



Pam Jamison had her hands full at the Monocacy Lions' Halloween party. More pictures are in the Family Album on page 2.



The Fall Festival was a blast, and we've got more pictures on page 13.



You can read about newly-sworn-in Eagle Scout Jack McCarty in Tidbits on page 12.



Sarah Kenneweg plays on the PHS varsity girls' soccer team, which you can read about in Youth Sports on page 10.

The Monocacy MONOCLE

Keeping An Eye On Local News

A Biweekly Newspaper

November 8, 2013

Volume X, Number 16

Tractor Supply Company To Locate in Selby's Market

By Rande Davis

Tractor Supply Company (TSC) has submitted a site plan to the town planning commission for the approximately 26,000-square-foot space previously occupied by Selby's Market. It is expected that the plan will be discussed at the town planning commission meeting on November 13. Selby's Market has been vacant for nearly two years. TSC, the largest retail farm and ranch chain in the United States with over 1240 locations, was established in 1938 in North Dakota and is now headquartered in Brentwood, Tennessee. They reported \$1.21 billion of annual sales through the quarter ending this past September. At the start of 2013, TSC reported a payroll of approximately 17,000 employees.

The company offers a

Fall Festival Raises Funds for WUMCO



The scarecrow contest in Whalen Commons proved to be a big hit at the Fall Festival.



A site proposal on behalf of Tractor Supply Company has been sent to the Poolesville's planning commission. This is a typical TSC storefront.

comprehensive selection of merchandise, such as: equine, pet, and small animal products, including items necessary for their health, care, growth, and containment; hardware, truck, towing, and tool products; seasonal products, including lawn and garden items, power equipment, gifts, and toys; as well as maintenance products for agricultural and rural use; and work/recreational clothing and footwear.

Residents in the town had hoped another supermarket would rent the space, but the population for the town and surrounding area has proven to be too small to attract a

In the week before the Fall Festival and Walkathon for WUMCO, Whalen Commons had all the appearance of a busy community park filled with revelers and residents in the most bizarre costumes and settings. Appearances aside, the people in the park were actually a variety of scarecrows made and sponsored by businesses and residents in the first adult scarecrow-making contest as part of the annual community fundraising event to benefit WUMCO, an Upcounty organization which has helped feed and care for those in need living in our the

supermarket chain, and the size of the building has proven to be too large for a standard grocery store.

Jim Brown, president of the town commission, told the *Monocle*, "I'm

convinced the property owner and his leasing agent have done all they can to attract a grocery store. The building needs a tenant with the financial wherewithal to build a long-term commitment to the community. Tractor Supply, if they come, has shown they are dedicated to building roots and supporting small town America and the regional ag community—and from what I've heard, the ag community is excited about their possible arrival in town."

Many anticipate that with the future of the location now

-Continued on Page 17.

area for forty-five years. With twenty scarecrows secured to the trees in the park, the voting for the winners began online the week before the October 26 event and ended on the day of the festivities. Over 450 votes were cast with the Poolesville Presbyterian's "Sermonator" winning in the business/community/organization category and the Stone family's "Edgar Allen Crow" winning in the Family/Family Group category. The Sermonator depicted a capped

-Continued on Page 16.

Family Album



PES PTA held its first annual fundraising golf outing. This participating foursome consists of Ryan Clemmons, Todd Leader, Kevin Schramm, and Dennis Eppard.



The kids joyously trot in the parade of costumes during the Lions Club Halloween party.



PHS 1980s alumni celebrated a reunion at AHOP. Mary Ann Powell (center), a guidance counselor who worked at the school for twenty-eight years, with former students Chontelle Hockenbery and Michaela Szalay.



The ever-popular St. Mary's Annual Ham & Turkey Dinner was held at St. Mary's Catholic Church in Barnesville.

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Things to Do

Alcoholics Anonymous Meetings in Poolesville

Tuesdays: Poolesville Presbyterian Church, 8:30 p.m.; Thursdays: St. Peter's Episcopal Church, 8:30 p.m.

Open Wednesdays

Café Connection

Coffee, chat, and computer help. Poolesville Presbyterian Church. 2:00 p.m. to 6:00 p.m.

November 8

Upper Montgomery County Volunteer Fire Department Auxiliary Bingo

Featuring Longaberger baskets filled with extras, Vera Bradley bags, and cash. Includes twenty games, specials, door prizes, and raffles. Refreshments are available for purchase, and participants are asked to refrain from bringing outside food or beverages. Cost is \$20.00. UMCVFD firehouse at 19801 Beallsville Road, Beallsville.

Doors open at 5:30 p.m.; games begin at 7:00 p.m.

