

MONOCLE

A Biweekly Newspaper

October 21, 2016 • Volume XII, Number 15



This little girl made a new friend from Star Gazing Farm Animal Sanctuary at the Boyds Fall Festival. See more pictures in Family Album on page 2.



Poolesville is all decked out in the Halloween Spirit. See the photo collage on page 9.



The PHS girls' volleyball team held another great Dig Pink fundraiser for breast cancer research. Read Youth Sports on page 14.



Poolesville cyclist Christine O'Connell at the twentieth l'Eroica bike ride in Italy. Read more about it in Garden on page 20.

Four Candidates Vie for Three Poolesville Commissioner Spots

By Rande Davis

Note: The venue for the PACC Commissioner Public Forum may change from town hall to an undetermined site at print time. Please check with the PACC Facebook page prior to attending.



Valaree Dickerson



Brice Halbrook



Jerry Klobukowski



Martin Radigan

The Poolesville town commissioner election this November 8 has three incumbents (Jerry Klobukowski, Brice Halbrook, and Valaree Dickerson) and one candidate (Martin Radigan) vying for three open commissioner seats.

Jerry Klobukowski is seeking his sixth term of office, having first been elected in 1996. He is the current vice

president of the commission and the liaison for the town commission on Montgomery County School Cluster and educational matters. He retired from the U.S. Naval Reserve in 1992, after serving twenty-two years in the active Navy and Reserves, and retired from BAE Systems in 2015, after thirty-four years.

"Poolesville is at a crossroads. I support sensible growth in keeping with the scale of existing neighborhoods and our historic town center. I want to ensure our cluster schools are treated equitably, keep a new twenty-first century PHS on track."

Continued on page 8.

Peg Coleman: Local Historian Passes

The Upcounty lost a major local historian when Peg Coleman passed away. Peg (Margaret Marshall) Coleman was born in Forsyth, Montana on August 5, 1929.

The family moved to Snohomish, Washington when she was three, and she grew up there.

She attended Seattle Pacific College for two years, then married Robert Bivins, a mathematician. With the birth of their son, Bobby, the young family moved to Los Alamos, New Mexico. Bobby had pre-asthma and his pediatrician advised them to move to a dry climate. Two little girls joined the family, Ann Louise and Sarah Jane. The marriage ended in divorce, and Peg went to work as a secretary at Los Alamos Scientific Laboratory. On the

steps of the post office one day, she ran into an old family friend, Jim Coleman, who was also divorced. They married in 1964. Their daughter, Susan, was born in 1966.

By 1969, Bobby was a student at the University of Washington in Seattle, and the rest of the family moved to Maryland. Jim joined the staff at the Atomic Energy Commission, and Peg stayed home with the children and "did things." Through the child-raising years, she was a cub scout den mother, a Brownie leader, room mother, Sunday school superintendent and teacher, 4-H and Pony Club mother, and more. When the children were older, she went back to college



Historian Peg Coleman

Continued on page 13.

Family Album



Anytime Fitness, a new fitness center to open in the old Selby's Grocery location, recruited new members outside the Dollar General. Visitors even got a massage. Rita Norridge (background massage therapist), Sharon Kenawig, a new member, Joy Hallfors (manager), Laura Burstein (owner/regional director), and Jen Peter (fitness director). The unidentified person getting the massage was too relaxed to lift her head and smile.



Carol Baxter, Emily Ware, Gini Staver, and an unidentified but very hardworking volunteer were glad to see the busy rummage sale come to an end.



This hardworking crew of St. Peter's congregants put away tents at the end of the church's rummage sale: rummage sale chairperson Barbara Andreassen, Carol Collar, Kevin Collar (à la President Nixon), Eric Andreassen, Steve Horvath, and Sue Smith.



Putting contest at the recent Barnesville School golf outing.



Members of the MOMS Club of Poolesville relaxed during a group walk around Whalen Commons.



Fall UMAC has been a tradition for many years. This young slugger was ready for the pitch. This year is UMAC's 50th anniversary of offering baseball sports to area youth.



Winning team at Barnesville School golf outing: Kevin Kelleher, Bill Pleasants, Dave Conforti, and, lying in front, Chris Brow.



The historic Boyds Negro School opened for visitors during the Boyds Historical Society's fall event. Visiting from Rockville were Kary Jubilee (father) and daughter Kiera Jubilee. The teacher for the day was Kimberly Shelton and "student" Kai Shelton. Boyds Historical Society member Steve Gibson also hosted the venue.



Joelle Sadd (cello) and Charlotte Sandford (viola) entertained at the Boyds Historical Society's Fall Festival.



Craft vendors at the Boyds Historical Society's Fall Festival: Kathie Hulley, Kevin Wolf (Clarksburg Woodwork), Juliet Mandler (Everyday Embellishments), and Jan Wonnell (Revived Relics).



Jean Findlay and Dr. Chet Anderson of the Historic Medley District, Inc. were joined by friends as they promoted HMD's goals with visitors to the Boyds Historical Society's Fall Festival.

Town Government

Four-Way Stop Signs And Speed Bump Approved for Hughes/Tom Fox Intersection

By Link Hoewing

In a somewhat surprising move, Montgomery County, which has jurisdiction over Hughes Road, recommended that a speed bump and four-way stop be installed at the intersection of Hughes Road and Tom Fox Avenue. Hughes Road is a major commuter route leading to River Road, and there have been concerns about speeds on the roadway for some time.

The county's recommendation went to the Parks Board for its consideration; the Parks Board unanimously approved the concept. The exact location of the speed bump is up to the county since it has jurisdiction over Hughes Road.

The commissioners, in unanimously approving the Parks Board's recommendation, were told by the Town Manager that the county had conducted a traffic study on Hughes Road recently. The results of the study have not been released, but the proposal from the county seems to constitute a recognition that traffic does flow at speeds that are too high for that area of town.

In his report to the other commissioners, Commissioner Jerry Klobukowski said that he had received a call from former county councilmember Mike Subin, who is heading a committee looking into the idea of changing the name of the Western Montgomery Outdoor Pool to the Sarah Auer Memorial Pool in honor of Ms. Auer. Sarah Auer had been a longtime supporter and coach of many Poolesville swimmers and died tragically some years ago.

Subin reported that the proposal to rename the pool had been publicly advertised as required, and the committee was waiting to see if there was any input from the public. Depending on what comments are received, a recommendation will then be forwarded to County Executive Ike Leggett. It appears a final decision could be made some time later this year.

The commissioners also considered two bond reduction proposals submitted by the builders of the Churchill

Development near the corner of Fisher and Westerly Avenues. Bonds are secured by builders to cover the costs of such things as public roads and other infrastructure in case they fail to follow through in completing such projects. If builders do complete road paving or sewer installation, for example, bonds are typically reduced so that builders do not have to cover the costs of the bonds for completed projects.

Town Engineer John Strong said that bond reduction proposals were submitted by the Churchill developers for water and sewer construction, and paving. He recommended that the town follow WSSC guidelines and reduce the bond by fifty percent now, and an additional twenty-five percent next year and a final twenty-five percent once the last house is constructed.

Regarding the paving bond, Strong recommended that the town reduce it to thirty-five percent and keep that in place until all paving is completed and approved. The commissioners unanimously approved Strong's recommendations.

