

The Monocacy

MONOCLE

Keeping an Eye on Local News

A Biweekly Newspaper

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These two dedicated Lions had their hands full keeping track of all the auction bids. Family Album on page 2 offers more photos.



The special joy in the solitude of running can also bring the thrill of victory. This girl with the feather in her hair knows. See Youth Sports on page 7.



The C&O Canal suffered damage due to heavy rains. In Your Own Backyard tells the story on page 8.



King Lion Milton Andrews was pleased to receive a donation from PACC's Gail Lee. Find out why in Tidbits on page 10.

Poolesville Sweeps 3A/2A/1A Swimming Again

By Jeff Stuart

Poolesville swimmers once again won the boys' and girls' 3A/2A/1A state championships at Eppley Natatorium on the campus of the University of Maryland on Saturday, February 23. It is becoming a pleasant Poolesville tradition. The boys won their eighth consecutive title with 317 points; the girls clinched their fifth straight, and seventh in eight years, with 344 points. Archrival Damascus was the runnerup in both competitions as they had been in the west region championship the week before.

As they have often done in the past, the Falcons started quickly, finishing first in the boys' and girls' 200 medley relay races. The Damascus boys had won that opening event at the west region championship the week before, so the Falcon boys took about a second off their region time, making a quick

Continued on page 14.



Champs Again!

Fair Access for Western Montgomery County Coalition Releases White Paper for Co-Location Project

By Rande Davis

A coalition of advocates in the Upcounty released a white paper setting the framework for the construction of a new multiuse, co-located facility in Poolesville that will benefit and serve Poolesville High School students and western Montgomery County residents. The proposed facility has the overwhelming support of the community (ninety-seven percent of the residents polled). The white paper was released at the first public meeting of the Fair Access Committee and will be officially presented to key county officials and organizations in the weeks ahead.

Montgomery County's Park and Planning Department, led by planning director Gwen Wright, has extensively researched co-location and provided data that supports this proposal. Beyond



This rendering of a new Poolesville school and community center serves as an icon of the proposal. An actual design will be submitted once funds have been identified.

Rendering by Two Tyres Design.

the positive impact for residents in a co-location project, the report identified numerous benefits for county agencies: the opportunity to promote agency collaboration versus competition

for resources, the possible enhancement of service delivery (more one-stop shopping for users), the potential for multi-generational destinations.

Continued on page 19.

Family Album



Let's face it, not every CPA is an auctioneer, but William Price filled the bill with enthusiasm and humor.



JoAnn Fox, Shirley Sporey, and Pat Ferris are usually found on the serving side of the table. This time, they got a chance to enjoy themselves a bit.



Penelope Singh came ready to celebrate Mardi Gras. Her dad, Praven, and brother, Micah, joined her.



The Brian Kitts family at St. Peter's Community Lenten Pancake Dinner.



The Longbrake family thinks breakfast can make the best dinner.



Ed Reed with son, Daniel. No word yet on whether he is giving up candy for Lent.



The ladies at Karen Kouneski's painting night at the House of Poolesville show off their amazing works of art.

Town Government

Commissioners Hear about Efforts To Protect the Ag Reserve and Next Year's Fireworks Display

By Link Hoewing

The Poolesville commissioners heard from representatives of the Montgomery Countryside Alliance (MCA) about the status of the Ag Reserve and from a representative of the local fire department about plans for next year's fireworks display at their March 4 meeting.

Appearing first was Caroline Taylor, executive director of the MCA, who was accompanied by MCA member Joyce Bailey and local orchard owner Gene Kingsbury. Taylor mentioned several programs that MCA has begun to help strengthen the Ag Reserve, including Land Link, an effort to connect farmers with those interested in offering long-term leases on agricultural land in the Reserve and programs to promote "permaculture," the preservation of soils by using natural methods of protecting the quality of farmland. MCA has also partnered with the Sugarloaf Citizens' Association (SCA) on the Zero Waste Task Force, a project aimed at trying to substantially reduce the amount of waste that is sent to the county's incinerator.

Bailey, a former Global Ecology Studies Program teacher at Poolesville High School, mentioned outreach MCA is doing with students. MCA members, including Kingsbury, meet with students to help expand their understanding of the Ag Reserve and farming in the Upcounty. MCA members have met with students at Poolesville, Damascus, and Sherwood High Schools. The effort is intended to provide a real-world perspective concerning farming and to help increase the appreciation the students have regarding the Ag Reserve and its role in the economy and the environment.

All three MCA representatives talked about both the positive role of the Ag Reserve and the threats it is facing. Kingsbury mentioned that his family originally arrived from Pennsylvania and, if there was no Ag Reserve, "I would still be working in the federal government rather than managing our family farm." Taylor reminded that development pressures and density down county put constant pressure on the Ag Reserve. On the plus side, she said that the Council of Governments recently decided against including an "outer beltway" in long-term plans being developed for the Washington area, reducing the pressure for more development in the Ag Reserve.

The commissioners next heard from Jeff Eck, a representative from the Upper Montgomery County Volunteer Fire Department (UMCVFD) which manages the annual fireworks display that is held south of Poolesville. The department relies on a grant from the town for the bulk of the money needed to pay for the event.

The UMCVFD has tried to make the fireworks display a family event since 2005 when the event was restarted after a lapse. He thanked the town and the sponsors of the event who provide the funds to make it a reality. Last year, the three-year contract the UMCVFD has with the company that has purchased and launched the fireworks expired. The department issued a request for a new three-year proposal and, after deliberation, settled on the bid proposed by Zambelli Fireworks Company. For 2019, the company offered to manage the fireworks display for \$12,500.

The UMCVFD was requesting a grant of \$11,250 from the town to support the event. The grant covers a large share of the total costs but sponsor support and revenue from parking fees charged at the event cover the rest. Last year, about nine hundred cars parked in the field where the event is held, and each car was charged a fee of \$5.

In response to a question, Eck acknowledged that food at last year's event was a problem. Vendors ran out of food, and people had to endure extremely long waits in order to get served. He said that this year, they have already signed up most of the vendors from last year and are focusing on ensuring that "traditional fireworks food"—meaning hot dogs, fries, and burgers—will be available. This should help shorten wait times and ensure enough food is available.

John Strong, the town engineer, next made a presentation concerning the status of the town's efforts to reduce "Inflow and Infiltration" (I&I) of groundwater into the town's sanitary sewer system. Sanitary sewer systems are designed to carry wastewater from toilets, dishwashers, sinks, or showers in homes or businesses.

Continued on page 18.

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Rande(m) Thoughts

Sometimes the Tension Is Too Much to Bear

By Rande Davis

Like a runner's heartbeat five steps from the finish line, the anticipatory tension all around us is building as we wait for the big news to break. Everyone seems to have an opinion on what will soon be proven with no possibility of uncertainty from either side. For me, it's as if each hour of every day finds my eyes gradually widening in astonishing wonder, as my jaw slowly drops. Sometime very, very soon, perhaps even before the ink dries on this paper, we will learn the truth. With spring a mere few weeks away, there are only a few more days to prove Punxsutawney Phil's prediction correct: Did he get it right?

If groundhogs drank, I suspect of Phil would be pretty much inebriated by now. Unlike his first prediction in 1887, when hardly anyone knew what he had predicted, in the modern-day world of social media, there is no place to hide—no hole too deep or too long—if wrong.

On the other hand, with a thirty-nine percent success rate, maybe he is well prepared for the downside. He has a tough job. If another Phil I loved (Rizzuto) had been that successful, he would have batted .390. Thank goodness he is in the Hall of Fame anyway. The good news for our marmot Phil is that, no matter what, he's not to blame. It's actually not what he predicts, it's what he sees. No shadow, no sun, and no early spring. For him the hardest part is that with such a robust body, it's sometimes darn near impossible for him to see his shadow if it's behind him, so give 'im a break.

Sometimes, we at the *Monocle* know what it is like for Phil. After all, everything we do is out there for everyone to see. In any given edition of the *Monocle*, we produce around thirteen thousand words. I can't fully relax until seventy-two hours after the paper goes out. If we get something wrong, no matter how slight, we will learn about it within three days. I did some math: Since our first issue, I calculate that we have published 4,680,000 words. Whew, that's a lot of "talking" even for someone like me.