November 8, 9, and 10

Historic Poolesville Equestrian Estate Sale

Opportunity to shop for that special piece of furniture or accent for your home. Check out photos and more details, at www.estatesales.net. Sale is located at 15600 Edwards Ferry Road. 10:00 a.m. to 4:00 p.m. each day. Accepting Visa/Mastercard for purchases of \$25 or more.

November 11

Veterans Day Memorial Event

American Legion Post 247 will host a memorial service in Whalen Commons in tribute to America's veterans. 11:00 a.m.

November 13

Town Planning Commission Meeting

Poolesville Town Hall. A possible discussion on Dollar General

Store and site plans for the new Tractor Supply Company. 7:30 p.m.

November 16

UMCVFD Children's Craft Event

Join in a fundraising craft afternoon to benefit the fire department. Open to all children for an afternoon to make family fall crafts. Cost is \$5.00 per child for one craft, \$10.00 per child for three crafts. All supplies and a snack are included. 19801 Beallsville Road, Beallsville. RSVP by November 10 to Penny Jones at cprjonesjr@verizon.net or 301-349-2178.

November 16 and 17

John Poole House and the Old Town Hall Bank Museum

Tribute to Sugarloaf Regional Trails
Showing of historical photographs and viewing of film "A Fatal Beauty"
1:00 p.m. to 3:00 p.m.

November 22 and 23

St. Peter's Annual Christmas Attic Sale

Ornaments, decorations, lights, trees and greens, vintage linens, silver, and more. Bake sale, pecans, and sand tarts. Donations accepted through November 20. 9:00 a.m. to 6:30 p.m.



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Commentary

Blame it on IT

By John Clayton

Recent events compel me to say something about the debacle (to use an Obama administration word) of the healthcare rollout. The primary problems are in the implementation of the computer system, which has to support a complex process that begins with a website and ends with a data feed to the insurance companies that are actually issuing the health insurance policies. Debacle is a polite word for what has happened so far. There is much to suggest that the IT folks are to blame.

I used to work in Information Technology (IT), beginning way back when it was known as Data Processing, and while I have never worked on anything as massive as this endeavor, that experience and a little common sense help to understand how it all went wrong. Put simply, you can't build anything complex anywhere, and not just in the digital world, and have it come out right, if you don't have someone who can authoritatively tell you what it's supposed to look like and what it is supposed to do. This is an extreme simplification, but I think it is apt.

As a fan of universal healthcare, and one who admires those who have fought for it more than I would ever admire those who have fought against it, the failure is disappointing. I've read a number of discussions of the problems in newspapers both for and against universal healthcare as it is presently being attempted, and what I have read only reinforces this conclusion. What is aggravating is that the mistakes are fundamental lessons that no one needs to learn over again, and certainly not on such a prominent scale. I am also disturbed by the suggestion that the problems are due to the incompetence of the IT designers and developers. Some of them may well have been, I have no way of knowing that, but that's not where the problems started.

A recent article in the *Washington Post* presents a story of confusion at the top, and a distribution of accountability for implementing the systems, as opposed to having a clear leader with authority to make it all happen. There is no question that a hostile political environment fraught with powerful policymakers bound and determined to make the Affordable Care Act fail in one way or the other was a factor, so perhaps you could say some errors were forced errors, like in tennis, but not nearly all of them.

According to the *Post* story, the administration wanted the people who successfully worked to get the legislation through Congress to manage implementation. This to me is the equivalent of a large company, whose marketing and sales department has landed a big account, asking the marketing and sales department to mastermind implementation. This isn't going to work, and I don't think it would happen at Amazon.

When the requirements kept changing late in the game, I'm sure the developers looked for shortcuts and hoped everything would work together like magic, which it never does. The due date wasn't going to change for anyone or anything.

Perhaps bringing in more IT folks to fix it all up (a Tech Surge—Please) will make it all right. None of these big contracting companies are going to blast the government, of course; that's bad for future business.

I'm sure we're not out of the woods yet, as they add more and more troops to the effort. Decades ago, Frederick P. Brooks in the classic, *The Mythical Man-Month*, discussed the fallacy of shortening deadlines by adding more programming resources. In fact, he probably described almost everything that went wrong here, for what that's worth.

In this case, however, I understand everything will be peachy at the end of the month.

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Rande(m) Thoughts

Stand Up Guys Should Have a Stand Up Desk

By Rande Davis

I have discovered something that is very troubling: I can easily type on my laptop while sitting in my La-Z-Boy chair, full tilt. This is not a good thing, folks. I have slipped a very long way from a healthier time, a time long ago when, for health reasons, I had at least considered using a "stand-up desk." My brother-in-law Diederik has one and he is now running (I said running, not walking) half marathons quite regularly. He works for Rodale Press—you know them, *Prevention Magazine* and *Men's Health*—so making healthy choices is something to be expected from him, don't you think? Ed Ross, the PHS athletic director uses a stand-up desk, too. I'm not gonna give him a lot

of credit either because, after all, he is supposed to be a role model for athletes, right? Guess you could say they're two stand-up kind of guys.

