

The Monocacy MONOCLE

Keeping An Eye On Local News

A Biweekly Newspaper

November 18, 2005

Volume 2, Number 17

Inside the Monocle



Fall photos on Pages 12 and 13.



South? No wait. North!
See School News on Page 23.



There is often more to a person that meets the eye. See Profiles on Page 3.



A typical up-county cathedral?
Turn to Center Stage on Page 7.

Poolesville's Secret

This might come as a shock to some residents of the upper county and especially those living in the Poolesville area. As we shop, eat, and go about our daily routine, there is something insidious going on that threatens the health and welfare of our young people. This dilemma also affects every citizen living in the area because of the very nature of the looming problem.

Most people who have lived in Montgomery County for any length of time probably have accepted the fact that many young people will at some time in their lives experiment with alcohol or marijuana, but when we think of a heroin user, many people would envision a distressed,

emaciated person who lives in the inner city. However *The Monocle* has learned through a series of interviews with local sources and contacts with the police that heroin has come to the Poolesville area. Heroin which is processed from morphine is highly

addictive and is sometimes associated with accidental overdose deaths, the spread of AIDS and hepatitis, and contributes to the user's declining health because of the effects to the central nervous system. In addition, users of heroin must often resort to thievery or violence to support their habit.

As reported in *The Monocle* and other media, two Poolesville residents were arrested in September and charged with the armed robbery of the Subway carryout. Montgomery County Police are continuing their investigation into the possibility that the defendants were involved in other robberies



Steven's Park at dusk, site of evidence of heroin use.

— Continued on Page 17.

Home Is Where the Hearth Is

By Marcie Gross

Every antique has a story. If you're looking for a gift for someone or something to fit in that perfect spot in your own home, look no further. Inside this antique wonderland, appropriately named Hearthside Antiques, you'll see an abundance of treasures in every corner, on the walls, and even hanging from the ceiling. You'll also find the person behind the business, its heart and soul, Steve Goldberg. He'll be happy to tell you the story of any antique you find. Allow me to tell you some of his story.

For six years, Steve Goldberg has offered the Poolesville community antique items such as real wood chests and armoires to Wedgewood and books, and on those cool days, probably even a nice cup of tea. This year, Steve opened the garden center, Hearthside Home and Garden. For the holidays, the shop will be selling trees, boughs, sprays, poinsettias, as well as sponsoring a local artisan who will make custom wreaths. In fact, almost everything sold is locally grown or made. Goldberg's goal for his store and Poolesville is for them to become a destination.

Steve grew up in Montgomery County in the Goshen Road area. Over the years, he has become what you may call a jack of all trades. Steve has been a

real estate agent, a home builder, and a renovator of old homes. He is also a trained photographer. He has lived in Washington, D.C. (where he met his wife, Susan, at an art gallery twenty years ago) and Darnestown. Steve and Susan have been married seventeen years now and are inseparable. In the time they've known each other, they have only been apart for one week. Steve and Susan came to Poolesville six years ago. They bought an 1860 farmhouse on twenty-two acres here in town and breed horses. The couple decided that what our town needed was an antique shop. Both Steve and Susan both enjoyed antiques, so this was an obvious choice for a business and a chance to learn a lot about history. Like I said, each antique has a story. "Sometimes, people just come

in," says Goldberg, "to drop in and hang out." He says that they will always find something interesting and new. If on the odd chance that you don't find what you're looking for, you can write your request down in a special book at the store, and Steve will keep an eye out for it.

Inside Steve's world of Hearthside Antiques, you'll get a warm, relaxed feeling where time just seems to stop. "Some people say they're going grocery shopping and come here to just look around," says Steve. At Hearthside, they can unwind and check out what is new. I was fortunate enough to see a dining room table being restored and a set of holiday ornaments arrive. I even learned about ebonizing a piece of furniture – when and why this was done. Sometimes you find the best items and ideas when you're not looking for them.

It was a pleasure talking with Steve and Susan Goldberg. They enjoy life and live a vacation every day – such an admirable way to live. So make some time to stop by Hearthside Antiques and Home and Garden while you're passing through town. Steve and Susan will make you feel at home, and you'll see that home is where the hearth is.



Steve Goldberg

Family Album



Jean Phillips of Phillip's Farm cruised Poolesville to show us what a pumpkin should look like.



American Legion Post 247 held a Veterans' Day ceremony at Whalen Commons, and drew raffle ticket winners from their last fundraiser.

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State Senator Rob Garagiola (D-Dist. 15) and State Delegate Jean B. Cryor (R-Dist. 15) at Historic Medley's Annual Meeting. HMD Secretary Perry Kapsch observes.



Monocacy Lions Herb Brown, Frank Jamison and their guests at the club's annual crab feast.



Senator Garagiola and Delegate Cryor addressing the HMD.



Dennis, Chris and Lynn Stillson (owners of Cugini's) hustle hot pizza at the Bethesda Soccer Tournament on the Muldoon property.

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Profiles

Two Hands – Many Talents

By Dominique Agnew

“So do you want to talk about my business, my farm, or my music?” This was the question put forth by Mary Miller at the beginning of the interview – and I thought she just a phenomenal piano player. Well, I knew she was a chemist, but she also owns her own environmental testing laboratory. I knew she rode horses, but didn’t know about the farm. The

istry and Ph.D. in organic chemistry from the University of Wisconsin and Michigan State University, respectively. Before moving to Maryland, she taught for one year at Valpariso University in Indiana.

The saying, “Necessity is the mother of invention,” could explain the nascence of Mary’s business. After fifteen years of working as a scientist for various corporations and consultants in the area, Mary would find herself in the middle of an environmental disaster.

On New Year’s Eve 1984, Mary and her husband returned home to their Myersville farm to the strong



Mary Miller accompanies the Frederick Children’s Chorus

music? After watching her accompany the Frederick Children’s Chorus for the past five years, there is no question. So, being the decisive writer that I am, I zeroed in on – what else? – everything.

Mary Miller grew up in Tarrytown, New York, twenty miles north of New York City. Her childhood enjoyment of math and science (and playing in the woods) led her to a career as a chemist. She earned her bachelor’s degree in chemistry at Bryn Mawr College in Pennsylvania and followed it with her master’s in chem-

smell of gasoline. A gasoline station less than one mile up the road had lost ten thousand gallons of leaded gas. Over a span of a few months, it all leaked into the ground. During the process of investigation and remediation, the service station set up a pumping system, but it was only able to retrieve about five hundred gallons. “The rest is in the Chesapeake Bay,” says Mary. The hand-dug well of Mary’s farm was completely contaminated, and a new well had to be drilled. As unbelievable as it may seem, something good came of the

–Continued on Page 8.

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Local News

Pubic Hearing Town Ethic Code Set for December 12 Meeting

The Poolesville Town Commissioners discussed the proposed changes to the town's ethic code in an effort to fill a gap that became apparent when a complaint was received from a resident about town equipment being used for personal use by Commissioner Eddie Kuhlman. While the commissioners unanimously agreed that the shortfall in the code needed to be addressed, the topic sparked a wide range of concern about the proposed changes.

Most of the concern centered on the one-size-fits-all penalties proposed. Raising the penalty from the previously proposed \$100 (first offense) and \$200 (repeat offense) range to \$500 and \$1,000, respectively, was not so much a concern as that the code does not specify degrees of violation. Commissioner Tom Dillingham used

an example of taking pencils home to make a suggestion that there needs to be a better differentiation between very minor infractions and major violations.

An investigation into a possible violation will be triggered by a signed complaint, but an anonymous complaint does not require investigation. The code does allow the Ethics Committee to choose to do so without public notification.

Commissioner Roy Johnson expressed his opinion that the code is not balanced and is overreaching. Using the Kuhlman incident as an example, he pointed out that Mr. Kuhlman has used his personal equipment in the past to assist the town in snow removal. He further pointed out that much of his public work is done on his personal computer at home.

Ethics Commission Chair, Gail Allen, present for the discussion, countered that the code changes are preferable if it is to be taken seriously. Interested residents should note that the public hearing on these changes is scheduled for December 12.