For those of you who have been with us since the beginning, it may surprise you to know we are entering

our fifteenth year. It was on March 5, 2004 that the very first *Monocacy Monocle* hit the streets. That's just about the time that print media began its slow descent. Good timing is such a gift, not always my friend.

As we aged, we got so much better by bringing aboard a crew of really talented and amazingly-dedicated writers. John and I could not be prouder of them. Copy editor Dominique Agnew has been our professional safety net. She has not played baseball, but if she had, she'd have made the Hall of Fame. We have appreciated the professional photographic contributions of Hillary Schwab and Terri Pitts, too. Although we've lost our dear Neville Smith, we so appreciate all our home delivery people, like the Ventura family, and especially Marion Smith who has handled our southern Frederick County home and commercial delivery from nearly day one. We brought aboard AnyArt Solutions a few years back, and Anne-Marie Thomas and Laura Muncy keep us excited every issue with their amazing and vibrant creativity.

All things considered, when asked how we survived when so many others have not, the answer goes to two essential contributors to our success: the appreciation of our readers and the financial support of our advertisers. I want you to know that each little pat on the back and thank you from a reader is a powerful motivator.

To our readers: Thank you, thank you, thank you.

To our advertisers: It is you who have made everything possible. Our partnering advertisers are the same businesses you see supporting the community by leading in every and all ways through contributions and personal participation in the many groups that make our community what it is. They understand, perhaps better than most, the role and contribution to a community that a newspaper makes, especially in a small community. Some businesses only want to sell something, while other businesses want even more; our advertisers want to be part of your life.

We at the *Monocle* are so humbled and appreciative of the honor of chronicling your life, your achievements, your victories, even your setbacks, from the early years to the last. We may not ever have a plaque in a hall of fame, but the honor of having an article from the *Monocle* taped to the side of your refrigerator makes it all worthwhile. From our publisher family to you and yours, thank you from the very bottom of our heart.

Letter to the Editor

Congress Can Save Lives by Fully Funding America's Bone Marrow and Cord Blood Registries

Dear Editor,

After being diagnosed with acute lymphoblastic leukemia, I wasn't sure where to turn. That is, until I was given a second chance at life by the National Marrow Donor Program/Be The Match®, which is federally funded by the C.W. Bill Young Cell Transplantation Program.

Every year, 12,000 Americans are diagnosed with life-threatening cancers of the blood and other blood disorders for which bone marrow and blood stem cell transplant is the best or only chance for survival. Luckily for me, Be the Match found a life-saving

donor match. I knew I was not alone in my journey.

Despite extraordinary outcomes and 92,000 lives saved, the registry must expand to meet growing demand and an increasingly diverse patient population. This creates challenges in finding the best possible genetic match for all patients in need, especially those with ethnically diverse backgrounds.

While I was fortunate that a matched donor was found, not all patients are as fortunate which is why I joined advocates from across the country last week in asking Congress to fully fund the C.W. Bill Young Cell Transplantation Program.

As a patient advocate committed to ensuring more lives are saved through cellular transplant, I urge Senators Ben Cardin and Chris Van Hollen and Representative David Trone to stand with me and support increased funding for this lifesaving program.

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Send it along to editor@monocacymonocle.com

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School News

BtheOne: A Program for Suicide Prevention

By Andrew Sojka and Ethan Rolls

The week of February 25 was BtheOne Week at Poolesville High School. BtheOne is a youth-led county-wide initiative founded in 2016 that advocates for suicide awareness and substance abuse prevention. Over the last two years, the PHS Students Against Destructive Decisions (SADD) chapter has collaborated with the Upcounty Prevention Network (UPN) to support and advocate for BtheOne.



Throughout BtheOne Week, PHS SADD publicized information reinforcing the need to take action against the epidemic of teen suicide. Public Service Announcements (PSAs) that had been entered in the BtheOne suicide prevention video contest were shown daily on the student news broadcasts. The PHS SADD Chapter would like to congratulate video creators Joey Geehreg, Ethan McNeal, Joey Early, and Bryan Kindel, along with Joe Dwyer, who composed original music for their entry, for earning runner-up recognition in this contest. Well done, and way to represent PHS! Winning PSAs are airing county-wide at movie theaters soon.

PHS SADD also partnered with UPN to mark BtheOne Week with an all-day fundraiser on February 27 at the Mexican Grill. They generously donated ten percent of their proceeds in support of future suicide prevention activities in the community. Thank you for being such caring members of the Poolesville family!

Visit BtheOne.org for more information about this life-saving program.

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Garden

A Journey Of a Gardener

By Maureen O'Connell

Your garden lives in an ecosystem. It is more than a collection of plants; it is a community of plants, birds, pollinators, and other wildlife (including those in the soil, water, and air) that live in a symbiotic relationship. It also lives in a state of evolution. As Charles Darwin has explained to us, there are several types of evolution. One is co-evolution when two species or groups of species evolve alongside each other and where one adapts to changes in the other. Flowering plants and pollinating insects, such as bees, is a simple

example. Looking at this phenomenon of nature through Darwin's eyes and mind, it is a corollary that plants evolve in response to environmental changes. Most plants live in areas with very specific climatic conditions, such as temperature and rainfall patterns, that enable them to thrive. Any change in the climate of an area can affect the plants living there, as well as the makeup of the entire ecosystem. Some seasonal plants can adapt quickly, even genetically, to changes, but many cannot. This brings up the question of global warming. I believe that there is ample scientific evidence to support this. Several years ago, I saw the magnificent baobab trees in Africa and Madagascar. They are the oldest seed-producing trees in the world—some are more than two thousand years old. Today, many of them in west Africa have abruptly died, wholly or in part. After all those years of existence, they could not adapt to today's environmental conditions. I was surprised to see hundreds of lantana plants growing along the potholed dusty roads of southwest Madagascar—and thriving. I had to get out of the car to make sure that it was the same type of plant I had growing in my garden in Barnesville. Two very different climates, and they both adapted and survived. In Madagascar, lantana was too successful; it became an invasive, noxious weed, but, with a careful control of where it grew, the local farmers were able to keep it from spreading into the forestland. This option created a positive impact for the area wildlife. The lantana became an important source of food for several endangered, endemic species—a perfect example of a symbiotic relationship. How can one species of plant live and thrive in three different climatic conditions? Five years ago on a trip to the Cape of Good Hope in South Africa, I noticed a brilliant flower, an agapanthus, growing freely in the crannies of this rocky headland on the Atlantic coast of the Cape Peninsula. Later that year, I saw more of them blooming prodigiously in a park in downtown Carmel, California. Here again, two different climate areas. As an experiment this last summer, I planted eight agapanthus plants, four in the ground and four in pots. I shall soon see if they have adapted to a third climate.

As the climate changes (I shall leave it up to you whether or not this is attributable to global warming or natural weather cycles) and pests have become more aggressive and new ones arrive on our shores, the chemical industry has stepped in to help us by developing an arsenal of new pesticides guaranteed to reduce or stop the effects of insects (beneficial or not), heat, humidity, and drought. As Dupont would say: "Better Living through Chemistry."

You now might be asking yourself, what does this have to do with this article's title, "A Journey of a Gardener"? Well, in an "around Robin Hood's barn" way, it does. A gardener is always evolving, as she responds to the vagaries of nature, the latest must-have plant lists, the success or non-success of plants, and her commitment to the safeguarding of the environment. When I first started gardening, about forty years ago, my garden was very simple. It consisted of one long, rectangular plot in which I planted red and yellow zinnias and yellow and orange marigolds which I lovingly raised from Burpee seeds. They were lined up like little tin soldiers all neat in a row. Quite boring, but it was a start. I moved to Barnesville in 1980, and I inherited a "somewhat garden" of many white pine trees, a few dogwood trees, and flowers of no know origin or name. I quickly changed that; no more growing plants from seeds; they take too long to



July 2018: Heliopsis Asahi and Russian Sage (no chemicals allowed).

germinate and take up too much living room and dining room tabletop space. I anxiously awaited each winter for the arrival of the garden catalogues of White Flower Farm and Wayside Gardens. I always ordered too many plants, but I always found a new bed for them. My main love belonged to roses. At one point, I had ninety-two bushes: hybrid teas, grandifloras, climbing roses, and my most favorite David Austin English roses.