A few weeks ago, while on an antique exploration in Virginia, I came across a neat half podium that could fit on the top of any desk, instantly creating a stand-up desk. It was a good price, too, but I chickened out and didn't buy it.

I am not sure why, but I seem to focus a lot on health and weight issues in October. Last October, I decided to run in the PACC 5K, but that didn't go so well for me. Why in October? Maybe it is because with Halloween candy swirling around, a grand Thanksgiving dinner on the horizon, and a myriad of holiday parties starting to fill the calendar, it's most likely a simple defense mechanism to

-Continued on Page 15.

In the Garden

November: The Odd Duck Month of Gardening

By Maureen O'Connell

I see the changing seasons through my gardens. A garden is about a journey through nature and how it can make a person very humble, for along that journey, one can experience new ideas, confidence or thought-provoking mistakes, flexibility, sentimentality, and the need to accept change and move forward. A garden is a dynamic, ever-changing medium that includes both practical considerations—sowing, planting, pruning, maintenance, etc.—and aesthetic elements—light, perfume, balance, structure, textures, and more.

People often ask me where I get my ideas for my garden articles. Sometimes I get inspiration from some article I might read in a newspaper, magazine, or book, but most of the time I find it in my daily walks through my gardens with two faithful Labs, Sam and Tom. Every month uncovers new growth, new plant problems, new colors, new scents, and new ideas, from January with thoughts for the New Year to December with holiday themes and remembrances of gardens past.

November is an odd duck month. The frosts can be killing, but not severe enough to blacken the leaves of the rosemary and lavender plants. A dahlia bloom, a small Knock-Out red rose bud, and a well-hidden Endless Summer bright blue flower head might escape the chilling frost and live for another day. In November, the garden is winding down, getting ready for its annual hibernation, but it is far from desolate. One must retrain one's eye to see beauty in new forms and textures. With the abundant and extravagant colors of summer gone, trees and shrubs take on a new role; the evergreens, magnolias, and hollies command your undivided attention. Overnight, the once tall and sturdy dahlia stems look like skeletons of their former selves. Sepia tones, grays, and browns replace the vibrant greens of mid-summer and the hot orange, red, and yellow colors of autumn.

Now before you head for the comfy chair by the fireplace, there are November garden chores to take care of.

For those souls who love to mow lawns, now is probably your last chance. Mow to about one and a half inches to two inches in height. Save any of the leaves chopped by the mower. They make great compost or mulch. Every year I spread the chopped leaves on my flower beds. You can also buy bags of Leaf Gro in stores. It is an amazingly good soil additive. Dig up and discard dead annuals. They will not regrow next season and they look quite messy.

Perennials. I treat them all differently. For my roses, I cut back the bush by about a quarter. The goal is to prevent tall stems from whipping around in the winter winds which can weaken the entire bush. Rake up any diseased leaves that have fallen to the ground to stop the spread of any fungal diseases. I cut back to the ground irises, peonies, phlox, coreopsis, lilies, ferns, and hostas. I leave the black seed heads of the *Echinacea*, Black-eyed Susans, and rose hips for the birds to eat all winter. Unpruned Sedum and hydrangea plants lend an interesting architectural skeleton form to be admired all winter.

Don't forget about your garden tools which served you so well this past season. Clean the dirt off and spray the exposed metal parts with oil. Felco makes a good product for this purpose.

Weeds have not yet gone into hibernation. Bindweed, chickweed, and creeping Charlie are all out and about in gardens now. Pull them up by hand now so that they don't get completely

out of control.

Disconnect and drain all your outdoor hoses and store in a shed or garage.

It is not too late to start some Paperwhites and amaryllis bulbs for holiday bloom.

If you plan to buy a live tree for Christmas, now is the time to dig a hole for replanting it in your yard before the ground freezes.

If you have access to pine cones, gather some now and store in a warm room. They will soon open up, and then you can paint the tips white for holiday decorations.



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Police Blotter

By Jack Toomey

Current Crime

Assault: 19500 Fisher Avenue, 19200 block of Hempstone Avenue.

Burglary: 16100 block of Morrow Road

Theft: 19500 block of White Ground Road.

Drug use complaint: 19900 block of Spurrier Avenue.

Disorderly conduct complaint: 19800 Beatriz Avenue.

Past Crime

November 17, 1937 Warring factions of Washington numbers gangs were blamed for the latest murder victim found in Montgomery County. The bullet-riddled body of James Allen was found along the Gaithersburg-Laytonsville Road. Montgomery Police said that they were investigating whether the murder of Allen was in retribution for

an earlier slaying of a numbers writer.