The Old Town Hall Can Be Yours

The Poolesville Commissioners released a Request for Proposal (RFP) to those who might be interested in purchasing or renting the old town hall situated in the center of town. While there have been a few proposals offered, the town government decided to open the process to all interested parties.

Any RFP has the restrictions that the exterior of the building must remain and be maintained. Additionally, improvements in the building itself should be part of the proposal, the town will not financially support any proposal, and parties submitting an RFP must show financial viability.

Copies of the RFP may be obtained at the town hall.

Caring for Children in Need

Hilton Funeral Home, along with the assistance of the Garrett family of Poolesville, was able to secure a \$1,000 grant from the York Children's Foundation for the My Stuff Bags Foundation in Westlake, California. My Stuff

Bags provides wonderful duffel bags filled with new children's items to abused and neglected children who must be rescued from dangerous home environments and who enter crisis care with no belongings of their own. The Garrett family has been very involved with the foundation. The donation was in memory of Pilar Garrett's mother, Delfina Invernon, who, when living in California, was a vital volunteer to My Stuff Bags. Mike Garrett recently returned from Alabama and Louisiana helping with hurricane victims. My Stuff Bags sent close to 2,500 bags to this region for the comfort of the displaced children.

The York Children's Foundations sole purpose is to brighten the future of children in need. After choosing a York casket, a donation is made in the name of the family's loved one. Funeral directors from across the country nominate local charities, and the Foundation's Board of Trustees issues grants. To date, the Foundation has given more than \$1.8 million to primarily community-based, non-profit children's organizations nationwide. Hilton Funeral Home has, in the past, received a grant for the Carol Jean Cancer Foundation, Inc. located in Laytonsville, Maryland.

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Commentary

Sound Bit

By John Clayton

Andy Warhol pinned himself firmly into American popular culture, rightly or wrongly, with his statement that in the future (his future being now) we would each have fifteen minutes of fame. Over time, this has, for many people, been a neat summation of some brief residence in the popular consciousness for a variety of famous or infamous events. More typically, at least at one time, it referred to a significant appearance on national television. When we had three major networks and perhaps one or two wannabe networks, this made sense—an appearance on national TV was quite certainly a moment of fame. This has now changed.

With umpteen hundred cable and satellite stations available, it seems that an appearance on any one station is no longer an event of any kind, let alone fame. It is merely a slightly highlighted moment of one's obscurity. I speak from experience having been on a brief CNN news segment

the other day. I know you missed it, and that may be just as well.

To keep a short story short, it will suffice to say that the CNN reporter (a representative of the Cooper Anderson 360 Show) was trying to show frustration among rank-and-file Democrats with their national leadership. This terse summary is based on having seen the show. During the filming of the interview, they explored other themes such as: "Why are so many people in this area Republicans?" and, of more interest to me, of course, "Why are you, who would seem to be a typical candidate for the Republican Party, in fact a Democrat." I thought I answered these questions fairly well, given that I was unrehearsed, trying to ignore the camera man, and had apparently forgotten how to absorb oxygen while I talked, which had never before seemed to be a problem in day-to-day life.

It seems that this particular broadcast night was Anderson Cooper's debut in a new time slot (I confess I am not very familiar with the CNN lineup), and I was reasonably confident that I had provided sufficient

—Continued on Page 20.

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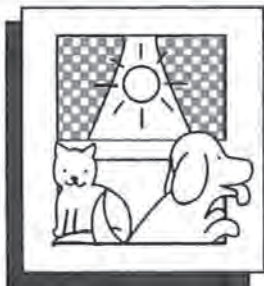


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Life in Black and White

By Dominique Agnew

Cugini's has always been a gathering place for good food. Now, with its new locale, it's even better. More tables mean more customers. More importantly, Cugini's has increased wall space. More wall space means more artwork. Most recently, the décor has undergone some slight changes, and the artwork of local artist, Nick Tucci, is on display. Nearly thirty of his original pen and ink drawings hang on the walls of Cugini's for the admiration – and purchase – of customers.

Nicholas F. Tucci III has lived in Poolesville most of his life and credits his elementary school art teacher, Cheryl Thomas, of Poolesville Elementary as being very influential. "She taught me a lot," Nick says. "She taught me patience when drawing." Nick continues, "When I first started, I'd rush through, and it wouldn't come out great." She suggested coming back to work on his pieces to make them better. Over the years, he has continued to stay in contact with her, and they remain friends. Two or three times a year, Nick will go to the elementary school to teach a class. He'll

bring small photocopies of his drawings for the students to color – they love it.

It wasn't until the eighth grade that Nick began creating pen and ink drawings. While leafing through a 1928 National Geographic, a black and white photograph of a streetscape caught his eye. Intrigued by the old cars and the historic town, he began to draw it. He began the drawing in pencil, then added ink and color. This marked the beginning. He started drawing people's homes for them. He says, "My friends would pay me [to draw their parents' homes], and they would present them as Christmas presents."

As a junior at Poolesville High School, he used his art to satisfy his community service hours and raise

funds for the school's music program and the senior prom. With Principal Dr. Joan Benz's permission, he created a drawing of Poolesville's Town Hall which was used for stationery cards. From a litho-etching on copper plates – "a real long process" – five thousand cards were printed and sold.



Nicholas F. Tucci III

Other cards have been made using Nick's drawings. After graduation, Nick worked at the Four Streams golf course where his artwork was noticed. He was asked to draw

the clubhouse and the signature hole (number nine [that sounds more like a revolution to me]). The drawing of the signature hole was the preferred drawing, and five thousand prints were made. Another golf course in

Montgomery Village, Willow Tree Inn, printed cards using Nick's drawings of its clubhouse and signature hole. Willow Tree purchased the originals, too. "One of the few times I've sold the originals, and they hang there," Nick adds.

By 2002, Nick was attending Towson University where, again, he would leave his mark. He began as an art major but changed his major to business management. After seeing his artwork, his marketing teacher suggested that he draw the main hall, Stephens Hall, of Towson. The dean, too, was impressed. Every semester, fifty prints (the printing was limited to one thousand) are presented to outstanding students, framed and matted by Nick. He also signs and numbers each one.

Nick graduated from Towson University with a B.S. in business management – a degree with enough flexibility to allow him to do nearly anything. Presently, he considers art a hobby. "I haven't made up my mind if I want to pursue it as a career," he says. His other strong passion is antiques. He collects Victrolas and owns eight from the 1890s to the 1930s. He

–Continued on Page 15



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Two Hands Continued From Page 3—

catastrophe. At one point, investigators from the various environmental agencies told Mary's husband that it was difficult to find a lab with fast enough turnaround to receive timely results. They were using the state lab, but it was incredibly backed up. He had turned to her and asked her if she could establish that kind of lab. "I thought about it for about one minute—and said I could." Fredericktowne Labs, Inc. was born.

Mary's business, also located within a mile of her farm (across the street from the offending gas station), has thrived and grown over the past twenty years. FTL offers services that cover analyses of drinking water, wastewater, sludge and solid waste, petroleum product contamination in water and soil (of course), storm water runoff, and wells and septic systems. FTL prides itself on professional, high quality analyses, rapid turnaround of results, and superior service.

Chemist and businesswoman by weekday, farmer by weekend. The original house on the farm dates back to the 1800s. Mary says, "My husband and I both enjoyed restoring the building and raising racehorses." As a

farmer, Mary breeds and raises horses, mostly for foxhunting. Connemara horses, a breed native to Ireland, are usually bred to thoroughbred horses, although sometimes Mary will breed purebred Connemaras.

As if she doesn't have her hands full already, Mary is an accomplished pianist. She began piano lessons at the age of four, taught by her mother. "I enjoyed my piano lessons," she recalls. When she was about eight, she began taking lessons from a Juilliard teacher at the teacher's home, playing in recitals at Juilliard. While at Bryn Mawr, she studied music with Horace Alwyne and played the harpsichord with a chamber music group. In Myersville, she is the pianist and organist for the Mt. Zion United Methodist Church, she plays in a few chamber groups for fun, and, most importantly, she accompanies the Frederick Children's Chorus.