At that time, there was not as much concern/awareness of environmental conservation as there is today. Rachel Carson's book *Silent Spring* was published in 1962; it documented the adverse effects on the environment of the indiscriminate use of pesticides. It was met with enormous public interest and substantial criticism. The chemical industry took note of this development, but they still provided farmers and gardeners with an arsenal of herbicides, insecticides, and fungicides to keep pests and diseases from crops and garden plants. The aisles of big-box stores and garden centers were lined from floor to ceiling with all kinds of -cides. Pick your pest or disease and pick your poison—and they worked. All my flowers, especially my roses, were unbelievably gorgeous; they looked as if

Continued on page 9.

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Youth Sports

Poolesville Senior Nandini Satsangi: The Girl with the Feather in Her Hair

By Jeff Stuart

Going into her senior year, Poolesville's Nandini Satsangi had already won three state championships and several region titles. In cross country this fall, she finished first in the region with a season record time and placed second in the state.

She got off to a quick start in the track and field indoor season, running a personal best in the 1600 on December 11 in the first meet of the year.

She won her first ever county championship in both the 1600 and 3200. She was the first PHS female champ ever in these events, and she went on to sweep both events at the region and state championships.

"Nandini is one of the most tenacious runners I have worked with," said Coach Prasad Gerard. "She may get knocked down, but she will come back more determined than ever."

As Satsangi prepares for the spring season, the *Monocle* had a conversation with her:

Do you have any pre-race superstitions/rituals?

I always race with my signature feather in my hair; it is not necessarily superstitious. I started racing with a feather in my hair when I was young because ducks are my favorite animal. I also always shave my legs before a race to decrease the wind resistance and increase the aerodynamics.

What's your favorite pre-race meal?

I like to eat pasta the night before morning races, but if I'm racing in the afternoon the next day, I have a late-night steak.

Is there anything you do the night before to help you prepare for a race?

The night before a race, I like to drain my legs on a wall and visualize how I want my race to play out. I also like to watch inspirational movies occasionally, such as Rocky or The Blind Side.

What kinds of things do you think about as you run?

When I race, I think about enjoying the flow of the race and feeling my own power. Sometimes I will use self-talk and words such as "fly" for downhill, or "drive" for uphill, and other times I will just get lost enjoying the course.

What type of music pumps your adrenaline before you run?

I don't always listen to music before races, but when I do, I like to listen to songs by Eminem or rock such as "Thunderstruck" or the "Immigrant Song," a couple of my other favorites are "Chariots of Fire," "Hall of Fame," and "Big Time Rush."

What do you enjoy most about running?

Nothing is more perfect than a ten-mile trail run, burning core, and a jump in the creek! I love driving up hills, playing curves, flying down downhills because I find the most joy in feeling my own strength and pushing myself out of curiosity, just to see how fast I can go. I also love the amazing sportsmanship and personalities of all my teammates and competitors around me. I have never met a runner without a good heart and a friendly smile!


On a scale of one to ten, ten being the highest, how competitive would you say you are?

I would say I am a fairly competitive person, around an eight/ten; however,



Three-time state champion, senior Nandini Satsangi.

Continued on page 11.




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In Your Own Backyard Discovering Blockhouse Point

By Jon Wolz

Over the years, as I have driven along River Road near Pettit Way, I've passed a large wooded area that appeared to be a park. Last November, I did some research and found that this area is a Montgomery County park called Blockhouse Point Conservation Park. The park is named for a Civil War fort that once stood on the bluffs overlooking the C&O Canal, the Potomac River, and the Virginia shoreline. Today, the park contains 630 acres of mostly mature hardwood trees and seven miles of hiking trails. Beginning in December, I have been on several walks at this park with Steve Horvath and my son Thomas. The trails can be soggy and muddy at times, even frozen and snow-covered trails. The walk from the small parking lot on River Road near Pettit Drive along the Blockhouse Trail is 1.5 miles to the overlook which offers one of the most spectacular views of the Potomac River in Montgomery County. I rate the view second only to the views at Great Falls. At the point, the rapids on the Potomac can be seen and heard. Also, it looks directly down upon the C&O Canal. In the distance, across the river, rises the heavily-treed shoreline of Virginia. Off of the Blockhouse Trail, there is a Spring House Trail where Union troops collected fresh water from three springs. On another walk, Steve, Thomas, and I walked the Canyon Trail that is a half-mile walk from a larger parking lot through a grassy area and ends at the canal. Both young and old walk and run these trails. Dogs are allowed on most of the trails as is horseback riding.

On July 10, 1861, Confederate Gen. Robert E. Lee wrote Col. Eppa Hunton, commanding troops in Loudoun County, Virginia, "It is necessary to destroy the navigation of the Chesapeake and Ohio Canal, to prevent its being used by the enemy." In October 1861 after the Battle of Ball's Bluff, Union troops were ordered to leave Poolesville and camp at Muddy Branch near Pennyfield Lock of the C&O Canal. They were to guard the C&O Canal and keep a lookout along the Potomac River from Seneca to Great Falls. These troops were instructed to build blockhouses that were built during January and February 1862. They were forty-eight feet square with walls four feet thick and twelve feet high with loopholes for infantry arms. The

roofs were three feet thick with logs and covered with three feet of earth. The forts were in the shape of a cross. Union forces reported Confederate troop movements before and after the Battles of Antietam and Gettysburg.

Today, nothing remains of the forts. In July 1864, after the Battle of the Monocacy, Confederate Gen. Jubal A. Early set his sights on attacking Washington, D.C. The Union troops stationed at Muddy Branch left the area and went to defend the attack by Early on Washington. Seizing this opportunity, Confederate Col. John S. Mosby and his raiders forded the Potomac River, traveling beneath the C&O Canal through culvert #30 that carries Muddy Branch through it. The raiders destroyed the blockhouses and the abandoned Union camps. The blockhouses were not rebuilt.

After visiting Blockhouse Point Park for several walks, I was curious to see how the overlook appeared from the towpath of the C&O Canal. On a sunny and mild afternoon in late February, Steve Horvath and I visited Pennyfield Lock and walked to Riley's Lock. There were several people enjoying the sunshine and the towpath that afternoon. Steve is very outgoing, so we met several people that day. At Pennyfield Lock, Steve and I walked to the spot where a white wood framed house once stood. It was across the canal, opposite the lockhouse. As a Boy Scout, I once stood on the front porch with other scouts looking in the windows.

President Grover Cleveland loved to fish the Potomac River and had stayed in the old house. In Thomas Hahn's *Towpath Guide to the C&O Canal*, it reads, "Ma Pennyfield, who cooked for the president, once called upstairs to ask, 'Mr. President, do you want your eels skinned or unskinned?'" The old white house fell into disrepair and was torn down in 2009. Walking along the towpath, we saw numerous mallard ducks in the canal. Near Pennyfield Lock, there was significant towpath damage caused by river flooding. At one spot, looking up, we saw the cliff leading up to the Blockhouse Point, a huge rock in the canal just below the cliff. Farther up the towpath, turtles sunned themselves on logs and black vultures roosted in trees. Near Violette's Lock, next to the towpath, a historic stone reads, "22 MILES to W.C." The W.C. stands for Washington City. At Violette's Lock, Dam #2 overlooks the Potomac River. At Riley's Lock, a man fished from the Seneca Aqueduct.

Special Note: I am organizing a team for two canal cleanup days: March 30,

Continued on page 9.

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Continued from page 6.

A Journey of a Gardener

they had come straight out of the floral shop or the garden catalogues. Every Saturday morning, I would fill up the large white tank on the back of my Gator with a mixture of insecticides and fungicides, and I would drive around all my gardens to do my drive-by spraying. About eight to ten years ago, I started to look a little more closely at the plants; I noticed dead bees, butterflies, and moths on my roses and other flowering plants after I had sprayed. I dutifully followed the environmental warnings on the products: don't spray on a windy day, near streams, or when bees are active, but that didn't make any difference, especially if the pesticide was systemic, so I decided that I would not use any pesticides in my garden; if the plants could not survive without my help, they would not be in my garden. It was survival of the fittest.

The plants I have in my garden now are mostly native to the area. Over time, they have adapted to its climatic conditions. They are more able to deal with heat, drought, humidity, and pests and they have formed a symbiotic relationship with native wildlife over thousands of years. A yard full of native plants is a yard full of well-fed birds. I still experiment a bit with some different or exotic species, but, here again, they must survive on their own.