November 17, 1938 Helen Keindel, described as a "pretty young society girl," was excused from testifying before the grand jury by the state's attorney. He said that staying in Rockville for her testimony would interfere with her studies at the Sarah Lawrence School in New York. Miss Keindel had been the victim of a highway robbery the week before. Keindel, while truant from her school, had been riding in the automobile of an acquaintance on the Rockville Pike when it was bumped from behind. When both parties stopped to chat, the driver of the other car produced a handgun and robbed them.


November 17, 1939 Montgomery County firemen raced from fire to fire in attempts to quell a series of field fires that threatened homes and structures in the county. In the first fire near the Normandy Farms Restaurant, flames raced through a wooded area and threatened the restaurant for a time. While firemen were at that fire, they

were notified of another near the Edgemoor section of the county where the buildings of the prestigious Landon School were evacuated. Some fire engines were then called away to several other field fires, one near Linden and the other two in Kensington. Police officials investigated to determine if the fires were intentionally set.

November 19, 1935 Rockville City Police Officer Leslie Thompson was fired by the town council after days of heated debate. Thompson had been hired to clean up the traffic jams around the courthouse caused by illegally-parked cars. He had come upon such a car and placed a ticket on the windshield. The car belonged to Judge Harold

Smith who complained. Other citizens also filed complaints that Thompson was too aggressive in his ticketing. Note: Leslie Thompson went on to have a distinguished career with the Montgomery County Police and at one time headed the Traffic Bureau.

November 22, 1937 Harry Burdette, sixteen years old, was accidentally killed by a shotgun blast while walking home with a hunting companion. Burdette, a sophomore at Rockville High, had been rabbit hunting with a friend on the Burdette farm when his companion tripped and discharged his shotgun and the blast struck young Burdette in the back. Burdette's father drove him to Frederick Hospital where he expired.

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Town of Poolesville

By Rande Davis

School Modernization Date Moved to 2023-2024

With the announcement by the MCPS that Superintendent Joshua Starr had decided to bump the modernization PHS from 2022 to 2024, the commissioners held a discussion at their November 4 meeting as to what might be done to thwart any further erosion in the plan to modernize the high school.

Caroline Taylor of Montgomery Countryside Alliance in testimony recommended that a joint-task force of appropriate concerned citizens and groups join together to prepare a written resolution to be voted on and approved by the county council in support of the modernization of PHS based on its unique characteristics within the Ag Reserve. She noted that while she appreciated that County

Councilman Roger Berliner provided verbal support during his most recent appearance before the town commissioners, Taylor emphasized that a written and approved resolution would be more meaningful and provide more effective weight in taking a message of need to the Montgomery County Board of Education.

Commissioner Jerry Klobukowski, who is also the commissioners' liaison to the Upcounty school cluster advisory group, reminded everyone of the continual slide in priority that modernization has had since 2001 when modernization was rescheduled for 2019. He called on parents, including those who live outside of the cluster area (parents of magnet school students from down county), to join in the effort to raise their voices in support at the next Board of Education meeting scheduled on November 14 at 4:00 p.m. in Rockville.

Speelman Voices Concern About Tractor Supply Coming to Poolesville

John Speelman of Poolesville Hardware voiced concern about Tractor Supply Company (TSC) occupying the space previously held by Selby's Market. Observing that fifty-five businesses in Poolesville have ceased to operate in the twenty-seven years he has run his store, he questioned whether a "box store image of TSC and the Dollar General meets the image of the master plan's definition of small town charm with historic preservation." Mr. Speelman acknowledged how hard the commissioners have worked to try to get a grocery store into the space and that there is "nothing they (the commissioners) can do about it (leasing of space to TSC)," but he offered that Poolesville should be a destination town, not a pass-through town. Noting that the commissioners have "pushed the landlords to fill the empty commercial space in the town," he stated that the issue should be between the owner and tenant only, and the result of getting a TSC is "a duplication of what we already have."

The commissioners need to receive a report from the Planning Commission prior to making any decisions regarding new business development in the town. Both the topics of TSC and Dollar General will be on the agenda of the next Planning Commission meeting scheduled for November 13 at the town hall.

Marketing Contract Awarded

On a 4-1 vote, the town commissioners approved a proposal from Van Eperen & Company of Rockville in response for a town-issued Request for Proposal (RFP) for marketing services. The \$9,000 agreement will now task Van Eperen with developing effective branding strategies and communication tools on behalf of Poolesville so as to pursue economic development opportunities for the town. The commission previously decided that the town lacked personnel to represent the town in meeting these development goals and released an RFP to find a suitable marketing firm to do so. Commissioner Jerry Klobukowski voted against the motion to award the contract to Eperen & Company based on his previous position against expending money for this purpose.