Mary didn't become involved with the Frederick Children's Chorus until 1990, at the time of her husband's passing. She was already well-acquainted with Judy DuBose, director of the chorus, due to their shared passion for horses and fox hunting. At this difficult period in Mary's life, Judy asked her if there was anything

she could do for her. "I said I always wanted to learn to sing," Mary says. After a few lessons, Mary was struggling with a Schubert piece, and Judy was struggling with the accompaniment. Mary suggested that Judy sing it while she play it. When Judy saw how well Mary played the piano, she asked her to accompany the choir—that was the last voice lesson. "I find it really rewarding," she says of accompanying the choir. "It's wonderful to see the dedication the kids have to a worthwhile activity."

She not only attends nearly all the rehearsals, but she plays at the con-

certs and accompanies the chorus to various festivals and workshops from New York to New Orleans (once upon a time). She also has well-deserved praise for Judy, especially after seeing other nationally-renowned directors, "I truly think there are very few children's chorus directors who are better than Judy DuBose."

To hear Mary play and listen to the chorus sing (prepare for goose bumps) the next FCC concert, "It Takes a Whole Village," will be Saturday, December 3 at 7:30 at Governor Thomas Johnson High School in Frederick.

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In the Garden

Nature's Pharmacy

By Maureen O'Connell

In medieval times there was a belief that God had created the Garden of Eden with plants that would remedy all humankind's woes: for every disease and desire, there was a botanic specimen that would salve or save. In the same spirit of this Edenic myth, remember that evocative painting of Jan Breughel depicting the Garden of Eden with all the trees laden with fruits and flowers, while the leopards play next to the peacocks and deer. Before you dismiss these two ideas as sentimental niceties, let's take a closer look at the derivation of some of modern-day medicines.

Although we tend to be skeptical about medieval herbal medicines, little do we realize how much our present-day health is based on medieval practices, and how many modern-day drugs come directly, or indirectly, from plant extracts. Every medieval garden, from the humble peasant's plot to the large monastic gardens,

had a physic garden, which provided the ingredients for their medicine chests. In 1673 the Society of Apothecaries of London founded a Physic Garden at Chelsea, so that their apprentices could learn to grow medicinal plants and study their uses. In the seventeenth century, plants were the major source of medicines, so it was important for physicians and apothecaries to be able to identify beneficial and poisonous species which might look similar, and understand how to best use them. You can still visit the Physic Garden today. It now covers 3.8 acres in the Chelsea area of London. The Garden is divided by gravel paths into quadrants, which are mostly subdivided into narrow rectilinear beds, which are an original design feature of the Garden. Catering to the increased interest in plant-based medicines, the Garden of World Medicine was laid out in 1993, and shows the use of plants for medicinal purposes by the world's indigenous peoples. The Pharmaceutical Garden displays plants which are the origins of many of the drugs used in contemporary medicine. The plants are grouped according to the branch of medicine

—Continued on Page 22.

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Feeding Horses the Way They Were Designed to Eat

By Debby Lynn

Your horse's digestive system is his power plant. You put fuel in and get energy and waste material out, just like any other power plant. Without energy, your horse cannot perform his job, and he becomes useless, so attention to his power plant is of paramount importance. If we understand how it works, we can develop a feeding plan which produces the correct amount of the right kind of energy, and a minimum of harmful by-products (like gas which can induce colic).

Horses are, first and foremost, foragers. In their natural life, they spend their day walking along and munching small bits of grass. Their natural meal is high in fiber and low in protein and carbohydrates. This non-concentrated feed enters their systems in small, frequent amounts. The equine digestive system has evolved to accommodate this method of eating.

A horse's stomach is relatively small for its body size, holding around a gallon. Horses have a very long small intestine where most of the

nutrients are absorbed. After the small intestine, their digestive system begins to differ significantly from ours. Horses have a large cecum behind their small intestine which breaks down and digests the fibers in their naturally fibrous diet. The cecum is basically a large fermentation vat stocked with digesting microbes. These microbes actually produce heat akin to chemical heat. If they have the opportunity to keep the cecum full of digesting fiber, horses can utilize the resulting heat to help keep warm in winter.

Gut motility is the muscular contraction which moves food through the digestive tract—a very important component of a horse's health. In the horse, gut motility is facilitated by his walking movements. Horses need to be turned out and walking around to keep food from impacting in the gut.

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—Continued on Page 18.



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Local History

The Mysterious Suitcase

By Jack Toomey

Almost a hundred years ago, a baffling case confronted the law enforcement officers of Montgomery County. If this set of circumstances happened today, it would most likely be dismissed as being trivial and there would be very little attention paid; however, in 1908, this incident caused great excitement and speculation in the Montgomery County area.

During the first week of October 1908, a man named Dorsey was walking along the railroad tracks about two miles east of the Boyds railroad station. He came upon two suitcases lying by the tracks. Being a curious sort and hoping that they contained valuables, Dorsey opened the suitcases and found that one contained men's apparel and the other the clothing of a woman. He carried the suitcases to the Boyds station and turned them over to the station clerk who in turn inspected them in the presence of people waiting for a train. One of the passengers, upon arriving in Rockville, told someone about the find who in turn

notified the sheriff. In the meantime, word slowly spread about the Boyds area, and citizens traveled to the railroad station to view the spectacle. There is no doubt that once news of the abandoned suitcases spread, the story became exaggerated, and soon suspicion of foul play was repeated, and a crowd assembled to offer advice and search for clues. When the clerk opened the cases, he found letters addressed to Jane Davis of Cumberland, Maryland.

A sheriff's deputy arrived by train and took over the investigation. He had to deal with a fairly large crowd, and it seemed that everyone in Boyds had his own theory about what had happened. Some suggested that a search party be sent out to look for the body of Miss Davis fearing that she had been slain or had fallen off of a train. As was the custom of the day, professional men of the community took a hand in the investigation. Since the letters bore a Brunswick, Maryland postmark, one of the men boarded a train and traveled to Brunswick and made inquiries around town concerning Miss Davis. It was soon learned that Jane Davis was an actress in a theatrical company that had been stranded in Brunswick when the company disbanded. Others said that

Davis had traveled to Cumberland and had joined a "Rip Van Winkle" company that had been formed in that city, but she had only made one appearance before leaving the company. A helpful gentleman, who had been smitten by the attractive Miss Davis, confided that she was an English girl who had come from Toronto, Canada seeking work as an actress.

The citizen turned investigator returned to Boyds and made his report. The deputy telegraphed the sheriff in Cumberland and asked for assistance. It was soon learned that Miss Davis had been corresponding with a young man named Jim who lived in Brunswick, and she had quit the company in hopes of traveling there to marry him; however, the young man had been arrested for riding on a freight train and his whereabouts were unknown. Authorities in Cumberland also located a man named Dawson, a baker by trade, who had paid quite a bit of attention to Miss Davis while she lived in that city.

Readers today might think that this was much ado about nothing and that the agitation would have calmed by then, but it hadn't. It was revealed that

one letter in the suitcase, written by a man, was addressed to a married woman who lived in Cumberland. This caused an immense uproar due to the implied scandal. Letters were written to the local papers by citizens with their theories about what had happened, and people demanded a thorough investigation.

So what happened? The newspapers of the day are silent after those first few days of excitement. It is not known what happened to Jane Davis, Jim, or even the suitcases. It is apparently one of many unsolved mysteries of the time.



Old suitcases and mysteries.

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Big Board

Hot Time In the Old Town Tonight

The actors of PHS Midnight Players present their fall performance of "A Hot Time in the Old Town Tonight." Starting the evening of November 17, it is not too late to catch the Friday presentation at Poolesville High School. The students always provide a wonderful performance and the shows are always a great evening of entertainment.

St. Peter's Christmas Attic

The Women of St. Peter's will hold their annual Christmas Attic on November 19. This is similar to the church's now famous rummage sale except that all items are for Christmas and the holidays. The large selection includes holiday lights, decorations, crafts, clothing, as well as a bake sale and holiday pecans.