In the Town Manager's report, Wade Yost said the smoke testing—in which smoke is injected into various sewer outlets to test for leaks—produced evidence of significant problems in forty-one manholes. Based on these findings, the leakage of water into the sewer system from these manholes was likely very significant. Fixing these leaks could improve the efficiency of the sewer treatment plant. It is not known now how much the repairs may cost, but Yost noted that the town has significant funding in the budget for repairs to the sewer system. He said he will get back to the commissioners with a cost estimate for repairs soon.

Finally, Yost announced that the owners of the Donegan Commercial Property, at which CVS, M&T Bank, Tractor Supply, Cugini's, and other businesses are located, is coming to the Planning Commission with a phased development proposal for the balance of the property. A large portion of the property remains undeveloped, and the town granted the Donegan Company an extension of its water allocation until January 1 of this year. Yost said he thinks the proposal is being put forward so Donegan can preserve its water allocation, but, at the same time, give the town a good idea of what kind of commercial facilities may be constructed on the undeveloped land.

Thank You Mr. Brian Jamison !!!

"I can't begin to say how glad I am that I contacted the Jamisons to help me buy my new home. I sent a message to the Jamison Real Estate's Facebook page saying I would be relocating to the area from Utah and within the hour Brian Jamison had returned my message. After speaking with him on the phone I felt like I was dealing with someone I had known for twenty years, I knew he was someone I could trust.

He helped me find a short term rental unit while we were house shopping and even helped me move in. We wrote a contract on a Poolesville home first but the home inspection was kind of scary so we backed out of the deal. It wasn't two weeks later that we had another home under contract and

Brian negotiated the price, terms and conditions of the contract flawlessly. I got everything that I wanted and then some. We settled on 10/19 and I now own a beautiful home in Ijamsville, MD. Thank you for all your help Brian, you made my cross country move easier than I could've ever imagined.

You Rock!!!" –Heather Kramer

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Rande(m) Thoughts The Whirlwind of Autumn: A Road Jam of One Thing After the Other

By Rande Davis

I have always prided myself on being what may be called a multi-tasker. I pretty much think and do many different things nearly all at the same time. Whether my wild flight pattern of thought is a strength or weakness, I leave to others to decide.

As for me, while I accept it has gotten me into a few trick bags of life, it also has gotten me out more often than not, so, for better or worse, I am not in the market for a self-help book or medicine to make me change who I am now.

I have always accepted the fact that I would be the perfect short-order cook in a New York deli outside of Grand Central Station when the waitress calls in sick. I would be in my element.

Ever since August, it has been a whirlwind of activities and events sure to keep one energized. One thing right after the other: Poolesville Day, my fiftieth high school reunion, sports teams' ups and downs, the nearly unimaginable national elections, and, now, we have a community fired up about the local commissioner elections.

The cool, crisp fresh air of fall fuels my mental acuity, so here I go again with an array of truly random thoughts that have been swirling inside me these past few weeks.

Poolesville Day: It really does seem to be getting better each year, but I find I am tapping out by 3:00 p.m. A great day, but, thank the Lord, it's not a two-day event.

I went to my fiftieth high school reunion a few weeks ago and afterwards I wanted to run back home to Poolesville just to tell the kids in high school today: Don't sweat the getting old thing. Although the event was filled with a bunch of old folks, including me, there was no loss for the zest of life. The laughter was just as great, if not better, than in the old days. Some could still do the twist, fully swaying their hips in one direction while arms/hands and feet, on tippy toe, went in another. One guy fresh from heart surgery dramatically threw his cane to the floor as if at a healing revival, instantly becoming, as they say, a legend in his own time. There was the poignant sharing of remembrances, for those who no longer walk, nor laugh, nor cry among us, and the wistful regret

of not seeing many who chose not to come. That's really too bad. I learned one thing: They really were missed. For the kids today, if you live long enough, my advice is: Get over any high school-like hang-ups and go to your fiftieth reunion. At this age, you are fully grown up. Go if for no reason other than to celebrate that you've lived so long.

Fall sports have begun with the natural shout of, "How 'bout dem Nats!" (Still a great year even if they didn't go all the way). Hey, I am a Yankees fan, so it's okay for me to use a Bronx accent, but the Nationals are my National League team. One thing is for sure, this fall you won't be hearing anyone scornfully condemning those Damn Yankees. The rollercoaster of being a Redskins fan remains the same. Up during pre-season with great expectations, then near disaster sits in as the season begins. Then, suddenly, a positive change in fortunes that is just strong enough to keep 'Skins fans in the game through at least October. As far as the disparaging aspects of a sports team name, let's face it, the name Yankees wasn't given with a sense of praise or admiration. The Colonial-era Brits used it as a pejorative as do some southerners today. I know they meant it to be a term of derision to ridicule us northerners, but I wouldn't change it for the world no matter how "culturalist" the term seems to be. I understand that Native Americans didn't refer to themselves as redskins, but until the Europeans came, the way I look at it, hey, they didn't even know the difference. Some people from a different time may have used redskins as an insult, but I know how it is meant today. Today, it is a prideful term for warriors on a path to overcome challenge and to honorably achieve victory. Anyone can imagine a slight, but it is the user of a word (author) who determines its true meaning as in the age-old literary question, "What did the author mean here?"

By the time you are reading this, the national elections will be nearly here. I have only spoken about them once during the past year, and my conclusions proved pitifully wrong, so you don't need my opinion now; however, in looking back over this past year and to see where we are today, I am reminded of the commercial a few years ago. You know the one that shows a Native American chief looking sideways at some pollution on the landscape and as his face turns toward the viewer, you see a teardrop running down his face. My commercial shows a founding father (pick any one of them) and, as he watches the political process of today and sees what it has become, just such a tear rolls down his cheek.

Continued on page 21.

Monocacy Critters

Serendipitous Pet and Animal Pictures*



"On my walk from Dickerson to White's Ferry last Wednesday, these two river otters were in the canal below mile marker 38 which is near the Marble Quarry Hiker Biker Campground. Seeing these two was the highlight of my walk that day."—Jon Wolz.

*Do you have an unusual or funny picture of an pet or animal?
Mail or email the picture to editor@monocacymonocle.com
or P.O. Box 372, Barnesville, MD 20838

The Monocacy MONOCLE

Keeping an Eye on Local News

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Tidbits

Upcounty Prevention Network in Need of Surveys to Be Completed

The Upcounty Prevention Network (UPN), a network of responsible individuals and groups in the community, was formed to create programs that can help prevent the expansion of the use of illegal drugs and other forms of substance abuse within the community by the youth.

On Poolesville Day, UPN sponsored a vendor booth to encourage parents and school students to complete an informational survey. There remains even more surveys that need to be filled out, and UPN is asking every parent, teacher, counselor, church leader or teacher, adult scout leader, and area coach to encourage the students under their supervision to complete this short but highly important survey.

Students can copy and paste the following link to complete this simple survey: <https://goo.gl/forms/PuHs47HBSfXR1ltF2>

LaBlast Coming to Poolesville

Hope Garden Ballet Academy will be hosting three-time world champion, "Dancing with the Stars" ballroom pro, and creator of LaBlast, Louis Van Amstel, in a master class at Hope Garden in Poolesville. The event will be on November 6 from 12:30 to 1:30 p.m.

LaBlast uses popular dance steps and familiar music for better conditioning, flexibility, balance and confidence.