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Reflections

On Ways Of Defining Ourselves

By Ingeborg Westfall

When I was in college, I read Marcel Proust's multi-volume *Remembrance of Things Past* which, as I recall, began with the narrator dunking a madeleine into a cup of tea. The resulting smell, taste, indeed the very act of dunking the cookie, opens the floodgate of memory and carries the reader into the story.

That was years ago, and I often smile at the memory of how a sickly, surpassingly strange Frenchman so gracefully depicted the connection between the present and the past.

The other evening, when I was assembling the ingredients for succotash, I was reminded of a bit of my own food memory. Succotash, that simple combination of corn, lima beans, salt, pepper, and cream (at least in my family), was a celebration in my home when I was growing up. Along with what Mother called end-of-the-garden soup, it signaled the changing of the seasons, the bounty of our garden, and even our connection to those who probably lived on Our Land before us, the Native Americans who shared the original recipe.

As I shelled the limas and husked the corn, other memories came pouring back—the buckwheat pancakes (made with a yeast starter kept alive the whole winter), the Dip Bree that Mother made after preparing and frying up pork sausage, the scrapple that was such a treat on a cold winter morning, the squash fritters, and the many kinds of croquettes and hash, all created to stretch a bit of meat as far as possible. Remember the expression “using all the parts of a pig but the squeal”? Well, that's not a joke or a misstatement. Waste was simply not acceptable.

My Mother, a city girl who grew up in Baltimore and remembered the Arabbers who plied the city streets hawking their wares, treasured an iron skillet, one that had been repaired. It was a bit lumpy, but it still enabled her to fry up some wonderful chicken (yes, in butter she'd made from Ayrshire cream).

I look around today and see so many people who haven't a clue how to cook, who don't even know that milk doesn't originate in the supermarket, or that one can make bread at home that's far, far better than anything available at any store—the list is endless. Mention to someone today that you like scrapple and they grimace—How gross! As we lose the connection to our food, accepting and paying big bucks for the creations of huge corporations to fill our dinner plates, we lose a little bit of ourselves, our independence, our ability to take care of ourselves and our children. Sure, that's just my opinion, but really, we Americans are an independent lot, and so I don't—I simply can't—understand why we've given up control over our own food, of what we eat and what we feed our children. I grew up on a farm in Boyds in the days when commercial rye bread wasn't available closer than Bethesda, when we walked to the Boyds store on a winter morning, when we bought our Thanksgiving turkey directly from the grower, not from the corner supermarket. Call me hopelessly old-fashioned, laugh at my old-time notions—after all change is inevitable, right?—but food, the growing, preparing, sharing, passing down of recipes, is part of the richness of the fabric of our lives. My niece adopted a little boy from Kazakhstan, and to this day we fix pancakes made with farmer cheese, raisins, and eggs, a recipe that connects us to him and him to his early home. We are all the richer for it.

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Youth Sports

PHS Girls' Soccer One Minute at a Time

By Jeff Stuart

On Friday, October 4, the undefeated and fourth-ranked Damascus Hornets (10-0) visited Poolesville. Throughout the evening, you could hear Poolesville head girls' soccer coach, Christina Mann, reminding her team to say focused. "One minute at a time," she repeated often. Was that the team's mantra? "When playing a team like Damascus, I think it is," Mann said, "because I know every minute you can keep them from scoring is like its own little victory, honestly, because they are a very good team." It seemed to work because Damascus was held scoreless for a half before pulling away for a 2-0 victory.

"If there is such a thing as a good loss, the Damascus game

was one," said the coach. "It was a loss, but it was a huge accomplishment for us at the same time...I thought we played the best we have played all season in terms of effort, being consistent, and being accountable defensively. We haven't always been checking ourselves on defense. I think that is the best defense we have played." Damascus has not scored fewer than two goals this season. "It has been tough for us this season to put together a full game, a full eighty minutes of consistent soccer," said Mann. Poolesville lost eleven seniors to graduation, so as the girls are learning to play together, Mann is teaching and learning about her team and where to play people, and looking for combinations that work. "I'm putting people all over the place," Mann remarked.

"I thought we worked really hard against Damascus," said center midfielder and captain Cailin Van Nevel. "There was really tough competition, and we really stepped up to meet their

level of play...We just tried to break the game down into smaller intervals. We tried to win each small battle." Her favorite moment?

"Last year, the first playoff game was amazing. One of our seniors, Victoria Yee, scored two goals. We were down by one with eleven minutes left, and we came back to win, 3-1, so that was definitely a special moment." Cailin is also a long-distance runner on the track team, running the 800-meter, 1600-meter, and 3200-meter events.

