers to our land, and share with the hungry and homeless who are not as fortunate as we may be.

LETTER FROM THE PLAINS

ANTHONY WELLS

World events I am sure are disturbing Eccentric readers. In many places there is not just discord and disharmony also bloodshed on a large scale. The war in Ukraine focuses our attention daily on a people suffering from the effects of Russian tyranny the likes of which we have not seen the evil days of the Third Reich. Putin is not just a despotic demagogue also a master of deception and lies to a people whose communications and freedom to think and express their opposition are totally controlled. Shades not just of "Mein Kampf". The Russian political ideology of Vladimir Putin is not far removed from the horrors of Nazi Germany. Irrespective of any political affirmations of readers' positions there are common bonds and processes that unite us as a nation and with our key allies in facing the current threats to global peace and stability and also to our daily lives because of energy supplies at a time when winter is coming

in the northern hemisphere. The United States' Middle East associations have been tested to the full. The OPEC decision and alignment of Saudi Arabia with those who challenge the world order is a lesson in itself. Who are our friends and who can we trust?

My recommended answer for the current global situation and for the foreseeable future may be summarized in one key word, "Deterrence". From the beginning of the Cold War and the formation of the NATO Alliance we succeeded in keeping the world safe from Armageddon, including staving off the Soviet Union's nuclear militarization of Cuba in October and November (October 16-November 20) 1962. President Kennedy and his highly capable body of advisors used naval deterrence to make it patently clear to Nikita Khrushchev's Soviet Union that deploying nuclear armed missiles in Cuba was a non starter. The disposition and power of the United States Navy came through. The President's

team of Robert McNamara, General Maxwell Taylor, General Curtis Lemay, Admiral George W. Anderson, and the Attorney General, Robert F. Kennedy stood firm and refused to be intimidated and bullied by their opposite numbers in Moscow, particularly Khrushchev's closest cohorts, Anastas Mikoyan, Rodion Malinovsky, and Matvei Zakharov. Admiral Anderson, the Chief of Naval Operations, was in charge of the naval blockade of Cuba. Sadly Anderson never became Chairman of the Joint Chiefs of Staff, having differences with the difficult and controversial Secretary of Defense Robert McNamara. President Kennedy subsequently made Anderson Ambassador to Portugal, and later he became President of the Foreign Intelligence Advisory Board. Time magazine featured Admiral Anderson on its front cover and described him as "An aggressive blue-water sailor of unfaltering competence and uncommon flare".

Sadly this tradition and

modus operandi has not been continued in the modern era. Let us look at two critical events, one involving China, and the other involving Russia. In the case of the former we allowed the Chinese to unilaterally take over and seize key islands in the South China Sea in total contravention of international law, and the rulings of the International Court of Arbitration. The rights of several nations were violated in the process, including the Philippines, Taiwan, Malaysia, Vietnam, and Brunei. The United Nations Convention on the Law of the Sea (UNCLOS) was swept aside by the Chinese in blatant naval actions against the interests of these nations and the overall security posture in East Asia. In addition to the militarization of these islands the Chinese were clearly and undemonstrably looking to secure access to the undersea oil and mineral deposits off these islands. UNCLOS provides a 200 mile economic boundary around the coastline of signatory nations. This is a non trivial area of ocean.

We, the United States, with a powerful and highly capable Seventh Fleet, within the US Pacific Fleet, stood by and let the Chinese get away with all this. Shame on us. If this had been the Cold War there is no way that any American President and our allies would allow this kind of unilateral seizure of others sovereign territory that had, in addition, serious strategic implications for the future of United States' interests. We could have signaled the Chinese well in advance that such moves would not be acceptable and implemented a major blockade with a powerful US Navy and Marine Corps force. This is not confrontational. This is the wise and accepted, in historical terms, of the deterrent value of maritime forces signaling that outright aggression will not work. Are their risks? Yes. However, the alternatives, if ignored, are even more risky. Deterrence works if executed in a timely manner with full force that is credible and clearly capable of protecting in a military sense the vital national

interests of the United States and its allies. What we did was to embolden the Chinese, to give them encouragement to be more aggressive.

2022 is the 100th anniversary of the death of the British naval strategist, Sir Julian Corbett. In comparative terms Corbett is the UK's equivalent to the United States' great nineteenth century strategist Alfred Thayer Mahan (1840-1914, aged 74). The work of both these fine men, with strong historical references in their works, exemplifies in part the need to reassess, not necessarily in complete Mahan-Corbett terms, the roles of deterrence in modern strategy.