Van Amstel was inspired by the enthusiasm his "Dancing with the Stars" partner, actress Lisa Rinna, expressed for the workout she'd gotten and the fun she had training with him. Capacity is limited to thirty participants. Interested? Contact Jessica Lindenfelslen at 301-466-1906.

Annual Scouting for Food Coming Up

Cub Scouts, Boy Scouts, and Girl Scouts will be going door to door throughout the Poolesville community on Saturday, November 5 from 9:00 a.m. to noon, distributing plastic bags to each home. The community is asked to place donations of canned and dried foods in the bag and to place the bag near the front door for pickup by the scouts on the following Saturday, November 12. All bags should be outside and ready for pickup by 8:00 a.m.

All collected donations will be given to the WUMCO Help, Inc. food bank. If you are not sure what you should donate, please consider: spaghetti sauce, tomato sauce, peanut butter, jelly, canned fruit or vegetables, tuna fish, baked beans, SpaghettiO-like canned foods.

The Season for Giving Is Upon Us

As we approach Halloween and the season for giving soon after, readers might look to various local groups that are in need of financial assistance. The first on everyone's mind is WUMCO Help, Inc. Of course, they will be looking for the traditional support in providing Thanksgiving and holiday food baskets, but this year, they have an additional way to help. They are asking for individuals to become members of the organization and to make a financial donation to bolster their needed cash reserves that have fallen off in the recent past. Visit wumcohelp.org for more information.

The iconic Old Town Hall and Bank Building is literally starting to fall apart, beginning at the Poolesville National Bank sign at the top of the building, pieces of which have fallen onto the road below. Historic Medley District, Inc. is the guardian of this critical piece of Poolesville history as well as of the John Poole House. If you value history and treasure these facilities, making a donation to HMD can easily be done online at historicmedley.org.

Another unique and newer community service is a daily luncheon offered to students from PHS by St. Peter's Episcopal Church. The lunch is open to students of any faith. Donations to offset its cost would be welcomed by the church. Non-congregant persons may make a donation by mailing a check, noting its intended use for the student lunch program, to P.O. Box 387, Poolesville, MD 20837.

Do you have an event or a special announcement you would like to share with our readers? The *Monocle* welcomes your contribution. Send to editor@monocacymonocle.com.

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Things To Do

Plan on Markoff's Haunted Forest every weekend in October. Fast passes to speed your entry to this world-class haunted extravaganza can be obtained by dining in at Cugini's, Bassett's, or Asian House of Poolesville.

October 21

PHS Varsity Home Game

Football vs. Richard Montgomery. 6:30 p.m.

October 22

PHS Varsity Home Game

Girls' soccer vs. Wheaton. 2:30 p.m.
Boys' soccer vs. Wheaton. 4:00 p.m.

87th Annual St. Mary's

Ham and Turkey Dinner

With sides of mashed potatoes, gravy, stuffing, green beans, sauerkraut, and rolls. Featuring crafts, baked goods, pumpkins, country store, free hay rides, and Christmas shop. \$16 for adults dine in and carry out. Dining room guests 10 years old or younger eat for free. Noon to 6:30 p.m.

October 26

Poolesville Planning Commission Meeting

Poolesville Town hall. 7:30 p.m.

October 27

Poolesville Area Senior Center Special Event

A Health Seminar: Introducing Uogibo, a new form of exercise. 17750 West Willard Road. 1:00 p.m.

October 28

PHS Varsity Home Game

Football vs. Magruder. 6:30 p.m.

October 29

Giant Downsizing Yard Sale

Everything must go. 17105 Titus Way, Poolesville. 9:00 a.m. to 2:00 p.m.

Annual WUMCO

Fall Walk and Oktoberfest

Scarecrow-making, pumpkin-painting, costume parade, and contests for kids and dogs, music by DJ, beer and wine tent (sold by the glass). Child's wristband: \$5.00. Noon to 6:00 p.m.

October 30

PACC Public Forum

Featuring candidates for town commissioner. All questions come from attending audience. Candidates available before and after event. Arrive early to submit questions. Town hall. 6:30 p.m.

October 31

Annual Monocacy Lions

Community Halloween Party

Bring your kids, grandkids, and the neighbors' kids to a safe and fun-filled Halloween evening. Adults: Get in the Halloween spirit and come dressed in costume yourself! There will be a costume competition for both kids and adults, games, refreshments, and prizes—all treats and no tricks! St. Mary's Pavilion, Barnesville. 7:00 p.m. to 9:00 p.m.

November 4

Book Signing

By local author Dr. Carroll James (as featured in the *Monocle!*). Featuring *I Swear to Tell the Tooth* and *The Whole Tooth*. Barnes and Noble, Francis Scott Key Mall, Frederick. 11:00 a.m. to 4:00 p.m.

Have an event you'd like to list here?
Email: editor@monocacymonocle.com



October 29th Noon-6 Whalen Commons in Poolesville

Walk for WUMCO, Costume Contests, Scarecrow Making, Pumpkin Painting, Carnival Games, Corn Hole, Moon Bounce, Rock Wall, Basket Auction & MORE!

Wristbands: \$5.00 for kids' activities

12:00 Walk (Registration @ 11:30)

Free wristband with walker registration

12:45 Kids' Costume Parade & Contest

1:15 Dogs' Costume Contest

1:45 Kid Dash

5:30 Community Scarecrow Contest
Winners Announced

Music provided by:

DJ Val 12-2 & 5-6 and TKO 2-5

Beer & Wine Tent—sold by the glass

Catoctin Clear Kolsch

Hop Tub Harvest IPA

Gore'd Obligatory Seasonal Squash/Pumpkin

Dunkehvelzen

Gerste und Hopfen Oktoberfest

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AUTUMN AND HOLIDAY WORKSHOPS

- October 29
Advanced Techniques
- November 2 & 8
Autumn Centerpiece
- November 3
Learn Calligraphy
- November 10
Furniture Painting

NOVEMBER MARKET WEEKENDS!

November 4, 5, & 6 plus 18, 19, & 20
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Continued from page 1.

Four Candidates Vie for Three Poolesville Commissioner Spots

Brice Halbrook, a resident of Poolesville for over sixteen years, looks to return for his third term having first been elected in 2008. He serves as commission liaison on the Park and Streets Board and is a partner in Townsend and Halbrook Mortgage Corporation. He co-chaired the Poolesville Day Committee for five years prior to seeking the commissioner position. "I am seeking reelection to continue working with an excellent group of commissioners and town staff to further the good and important work we are currently overseeing. I am particularly interested in being a part of making sensible decisions surrounding the growth and prosperity of the community."

Valaree Dickerson is running for her second term as commissioner. She serves as the commission liaison to the Community Events Development Committee in which she actively participates in the planning of and/or volunteering in each of those events. She lived in Poolesville from 1969 until 1980 and then returned in 1992. She operates her own DJ services company and is also the owner of Gopher It, a firm offering a variety of paid errand and miscellaneous services to the community. "I am seeking reelection to continue to support the positive reinforcement of a viable community through my participation as a volunteer commissioner, active community member, and lifelong resident of Poolesville."

The fourth candidate is Martin Radigan. He and his wife, Abby Clouse-Radigan, and daughter, Maisie, moved to Poolesville from Northern Virginia two years ago. He is an account executive with an agency in Northern Virginia as well as a professional photographer whose work can be viewed at martinradigan.com.