"Alex Frost, a sophomore, has been doing really well as has our keeper in the goal," added Coach



2013 PHS girls' varsity soccer team.

Mann. "Kristen Darragh, another sophomore...got her confidence back. She lost it a little bit I think earlier in the year. It was a rough schedule to start with, and we were definitely missing our seniors from last season."

Frost and versatile junior forward/defender Annie Hasselbalch were mentioned in the Gazette's players-to-watch

-Continued on Page 11.



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**"PHS Girls' Soccer"
Continued From
Page 10.**

list prior to the season. Other seniors are Rachel Harris, Alyssa Nubgaard, and Annie Gillespie, also a sprinter on the track team.

The Falcons began their season away with a, 1-0, win at North Carroll.

The Falcons opened their home season on September 10 against Gaithersburg (9-2-1), a team that returned eight of eleven starters. The Trojans jumped on top early, winning 2-0. It was a baptism of fire for the young Falcons, but Poolesville played well in the final ten minutes. They had an apparent goal waived off on an offside penalty. The late effort impressed Coach Mann. "The girls are more versatile than I thought," she said.

A 2-1 overtime loss at Magruder followed, and then close losses to Quince Orchard and Northwest before the Falcons posted consecutive wins over Northwood and Einstein.

After the Damascus game, solid wins at home against Seneca Valley and on the road at Watkins Mill and Rockville put the Falcons at six wins and five losses prior to a season-ending loss at home against Churchill (8-3-1). Sophomore Karyn Comfort scored the first goal at Rockville.

The Falcons began the playoffs as the sixth seed in the lower 2A West sectional bracket and defeated third-seeded South Carroll, 2-0, but on October 29, they ended their playoff run in a 4-0 loss to second-seeded Liberty.

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Tidbits

Eagle Scout Recognizes Honored Swim Coach

Jack McCarty, Boy Scout troop 496, achieved the highest recognition offered in Scouting, the rank of Eagle Scout. For his Eagle Scout project, Jack installed two benches and beautified the entrance of the Western County Pool. He wanted to address a safety issue and to provide a safer area for pickup. Jack commemorated one of the benches to Sarah Auer. Sarah was an inspirational swim coach for the Poolesville Piranhas who died tragically in an auto accident in 2002. Jack's Eagle Court of Honor will be on October 27 at the Izaak Walton League.

Biking to Raise Awareness and Funds for MS

Connor Kirby, a PHS Global Ecology graduate and Eagle Scout, is undertaking a new challenge this coming summer. He plans to join in the 2014 TransAm Bike the US for MS as a way to

help people with multiple sclerosis achieve a better quality of life by spreading awareness of the disease. He is currently a horticulture major with a minor in Spanish at the University of Maryland at College Park. He has set his goal at \$3,785! Donations can be made at www.bike-the-us.org, then click on 2014 Cyclists to find Connor.



Friends and family helped Kelly Brown the organizer of the ITP Walkathon fundraiser on October 12. Back row: Eric McNemar, Alexa Brown, Christina Brown. Front row: Janelle Alexander, Cathy Brown



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Focus on Business

Zumba-Poolesville: Making Exercise Fun One Dance Step at a Time

By Susan Early Petro

As I watched this year's annual Poolesville Day parade, one group of parade participants especially stood out. When Karen McPhatter and her band of Zumba-Poolesville participants danced by, I noticed they all had one thing in common: big, happy smiles. I thought, What is this Zumba craze, and is it really as fun as these ladies appear to be having? Can my arch-nemesis, Exercise, actually be enjoyable?

In order to learn more about Zumba and whether a middle-aged, out-of-shape person like me can benefit, I set out to learn out more about the founder and instructor of Zumba-Poolesville, Karen McPhatter, and the classes she teaches.

McPhatter, a licensed Zumba instructor, is a life-long Poolesville-area resident. She comes from a long line of Poolesville descendants including her grandfather, Frank Cubitt, who drove the first school bus in Poolesville which happened to be a horse and carriage. Her great-grandfather, Charles Jacob Norris, was a local stage coach driver and landowner whose farm was located on the land that now houses the Westerly and Wesmond developments. Karen met her husband at Poolesville High School, and her parents also met there.

McPhatter said she became a fitness instructor many years ago with the encouragement of her personal trainer from the Healthworks Fitness Center. She enrolled in exercise classes as a means to get back into shape after her now-teenaged boys were born. When the group-fitness instructor was moving to Ohio, McPhatter's

trainer, Kate Frick, urged her to try to become a fitness trainer herself. McPhatter said she studied hard, got her certification, and soon began to teach cardio-dance classes. She enjoyed teaching the classes and said they were fun and good, but she thought they needed to be livened up a little. About that time, she saw a commercial for Zumba and thought to herself, That's it, that's what we want to do. She took the Zumba instructor training, received her certification, and soon added Zumba classes to her cardio-dance classes. McPhatter says that the Zumba routine includes dance rhythms from all over the world, from salsa, reggae, a Japanese dance, and even a belly dance routine. Every day is something different for the class to do. According to the Zumba website: "Zumba® exercise classes are 'fitness-parties' that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration."