Buster Keaton Double Feature

"The Cameraman" (1928), silent, & "Spite Marriage" (1929), silent Friday, November 18, 2005 - 8:00 p.m. Buster Keaton's first feature film for MGM, followed by his last silent film - both accompanied by the mighty Wurlitzer. \$9.00 for Adults, \$7.00 for Seniors (ages 62+), Students (ages 13 - 18 or any college student with ID), and Children (ages 3 - 12) Visit weinbergcenter.org for more information

OLP Youth Group Chilli Dinner

The youth group at Our Lady of the Presentation will be having a chilli dinner get together on November 20. This evening for food, music, movies, and other fun things will start at 4:30 p.m. and run to 7:30 p.m. The youth

group has many plans in the coming months that include basketball, a ski trip, and ice skating, and they are looking for new ideas. The group is open to 9th to 12th graders. To RSVP or learn more about the group call 301-972-7571

A Community Show of Thanksgiving

Every year area churches gather in one location in a shared service of thanksgiving. The event this year is at the Poolesville Presbyterian Church on November 20 at 5:00 p.m. The prayers, readings, and guest sermon are a rare opportunity to join more of our neighbors in a quiet and uplifting moment of thanks. The clergy from various churches will be reading and leading the evening.

A Woman's Heart

Featuring Mary Black, Maura O'Connell, Sharon Shannon, Cara Dillon. Sunday, November 20, 2005 - 3:00 p.m. With an all-star line up of vocalists/musicians from the third installment of the series, including Mary Black, Maura O'Connell, Sharon Shannon, and Cara Dillon, the evening will highlight songs from all three recordings. Performing together and alone, and backed by some of the best Irish musicians around, this promises to be an exciting evening for all! \$47.00 (Front Orchestra & Mezzanine), \$44.00 (Mid-Orchestra), \$39.00 (Rear Orchestra & Rear Balcony) Visit weinbergcenter.org for more information

"The Muppet Christmas Carol"

Friday, November 25, 2005 - 3:00 p.m. and 8:00 p.m.. A wacky and wonderful way to kick off the holiday season. \$6.00 for

—Continued on Page 16.

Nick Tucci Continued From Page 7—

doesn't necessarily want to simply collect antiques (he has other memorabilia in his collection), he's interested in perhaps being in the business of finding buyers who wish to purchase antique pieces. "I like stuff," he adds.

If you get a chance to swing by Cugini's to take in his work, you will note that most of the pen and ink drawings depict architectural subjects. Many of his works are of actual buildings, but a few, including "Cathedral" and "Manor" are compilations of a few real structures and his imagination. In "Cathedral" bits of St. Patrick's Cathedral in New York and a famous Russian cathedral are mixed together. "Manor," a print of this was displayed and sold at the 2005 Swim for Sarah

Silent Auction, combines houses from Cape May, New Jersey and Hagerstown, Maryland. "I combined them to make my own house," Nick says.

Hobby or life's work, Nick continues to build on his body of work with new pieces. He continues to market his artwork and is happy to be involved in shows, such as this one at Cugini's, and festivals, he has had much success with a stand he sets up at the annual Pride Festival in Baltimore.

Cugini's is proud to host a meet-the-artist night on Sunday, November 20 from 3:00 to 8:00 p.m. "I look forward to hosting the art show in our restaurant," says Lynne Stillson, owner of Cugini's. She also hopes to have the opportunity to showcase other artists in the future.

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Big Board Continued From Page 15—

Adults, \$4.00 for Seniors (ages 62+), Students (ages 13 – 18 or any college student with ID), and Children (ages 3 – 12) Visit weinbergcenter.org for more information. Kris Kringle Procession Celebrate Old World holiday magic with this parade on December 2 at

6:30 p.m. that welcomes the beginning of the holiday season. See Kris Kringle, Frosty, and more. The procession ends at the Baker Park Bandshell. Free.

It Takes a Whole Village

To hear the best children's chorus ever (this is not an exaggeration), don't miss the Frederick Children's Chorus concert on December 3 at 7:30 p.m. at Governor Thomas Johnson High School. The featured piece will

be Benjamin Britten's "Ceremony of Carols." Tickets are \$10.00 for adults and \$5.00 for students/seniors. For more information visit www.fredcc.org.

Candlelight House Tour

A self-guided tour allows visitors an inside glimpse of various private homes elaborately

adorned with holiday decor in historic Frederick. Proceeds go to assist funding the other holiday events and a beautification project in the City of Frederick. Two tours take place on December 3 from 5:30 p.m. to 9:30 p.m. and December 4 from noon to 4:00 p.m. For more information, call 301-228-2888. Sponsored by the Frederick City Tourism Council.

The Fredericktowne Players Presents ... A Christmas Story

Our season opens with our holiday show in December, "A Christmas Story." This is a hilarious accounting set in the 1940s of young Raphie's campaign to get a Red Ryder BB gun for Christmas. This staging of the popular movie includes episodes with the family's temperamental furnace, Ralphie's encounters, and hysterical fantasy scenarios. Show times are Thursday, December 8 at 8:00 p.m., Friday, December 9 at 8:00 p.m., Saturday, December 10 at 2:00 p.m. and

Sunday, December 11 at 3:00 p.m. at Tuscarora High School. Visit www.fredericktowneplayers.org for more information.

The Maryland Regional Ballet presents "The Nutcracker"

Friday, December 9, 2005, Saturday, December 10, 2005, and Sunday, December 11, 2005 at 2:00 p.m.

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Plan for Snow Plowing Services

Poolesville's Secret Continued From Page 1—

that happened at about the same time in the upper county area. The defendants were indicted by the grand jury on October 28 on numerous charges arising from the Subway robbery. What has not been reported before is that the police had observed the defendants purchasing heroin in Washington, D.C. and then had followed them into Montgomery County where they were arrested. A source with knowledge of the case, but working outside the police department, told *The Monocle* that one of the defendants has admitted that his need for money was fueled by his addiction to heroin.

Town employees have found used hypodermic needles, commonly used to inject heroin, on public property. Recently a *Monocle* reporter spoke to an employee of CVS in Poolesville. The employee related that two young men, appearing not to be older than eighteen years old, had come into the store and had attempted to purchase a box of hypodermic needles. State law dictates that only persons, in most cases with certain medical afflictions, can purchase hypodermic needles. When the young men were asked about their motives, they became enraged, cursed at the employee, and left the store.

The Monocle has spoken to three individuals who have knowledge of the heroin and drug situation in Poolesville. One became quite emotional when describing the extent of the trouble and said "it's a real problem," and that most people would be surprised if they knew the level of the predicament. This individual, who did not want to be named for publication, named several criminal acts supposedly committed by drug users. Another person told *The Monocle* that it is a rather commonly-known fact that some young people are abusing drugs. He said that the core of activity seemed to be in the townhouse area west of Fisher Avenue and in some shopping center parking lots. The users of drugs are either graduates of high school, usually unemployed, who are in their late teens or early twenties or those who have dropped out of school. The two sources said that individuals usually travel to Washington, D.C. where they purchase drugs and then return to the upper county where they either consume or sell them. "Paul," a former drug addict, now in recovery, told *The Monocle* that "there are a few dealers

up there" (Poolesville) and that he had been seeing, by virtue of his duties at treatment facilities in Montgomery County, "more kids coming in looking for treatment." Officer Kelley Pavlick, the Educational Services Officer assigned to Poolesville High School, made it clear that no drug usage was happening at the high school or on school grounds and that she had no knowledge of heroin use by students.

Dick Kunkle, the manager of the Montgomery County Adult Addiction Services Department, said that he had not seen any upswing in people coming in from the Poolesville area who were seeking treatment. Another county employee who did not want to be named said that, in most cases, an addict does not seek treatment unless they are arrested or are forced into treatment by the courts. Tracy Sparshott who is a retired Montgomery County Police narcotics investigator and on whose career the best selling book, *Trust Me*, was written said that during his undercover career, which spanned over two decades from the late 1970s to 2000, the vast majority of the heroin cases came from the lower and eastern parts of Montgomery County. He added, "We rarely had any cases of people dealing (or using) heroin in Poolesville."

Sgt. Kirk Holub, the supervisor of the Montgomery County Police Major Offenders Conspiracy Unit, while not able to speak about specifics or active investigations, warned that heroin is a dangerous and addictive drug and "you have to be careful because you don't know the strength or (purity) that you are getting." A health care professional told *The Monocle* that friends of suspected drug users should be alert for signs of anxious obsession, valuables disappearing from around the house, a change of friends or associates, and mysterious disappearances. "Paul" probably said it best, "Have you noticed that there are no old junkies?"