In addition, he is a volunteer Board Member for Montgomery Countryside Alliance and is also a cofounder of Protect Our Poolesville (POP), a local citizen group dedicated to sensible growth advocacy. He "is running for commissioner on a platform which, among other things, opposes ultra-dense development."

Abby Clouse-Radigan was planning to be a fifth candidate but she withdrew her candidacy. "I submitted candidacy forms and signatures for Town Commissioner with the intention of running on a Smart Growth Platform, in accordance with the ideals and goals of Protect Our Poolesville (PoP), but with a recent professional development, I have been forced to reconsider how I will balance work and family obligations. It was a difficult decision to withdraw my candidacy for the position of Town Commissioner, but I feel confident that the Poolesville residents have a highly-competent Smart Growth candidate in Martin Radigan."

The next issue of the *Monocle* will provide space for each candidate to make his/her statements to the voters. Additionally, on Sunday, October 30, the PACC will sponsor its traditional candidates' forum of those running for town commissioner at the town hall starting at 6:30 p.m.

The forum is a structured discussion format whereby candidates are given two minutes for an opening statement followed by the moderator reading questions provided by those attending and ending with a closing statement from each. Candidates will be available prior and after the convocation to meet and ask more questions.

Voting for town commissioner is separate from national elections, and town elections are held at the town hall the same day and hours as the national election which is held in area schools. Traditionally, all candidates stand outside the voting area near the town hall and are available to answer voters' questions at that time as well.



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Center Stage

Editor's Note: The following is a reprint of a Center Stage about Peg Coleman published on February 22, 2013.

Finding Joy in Local History

By Dominique Agnew

Have a question about local history? Peg Coleman of Boyds may have the answers. If not, she may have a good idea of how to go about finding them.

Since the early 1980s, Peg has written five books on local history, three non-fiction works and two historical fiction works. She began her writing career through one of those quirks of fate that sends many of us diverging into a new and exciting path.

In the late 1970s, Peg had been working for Sugarloaf Regional Trails and was approaching the end of a contract, looking for something to do. The Donning Company Publishers had asked the librarian of the Montgomery County Historical Society to write a book about Montgomery County history. The librarian turned down the request but recommended Peg. "I loved doing it," Peg says of the project. "I really enjoyed it enormously." For five years, she and a photographer traipsed all over Montgomery County, interviewing citizens and photographing their historical photos, producing, in the end, *Montgomery County: A Pictorial History*. The book covers the 1770s into the 1980s, with more than 350 photographs. For those five years, Peg delved into land records, did a lot of research at the historical society—"I practically lived there"—and located and met locals with knowledge of history of the area. "I had so many interesting conversations with people that are gone now," she reminisces.

The next writing project wasn't published until 2002, *Paul of Montgomery*, a children's historical novel—maybe Peg was a little busy. In 1983, she and her husband purchased a property in Boyds on which had been built a log cabin in 1768. Peg spent the next decade restoring it and finally opening it as a bed and breakfast, Pleasant Springs Farm, in 1996. The Colemans bought the property because of the log cabin, then built their house near it. She dismissed suggestions that they push the log cabin over. "I'm so interested in the local history," says Peg. The cabin was originally built by Thomas Drury who had come from England. The windows had glass that came from the local Amelung glass factory on the other side of Sugarloaf Mountain. *Paul of Montgomery* tells the story of the building of a log cabin in 1768 from the point of view of twelve-year-old Paul. "It was a lot of fun to write," says Peg.

In the mid-2000s, Arcadia Publishing Company, which specialized in localized history books, contacted Peg and asked her to write a book about Germantown. Peg really wanted to do a book about Germantown, Boyds, and Barnesville. "They said no," Peg says, so she titled the book *Around Germantown*, giving herself the freedom to go beyond the borders of Germantown to include some of these smaller towns. Arcadia Publishing has a formula authors are required to follow with a specific number of pictures and word count. *Around Germantown* was published in 2008 and can be found for sale at Barnes and Noble bookstores and Costco.

Peg next wrote and published *Mama Wears Two Aprons* about women in farming in Montgomery County, mostly during the early part of the twentieth century. The Mooseum in Boyds was interested in a book about local female farmers, and Peg obliged, documenting how many women saved their farms during the Great Depression through the help of Blanche Corwin, the first woman to have the position of cooperative extension agent. She was hired to teach women how to cook, sew, take care of livestock, and other farm and domestic duties. Then she thought of the idea for the Montgomery Farm Women's Cooperative Market in Bethesda, which is still thriving today, to help them make money to pay their mortgages.

This past fall, Peg published the continuing story of Paul in *Maryland Patriot*. Paul is now a sixteen-year-old preparing to enlist in the militia to fight the Revolutionary War. Paul is the only fictional character in

the account, all the other characters were real people. Peg "researched battlefields, read a lot of books, and talked to a lot of people" to tell Paul's tale.

Peg grew up in Snohomish, Washington, close to Seattle. The daughter of a Presbyterian minister—she read all his books—she was always interested in reading and history. "I would come home from school and would read by the woodstove," she says. Her knees would be scarred from sitting so close to the woodstove. She moved to Montgomery County in the late sixties and instantly fell in love with the history all around her. She earned her degree in history from Hood College in 1977 as a continuing education student, then set off on her career as local historian. "It's really been a lot of fun," she says, "something to be passionate about."

She has just republished *Paul of Montgomery* with her daughter, Ann Stevenson, who added a teacher's supplement. "It was so much fun to work with my daughter," Peg says. She also hopes to write a third book about Paul during the post-Revolutionary War years.



Help Wanted: Executive Secretary

The Poolesville Area Chamber of Commerce is seeking an organized, detail-oriented person to handle the day-to-day operations of the not-for-profit organization. Work schedule is primarily flexible (approximately 10 hours/week) and can be done mostly from home. The position does require attendance at some morning/evening meetings/events (usually not more than once or twice each month). Applicant must be proficient in QuickBooks, Word, Excel, and Facebook, have bookkeeping and organizational skills, and office experience. Duties will include, but are not limited to: correspondence, taking minutes at monthly Board meetings, maintaining the membership database and web page, marketing, and event logistics. Please submit complete resume including references to president@poolesvillechamber.com.

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School News

PHS Students Recognized in the 2017 National Merit Scholarship Program

The 2017 National Merit Scholarship Corporation Program (NMSC) recognized fifty-five Poolesville High School students as of October 17 for their exceptional academic promise. Eleven PHS students were recognized as National Merit Scholarship Program semifinalists; forty-four PHS students were commended.

"We are very proud of these students," said PHS Principal Deena Levine. "Their hard work inspires our faculty and student body and exemplifies PHS's commitment to academic excellence."

Semifinalists are the highest scoring entrants in each state. Winners of Merit Scholarship® awards (Merit Scholar® designees) are chosen from the finalist group based on their abilities, skills, and accomplishments, and are announced between March and mid-June 2017.

Although they will not continue in the 2017 competition for National Merit Scholarship awards, commended students placed among the top five percent of more than 1.6 million students who entered the 2017 competition by taking the 2015 preliminary SAT/National Merit Scholarship test (PSAT/NMSQT), according to the NMSC.