Let me say that as a simple definition I regard strategy as the use of power in all its forms in the pursuit of peace and the vital national interests of the United States and its Allies, and this entails the wise and unequivocally clear use of military power, coupled where appropriate with soft power and sanctions. The latter

have to be measured and well thought through in terms of overall consequences. Oil and gas sanctions on Russia have rebounded in ways that perhaps were not fully analyzed and anticipated. Our European allies face a bleak winter. Diplomacy must always go hand-in-glove with all these measures though not in ways that provide belligerents with time to stall and prepare for outright aggression. In the current and future global security environment I assess that a maritime strategy closely interwoven with air and land power is the answer for our country and our allies.

In 2014 we allowed Vladimir Putin to unilaterally take over the Crimea, in total violation of international law, and also shamefully ignoring the 1994 Budapest Memorandum that the United States, Russia, and Britain agreed to and "committed to respect the independence and sovereignty and the existing borders of Ukraine", and (most important)

"to refrain from the threat or use of force" against Ukraine. The latter gave up the third largest stockpile of nuclear weapons in return for this guarantee. In 2014 we failed to "deter" Russia. We had the means, but neither the will nor the political strength to do this. President Kennedy and the likes of Winston Churchill and Franklin Roosevelt would have been aghast. What we did in 2014 was to further embolden Vladimir Putin and his coterie of sycophantic supporters.

We now face the situation in 2022 as a result of a failure to "deter". We could have taken proactive measures under the Budapest Memorandum to checkmate Putin. We did not. We had given Ukraine, with the British, considerable military support and training since 2014. This has been very effective. However, we should have strengthened our support and "deterrence posture" once our intelligence knew Putin's real intentions. It takes Kennedy, Roosevelt and Churchill type

strength, courage, resilience, and clearness of purpose to do this. We were found wanting.

My solution for resolving the Ukraine war depends very much in my opinion on finding a solution to the Crimea. My recommendation is for the United States to lead in the United Nations in creating Crimea as a "Free State" under a UN Mandate with a United Nations High Commissioner and staff managing the Crimea as a "Neutral Non Aligned Free State" under the above Mandate. Russia and Ukraine, and all other trading nations, would use the Crimea as a key entrepot, (ports of Evpatoria, Sevastopol, and Theodosia) and would have full and equal access to port facilities. Crimea would be managed as an independent economic entity with World Bank funding to jump start its operations. This solution would prevent Putin from taking potentially drastic measures in the event of a Ukrainian military assault on

the Crimea that may return it to its pre-2014 status as Ukrainian territory. Russia would have full access and zero control; similarly with the Ukraine. The specter of Russia resorting to the use of tactical nuclear weapons has to be avoided. The above is my solution, with Russia withdrawing from all occupied Ukrainian territory.

As we move forward and face many uncertainties, including Chinese intentions regarding Taiwan, we need to ensure that our leadership fully understands the merits of "deterrence" in its many complexities. To do less will be to place the United States and its key allies in serious jeopardy. Let us all encourage our leadership to reassess our "Deterrence" posture across myriad threats to our well being and that of our allies. I will address these threats in more detail in future "Letters" in 2023. Chinese global expansionism across multiple domains is our most serious challenge.

OBITUARY

TROY GAVIN COLLINS

Troy was born at the Warner Robins Air Force Base hospital in Warner Robins, GA, the second of three children of Ann and James Collins. As a career U.S. Army family, the Collins family lived in a number of places in the United States and Europe.

Troy graduated from Fauquier High School in Warrenton, VA, and attended Howard University in Washington, DC. When his big brother graduated from Howard and eventually moved to Los Angeles, Troy followed him to LA and joined the Los Angeles Police Department (LAPD)

While working for LAPD, Troy served in positions of increasing responsibility including being on patrol, serving as a training officer, writing and editing LAPD manuals for the Chief of Police, to investigating elder abuse cases and preparing case documents for court filings, and working Vice. He also served as a watch commander supervising more than 30 officers and staff and preparing data on crime report trends. During his career, Troy received more than 120 commendations. He retired as a sergeant.