The Monocle will continue to monitor the situation and report as needed. In the meantime, parents and friends of young people are urged to seek help from qualified health care professionals if they suspect that their loved ones are abusing dangerous drugs.

The Montgomery County Police continue to suggest that tips about drug dealing or any other crime can be reported anonymously to the Crime Solvers line at 1-866-411-TIPS. Substantial awards are available.

Police Blotter Past and Present

Present

In recent weeks, the Frederick County Sheriff's Department has received reports of elderly women being approached by a man at the Giant Food store on New Design Road near Adamstown. The man distracts the woman while a second person steals items from the purse. Credit cards then are immediately used in the area. Police are looking for a black man, about 6 feet 2 inches, well dressed, with a muscular build. While these incidents have been limited to this store, police warn that women should be alert to the location of their purses while shopping.

October 28. Zachary Warring of Poolesville was indicted by the Montgomery grand jury for armed robbery, aggravated assault, and use of a handgun in commission of a felony in regards to the Subway robbery on September 25. Paul Stoll was indicted on one count of accessory after the fact of robbery.

October 30. Avenel neighborhood

in Potomac. Police responded to a report of an underage alcohol party. They found twenty-five people in attendance and issued twenty-three possession-of-alcohol citations and charged one person with furnishing alcohol to a minor.

November 2 about 6:50 p.m. Route 355 and Route 85. A patrol car driven by Frederick Sheriff's deputy Nicole Swailes was struck while she traveled through the intersection. Investigation revealed that a car driven by a Frederick woman failed to obey a red light and struck the patrol car injuring Deputy Swailes who had to be flown to the Shock Trauma Unit with non-life threatening injuries.

Montgomery County Police again ask for the help of citizens in attempting to locate the driver and vehicle that struck and killed a Wootton High School student on November 12, 2004 on Travilah Road. Police say that a black Honda Accord, model EX or LX, 1998 to 2000, with a missing side view mirror that has probably been repaired by now, is being sought.

Past

November 18, 1900. A shooting affray occurred near Poolesville at

—Continued on Page 21.

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Feeding Your Horse Continued From Page 11—

Performance horses cannot consume enough grass or hay to meet their energy requirements. The power plant needs more concentrated fuel to produce higher levels of energy and maintain healthy body weight. So we feed them highly caloric cereal grains to maintain energy. Typically, we cannot arrange for our horses to consume this grain a bite at a time all day. Not only is the feed more caloric, but it is usually fed in two, three, or four larger servings. This sets the stage for various digestive and metabolic problems in horses.

Additionally, feed mills are in the business of selling the agricultural product which farmers have produced. Sometimes this is at odds with what we really need to feed. It's a little like the school lunch program. Children are fed lots of high fat, overly caloric foods, in part because American agriculture produces a surfeit of foods like peanut butter and potato flakes.

The vast majority of animals which consume the product of feed mills is slaughter animals. The hog farmer's equation is turning calories of feed into pounds of salable meat with the greatest efficiency. He wants a highly digestible feedstuff, so no calories are lost. This equation has been the ingrained culture of feed mills for many years. I still find them

touting full digestibility as a benefit of their horse feeds, but digestive efficiency usually means highly processed grains, such as pellets. Everyone knows what happens when you feed your child lots of Cap'n Crunch cereal. The highly processed sugars and carbs produce an energy rush that sends kids climbing the curtains, and moms climbing the walls. It works the same for horses. Virginia Tech did some excellent research on the insulin levels of horses on pasture versus on two feedings of sweet feed and hay per day. The insulin levels of the pastured horses were low and stable all day. The insulin levels of the sweet feed-fed horses sky rocketed, and then crashed, to levels lower than before being fed.

Why do we feed sweet feed? It could be because the average American consumes forty pounds of sugar per year. The byproduct of all that sugar production is crude molasses. Not useful for human consumption, it gets bumped down to animal feed. A cheap source of those very efficient and readily digested calories. We've put our horses on the school lunch program.

Besides adversely affecting insulin (and energy) levels, too much grain at one time can cause starch overflow. Starches are meant to be digested in the lengthy small intestine. By the time food reaches the cecum, it should be mostly fibrous

material in need of microbial action to be reduced to nutrients which can be assimilated. Starch overflow occurs when a relatively large amount of starchy grains are fed at once. Some of it passes through the small intestine without being assimilated and dumps into the cecum where it is subject to microbial action. The microbes have a field day. All that starch causes accelerated microbial action which causes a significant increase in the byproduct of microbial digestion: gas. Starch overflow can lead to gas colic.

A Better Plan We can successfully reconcile natural design with our needs. Take into account the design of your horse's power plant and try to deviate as little as practical. Here is my personal recipe. I generally feed only adult sport horses, so these remarks do not necessarily apply to special needs animals such as pediatric, geriatric, or debilitated horses.

High Fat Fat is more slowly digested and assimilated than carbohydrates which will help reduce insulin and energy spikes. It reduces the amount of starchy foods necessary to feed a given number of calories. Fat provides essential fatty acids which are important to a variety of bodily functions, including good immune response. I feed whole flax because horses find flax more palatable than corn oil poured on their feed. The whole grains lose less nutrients than broken grains. I don't feed flax meal because it is what is left over after the first pressing for flax oil. Part of its valuable fat is missing. Whole flax stores well and does not go rancid like vegetable oils can. Because it's so caloric, I feed flax only at the rate of a half pound per day. The only drawback to flax is its hydrocyanic acid content. This is the same stuff that's in apple pips or peach pits. It's a very

low level toxin. We fed raw flax at the track for decades with no documented adverse effects, but about fifteen years ago, vets began recommending that flax be boiled to remove its hydrocyanic acid content. Hydrocyanic acid is very volatile and goes off with the first puff of steam. I feed what the British call a linseed mash. I mix two parts water to one part flax, just like when you boil rice or oatmeal. I heat it just to boiling, then let it soak all day. I add it to the evening ration. Since I feed plain grains, it does double duty by reducing any dust on the feed.

Low Carbohydrate My horses get no sugar at all. I find the molasses in sweet feed can make them as hot as our little curtain climber mentioned earlier. I avoid corn because it is one of the starchier grains. To encourage slow assimilation of calories, I feed minimally processed feeds. I use plain crimped oats and steamrolled barley. Barley has twice the fat content of oats and is a good way to put on weight without making horses hot. Both oats and barley are relatively inexpensive compared to processed and mixed feeds.

Vitamins Premixed feeds typically have added vitamins. If you are feeding plain grains, you will need to add a vitamin supplement. I prefer this method, as premixed feeds add vitamins at a rate which assumes your horse eats an average amount of grain. Handful eaters may not get the required amount of vitamins.

Probiotics These are the beneficial microbes which stock the digestive tract and assist in digestion. Specific gut flora adjust to the particular set of grasses and grains your horse eats. It takes about three weeks for microbial populations to readjust to accommodate a new feedstuff. That's why feed should be changed over slowly, a quarter of the ration per week. I feed probiotics to make sure the right ones are always available.

By keeping your horse's natural feeding method in mind, you can develop a feeding plan which helps maximize his performance and minimize digestive disorders.

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Youth Sports

Defining Excellence: PHS Girls Volleyball Team

By Rande Davis

Is there a limit to excellence? The girls on the Falcon varsity volleyball team don't think so.

Sure, you can congratulate them on finishing 12-2 for the season. They know that winning the county 1A South Divisional championship is important, especially since they are the number one seed which allows them to have their regional playoff games at home. Surely this is a sign of excellence, right? For these girls, the answer is simple: not yet. For them, excellence goes beyond wins and losses; it is defined by individual performance. Be the best you can be is more than just a slogan to them.

You would think that being division champs three years running would be enough. These girls are motivated, dedicated, and determined to achieve their personal level of excellence. Where did they learn such a thing?

The answer to that is simple, too. They learned it from Coach Fran DuVall. "The things we have learned on the volleyball court are real lessons for



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life, not just sports," says senior Jenn Ogden. "Coach DuVall has taught us to appreciate the satisfaction found in trying to do your personal best."