Currently, Karen teaches nine different Zumba classes in Poolesville either at Healthworks, John Poole Middle School, or Poolesville Elementary. Although the majority of participants are women, Karen said that there are Zumba classes for every age range and every fitness level, from senior citizens to those just getting back into exercise, and even children as young as preschoolers. Currently, Karen has two male Zumba participants, including a retired marine veteran. She reassured me that Zumba participants don't need to be accomplished dancers or super-coordinated to join a class. "You need to just come, have fun, relax, and let your body move the way it wants to move." She describes her classes like a big family coming together to dance.

Some of Karen's participants have recently become Zumba instructors themselves. One student was preparing to leave for college and expressed a desire to teach Zumba classes at school, so Karen sent her to get her instructor license. Karen said as she was looking over the Poolesville Day



Karen McPhatter, right, leads her troupe of Zumba enthusiasts in the Poolesville Day parade.

parade photographs, she could see that four of her students had an obvious passion for Zumba and attended every class—the same enthusiasm I noticed as they danced down Fisher Avenue. Karen encouraged them to become instructors, as well. At first they were hesitant, but then decided they would do it as a team effort. They collectively attended training classes in Baltimore. Karen surprised them at graduation with bouquets of flowers. She is thrilled to have additional Zumba instructors to help expand class options and to give her the time to attend additional trainings and to learn new routines.

Two of Karen's favorite success stories include a woman whose goal was to get off blood pressure and cholesterol medicine, and another woman who wanted to lose weight before her son's wedding. Each participant not only successfully reached her goals, they both became two of her new Zumba instructors.

Karen is clearly proud of her students and new instructors. She and her students enjoy giving back to the community

by participating in both the Poolesville and Clarksburg Relay-for-Life events. The participants hold Zumbathons in order to raise money for charitable causes.

Karen said in addition to the gratification she gets from her students' success stories, one of her biggest rewards from teaching Zumba and fitness-training is the self-confidence that she has gained in herself. Now, the once-shy girl from Poolesville High, who never imagined herself performing in front of an audience, happily returns the self-confidence she gained to her students—all while they are having fun getting healthy and physically fit at the same time.

Maybe it is time for me to rethink my aversion to exercise. McPhatter and her enthusiastic team of Zumba-Poolesville participants have me inspired to join in on the action—as long as no-one notices I have two left feet.

52 AND FEELING GREAT!

Zumba is a great workout! I look forward to going to class and feel so energized after! You don't have to be a dancer to do Zumba-just have fun and laugh with the other Zumba students!

My instructor is upbeat and her energy is contagious! Give Zumba a try and you will love it!

-Laura R. Luhn

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"Rande(m) Thoughts" Continued From Page 4.

think about ways to lose weight before the onslaught. Maybe it's just pure panic.

For most people, it is part of their New Year's resolutions to lose weight or follow some other form of self-improvement. For me, it is the cool air and brilliant fall colors of October that invigorate my psyche to think positively about self-improvement. Man, I love life in the fall; it's by far and away my

favorite time of year. Taking that cool first big breath of fresh air early in the morning signals how wonderful life can be. If I had any gumption at all, I would go to Virginia this weekend and buy that half podium and get out of this La-Z-Boy chair once and for all. Then again, maybe I should just head over to the outlets and buy one of those massage pads so my back doesn't get too stiff from stretching to reach for the number keys.

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**"Fall Festival Fundraiser"
Continued From Page 1.**

and goggle-wearing bicycle-riding pastor whizzing through the park playing off the church's own pastor's (Rev. David Williams) passion for riding motorcycles. The other winner created by the Stone family depicted a raven-like scarecrow with wings spread, ready for flight.

The beautiful fall day was filled with children's activities that included scarecrow making, pumpkin painting, moon bouncing, and Calleva rock-wall climbing. The children and adults played games, shopped at vendors, and entered a basket auction.

The Fall Festival is organized by Poolesville's Community and Economic Development Committee along with local churches and businesses, and this year netted over \$3,600 for the charity.

There were other contests, including best costume for dogs as well as a scarecrow-making and pumpkin painting contest for kids. The winners of the dog costume contests were: Cutest

Dog Costume: MJ, Human Escort/ Betty Colbert; Scariest Dog: Boss, Human Escort/ Sean Duggan; Most Original Costume for Dog: Pepper, Human Escort/ Cindy Parks.