My journey as a gardener has taken many side trips and detours, some worth it, some not, but that is the meaning of evolution, whatever the species.

Continued from page 8.

Discovering Blockhouse Point

9:00 a.m. to noon, we will meet at the White's Ferry parking lot; and April 6, 9:00 a.m. to noon, at the Monocacy Aqueduct/Lock 27, meeting at the Monocacy Aqueduct parking lot. The Alice Ferguson Foundation is providing bags and gloves. Students can earn SSL hours. Those wanting to volunteer should contact me at Wolzjon@hotmail.com or call me with questions at 240-888-5367.

The historical information contained in this article was obtained from *Heritage Montgomery* publications.



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Tidbits

Auel Achieves Eagle Scout Rank

Congratulations to Aidan Auel for his induction into the Eagle Scout Court of Honor on February 24. His Eagle Scout Project encompassed a total of 170.5 work hours, which included Aidan leading the scouts and adults of Troop 496 in the construction of eight mason bee houses that he distributed to areas within Poolesville and the Agricultural Reserve to help local pollination needs. He chose mason bees and leafcutter bees because they can be up to one hundred percent more effective as pollinators than honeybees.



This Scout got special recognition on the day he made Eagle!

PACC Presents Payment to Monocacy Lions Club

Gail Lee, president of the Poolesville Area Chamber of Commerce (PACC), presented \$1,000 to the Monocacy Lions Club for its partnership with the PACC in the annual 5K walk/race during Poolesville Day. The Lions assist in management of the popular race by helping with registration, race-day signups, and event safety. Additionally, many of the 5K sponsors own firms whose owners are also members of the Lions Club.

These Little Piggies Didn't Go to the Market

The Price family in Dickerson recently placed their home on the market, never expecting it would cost them the loss of some of very special friends. The good news is that the friends are not human, but the bad news is that the missing friends are their little iconic piggy statues that have graced their front yard for many years and have been enjoyed by passersby for many years. Mrs. Price has displayed the pigs in various seasonal and light-hearted displays, showing the pigs, for example, as if at the beach, enjoying Christmas, St. Patrick's Day, and other humorous themes.

Dickerson neighbors rallied to raise money to replace the cute statues; however, Joyce Price requested that the funds go to a local charity instead: Star Gazing Farm in Boyds, which rescues farm animals, large and small (stargazingfarm.org). Donations will be used in support of Waldo, a real pig under the care of the sanctuary.



The stolen little plaster pigs didn't get to the market, but their predicament did lead to helping a real-life pig.

Continued on page 20.

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Continued from page 7.

Poolesville Senior Nandini Satsangi: The Girl with the Feather in Her Hair

when I run, my motivation is rarely place or time. My drive comes from enjoying the feeling of racing and running fast.

Do you like other sports?

Although I like to argue that running is the only "real" sport, I like to swim, cross country ski, and do martial arts.

Have you looked at colleges?

I am not sure where I am going to commit to; Penn State, University of Maryland, and University of Illinois are my top choices.

Can you comment on your epilepsy?

Any sport is full of obstacles for everyone. Epilepsy is just another one for me. The hardest part about epilepsy isn't having a seizure, but when it limits me from doing the things I love. Side effects from my medications can impact my running, and I am constantly changing my dosage to try to find the right balance, which has proven to be very difficult; however, running has also taught me that I am stronger because of my obstacles, and there are no limits to what I can do, on and off the course.

Tell me about the Poolesville experience and your teammates?

Yes, the Poolesville team is a close-knit group. I am going to miss all of them when I graduate, especially the budding underclassmen such as Chris Stallard, Daniel Ponciano, Mac Gallagher, Mikayla Durr, and Emily Li, who have lots of potential, and of course my junior, Logan Rhode. Macy Palmer, a fellow senior captain, is someone who really impresses and inspires me. In her freshman year, she could barely finish a 5K, and now she is a strong runner on varsity! I've been close friends with Jairo and Anthony, who both used to play soccer, since freshman year, and Josh Tiren is like an older brother to me, always looking out for me and cheering me up after bad races.

Memes are a big part of the cross country and indoor track culture. Although we all contribute, the main masterminds behind the memes are Chris Stallard and Lillian Hsu. The memes usually consist of quotes from Coach Gerard, inside

jokes, pictures taken at practice, and/or bad running photos. We also have a tradition of banquet cakes where we bake cakes at the end of the XC season which depict or sum up the most iconic moments of the season.

The cold of indoor definitely helps keep the team close (figuratively and literally). We keep our spirits high when the temperature is low by hosting our annual bread fight, throwing snowballs, running striders on ice (I do not advise), and hiding under the high jump tarp when it gets too cold.

My teammates are great motivators when it comes to workouts. Chris and I have been training together for most of the indoor season. He is one of the best training partners I could ask for. The word "compete" comes from the Latin word *competere* meaning "to strive together"; this rings true for our team. We encourage and push each other to get the best out of ourselves. We "strive together" to support each other in endeavors other than running, as well. My teammates and I share each other's ups and downs. They help me through tough times, whether it is epilepsy struggles, academic stress, or even just a bad day. These people have my back. I am honored and lucky to be part of this great team and to have such wonderful people in my life.

Our team is very tight with each other, but I'd also like to note that we're friends with many other teams we compete with; sportsmanship is a big part of running. At races, we cheer for other teams as well as our own and congratulate our competitors afterward. I have many friends on other teams, and that is the case for most of the team.

Academically, Poolesville is quite unique. I don't think there are many schools where GPAs are considered major bragging rights. The majority of people are incredibly driven which makes for a great atmosphere. It is, however, a challenge to manage academics, sports, and sleep with the workload of the various programs. Most of us become very skilled at organization and management to balance all of them.

Do you have a favorite experience related to track or cross country since you have been at Poolesville?

My freshman year at the XC regionals, we placed first as a team. I had no idea how the scoring worked or what it meant, but I was so happy to see all my teammates so ecstatic. Some of the seniors were in tears. It made me very proud to be part of the team.

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Things To Do

Poolesville Area Senior Center

All events at 17750 W. Willard Road, Poolesville

Pickleball: Monday, Wednesday, and Friday: 8:30 a.m.

Zumba Gold: Wednesday at 1:00 p.m.

Mahjong: Thursdays, Room 129, 10:00 a.m.

The Blue Hearth is now open every weekend.

Families Anonymous Together Support Group

This group is for families and friends of persons with addictive behavior. *St. Peter's Episcopal Church, Poolesville.* Every Tuesday evening: 7:00 p.m. to 8:00 p.m.

Get Ready to Rummage

St. Peter's Spring Rummage Sale is scheduled for March 28 to 30. The church is accepting item donations now, and they may be left at the church. Furniture is no longer accepted, and the only books accepted are children's books, craft books, and cookbooks.

March 8

UMCVFD Auxiliary Bingo

Featuring cash and gift cards as well as door prize drawings. Enjoy an evening of relaxing fun while helping to support your local fire department. Bring a friend! Refreshments available for purchase. *UMCVFD Firehouse, 19801 Beallsville Rd.* \$20. Doors open at 5:30 p.m.; games start at 7:00 p.m.

March 9

St. Mary's Annual St. Patrick's Day Dinner Celebration

Irish food and beer, Ceili dancers, and Irish entertainment. \$20 per person in advance at 301-972-8660 or \$25 at door. Children 12 and under free. *St. Mary's Pavilion.* 6:30 p.m. to 9:30 p.m.

March 10

Historic Medley District's Speakers Series

Join Kenny Sholes as he leads a discussion on the many historic homes and buildings in our region. Whether you've lived here for ten minutes or ten generations, this land is now part of your inheritance. With this inheritance comes a great responsibility and opportunity to learn from those before us and to shape the lives of those who will come after. *Old Town Hall Bank Museum.* 4:00 p.m.

March 11

Meet the Coaches Night

Poolesville High School. 6:30 p.m.

March 12

Craft Day—Eggstravaganza

PASC Special Event: In the café, 17550 West Willard Rd. 2:00 p.m.

March 13

Poolesville Planning Commission

Poolesville Town Hall. 7:30 p.m.

March 14

Lunch and St. Patrick's Bingo

PASC Special Event: In the café, 17550 West Willard Rd. 12:00 p.m.