Amelia Cherian
Kathryn Christensen
Derek Colby
Anusha Dixit
Nicolas Fernandez
Corland Forrester, Jr.
Henry Gao
Winston Grenier
Sara Himmelfarb
Sara Hong
Kevin Hu
Benjamin Jin
Meher Kaur
Mitushi Khare
Justin Kim
Parameshwar Kollipara
Uma Krishnan
Andrew Lent
Nidhi Mathew
Anna Mazzanti
Alexis Pak
Nicholas Pringle
Glenn Ren
Cole Schneider
Harshal Shah
Devin Smedira
Crystal Wang
Lydia Wang
James Wilburn
Daojun Xu
Sheng Po Yang
Jessica Yin
Christina Zhang
Christine Zhang
Karl Zhao
Huile Zhou
Kevin Zong

PHS Faculty Prepared to Explore Tough Issues with Students

Guest speaker Katie Horan, PHS staff development teacher and Poolesville resident, engaged parents with an interactive presentation, "Teachable Moments: The 2016 Election: Race & Equity," at the October 18 Principal's Coffee and PTSA meeting. Parents were divided into five groups and asked to review a classroom scenario developed from contemporary cultural, racial, political, and socio-economic current events. Horan explained that PHS resource teachers developed lesson plans built around the scenarios after exploring the need at two faculty leadership team planning events this past summer, triggered in part by a group of PHS students who approached administration about concerns about how the tenor of the current election cycle and other contemporary events could play out in PHS classrooms. Identifying potentially-uncomfortable discussions as "teachable moments," Ms. Horan explained to parents that in each situation, whether the scenario was



These PHS seniors recently received a letter of commendation by the National Merit Scholarship Corporation in recognition of their excellence in academics.

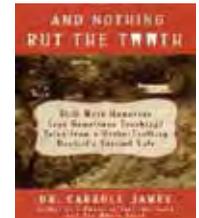
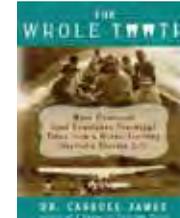
part of a lesson plan, or in a response to a statement by a student, PHS faculty were prepared to engage students in critical thinking and to explore the issues. The goal, according to Horan, is to help students dispute stereotypes and encourage dialog while recognizing varied student perspectives. According to Horan and Levine, PHS faculty members in every discipline are prepared to support curriculum goals for critical thinking skills, evidence-based research, analysis, and providing support for statements no matter what the topic. Faculty meets monthly with their departments to review how they managed these teachable moments.

College Funding Workshop at PHS

The PHS PTSA will host a college-funding workshop on November 15, 2016 from 7:00 p.m. to 9:00 p.m. in the PHS Media Center. Back by popular demand, the workshop, presented by the College Funding Coach, "Learn How to Send Your Kids to College without Going Broke," helps parents understand the college funding process, reduce out-of-pocket expenses, and balance the challenge of saving for college and retirement simultaneously. Check the PHS PTSA website and Facebook page for more information and to register.

Local Author, Dr. Carroll James Book Signing at Barnes & Noble

Francis Scott Key Mall – Frederick – Sat., Nov. 4, 11-4 pm
Washingtonian Center – Gaithersburg – Sat., Nov. 12, 11-4 pm



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Chris Chen
Matthew Feng
Zubin Kane
Nathan Kwon
Caroline Leng
Azeem Mohammed
Ishan Mundra
Wally Niu
Kashif Rahman
Hannah Sun

PHS National Merit Scholarship Program Commended Students

John Ahrens
Simon Arango Baquero
Zoya Bharmal
Jessica Bhatiacharyya
Seung-Kyoon Bong
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Continued from page 1.

Peg Coleman: Local Historian Icon Passes

and finished her degree. In 1977, she graduated from Hood College with a major in history.

he joined the staff of Sugarloaf Regional Trails in the little white cottage at the foot of Sugarloaf Mountain, headed by Frederick Gutheim, Gail Rothrock, and Eileen McGuckian. Her job was to teach and work with the volunteers who researched historic properties in Montgomery County and completed the nomination form for historical significance. Through this job, she developed a passion for old houses and a burning desire to own one; however, Jim had an equally burning desire not to. They looked at old houses, but every time they found one that Peg liked, Jim said the roof leaked, the plumbing needed to be replaced, there was no electricity or indoor toilet, etc. At last they found the perfect solution—an abandoned log cabin on thirty acres of buildable farmland. The cabin indeed had no plumbing or electricity, no windows, the doors were strewn outside, and there were holes in the ceiling and floors where vandals had broken in, looking for treasure. Stairs were missing, but they managed to pull themselves to the second floor where they came face to face with turkey vulture babies. Mom (or was it Dad) flew to the vacant window ledge, very displeased by the appearance of guests, and greeted them with loud squawks and flapping wings.

The cabin has received several awards for historic preservation and is a bed and breakfast. Nearby is a farmhouse, designed by Francis Donald Lethbridge to respect the log cabin, but not to emulate it. They look comfortable together.

Peg became a member of the Montgomery County Historical Society, the Maryland Historical Trust's Montgomery County Committee, Peerless Rockville, the Historic Medley District, Inc., the Monocacy Garden Club, District IV of the National Capital Area Garden Clubs, the Sugarloaf Citizens' Association, and the Gaithersburg and Boyds Presbyterian Churches. She founded the Boyds Historical Society, the Montgomery County Farm Tour and Harvest Sale,

and the Barnesville Heritage Guild (now Countryside Artisans). She raised dairy goats, sheep, and flowers. As a longtime president of Sugarloaf Regional Trails, she worked on grants, published books and pamphlets, and lectured on local history. She wrote four books, *Montgomery County: A Pictorial History*, *Paul of Montgomery*, *Mama Wears Two Aprons*, and *Around Germantown*.

SRT's Native American Heritage Trail on the C&O Canal was her last and perhaps her best civic project.

Her dear husband of fifty years passed away quietly in 2014 at the age of 86.

Peg is survived by her four children, Robert Bivins and Ann Stevenson of Albuquerque, Sarah Bivins of Mars Hill, North Carolina, and Susan Ewing of Takoma Park; eight grandchildren; seven great-grandchildren; and two stepchildren. A Memorial Service will be held on Saturday, October 29 at 11:00 a.m. at the Boyds Presbyterian Church, 19901 White Ground Road, Boyds.

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Youth Sports

Poolesville Volleyball Dig Pink Spikes A Check for \$2200

By Jeff Stuart

Before the volleyball match between Poolesville and Blake, marking the culmination of this year's Dig Pink fundraiser on October 13 in the PHS gym, senior Ellie Creedon beautifully sang the National Anthem and got the evening off to a great start. The girls' varsity volleyball team may have lost, 3-1, that evening, but their fundraising in support of Breast Cancer Awareness and research was a winning effort. The eighth annual fall fundraising campaign for Dig Pink raised \$2,200 this year and has raised more than \$40,000 since 2009. The girls offered special thanks to all the family, friends, and members of the community that helped make this happen. Under the banner of the Side-Out Foundation, many volleyball teams nationwide joined this effort. Throughout the month of October, players from all fifty states "dig for a cure." More than 500 college and 1,500 high school and middle school teams participate.



The PHS girls' volleyball team raised \$2,200 for breast cancer research.

"We are just keeping this Poolesville girls' volleyball's tradition alive," said the cochairman of the local effort, Yongzhang Leng, the father of outstanding Falcon outside hitter Caroline Leng. "They are using volleyball as a platform to make a positive impact in our community."