The winners of the Kids' Scarecrow Contest were: Cutest: Paige Barbis; Scariest: Rachel, Kelsey, and Jeremy; Most Original: Alex Incao. The winners of the Pumpkin Painting Contest for Kids were: Cutest: May Bingham; Scariest: Kelsey McLaughlan; Most Original: Jada Reid.

Catherine Beliveau and Kileen Wiley, members of the planning committee, noted that the success of this event depended on the support of sponsors, the participation of vendors, the assistance of volunteers, and the "attendance and patronage of the wonderful people in the Poolesville area." The organizers were especially appreciative of following community-minded sponsors: Calleva, Corporate Network Services, Kettler Forlines, Community and Economic Development Committee, Poolesville Memorial United Methodist Church,

Poolesville Presbyterian Church, St. Peter's Episcopal Church, Our Lady of the Presentation Catholic Church, Fine Earth Landscapes, Hilary Schwab Photography, Poolesville Veterinary Clinic, Total Automotive and Diesel, Monocacy Monocle, Homestead Farm, Bennett Carpentry, and 3rd Alarm BBQ.

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"Tractor Supply Taking Selby's Space" Continued From Page 1.

settled, entrepreneurs willing and able to open a traditional grocery store will now feel more secure doing so.

Brown elaborated on the pending lease with TSC, "Poolesville has grown and accepted regional and/or national stores in the past that have had positive impacts on our way of life—CVS and McDonald's to name two—and Tractor Supply should do the same. I don't want to see any of our existing businesses suffer as a result of them moving in, but no one ever said any local retailer would be immune to competition over the lifetime of their business. My hope is that any affected business would do what they've done in the past by morphing into a supplier that fills the gaps and gives the residents what they want. Service will usually trump price—and our local businesses know how to

service our community."

Speaking on behalf of all the commissioners, Brown stated that, as a group, the commissioners remain committed to preserving the town's small-town atmosphere and character. "We all recognize that empty storefronts and a lack of a grocery store signal the need for responsible and long-term economic development initiatives. We'll never be like Germantown (or even Darnestown), but a vibrant walking retail/downtown area is a key contributor to a healthy and resident-serving commercial zone."

A request for a comment by TSC was not successful by press time.



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AGES 2-12

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Peter H. Eeg DVM
Poolesville Veterinary Clinic

So you thought it was safe to go out into the woods, or meadows, or trails again with your best furry friend, well unfortunately the ticks are back. It is not a special event or due to Global Climate Change, but a very normal part of their life cycle.

Ticks, much to everyone's displeasure, have a two-year life cycle (yes two years). This means that they can overwinter and re-emerge in the spring to continue reproducing. Extreme weather conditions will reduce tick populations, but the tick is a very hearty parasite and has been shown in laboratory studies to be very resistant to cold and heat.

This area of the United States has 5 types of ticks. The most common are the Deer (Lyme) Tick, American Dog Tick, and Brown Dog Tick. Adults feed on a variety of warm-blooded hosts including man. They have two reproductive periods during the year. The first is from March to June and the second is from September to December. The adult female can lay upwards of 3000 eggs per cycle. The eggs are laid in areas where mice, rabbits, and other smaller mammals inhabit. The larvae that hatch out from the egg feed on the small mammals and mature into a nymph stage. This stage of tick can be specifically identified because the nymph only has 6 legs (adults have 8 legs). It is during this period that Lyme ticks pick up Lyme disease (it is not the deer, so give them a break). Mice are the primary reservoir for Lyme disease. Once the nymph has fed, it migrates out to low hanging leaves and grass and matures into adults that are ready to feed on larger mammals including man. Females are larger by 50 to 100% over males. Male ticks are particularly difficult to see when on a pet or human. In over 95% of cases where ticks have fed on people or pets, there was no knowledge the bite had taken place. Ticks usually feed for 24 to 48 hours before completing their reproduction and falling off to lay eggs.

Protecting your pet effectively against the tick can be done by using any one of the currently available preventatives on the market. When selecting a preventative/killing compound check with your veterinarian first. Some animals do better with collars, some with topical medications, and some with sprays. Your specific animal's habits and environment will affect which type of preventative will be most effective. Since this area of the country has a very high prevalence of Lyme disease, it is important to select a tick protection that can also inhibit the ticks from staying on your pet before they bite. Not all preventatives have this ability. Another way to reduce tick populations is to spray some cotton balls with tick spray and place them at a location close to where mice may frequent. The mice will carry the cotton balls back to their nest and the tick killing spray will kill the larvae and nymphs before they can become infected with Lyme disease and mature into adults.

Year round protection for your pets is highly recommended. It is also important to apply the protection every 21-28 days. Longer periods cause some ticks to be able to survive. You should also not apply topical products on your pet if they have had a bath within 72 hours of the application.



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