March 16

Celebrate St. Patrick's Day Locally

Cugini's, Bassett's, and/or House of Poolesville. See their ads in this issue for specials and times.

8th Annual Knights of Columbus 3-on-3 Half-Court Basketball Tournament

Open to female and male players, ages 6 to 99. The tournament's youth and adult divisions ensure lots of on-court action from start to finish. Entry fee is one non-perishable food item per player, to be donated to WUMCO Help, Inc., a food bank that serves our community. For more information, contact Donald Patti, Knights Council #6901, at 866-478-8080 or nash Rambler@yahoo.com. *Poolesville Baptist Church, 17550 W. Willard Rd., Poolesville.* 12:30 p.m.

March 18

Poolesville Commissioners' Meeting

Poolesville Town Hall. 7:30 p.m.

March 19

Pizza & Movie Night

PASC Special Event: *God Bless The Broken Road.* In the café, 17550 West Willard Rd. 6:00 p.m.

March 21

PHS Varsity Home Games

Girls' tennis. Churchill. 3:15 p.m.

Girls' lacrosse. Richard Montgomery. 7:00 p.m.

Baseball. Northwest. 3:15 p.m.

Softball. Northwest. 3:45 p.m.

March 28 to 30

St. Peter's Spring Rummage Sale

Household items, clothing, jewelry, linens, crafts, toys, baby stuff, electronics, movies and music, antique/vintage items, pet things, tools, camping, sports, gardening, and more. Thursday: 5:00 p.m. to 8:00 p.m., Friday: 9:00 a.m. to 8:00 p.m., and Saturday: 9:00 a.m. to noon.



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Matters

Celebrating 51 Years of Service

by R. Adam DeBaugh, Assistant Executive Director

WUMCO Office Update

Hello again! I finally returned to work on February 25 after being out since January 31! A series of illnesses laid me low and had me in the hospital twice with strep throat, diabetic ketoacidosis, bronchitis, and worries about elevated heart rate. My diabetes is now well controlled, my strength and stamina are good, and I am happy to be back at work at WUMCO Help.

Many thanks to Catherine Beliveau and Kevin Beliveau for working in my absence to keep us up to date and to many volunteers who stepped up and helped out: Jeff Styneck, Melissa LeMarr, Melanie Purdy, the ROI Allstars, Phil Shanholtzer, Jorge Valles, Bill McDonald, Sharon Hallman, Barbara Faith, and others who staffed the office over the past month and a half. THANK YOU to all our volunteers!

WUMCO Help Membership

As of February 28, we currently have 239 members. Membership income thus far totals \$79,085 in cash and pledges. Membership is a major and important source of funding. We provide emergency services to low-income families and individuals who need a helping hand, including not only food from our food pantry and rides for our clients to doctors' appointments, but also financial assistance for utilities, rent, medical expenses, and car costs. In the past 12 months we distributed over \$100,000 to people in need, thanks in large part to your membership contributions. All the payments are always made directly to the vendors and not the clients.

Please join us by sending your membership check to become a Feeder (\$50 a year), Driver (\$100 a year), House Warmer (\$200 a year), Sustainer (\$400 a year), or Jane Stearns Circle member (at least \$600 a year). Send your membership contribution to WUMCO Help, P.O. Box 247, Poolesville, MD 20837, or on our website at www.wumcohelp.org/Membership. Thank you!

Visit our website and follow us on Facebook and Twitter:

www.wumcohelp.org * WUMCO Help, Inc. * @WUMCOHelp * 301/972-8481
17550 W. Willard Rd., Poolesville, MD 20837

Questions?

Please write Adam DeBaugh at wumco2@gmail.com if you have any questions, comments, or ideas for this column.

Yeas and Neighs

Straight from the Horse's Mouth: Equine Adages, Idioms, and Proverbs

By Andie Devynck

How often do you hear or use common quotes that refer to horses? Have you ever wondered about the origins of morals, quips, aphorisms, and verse that use the qualities of horses to explain those of humans? We have more phrases about horses than any other animal; only phrases about dogs come close. Horses don't loom large in the lives of most English-speaking people today, but they did at the time that modern English began to be formed in the sixteenth century. Here is a smattering that you have likely heard before, some that may be new to you, and some of the famous (or not so much) mouths, pens, or typewriters from which they sprang.

A horse is worth more than riches.
Spanish Proverb

Good people get cheated, just as good horses get ridden.
Chinese Proverb

When you are on a great horse, you have the best seat you will ever have.
Sir Winston Churchill

There is something about the outside of a horse that is good for the inside of a man.
Sir Winston Churchill

Ride the horse in the direction it's going.
Werner Erhard

Whoever said a horse was dumb, was dumb.
Will Rogers

A horse doesn't care how much you know until he knows how much you care.
Pat Parelli

Horse sense is the thing a horse has which keeps it from betting on people.
W.C. Fields

The horse is a mirror to your soul and sometimes you might not like what you see in the mirror.
Buck Brannaman

Don't change horses in midstream.
Often attributed to an 1864 speech by Abraham Lincoln, which warns against changing plans in the middle of a project.

The daughter who won't lift a finger in the house is the same child who cycles madly off in the pouring rain to spend all morning mucking out a stable.
Samantha Armstrong

It's a lot like nuts and bolts—if the rider's nuts, the horse bolts!
Nicholas Evans

You can take a horse to water, but you can't make it drink.
Found in the collected proverbs of John Heywood (1546).

Ce n'est pas la mort du petit cheval.
French Proverb
Literally: It's not the death of the small horse.
Figuratively: It's not the end of the world.

La superbia va a cavallo e torna a piedi.
Italian Proverb
Translation: Pride rides a horse and walks back.

Ar gefn ei geffyl gwyn.
Welsh Proverb

Translation: On the back of his white horse.
Rather than the knightly connotations which a white horse often suggests, the phrase is used to mean "full of mischief."

Quiet horses kick the hardest.
Armenian Proverb

Fear the goat from the front, the horse from the rear, and man from all sides.
Russian Proverb

Trouble rides a fast horse.
Italian Proverb

The man who does not love a horse cannot love a woman.
Spanish Proverb

There is nothing so good for the inside of a man as the outside of a horse.
John Lubbock – "Recreation," The Use of Life, 1894.

"He's of the colour of the nutmeg, and of the heat of the ginger.... he is pure air and fire; and the dull elements of earth and water never appear in him, but only in patient stillness while his rider mounts him;

Continued on page 18.



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Continued from page 1.

Poolesville Sweeps 3A/2A/1A Swimming Again

statement. Their time of 1:40.16 was about a half second better than the Damascus winning time in the region.

The boys placed first in just two events: the 200 medley relay (sophomore Jonathan Ye, freshman Justin Yi, freshman Maxwell Chen, and junior Kenny Song) and the 200 IM, won by Chen in 1:57.55.

Led by triple winner Moshelle Borjigin, the girls finished first in four events.

Borjigin swam the opening leg of the 200 medley relay (Borjigin, junior Helena Narisu, freshman Sophie Elliott, and senior Miranda Liu). The junior also repeated as 200 and 500 freestyle champion. Senior captain Autumn Wang finished first in the 100 backstroke.

It took more than the first-place finishes for the girls and boys to repeat. Again, the Falcons displayed great overall depth. For the girls, Elliott was second in the 200- and the 500-yard freestyle. Narisu was second in the 200-yard IM and the 100-yard breaststroke. Senior captain Rachel Ryan was second in the 100-yard backstroke.

The Falcons finished second in the 200-yard freestyle relay (Liu, sophomore Helen Matia, Wang, and Ryan) and the final event of the day, the 400-yard freestyle relay (Elliott, Matia, Ryan, and Borjigin). In that final event, the girls finished just a half second behind Damascus. Matia placed fifth in the 50-yard freestyle. Junior Sofie Allison was fifth in the 100-yard butterfly, and sophomore Jacqueline Li was fifth in the 100-yard breaststroke.

On the boys' side, senior captain Jisu Kim was second in the 100-yard butterfly and third in the 200-yard freestyle. Ye was second in the 100-yard freestyle and third in the 100-yard backstroke. The quartet for the 400-yard freestyle relay (Jisu Kim, junior Minsu Kim, freshman Gordon Lee, and Ye) finished second. Chen was third in the 50-yard freestyle and the 100-yard butterfly. The 200-yard freestyle relay, which finished first in the region with a three tenths of a second win over Damascus, was disqualified by an early start at states.