Coach DuVall's quest to teach them to reach beyond themselves seems to have gotten across. Talk to the girls and the concept of striving to be the best one can be is mentioned in different ways player after player. Each girl knows her most challenging competitor is herself. Just when they think they have reached their peak, they discover there is still more in them.

Excellence does not come easily. Their dedication starts with two-and-a-half-hour practices, six days a week, starting in late August and running straight through November. Watch them practice and you can readily see why they have come so far. It's late in the season, regional playoffs have started, and they still drill hard in eight-minute sets interrupted just long enough for a breather and a little water.

Even as the season is coming to a close, Coach DuVall is still drumming home the fundamentals, showing them not just how to physically

respond to different shots but to better maintain their mental acuteness with each shot. It's one thing to be athletically talented and another to play smart. Coach DuVall is exhorting them throughout the practice to do both.



Katie Becknell and Alice Hardwick flank Coach Fran DuVall after learning that the two seniors were named to the Coaches' All-Star Team.

Practice is not just drills and hard work. Making practice fun is important, too. DuVall especially likes using a quick-fire, spontaneous practice game that can only be described as something like vertical dodge ball. The girls are sweating, somewhat tired, but even at this late part of the two-hour practice, most are shout-

ing, "It's mine," smiling, and trying to move the ball around the court hoping to sharpen each other's response time.

Stressing personal excellence and the sport's fundamentals seems to be two of the keys for this team's success. There is one other ingredient, however, that may be the real secret to DuVall's success. She teaches the girls how to accept that each player has a specific role and strength which, when joined together, makes for a real team. While individual records are set and victories come their way, it is in having each girl know her role and understanding its importance to the team that also has led to such profound success.

This super team started the season after losing some key seniors from last year. Coach DuVall's own daughter, Maureen, has gone to Shippensburg University setting school records for aces and assists in her freshman year. (She is also ranked sixth nationally for aces in Division II). Jackie Reid (University of Maryland - College Park) and Jaclyn Rosenberg (Towson University) are two other seniors from last year's team that had outstanding play in college in 2005.

The 2005 Falcons have five seniors on the team. Sara Wolz (right front) is now in her fourth year of volleyball. How much does she enjoy the sport?

—Continued on Page 22.

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Sound Bit Continued From Page 5—

material around which they could easily build a two hour broadcast. My friend Ray Clark of Riverside, California (erstwhile *Monocle* DVD reviewer) e-mailed that while he would have a number of friends over to watch the Colts-Patriots game on Monday Night Football, he would, of course, watch Anderson Cooper. I am confident he was the only football fan in the country to do so, if he even did.

Thus the segment aired. It featured some great autumn shots of the town of Poolesville, although they neglected to use the carefully crafted shots of me driving my pickup truck into the St. Peter's parking lot (probably dust on the lens). They had a great quote from David McKenzie of Capital Fence and Deck. My one sustained quote suggested that if the Republicans could shake off their right wing and present a more middle-of-the-road posture, then I, a lifelong Democrat, might even consider becoming one.

I now understand the meaning of the phrase "out of context." There were several comments that set up that particular statement, and I fol-

lowed immediately with the statement that while I had voted for local Republican candidates on occasion, it wasn't going to happen on the national scene anytime soon, or words to that effect, but it doesn't matter. They found the sound bite they wanted — and I got bit.

My aunt in Oak Ridge, Tennessee called a few minutes later to ask why I was talking about becoming a Republican. I explained that context thing. I guess I should have e-mailed my Republican aunt as well — live and learn.

Following the Poolesville segment, they gave John Edwards all the time he wanted. We are about the same age and we both grew up in North Carolina, but I didn't see any other obvious similarities. He sure as heck didn't speculate about what it would take for him to become a Republican.

The football game was pretty good; I hadn't missed too much.

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**Police Blotter Continued From
Page 17—**

an oyster supper by a group of men whose argument turned into gunplay. Plummer and Hall argued, and when Plummer invited Hall outside to settle matters, Hall refused. Plummer then drew a revolver and shot Hall in the hand and shoulder.

November 18, 1950. Four children were injured and sixty others were shaken up at 4:00 p.m. when a Montgomery County school bus struck a culvert on Route 109 between Poolesville and Beallsville.

November 20, 1927. A Barnesville man was struck and killed by a Baltimore and Ohio passenger train at Darby's Crossing about a quarter of a mile from Barnesville station. The dead man was Grayson Palmer, 21 years old, the son of a Barnesville farmer. Palmer was riding in an automobile which was stuck by the train.

November 21, 1961. Montgomery County Police followed footprints in the snow near Germantown to corner a twenty-year-old metal worker who was accused of breaking into the Silver Spring roofing company where he worked. Among other items stolen, the accused man had stolen his own pay envelope.

November 23, 1949. A thirty-year-old woman, former music supervisor for the Montgomery County public schools, was killed by the unexplained explosion of a wood stove in the kitchen of her farm home near Dawsonville.

November 30, 1899. A man giving his name as Jerry W. Paunell, of Huntington, West Virginia was found lying on the railroad tracks near Tuscarora, Frederick County. It was said that Paunell was in a helpless condition and the man claims to have been knocked off of a train the night before by some unknown person.

At Your Service Grace Sheppard

By Jack Toomey

Her day starts at 7:45 a.m., she leaves work at 6:30 p.m., and there are still tasks to perform when she arrives home. There are twenty-five young people to supervise, comfort, instruct, and she occasionally has to stand in as part-time parent. Meetings, preparation, and even running a restaurant are all parts of her job. Who is this person, and what kind of job could she possibly have?

It's Grace Sheppard, a beloved second grade teacher at Poolesville Elementary School. Mrs. Sheppard was born in Salem, New Jersey and graduated from Rowan University at Glassboro, New Jersey with a degree in education. She went on to the University of West Virginia where she earned a master's degree in curriculum. After college, she taught in New Jersey, West Virginia, and in Virginia in Arlington and Fairfax Counties before coming to Montgomery County where she taught at Germantown Elementary School. In the early 1970s, Mrs. Sheppard founded the Poolesville Community Pre-School which is still in existence today. Grace returned to the county school system in 1985 and has taught at Poolesville Elementary School since then teaching kindergarten, first, second, and third grades.

This year, she is teaching twenty-five second graders. A *Monocle* reporter was stunned to learn that Grace teaches math, English, writing, penmanship, science, social studies, and reading and only has her lunch period, about thirty minutes, to prepare for her classes. As a result, she has to do some of her lesson planning, paper grading, and parent contacts from home. Mrs. Sheppard remarked

that the most satisfying part of her job is "working with children, seeing how much they really know, seeing them light up like Christmas trees (when they get the right answer), and watching them learn and discover things." Principal Darlyne McEleney said, "Grace does everything and anything with caring, patience, and warmth." Her former students include doctors, attorneys, teachers, nurses, and engineers. In fact, when asked about former students, Mrs. Sheppard stopped in mid-sentence when she realized how many successful students she has sent out into the world. When they return to visit, she claims that she can immediately recognize them by "their smile, eyes," and other mannerisms.

When asked about the changes in children, technology, and the school system in general, Mrs. Sheppard became quite effusive. She said that today there are more working parents and as a result "children are learning to be more independent." The curriculum is more scripted today where "before you could make up your own lessons." There is more testing now and "teachers are held accountable because of standardized testing." She recalled a time when communication inside the school was done by messenger, and she had to send a child carrying a note in order to communicate with a fellow teacher or the office. Now she has an intercom system and computer and in a minute she can send off an email. A *Monocle* reporter was interested in the changes in technology, but Grace kept returning to the children. She wistfully said, "Children have always been respectful; if you give respect you can expect respect. I teach [the best children] at the best elementary school in Montgomery County, and it is because of the staff, students, and parents."

One of her greatest satisfactions is seeing former students return as teachers. Grace laughed when she said, "They always call me Mrs. Sheppard." It doesn't matter that they are now peers. Kelly Gardiner started her teaching career at PES and has taught kindergarten, first grade, and is now a Reading Initiative teacher. Kelly was a student of Mrs. Sheppard, and said, "I love it, it is so much fun, she is so helpful to me; and she offers advice and let me borrow materials when I was a new teacher."