People can still support the Poolesville volleyball team's fundraising effort by donating online through the following link: giving.side-out.org/campaigns/11844.

Members of the team sold concession items, pink necklaces, bracelets, and T-shirts at school events throughout

the fall. There were basket raffles and other items auctioned to the highest bidder. Many local businesses supported this effort. For the match itself, the gym was decorated with pink balloons, and pink streamers were hung from the entrance doors. As requested, most of the spectators wore pink. Players on other PHS sports teams also wore pink in support of this effort.

The varsity and JV players offered roses to survivors of breast cancer present at the event. One survivor hit a ceremonial first serve.

Between the second and the third games, there was the usual volleyball service event where contestants

purchased balls to be served to try to hit targets on the other side of the net. Prizes included McDonald's gift certificates.

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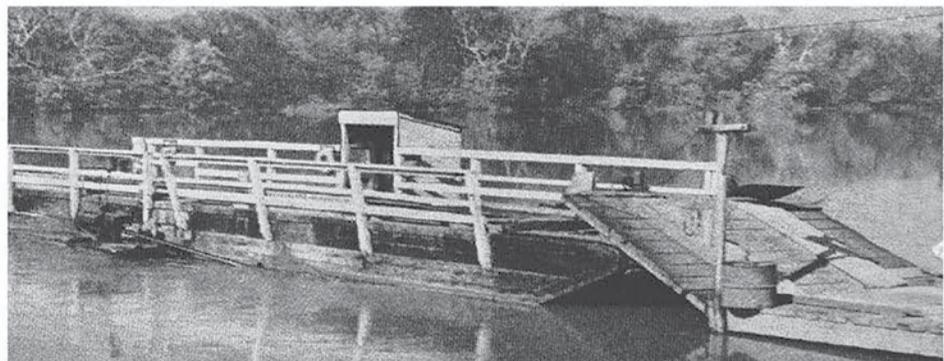
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By Jack Toomey

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Past Crime

October 23, 1912 Sheriff Howard arrested Peter Robinson on a charge that he shot Richard Mines in the chest. Robinson claimed that Mines came after him with a knife and that he was defending himself. The shooting took place on the farm of Francis Kilgour, five miles west of Rockville. Mines was said to be in serious condition at the Emergency Hospital in Washington.

October 24, 1907 In order to test whether the Montgomery County authorities had the right to enforce a law that automobiles could not travel faster than twelve miles an hour on the Conduit Road (now MacArthur Blvd.) John Lutz of Washington ran his auto at about 30 mph along the road near the Cabin John Bridge. By prior arrangement, Deputy Mullican was stationed by the roadside and arrested Lutz, who was then taken to Rockville, accompanied by many friends, and posted bond before Justice of the Peace Robertson. Lutz explained that he did not believe that state officers had authority on the Conduit Road.

October 25, 1904 Charles Adams of near Rockville appeared before Justice of the Peace Brewer on a charge of shooting a rabbit. Constable Beavers brought the charge, and after Adams was fined twelve dollars, Beavers received half of the fine as was the custom of the day.

October 31, 1909 A crowd turned out in the center of Olney to watch after a team of horses had raced out of control and upset a carriage that it was pulling. Authorities said the horses shied at the approach of an automobile and then ran into the side of a building. Injured were Mr. and Mrs. Mackal and their infant son. Hospitalization was not necessary, and they retired to their home. The carriage had to be carried away in two pieces.

November 2, 1910 Mr. Buchanan of Craigsville, Virginia came to the Washington area looking for his daughter who was said to have eloped with Otto Lemonta. He located the pair in Rockville where they had taken a room. Buchanan swore out warrants against Lemonta, charging him with falsely swearing that the girl was of age, that he was not married (he had a wife at home), and bigamy. Lemonta was arrested by Sheriff Viett and held at the Rockville jail while Buchanan returned to Virginia with his daughter.

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

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Foundations

Once-Derelict Barn Restored To Former Glory

By Susan Petro

Who knew, when local resident, Jim Clifford, decided to tackle the renovation of the huge, crumbling bank barn on his property that sits at the corner of Cattail Road and Route 28, that he would inspire a renaissance of other local barn restorations? In the past few weeks, Clifford has received at least four phone calls from other interested barn owners who were inspired to restore theirs, as well. Visitors and residents of the Agricultural Reserve stand to benefit in a big way by the presences of these stately structures of our past.

The Cliffords' barn dates back to 1894 as inscribed on the original cornerstone of the barn's red sandstone foundation and again on one of the stones on an interior wall of the barn's lower level. Clifford said the farm has gone through many ownerships over the years. At one time, a house sat on the property in which the mother of local resident and community historian, Dorothy "Dot" Elgin, once lived. Although that home no longer exists, Clifford discovered the original foundation along with pottery shards where it once sat.

Clifford and his wife, Carol, were originally attracted to the land that included numerous barns and structures in various stages of dilapidation in need of rescue. Clifford has experience renovating and restoring historic properties including the old bank and funeral home in Olde Town Gaithersburg.

They purchased the property in 2000 and lived in an older home on the property while they set about building their dream house. With the help of their two sons and a number of local Eagle Scouts, the Cliffords made improvements to the soils and began fixing up or stabilizing the remaining structures. An old silo was beyond repair and was torn down; however, the massive bank barn was, by far, the biggest challenge for Clifford once he decided to bring it back to life. "This was on its way home," Clifford said, as he described the barn which previously had gaping holes in the sides where sections of the walls were completely gone. The barn was also leaning to one side and looked like a strong wind might send it tumbling down. Luckily, the barn survived the derecho that blew through in June of 2012. Perhaps the missing

wall chunks let enough of the powerful winds to blow safely through.