Lee placed fourth in the 200-yard freestyle. Yi was fourth in the 200-yard IM and the 100-yard breaststroke. Song was fourth in the 50-yard freestyle.

Freshman Konnor Chen was fifth in the 500-yard freestyle, and sophomore Joshua Hou was fifth in the 100-yard backstroke.

Senior captain Bryce Davis finished ninth in the diving competition.

Both the boys and girls won their eighth straight west region titles on February 16 at the Fairland Aquatic Center, setting four meet records.

The girls' 200-medley relay set a meet record (1:52.71). Jisu Kim set the mark in the 100 butterfly (52.19). Helena Narisu did the same in the 100 breaststroke (1:06.85), and the girls' 400 relay also set a record (3:41.50).

"It was such a great way to finish out my last season swimming as a Poolesville Falcon!" said Jisu Kim. "Everyone's loud cheering and fast swims contributed to yet another state championship title. I am truly blessed and proud to be a part of such a hardworking and enthusiastic team"

"Our team is one big family: We cheer, laugh, cry, and compete hand-in-hand," said senior captain Miranda Liu. "States is a way to come together and display the hard work and talent that embodies the team, and no matter how well we do, we're always extremely proud of each other—not just proud to be a part of a states-winning team, but proud to be a part of a loving family."

"Our freshmen did a great job; our seniors finished out their four great years," said Coach Jon Leong. "It's almost funny how much we are under the radar despite our accomplishments. It seems almost like it is expected of us to win. If it were four years, you could attribute it to one single class of athletes, but it has gone on longer than that. On the boys' side, we've been fortunate to have depth that allows us to be in the thick of every race. On the girls' side, I was a little worried if we would get the job done. We graduated a solid class of girls last year—four girls that contributed to eight races in states. This year, we are graduating three more who contributed in five state races. You lose some, you gain some, but each year the team has to pick up the slack somewhere. There is challenge in that, and our team has answered that challenge. No other team says, 'Oh, here comes Poolesville, let's just let them win.' We have won a lot, and we've worked hard to get there. Each class works hard. Each athlete works their hardest because they believe it is bigger than any individual effort. They understand the 'dynasty' aspect of what we have done. They want to keep it going. It may look like it's an easy task to win over and over again, but it's not. These student athletes work hard for what they do, and their accomplishments should be recognized as well. I'm proud of what they have done and how the underclassmen have already started piecing together lineups and times they need to drop in order to win next year. The future continues to be bright."

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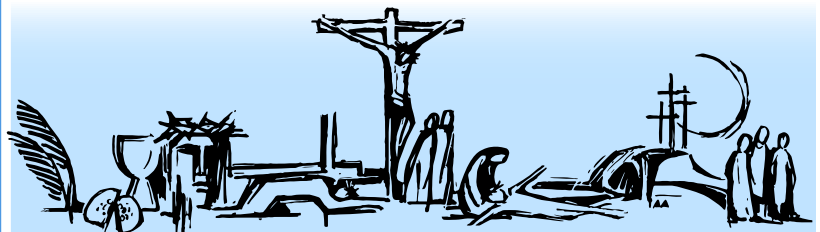
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Youth Sports

Fantastic Five Claim Three Titles and More At County Tournament

By Jeff Stuart

Senior Alex Carbonell (120) and juniors Colin Savage (152) and Xavier Kresslein (170) claimed county championships on Saturday, February 16 at Gaithersburg High School. Freshman Kevin Fultz (132) and senior Kieran Barney (195) took fourth place. Senior Sam Hull (145) earned fifth place. It was Carbonell's second county championship and the first for Savage and Kresslein. In the finals, Alex (41-2) defeated Wafeeq Iqbal of Magruder, 14-3. Colin (41-1) won by fall over Jeo Martinez of Bethesda-Chevy Chase (1:23), and Xavier (36-2) defeated Yusuf Higazi of Sherwood, 5-2. Barney had to forfeit the third place match.

As a team, the Falcons finished fourth with 130 points, just four points behind third place Sherwood. Damascus was first with 197 points, and Springbrook was second with 171.

"My favorite moment this year was the Dorsey Duals," said Carbonell at practice a few days before the county tourney, "seeing the whole team come together and win some close matches. Coach Dorsey came back for that tournament. That was really special because he was my coach my freshman and sophomore years. I think this season has gone really well. We have a really good team. We've had a lot of wrestlers really improving and showing their stuff. We had a couple of close losses early in the season, but we came together as a team and really picked it up. Kevin Fultz, a freshman has been doing well. He works really hard in practice and it has been showing up on the mat."

"We lost a couple of matches early that we shouldn't have," said Savage. "The team just needs to pull through it. We have been working hard at practice and just pushing each other. I think Damascus was our best match as a team because we scored more points (31) on Damascus than anyone has this season. I am just taking one match at a time and keeping my head straight. I am not pointing to any one match. Kevin Fultz has really impressed me also. He has really helped us in close matches. It has come down to him a couple of times. The Dorsey Duals were fun. I probably shouldn't have wrestled because I hurt my knee during a scrimmage in December, but I did. I lost one, but I had three good



Kevin Fultz, Xaver Kresslein, Colin Savage, Alex Carbonell, and Sam Hull.

matches. It was better for my heart than not wrestling."

"The season has been going very well," said Kresslein. "I went 10-0 at the Dorsey Duals. I have two losses. The number one seeded guy in the state beat me by four points. I like to think that is kind of a preview of what could be the state final. My best matches were at the Damascus tournament against Drew Sotka of Glenelg and Avery Miller of Good Counsel. As a team, we pulled through to beat Winters Mill, and we wrestled very well against Damascus even though we lost that match. Kevin is doing really well as a freshman. I think he will continue to do well throughout his high school career."

"My first four years of wrestling were with PAA," said Fultz, "and then I went to Urbana which was mixed with Linganore wrestlers. Then I went to Clarksburg for my eighth grade year, so now I am back at Poolesville. It has been a real good experience. Coach Tao is a real good coach, and he's always telling me to fix my setups and my shots. I am still working on that. I've had some losses, more wins than losses though. I think I am doing pretty well for my freshman year. My best match was at the Damascus tournament; I beat Nick Biava of Damascus, 2-0, to win the tournament. I enjoyed getting all the matches at the Dorsey Duals and seeing other teams that we wouldn't ordinarily wrestle."

"I think my favorite match was against Bullis in the Dorsey Duals," said Hull. "I beat Liam Handel (winner of Magruder's Mad Mats). As a team, the match against Winters Mill was our best match."

During the regular season, Poolesville earned an odd victory after the home match against Northwest ended in a 36-36 tie on January 16.

Down, 36-33, with one bout remaining, the Falcons got a dramatic 7-6 victory from freshman Michael Sofelkanik, a 106-pound regular who

Continued on page 17



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Continued from page 16.

Fantastic Five Claim Three Titles and More at County Tournament

was bumped up to 113 for that match. The bout was tied, 6-6, when Michael took the shot and got a single leg. The referee penalized the Northwest wrestler for "fleeing the mat." That tied the score. Each team had seven wins. PHS had four pins, and Northwest had two pins and two forfeits, so it came down to technical falls. NW had none. Fultz for the Falcons had one at 132 and that gave PHS the win.

"We lost to Clarksburg the same way, 40-39, in our first dual meet of the season," said Coach Tao.

The Falcons beat Winters Mill on January 31 in a dual meet with Hereford at home, 41-38. Winters Mill won the Carroll County Wrestling Tournament at Westminster High School on February 16. "Both coaches wanted to have a good competitive team to match up with, so it helps get our kids ready for states," said Tao. "We both have five state-ranked kids, so I knew it would be a close match. One of the bigger highlights of the season happened at the Rock Ridge duals. We competed against back-to-back state champs, Brooke Point High School and beat them, along with some other top-Virginia-ranked schools."



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 Stations of the Cross at 7:30 pm

"Leave the Light On" Confession
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Confession & Healing Mass
 Wednesday, March 27 at 6 pm, featuring Padre Martin Scott, Founder, Servants of Divine Mercy, Lima, Peru

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Police Blotter: Past and Present

By Jack Toomey

Present Crime

Assault: 19600 block of Wootton Avenue.

Theft: 19000 block of Hempstone Avenue.