One of her former students, Alex Hess, now a sixth grader at John Poole Middle School, alerted the *Monocle* about a restaurant being operated inside PES. Mrs. Sheppard was

asked about this and said that every Wednesday for many years she has run Mrs. Sheppard's Restaurant. The students bring their lunches, the lights are dimmed, classical music is played, knives and forks are arranged properly, and good manners are enforced. In fact, on a recent Wednesday, Mrs. Sheppard had an important meeting during lunchtime and the restaurant was closed. Her children were very disappointed. Alex, who had Mrs. Sheppard in the first grade, said, "I remember there was a desk fairy and if you kept your desk clean, the fairy would give you a piece of candy." A long-time resident of Poolesville recalled that there used to be a Halloween parade through the middle of town. Mrs. Sheppard would dress up like a clown and march with the children handing out candy to every child. Megan and Loran Harney were both taught by Mrs. Sheppard. Megan remarked, "She speaks very quietly to the class." Loran added, "She is one of the best teachers I ever had."

It seems that Grace Sheppard will never tire of teaching. "It's the best job in the whole world, I get so much satisfaction from it," she said. There are legions of children who are now in high school, college, or working in the community who would agree that they were fortunate to have this special lady play a part in shaping their lives.



School News

All FCPS students

November 23 is a teacher work day. Schools close two hours early.

November 24 and 25, schools closed for all students and teachers for the Thanksgiving holiday.

All MCPS students

November 24 and 25, schools closed for all students and teachers for the Thanksgiving holiday.

Monocacy Elementary

Help the Homeless Week. MES collected over \$1,400, eleven boxes of food and other supplies. Thanks to all who contributed.

Yearbook Pictures Wanted.

Pictures are needed for this year's yearbook. Please send copies in an envelope marked "Yearbook." They will be accepted through January 6.

—Continued on Page 23.

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Volleyball Continued From Page 19.

Emerging from middle school as a leading basketball player, she decided to forego that sport in order to be on a travel volleyball club after the regular school season. Other final year leaders include Michelle Wining and Jenn Ogden. Jenn has led the team in blocks averaging one and a half blocks per game.

Senior Alice "Ice" Hardwick plays the libero position. This is in the backcourt where the key to success is often horizontal dexterity (another way of describing diving selflessly for the ball), strong return ability, and guts. Often the ball flies to the backcourt in such a way that the only possible response is diving for the ball, hands cupped together. When the libero player is able to reach out and scoop the ball just before it hits the court, this is called a dig. Ice is setting team records with five digs a game. It's hard work and comes with a price. As regional play gets started, she is playing with some torn ligaments in her wrist, determined to get through the play-offs regardless of the pain. Her hard work and talent seems to be paying off. Hardwick is getting some serious looks from colleges, and she no doubt helped her cause by being named to the county coaches All-Star team.

When asked if she thinks the team is motivated enough for the play-offs she simply smiles slightly, shakes her

head slowly, and looks at you with a cool look in her eye, calming stating, "Oh, we are ready. We are soooo ready. We have worked really hard. We are ready."

Setter and senior, Katie Becknell has consistently shown strength in serving and leads the team with two aces per game. Like Alice, Katie is planning to pursue volleyball at the college level. Her skills and success have also led to her being selected for the county coaches All-Star team. Watching her practice is the real clue to her achievement. She is always in the play, always prepared, intent, and most often crouched and ready to pounce. We think her nickname should be Tiger.

As the *Monocle* closes this issue, the girls go against Catoctin in the regional finals. From there, if successful, they will move to the state level finishing up the season by the end of the month. As in all sports, they refuse to look or think beyond the very next game. These girls know the fundamentals. They understand their specific roles on the team. Most importantly, they have learned how to reach deep within themselves in order to achieve their personal bests. Regardless of how the State finals turn out, there is one thing Coach DuVall can be proud of no matter what happens as these girls climb the hill to the state finals. These girls are ready! They are soooo ready!

Nature's Pharmacy Continued From Page 9—utilizing these drugs. When I visited the Garden I was amazed at the large areas of use: dermatology, gynecology, orthopedics, rheumatology, ophthalmology, oncology, gastroenterology, neurology and many more.

Our most commonly used pain reliever today is aspirin. It is man-made, but its chemistry is based on the properties of willow bark. The willow tree's easy peeling bark contains the herbal version of aspirin. American Indians made a poultice of it to deaden the pain of wounds. Willow trees grow from the Arctic to the tropics and were used by thousands of ethnic groups long before Bayer decided to turn Nature's aspirin into a pharmaceutical pill

Modern scientists must grapple with the dual nature of plants, the ability to both harm and cure. The nineteenth century was intoxicated, both literally and figuratively, with opium. The parent plant, *Papavar somniferum*, is the common poppy. In the Victorian literature of Sherlock Holm-

es and Charles Dickens, many of their famous, or infamous, characters were opium smokers. Remember the marvelous opening chapter of Dickens' *The Mystery of Edwin Drood*, where the degenerate effects of smoking opium are evocatively described. And yet look at opium's power in the form of prescription drugs, codeine and morphine, to relieve extraordinary pain. The beautiful poppy is grown today all over the world, mostly for illegal uses. The opium used for legal prescription drugs comes from poppy fields in Holland and Australia.

It is a well-known fact that one must be careful planting the beautiful foxglove plant in your garden if you have curious toddlers who love to put everything in their mouths. It is highly poisonous. Yet, over three million Americans with heart disease are prescribed digoxin, which is the active principle in digitalis or foxglove. Many lives have been saved by this two-headed beautiful flower.

The dual nature of plants in increasingly being researched in man's search for a cure for cancer You could

Things to Do

November 18

Knights of Columbus
Oktoberfest Dinner
St. Mary's Pavilion-Barnesville
5:00 p.m. to 7:00 p.m.

November 19

Women of St. Peter's Christmas Attic Sale
St. Peter's Church – 1:00 p.m.
Christmas decorations and items on sale

November 20

Thanksgiving Worship Service
Ecumenical
Hosted by Poolesville Presbyterian Church

November 30

Senior Activities
Owens Park
Second graders from Barnesville Elementary visit
Movie Day – "A Christmas Carol" or "The Grinch"?
10:00 a.m. to 2:00 p.m.

December 3

Frederick Children's Chorus
"It Takes a Whole Village" Concert
Governor Thomas Johnson High School
7:30 p.m.

December 3

Annual Widows and Orphans Dinner
Odd Fellows Lodge #97
Memorial Methodist Church
1:30 p.m.

December 7

Senior Activities
Owens Park
Stampin' Up holiday project
Cookie Baking for Special Friends
10:00 a.m. to 2:00 p.m.

December 10

Blood Drive (American Red Cross)
Boy Scout Project – Michael Rhodas Troop #496
Poolesville Baptist Church
9:00 a.m. to 3:00 p.m.

describe cancer as a state of rapidly dividing cells gone haywire. Plant poisons are ideally suited to kill these cells. Many chemotherapy drugs are plant derivatives. Of course, the downside of this cell killing ability is the lack of differentiation between good cells and bad cells. Scientists are now researching drugs that will target and kill only the bad cells. One of the most effective anti-cancer drugs is the unassuming-looking autumn crocus, or naked ladies. Its extract, *Colchicum autumnale*, has been known for centuries for its curative effects.

In the late 1970's, a new powerful drug was discovered that was invaluable in the treatment of breast, ovarian and cervical cancer. Its active principle, taxol, is derived from the English yew. It comes from the same yew tree oil once used by Scythian tribes to poison their arrows. Any horse owner knows not to grow yew trees in horse pastures. A few nibbles can kill a horse.

The seventeenth century apothecary, Nicholas Culpepper, was a big believer in herbal remedies. Today, if he walked into a CVS pharmacy, he would be surprised and pleased to see the many herbal plant extracts lining the druggist's shelves, that promise to cure everything from aging, depres-

sion, insomnia, multiple sclerosis, Parkinson's disease to wrinkles. Now, you can be a skeptic, or a believer, as you reach for a bottle of Echinacea, garlic, St. John's-wort, ginko, ginseng, feverfew, purslane, and hundreds more. My feeling is, if your doctor knows what you are taking, in moderation, and it works, it's your money. If I can give one recommendation, on the advice of Max and Sam, it would be for Echinacea. I have several coneflowers, Echinacea, in an outer garden, half hidden by a David Austin rose, next to several tall foxgloves. Very often, Max and Sam will purposely stroll to that garden, seek out the coneflowers, and eat their leaves. How is it that animals know instinctually which plant is poisonous, and which one might help their upset stomach. Interesting question.