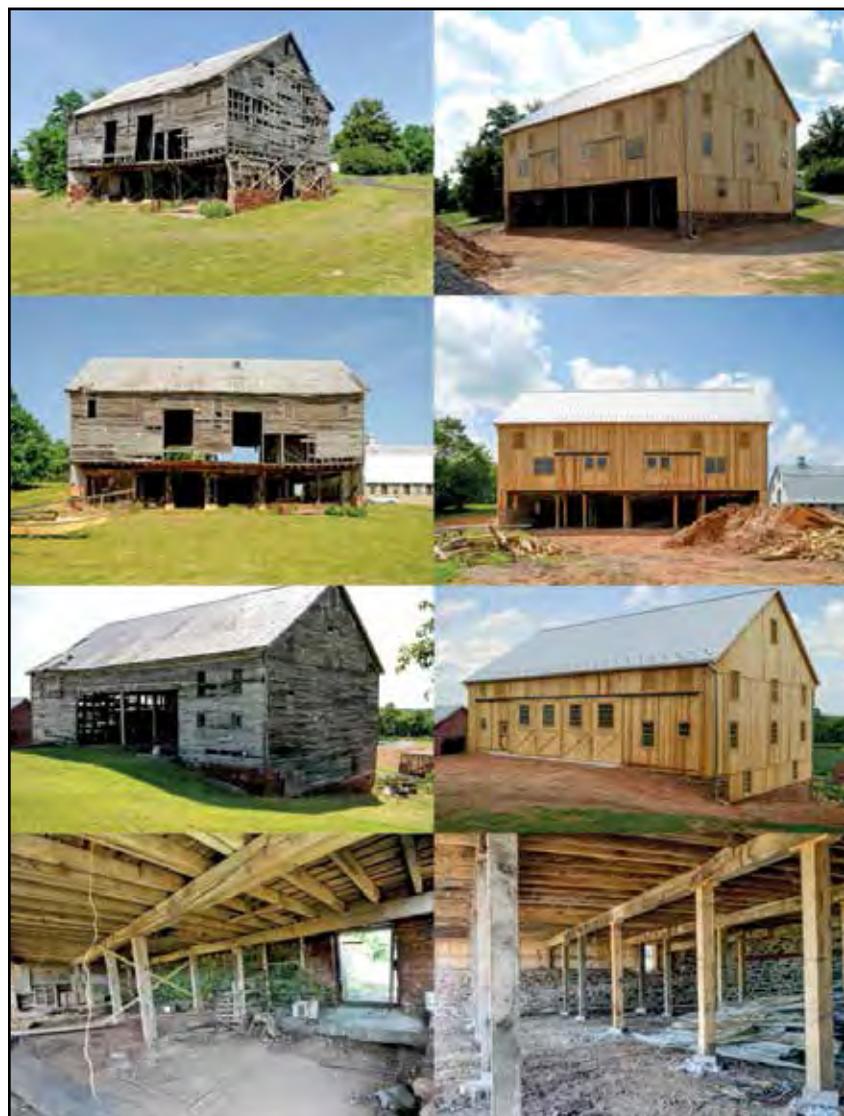
Clifford's smaller barn that sat right next to the bigger bank barn was not as lucky, though. When his son asked him where the barn was, Clifford thought he was joking, but when he looked outside, the barn was completely gone. It was later found across the street, a few hundred yards away. Interestingly, the contents of that barn remained largely undisturbed. The tractors were unharmed, and a bottle of water stood upright in the exact position in which it was left.

When Clifford first began searching for builders to restore the bank barn, he was turned down or put off by at least a dozen builders. The job was either too big, too challenging, or they thought it was beyond repair. Clifford's luck changed when he received a card in the mail from an Amish builder named Leroy Stolfus of Stable Hollow Construction. When Stolfus came to tour the barn, he said he would love to restore the it. Clifford saw a passion in this builder that gave him confidence that he was the man to do the job.

Stolfus and his crew of five to seven men made the two-hour trip each way to restore the barn. Clifford said the best day of work the men put in was after they all spent a night at the barn, fished in the lake (built by friend, Andy Marchwicki, whom Clifford calls the best excavator in the Agricultural Reserve), cooked out, and enjoyed a peaceful evening on the farm before waking up refreshed and ready to work.

Before the barn could be repaired, one of the first orders of business was to push the barn straight again. Clifford imagined that the process would be days in the making and was surprised when Marchwicki, with the help of a large tractor and bucket, pushed the barn straight in about fifteen minutes' time. The barn was then tied down and a large metal plate was installed into the main foundation wall which had a significant bulge. Fifteen-foot rods were pushed through the walls and anchored into the ground below. The straightening process caused a few sections of the foundation walls to collapse. They were repaired with original red sandstone.

Today, the magnificent restored barn smells of fresh cedar from the newly-installed walls and doors. Almost all of the original timber beams remain, with very few replacements or repairs. The original cedar shake roof is gone and replaced with a much stronger pine decking topped with stainless steel. The only difference to the exterior is that the walls are hung vertically instead of horizontally. New sliding



Before and after pictures of the Cliffords' barn restoration. Photos by Clark Day.

wooden doors open easily, one or two sections at a time. Special latches were added to the interior of the doors so they don't flap or bang in the wind.

Clifford is unsure whether he'll ever use the barn for storing hay again. "This was truly a labor of love," said Clifford, "there was no good reason to do this barn."

Today, the Cliffords take great pleasure in sharing the barn with friends and family and in watching

their grandchildren enjoy the wide-open expanse of the barn's new one-and-a-half-inch-thick ash floor, each of its individual nails driven by hand.

When the grandkids first came to visit, the six-year-old enjoyed racing back and forth, while the one-year-old just ran around in circles, grinning from ear to ear—"Like he was at Disneyland," said Clifford—not a bad reason to take on such a labor of love, after all.

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Youth Sports

Poolesville Girls' Soccer: Pulling Together

By Jeff Stuart

"I think our season is going great," said Poolesville's girls' soccer coach Rod Nubgaard, after a 6-0 win over Paint Branch on Senior Night, October 13. "I have a great group of players. If you look at the win-loss record (4-6) it probably doesn't look that way, but the girls have progressed far more than I expected, and they have done a great job. I think our best game so far was our loss to Quince Orchard, 3-2, in September because of the level of energy and the hard work we did. We pulled together a great effort, and we just fell short.

"I think my seniors have been fantastic considering I am their fourth coach in four years...but they have just been outstanding. Our captains, Sashi Howson, Kathryn 'Cat' Creedon, and

we wanted to," said defender Zoe Welch, a junior, "but we have improved a lot. I think my favorite game was the Gaithersburg game. The entire game, we had really good energy. We worked really hard. I think that we have overcome some challenges to become the team that we are. I think that we are getting to the point where we want to be. I am looking forward to the playoffs. We are going to do our best to win, and I think we have a team that is capable of doing that."

"We started off with four tough games in a row," said senior Meher Kaur. "The results weren't exactly what we wanted, but after that we are getting stronger. We are getting there. I thought the Gaithersburg game was a good game for us. We had a lot of really good possessions, and we came out and really played well in the Seneca Valley game. That win lifted us up after some tough losses. Having a new coach every year has been challenging, but it was another thing we could bond about. We had to depend on each other. We have quite a few freshmen who are playing well: Sabrina, Lauren Penn, and Rachel Tievy."

"For me, the Seneca Valley game was a highlight," said Edwards, "because coming into a new team as a freshman, I scored my first goal that game, and that was really the first game that we bonded as a team, and we had fun playing together. I have played soccer since I was four or five...when I made varsity I was really excited...I really don't know what to expect from the playoffs. I am looking forward to it. I

know all the seniors have been great, helping me out and encouraging me and including me. I am excited for the playoffs and hope to go far."

Other seniors are Alison Huber, Isabel Markoff, Yamuna Satsangi, and Ria Sebastian. Juniors are Killian Carney, Rachel Mcairan, Maria Phelps, and Alice Walker. Sophomores are Kelliann Lee, Sara Mulkin, Ashwini Thirukkonda, and Oksana Tkach.



Front: Sachi Howson, Hailey Khalil, Meher Kaur, Izzy Markoff
Back: Kat Creedon, Yamuna Satsangi, Ria Sebastian, Alison Huber

Hailey Khalil, have been incredible in helping me pull this team together.

We have a freshman, Sabrina Edwards, who has done an incredible job at striker... She has earned every single minute of playing time.

"Our goal in the playoffs is to go further than we ever have. That has been our goal since day one. I want to take them as far as they want to go, as far as we can go. As long as they give me their level best, which they have, that is all I ask of them."

"We didn't win all the games that

"I think we have come a really long way," said Howson. "We had some internal issues with team chemistry to start with, but we have kind of gotten over that. We have done more team bonding activities in order to become more close-knit...Senior Night was really fun. The whole day was Senior Day. Every period, the underclassmen gave us little presents. They made posters for us, and we had shirts and giant buddy bags. It was just really fun, and we played well in the game, and so that really helped."