Drug Arrest: 22100 block of Beallsville Road.

DUI Arrest: 19300 block of White Ground Road, 15300 block of Barnesville Road.

Past Crime: 1950

An officer responded to a call for a fifteen-year-old causing trouble in a shoe repair shop in the 9700 block of Georgia Avenue. The officer arrested the boy and put him in his patrol car and then went back inside to talk to the proprietor. In the meantime, a woman came into the shop and yelled, "He's taking your car!" By then the boy had driven away and radioed to the dispatcher, "Car 41 I'm on the way to Rockville, and I'll shoot any cop who tries to stop me." The dispatcher then gave officers an order to "shoot to kill." Cruisers from all three districts converged on the Wheaton Shopping Center where the boy was taken into custody without incident.

Three Gaithersburg youths in separate cars outran the police in a chase up Viers Mill Road. Two Rockville officers

knew where to go and formed a roadblock with their cruisers in downtown Rockville, causing the youths to stop. All three were arrested.

A woman who said that she was a schoolteacher was arrested for disorderly conduct after an officer saw a car swerving on East West Highway, nearly hitting parked cars. After police stopped the car, the woman and her twenty-seven-year-old son began cursing and fighting with the police who needed four officers to subdue the pair. The woman said that they had been to a party and refused to say where she taught school.

Police said that three men in a car who shot at another motorist on East West Highway after a traffic dispute might have been members of the Pimple-Faced Gang. The gang, whose members were wanted in several jurisdictions, had just robbed the Fruit Growers Express Building and the day before had robbed a union building in Arlington. Police issued a lookout for a 1939 Dodge sedan with a red stripe and whitewall tires.

Police raided the Red Fox Grill on Wisconsin Avenue and arrested three men on charges of taking bets on horse races.

Some of the material in this column was obtained from the archives of the Washington Post.

Continued from page 3.

Commissioners Hear about Efforts to Protect the Ag Reserve and Next Year's Fireworks Display

Inflow and infiltration adds clear water from rainfall or groundwater pressure into sewer systems, increasing the load on the systems and making it more costly and difficult to treat sewer water.

As Strong explained, clear water from rain or groundwater belongs in storm water sewers or on the surface of the ground, not in the sanitary sewers. The town has separate systems for sanitary sewer flows from homes and businesses, and street and ground runoff. Only sanitary sewer water should flow to the treatment plant to be processed.

The town has spent millions of dollars since the early 2000s to repair the main sewer lines in town, to fix connections from the lateral lines that come from homes to the main lines, and to repair manholes which can have cracks or allow groundwater to enter. In graphs showing rainfall levels and sewer inflows, Strong demonstrated that the repairs have helped to lower excessive inflows from heavy rains, but there continues to be evidence that I&I remains a problem. Heavy rains have contributed to the problem. For example, in 2016, rain totals were "normal" at about 44 inches, and total inflow to the sewer plant was an average of 490,000 gallons per day. This year, rains exceeded 75 inches, and inflow to the plant was more than 760,000 gallons per day.

Strong recommended continuing repairs to laterals in several subdivisions

in town and repairs to manholes that are still leaking groundwater. The repair project would total about \$1.5 million, and the commissioners will be considering the proposal in their upcoming budget sessions.

Town Manager Wade Yost presented the results of a "Request for Proposal" or bid request that had been issued for a possible new contract for trash and recycling pickup. There have been continuing complaints about the performance of the current contractor Bates Trucking. A number of bid proposals were submitted, but all came in at levels that exceeded the total costs of the existing contract.

Yost pointed out that while there have been complaints, he has issued fines to the contractor and worked with them to improve communications and responses to complaints. A survey the town circulated online suggested that seventeen percent of those who responded rated the current contractor "above average" and forty-one percent rated it "average." This response suggested to the commissioners that while Bates has performed poorly on many occasions, it appears that the situation has improved or, at least, that the majority of citizens feel the service being provided is adequate.

After discussing the fact that all of the bids had come in at levels higher than the total costs of the existing contract and considering the results of the survey, the commissioners decided to stick with the current contractor.

Yost noted in his manager's comments that Dunkin' Donuts has contractors on site and is beginning to do work to construct its new building.

Visit the *Monocle* online at www.monocacymonocle.com

Continued from page 13.

Straight from the Horse's Mouth: Equine Adages, Idioms, and Proverbs

he is indeed a horse, and all other jades you may call beasts."
William Shakespeare, Henry V

For want of a Nail the Shoe was lost; for want of a Shoe the Horse was lost; and for want of a Horse the Rider was lost; being overtaken and slain by the Enemy, all for want of Care about a Horse-shoe Nail.
Benjamin Franklin, Poor Richard's Almanack, June 1758.

Wherever man has left his footprint in the long ascent from barbarism to civilization, we will find the hoofprint of the horse beside it.
John Moore

Where in this wide world can man find nobility without pride,

**Friendship without envy,
Or beauty without vanity?
Here, where grace is served
with muscle
And strength by gentleness
confined
He serves without servility; he has
fought without enmity.
There is nothing so powerful,
nothing less violent.
There is nothing so quick, nothing
more patient.**
Ronald Duncan, "The Horse," 1954.

And from everyone's friend,
Anonymous:

**Feeling down? Saddle up.
It's always been and always will be
the same in the world: The horse
does the work and the coachman
is tipped.**

**One white foot, buy him; two white
feet, try him.**

A horse is poetry in motion.

Last but not least, some of the most enduring:

Hold your horses!
~8th Century BCE. Homer, *The Iliad*;
Book 23.

Don't look a gift horse in the mouth.
~380 BCE. *This idiom is so old that when St. Jerome translated the New Testament, he included it in the introduction.*

Horseplay
1580s. *In the sixteenth century, "horse" was a common adjective describing anything strong, big, or coarse. Along with horseplay, that's how horseradish got its name!*

A horse of a different color.
1600s. *William Shakespeare, Twelfth Night, Act II, Scene 3.*

Don't beat a dead horse.
1640s.

Eat Like a Horse.
1700s.

Get off your high horse.
1780s.

Dark horse.
1830s

One Horse Town.
1850s.

Charley horse
1850s. *In the nineteenth century, lame race-horses were called "Charley."*

Chomping at the bit.
1920s. *Impatient horses tend to anxiously chew on their bits before races.*

Is there a favorite of yours we've overlooked? Email me (andie@poolevillehealingarts.net), and I'll be sure to include it in an upcoming issue, and thanks!

Continued from page 1.

Fair Access for Western Montgomery County Coalition Releases White Paper for Co-Location Project

“In the past six months, the Fair Access Committee of the Town of Poolesville has proven to Montgomery County leadership that there is a services desert in western Montgomery County,” said Jerry Klobukowski, president, Town of Poolesville Commission. “The county knows that it has succeeded in preserving the greenspace here, but it has failed to adequately preserve the quality of life for our residents. Now that we’ve proven why there is a need, this white paper outlines how we will work with MCPS, the superintendent, our county executive, county council, county HHS, county police, county recreation, and other important groups to find a solution to meet our shared goal of bringing Fair Access to county services in the Ag Reserve.”

The proposed facility will include a modern Poolesville High School to replace the sixty-six-year-old building with structural and safety deficiencies which currently include: non-ADA-compliant spaces throughout, lack of current security measures, asbestos and mold, and antiquated electrical, plumbing, and HVAC systems.

A new Poolesville High School would be co-located with a community center, serving as a hub for western Montgomery County residents to have access to health and public safety services, including those who are aging in place in the Poolesville, Boyds, Barnesville, and Dickerson communities. Residents currently have a thirty-minute commute to the nearest hospitals and doctors’ offices, and county police currently patrol the Upcounty from substations located about twenty to thirty minutes away.

“We’ve done our homework. We’ve looked at similar projects in our state and nationwide that prove co-location is a feasible option for providing necessary services to communities,” said Kevin Schramm, cluster coordinator for Poolesville schools and chairman of the Town of Poolesville’s Fair Access Committee. “It’s a right-size solution and approach to meet the needs of the Ag Reserve, while creating efficiencies in construction and cost containment.”

The thirteen-page white paper presented by Fair Access is available on the Town of Poolesville’s webpage.



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Continued from page 10.