While in high school, Troy competed on the wrestling team. He and his siblings were also members of a swim club and



developed a reputation of being a family force with which to be reckoned. Troy's true athletic abilities became evident, and his skills were recognized nationally and internationally. He represented LAPD in semi-pro football, swimming, track and field, weightlifting and Greco-Roman wrestling, amassing a room full of medals and ribbons.

Troy fell in love with the sport and culture of sumo wrestling. He was an eight-time U.S. sumo champion in middleweight, openweight and three-man team. He placed 4th at the 2005 Olympic World Games in the

middleweight class (254lbs.), coached the U.S. team in the World Sumo Championships and the Olympic World Games, served as the president of the U.S. Sumo Federation and a continental director for the International Sumo Federation, and was one of the first Americans certified to judge and referee by the International Sumo Federation. Although sometimes being outweighed by more than 200 pounds, Troy successfully wrestled in the openweight class, winning more than his share of championships and medals.

After retiring from LAPD, Troy continued to work in the

worlds of asset, executive, diplomatic and nationwide security. His customer base included The Kingdom of Saudi Arabia and the royal family and senior military and government officials during annual trips to Los Angeles. He was responsible for recruiting, training, supervising and directing all aspects of security. At the time of his death, Troy provided nationwide security services for world recognized, high-value corporations.

Though Troy was a physically imposing person, he was actually a "gentle giant." To know him was to love him. Helping people was

high on his list of favorite things to do. It often didn't matter what the problem was, Troy either had the solution or knew how to find it. Troy also loved travel, good food and cooking, and learning other cultures. He spoke German and Spanish and he was learning Japanese and French. Purple was his favorite color, and there could never be too much.

He is proceeded in death by his brother, Tony. He is survived by his mother, Ann Collins of Fairfax, VA, his father, James Collins of Columbia, MD, and his sister, Traci Collins of Reston, VA.

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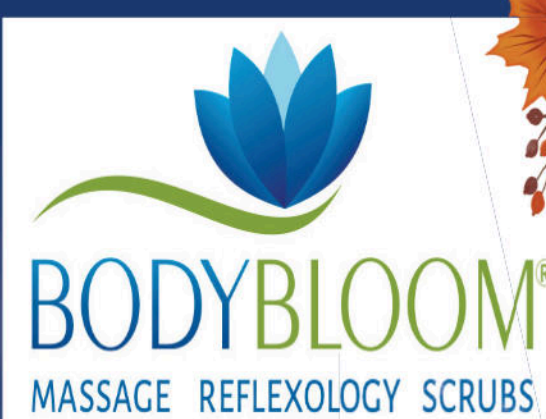
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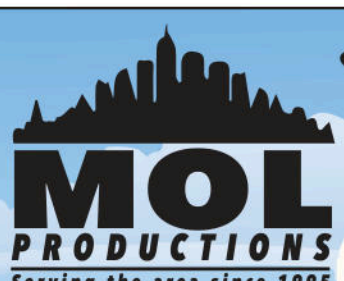


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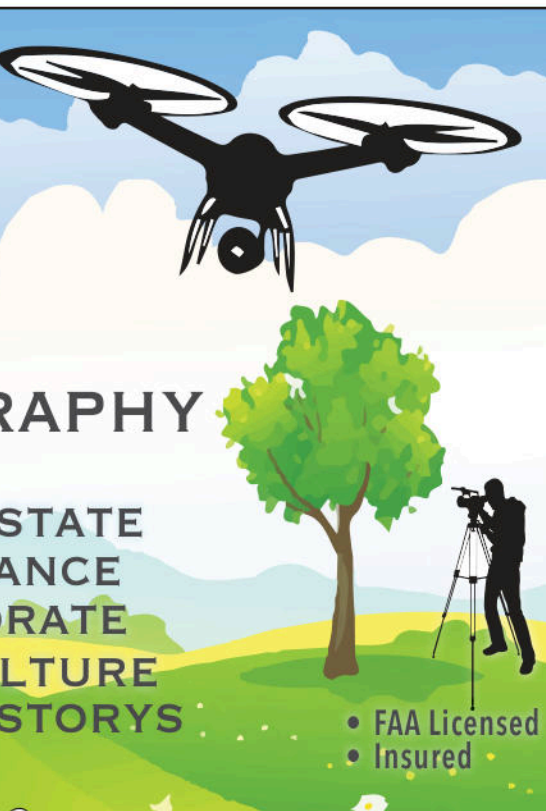
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