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Oct 5th @ 9am, The Catechist Group topic will be "Power of the Word of God" for details see bulletin

Oct 20th @ 7:45pm, Come visit Jesus in Holy Adoration in the Rectory Chapel

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Happy Birthday, L'Eroica Gaiole, Italy

It is seven in the morning; the skies are overcast with a threat of rain, and church bells are calling people to Sunday's mass in this small, medieval market town. I am in Gaiole in Chianti, a commune in the Province of Siena in the Italian region of Tuscany, located about forty miles southeast of Florence. Standing at the starting line, I am awaiting the beginning of the second leg of a very special bike event, L'Eroica, in which my daughter Christine is riding.

The year 2016 celebrates the twentieth anniversary of its founding in 1997 by a local, dedicated cyclist Giancarlo Brocci. Every year, thousands of cyclists and visitors arrive in the Chianti region on the first Sunday of October to pay homage to the bicycle and the past masters of this sport. Brocci said: "The idea of the event was to protect the *strada bianca*, the rough, white gravel roads through Chianti's vineyards, from being resurfaced in tar, but also to rediscover the roots of the sport away from technology and doping." The pioneering ninety-seven cyclists who rolled out of Gaiole in 1997 "sought to discover the pleasures of living the serenity of slow travel and the enormous wealth of the environment around us." In the 2016 event, there were seven thousand cyclists (three had one leg, and three others were paralyzed from the waist down) from all over the world, men and women from their early teens to eighty-two years young.



Grapes headed toward
Chianti Classico wine.

This bike ride is called "vintage," meaning that all cyclists had to ride steel-framed bikes made before 1987

and had to dress in suitable period costumes of merino wool jerseys, leather shoes, and cotton caps. They didn't have their expensive, lightweight carbon bikes with twenty-two gears, spandex clothing, and energy gels.

There were five different routes with different mileage and differing levels of terrain and elevation: Leisure Route, 46 kilometers (km); Short Route, 74 km; Chianti Classico, 115 km; Medium Route, 135 km; and the Long Route, 209 km ("eroica" at its most authentic). I spoke with several cyclists who did the "short" route. They said that its relative shortness was secondary to the extreme hills and rough gravel roads. L'Eroica is a hard, hard day in the saddle. The roads are slippery white gravel or dirt. Dirt is a relative term. The roads can be rough, strewn with large rocks and tire-sucking sand on unforgiving stretches of road with sharp, hairpin turns where there is no room for error or loss of control. In Chianti, there are no easy routes.

Why do cyclists do L'Eroica year after year? One man from Australia described his experience this way: to become a member of this raucous, fantastic display of "let's forget the world we live in for one day and celebrate the olden days."

L'Eroica is a day of national pride and a tribute to Italy: its people, its food, its traditions, its literature, its art, and its culture. All along the biking routes, people in the neighboring villages turn out to cheer on the cyclists and to offer them groaning boards of pasta, soups, salami, bread, cheese, fruit, and, of course, Chianti Classico. Every small town has its Black Rooster, usually a very large metal sculpture in the town square. Ever since 1384, it has been the symbol of Chianti Classico wine. Today, only Chianti from this sub-zone may boast the black rooster seal on the paper around the cork.

In 2015, this event was dedicated to the one-hundredth anniversary of the birth of the Italian cyclist Gino Bartali. He won the Tour de France in 1938 and 1948 and is a national hero as he helped rescue many, many Jews in Italy during World War II by hiding falsified documentation papers in the saddle of his bike.

I don't think that you can export the passion, inspiration, and emotion of this bike ride to other countries; Gaiole in the rolling Tuscan hills is special, as are her people and her traditions—but its organizers are attempting to do just that. One person said: "This will be difficult, but they will all be daughters of the same mother and who could possibly favor one child over another." Last

Continued on page 21.



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Poolesville Fire



Continued from page 4.

The Whirlwind of Autumn: A Road Jam of One Thing After the Other

My last thought turns to knowing we have a viable election for Poolesville town commissioners. We now have three veterans running: Jerry Klobukowski, Val Dickerson, and Brice Halbbrook. To fill the three seats up for grabs, we also have one newcomer offering his service in Martin Radigan. You will hear from all of them in our November 4 issue, and for the really concerned voter, the *Monocle*

reminds you that the PACC will hold its traditional Public Commissioners' Forum on October 30 at 6:30 p.m. at the town hall. It's your time to have your questions answered.

We have never endorsed candidates for local office, trusting in the maturity and wisdom of local voters. There is a lot on the town's agenda, and your role in helping guide that future is in your hands. You know what you want for Poolesville, but for the most part you have been on the sidelines watching. Folks, you are no longer on deck. It's time to step up to the plate to bat.

Continued from page 20.

Happy Birthday, L'Eroica

year, I went to the ride in Bakewell in the Peak District of England. It was characteristically British, not Italian. There are now rides in Japan, Spain, the Netherlands, California, South Africa, and Uruguay. Some riders I met in Gaiole plan to ride in all of the countries. That is passion.

As I stood near the Traguado Banner (finish line) at about seven o'clock Sunday night, hundreds of spectators were still there from six that morning, cheering and waving to the exhausted cyclists. As the name l'Eroica implies, each of these men and women found his or her own definition that day of a Hero. The founder of this inspiring event said: "Hopefully, cyclists will finish the ride to live their daily 'Eroicas.'"

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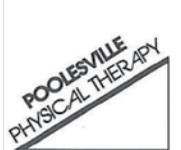
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Vitamins and Supplements for Your Pet, Oh My

Peter H. Eeg, DVM
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As much as half of the American population uses dietary supplements on themselves and their pets. Most are purchased over the counter (OTC) without consultation with a human physician or veterinarian. There is growing evidence that many commonly-used supplements may not be the safe miracle product they are touted to be. Remember, if the claim seems too good to be true, it probably is.

A supplement may contain one ingredient or any combination of ingredients, such as vitamins, minerals, herbs, amino acids, or some other lesser known substances. They are sold in tablets, capsules, liquids, or powders.

Researchers recently looked at liver injuries attributed to dietary and herbal supplements. Remember, the liver is the main organ for removing toxins and medications that you have put into you or your pet's body—also liver damage does not become evident in many cases until significant damage has occurred. The data comes from the "Drug-Induced Liver Injury Network", a database set up by the National Institutes of Diabetes and Digestive and Kidney Diseases. Over 100 published studies were reviewed.

The review found that 20 percent of cases of chemical-induced liver damage were caused by herbal and dietary supplements. This is double the percentage from one decade ago. There were links to over 116 different products, many of which contained multiple ingredients. It is hard to determine if a single agent or drug reaction between two or more ingredients caused the damage.

Of greatest interest is the supplements that were identified. These are ones that we all have heard of and considered safe for many years. They include, but are not limited to: green tea extract, multiple Chinese herbs, Korean herbs, vitamins, and other dietary supplements. Products manufactured by many of the most-recognized herbal companies were noted.

Overall, liver damage from supplement use is not common but tends to occur when supplements are overused, used in combinations not recommended by a health professional or with prescription medications prescribed, and no conversation about what herbal medications are also being taken occurs between the patient/owner and health professional.

If you are considering a supplement for yourself or your pet, please discuss it with your health professional first, especially if you are on prescription medications. Your healthcare team has access to databases that identify and discuss potential side effects, adverse interactions with other medications, and general guidelines for use.



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