A few months ago, while writing about the Museum of Garden History in London, I mentioned a study about the declining number of the world's plant species. Today, we often give lip service and passing concern to the problems attacking our globe. If our respect for nature and the preservation of natural plant species is not enough incentive, remember that their disappearance will not just be the loss of their lives but of our lives, too.

The Pulse

The Izaak Walton League

By Alicia Agnew

Driving down West Willard Road towards Poolesville, you may notice a small road named Izaak Walton Way with a sign posted: The Izaak Walton League. Although some people are under the impression that the League is a hunting club because of its shooting and archery ranges, the Izaak Walton League is actually a very important conservation group. The League in Poolesville is called the Bethesda-Chevy Chase Chapter (B-CC). There are approximately 320 chapters nationwide with more than 40,000 members.

The League was founded in 1920 when a group of fifty fishermen in Chicago became concerned about the pollution in the water. The group is named in honor of Izaak Walton, a fisherman who lived in the 1600s. He published a book called *The Compleat Angler* in 1653 which has had over

three hundred new printings and is one of the most published books in the English language. However, it is written in the old English style and phrases are often strangely worded by today's standards: "I have laid aside business, and gone fishing." The B-CC League was chartered on October 23, 1935 with fifteen members. This membership has grown in size until there are now over eight hundred members, and it is one of the most active leagues.

So what exactly does the League do? Members work on issues that concern them about air, water, soil, wildlife, and generally everything in the natural world. There is a paid staff at the National Headquarters on Muddy Branch Road. These staff members work on getting laws passed on issues concerning members. One project is

Save our Streams (SOS), an educational program focused on restoring streams and their surroundings. A few other issues include working on wind power, updating old coal factories to reduce their emissions, and replacing incandescent light bulbs with fluorescent bulbs to minimize energy expenses.



The B-CC Chapter of the Izaak Walton League

The chapter in Poolesville has created its own reserve consisting of 498 acres for its members to use. The land has been placed under the Conservation Easement Program, a perpetual

protection from development, but it is still owned by the League. On the land are archery and shooting ranges, fishing ponds, a nature trail, a campground, a picnic area, and a garden. There is also a lodge house where meetings and other activities are held.

The Bethesda-Chevy Chase Chapter is dedicated to protecting the Agricultural Reserve in Montgomery County. Montgomery County has always been an agricultural county, but pressure from developers has been steadily increasing. The Izaak Walton League wants to prevent farmland from being transformed into asphalt jungles and seeks to provide recreational facilities in the real outdoors.

Joining the Bethesda-Chevy Chase League is very simple. There is a dinner meeting on the third Wednesday of every month in the Chapter House. A potential member must attend three meetings before he/she is officially recognized. For those who enjoy the outdoors and would like to see it preserved, this is a group to join.

If you want more information on the League e-mail bchapmam@lan2wan.com.

School News Continued From Page 21—

The fourth graders are proud to present an art show dedicated to Chesapeake Bay birds. The display will be in the halls and the art room through November 22. Visitors are welcome. Please be sure to sing in at the office and in the guest book by the art room.

John Poole Middle School

This year's Variety Show takes place on December 2 from 7:00 p.m. to 9:00 p.m.

The winter dance will take place December 9 from 7:00 p.m. to 9:00 p.m. Tickets, \$5.00 each, must be purchased during lunch that week. Pizza and refreshments will be sold.

Boys and Girls Are Different? Dr. Leonard Sax will speak on December 13 from 7:00 p.m. to 9:00 p.m. in the media center about the topic of his recent book (covered in an earlier issue of the Monocle) *Gender Differences in Learning*. This lecture is open to the public.

New Winter Concert Date. A reminder to parents that the winter concert has been changed to December 20 at 7:00 p.m.

Poolesville High School

A Hot Time in the Old Town Tonight. The Midnight Players present their fall production November 18 and

19. Everyone is invited to come "boo the villains, sympathize with the heroines, and cheer the stalwart heroes." The evening will feature two short plays, "A Snake in the Grass" and "Wildcat Katie Brown," with an olio of songs, dances, and jokes between the plays. Come enjoy an evening of melodrama, November 18 at 7:30 p.m., and November 19 at 2:00 p.m. and 7:30 p.m. Tickets are \$8.00 for adults and \$5.00 for students.

A financial aid workshop for parents of college-bound juniors and seniors will be held at PHS in the media center on Tuesday, December 6 from 7:00 until 9:00 p.m. Parents attending will get their financial aid questions answered by representatives from the financial aid offices of Hood College.

Dining for Dollars Fundraiser. Eat at Glory Days Grill from Sunday to Thursday until December 17 and ten percent of the total food order will be contributed to the senior class. Ask your server for a copy of your Guest Check and mail to: PHS, Attn: Stephanie Gomer, 17501 Willard Rd., Poolesville, MD 20837. If you have any questions, call Ms. Gomer at 301-972-7926.

December 21 is the date for the winter concert.

December 23 is Alumni Day.

PHS Seniors Go Apes for Canaan Valley

Poolesville High School seniors spent four days and three nights at Canaan Valley in West Virginia during the first four days of November. This trip is one of the highlights of the Global Ecology Program's AP Environmental Science class, a capstone of the program, and, says teacher Billie Bradshaw, "Lovingly referred to as APES."

The main focus of the trip was to study energy usage, water quality, and land use, but the experience was much, much more than just a field trip. Among the activities included were: meeting with a geologist at Sideling Hill in western Maryland, a cutaway for the road which shows a syncline, a place where two tectonic plates collided causing a ripling effect perhaps 3.5 million years ago; wind turbines used to generate electricity, "It looked like *War of*



The Global Ecology Studies Program in the field.

the Worlds," says Billie Bradshaw; a reclaimed coal mine where the students participated in water testing; a night program with Park Rangers from Blackwater Falls; an eight-mile interpretive hike led by Ranger Mike Powell who said that being with a group of kids like these seniors leads him to believe we can have hope for

the future; an age cohort study of an old-growth forest in Cathedral State Park (one of very few old-growth forests on the east coast); and Project Wild activities. It is to be noted and the students should be commended about the Project Wild program

because they have received and completed Project Wild training that is usually given to elementary and middle school teachers.

This trip has taken place for the past eleven years, except for the Year of the Sniper, and is regarded with enthusiasm by the students.

The Fall Grand Buffet at Sugarloaf Mountain



The Comus Inn's Thanksgiving Bounty Menu

Chef Carved Roast Turkey with Wild Mushroom, Pear and Cognac Sauce

Chef Carved Prime Rib with Perigourdine Sauce

Port Glazed Baby Lamb Chops with Pearl Onions

Comus Inn House Smoked Salmon

Seafood Bounty Raw Bar with Mussels, Clams, Crawfish, Shrimp, and a Warm Salad of Seafood and Mushrooms

Petite Oysters with Bacon and Leeks

Stone Crab Fricassee

Pasta station with Three Sauces and Three Pastas with Toppings to include Shrimp and Crab and much more

A Variety of Terrines and Pâtés

Green Gumbo Soup (Gumbo d'Zherbes)

Saucy Corn Bread and Andouille Dressing

Roasted Root Vegetable Puree with Truffles

Roquefort Mashed Potatoes

Baked Figs in Winter Melon Compote

Grilled Vegetables with Garlic and Thyme

International Cheese and Fruit Display

The Dessert Table to Die For which includes Pumpkin Breads, Tortes, Gateaux, Petits Fours, Napoleons, Truffles, and Mousse



Thursday, November 24th, 2005

11:00 am – 5:00 pm

\$49.00 per person

Children under 12 one-half price

Reservations Required



Twenty Minutes From the Beltway

Old Hundred Road (Rt. 109) at Comus Road, three miles west of I-270 Exit 22

Local: 301-349-5100 Toll free: 1-866-349-5101