Tidbits

Fall Kindergarten Orientation and Registration

If you have a child turning five on or before September 1, 2019 and live in the Poolesville or Monocacy area, call Monocacy Elementary at 301-972-7990 to schedule a time to attend Kindergarten Orientation on April 12. If your child will be attending Poolesville Elementary School, registration is April 29 or 30; contact Chris Harney at 301-972-7960.

Women GOP Club Welcomes Defense Expert as Speaker

On February 18, the Rural Women's Republican Club welcomed guest speaker Peter Hussey, consultant for the Department of Defense.



Sharon Bauer and Patsy Dillingham of the Upcounty GOP Women's Club welcomed Defense Specialist Peter Hussey for a talk at Bassett's.

Mr. Hussey is president of his own defense consulting firm, PRH&CO, and its subsidiary, GeoStrategic Analysis, both founded in 1981. For twenty-two years, he was a senior defense consultant at the National

Defense University Foundation. He now is also Director of Strategic Deterrent Studies at the Mitchell Institute for Aerospace Studies of the Air Force Association.

The organization meets monthly and often features guest speakers and welcomes interested Republican women from the area.

Timberwolf Ambassadors for Comfort Cases

The John Poole Middle School (JPMS) Timberwolf Ambassadors are participating in a drive this spring to support Comfort Cases. Comfort Cases is a nonprofit organization dedicated to ensuring that children in foster care feel a sense of dignity and compassion by providing them with age- and gender-appropriate backpacks lovingly packed with brand-new pajamas, blankets, journals, pens, coloring books, crayons, toiletries, books, and stuffed animals for youth in Montgomery County currently in foster care. Sadly, many of these children carry any belongings they have in trash bags. Through donations, Comfort Cases is working to ensure these children no longer need trash bags. By offering children Comfort Cases as they transition between homes, we hope they will feel dignity and comfort in knowing people care about and support them. Donations may be dropped off at JPMS. For more info email: Jacqueline.L.Orrence@MCPSMD.org. Information adapted from www.comfortcases.org.

Pooped Out

Apparently, some of the participants in the town's sponsored dog park do not accept their responsibility for the collection and disposal of waste (a.k.a., poop!) created by their dogs.



While the dogs do what they gotta do, too many owners are in deep doodoo for not doing their duty.

Recently, park enthusiast, Richard Garner, took it upon himself to clean up after many dogs (actually other dog owners) whose unwelcome donations to the park were left for others to pick up. The strong majority of pet owners take their responsibility seriously. In the original proposal to the town advising against park fees, proponents advocated that dog owners would accept responsibility for their pets and the town would not need to take responsibility of park walk area cleanup. Perhaps all participants should remind users of their responsibility whenever they witness this while at the park.

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Remembrance

Carolyn Fitzwater Freed

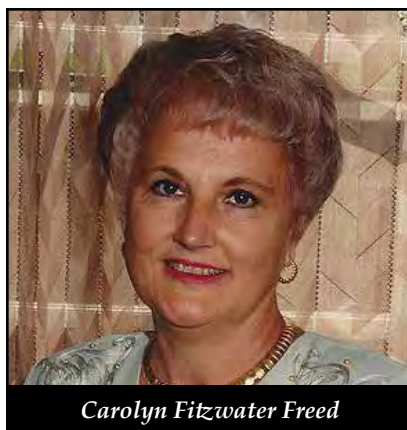
Carolyn Fitzwater Freed, formerly of Frederick, passed quietly on February 19 at the Potomac Valley Rehabilitation Health Center, Rockville. She was the wife of the late Pastor Clyde H. Freed, Jr.

Born May 9, 1942, in Boyds, she was the daughter of the late Russell and Beulah Fitzwater. She graduated from Gaithersburg High School in 1961.

After twenty-three years of government service, she resigned and joined her husband in full-time ministry. She served as a Lay Counselor for the Southern Baptist Convention for many years. She enjoyed playing the piano and organ and served as an organist for over fourteen years.

She is survived by her sister, Curry Harding of Indiana, and brothers David of Virginia, and Dennis and wife Joanie of Frederick; stepsons Clyde H. Freed, III of Tennessee and Brian J. Freed and wife Trish of Germantown. She is also survived by many nieces, nephews, and their children and friends.

In lieu of flowers, contributions may be made to VFW Post 3285, 5901 Old National Pike, Frederick, MD 21702.



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Five Tips to Help You Give Your Senior Pets Better Quality of Life

By Peter H. Eeg, BSc, DVM, CVLF

As our friends age, there are often issues that begin to be more common and create some troubling issues for the Pet Parents. Here are five tips to help you help your senior furry friends.

1. **Consider the Use of Ramps:** If your dog or cat has increasing mobility issues that make getting up onto the bed, chair, sofa, or feeding area difficult, try adding a ramp or stairs so they do not have to jump or climb. This can also help prevent injuries as the older pet will have less opportunity to fall back, thereby injuring the back or rear legs.
2. **Take Precautions to Prevent Injuries:** Older pets can begin to have trouble with balance and vision. Consider gating off stairways both upstairs and downstairs or adding safety mats to prevent slipping. You can also add rubber grippers to keep throw rugs from being slippery. Cover slick surfaces with yoga mats or extended runners to prevent slips, trips and falls.
3. **Keep Your Pet Active:** Studies in people have conclusively shown that maintaining an active lifestyle with walks, swimming, and exercise activities will improve joint motion, reduce back pain, and improve balance. Exercise requirements actually increase as pets age due to muscle atrophy issues. If your furry friend has not been active for some time, it is important to gradually work into a routine. Start out with short distances of walking for your canine friends and short find-the-toy or chase-the-toy games for your feline friends. Gradually increase the time over several weeks as your pets' duration grows. If your pet needs to take a break, do not push them. Relax and hang out with them. It's good for your mental state also.
4. **Stimulate Your Pets' Mind:** Aging pets can still learn new tricks (okay, one of my cats refuses to learn new tricks because she is above all that). Go ahead and teach them to shake hands, give a high five, ring a bell for food or to go outside, or one of many other tricks. The only limit is your mind and your pets' desire to have fun with you.
5. **Keep Your Pet at a Healthy Weight:** Obesity in pets is very common in the United States. It makes getting around more difficult for your aging pets. It also places excess strain on joints and muscles that can exacerbate injuries and create pain. Helping your pet lose even a small amount of weight can make a major difference in their mobility and quality of life. Always check with your veterinarian before making any diet changes or activity changes for your senior furry friends.

These are just a few of many simple considerations to help your older pets have a better quality of life and give you a better enjoyment of having them in your lives.

Next issue: Part II of Tips for Caring for Your Senior Pets.



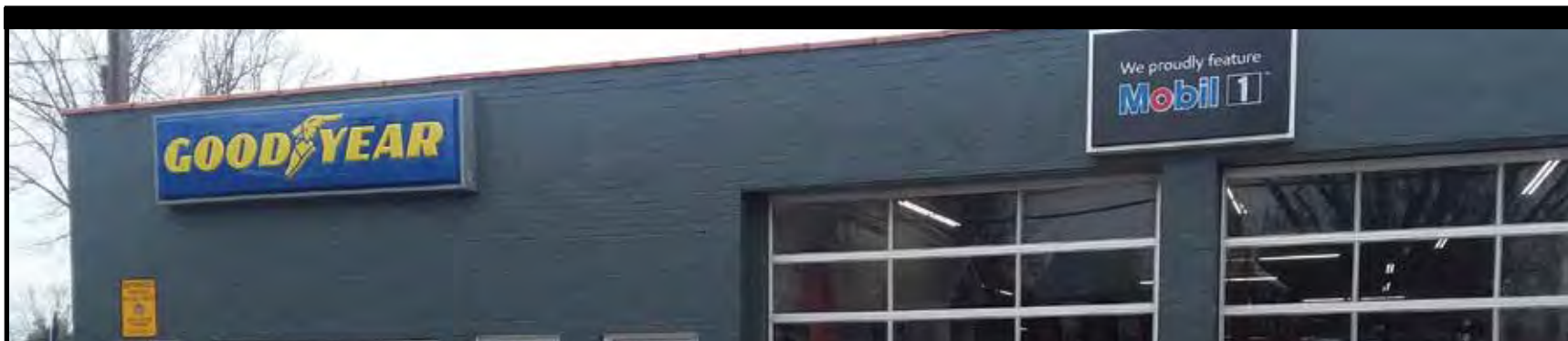
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