



You'd be smiling, too. Find out more in Tidbits on page 8.



What else would the Potomac Hunt Club be doing on a sunny January day? More pictures are in the Family Album, on page 2.



These girls were tops in the school. Find why in Family Album on page 2.



This guy got special mention at a recent town meeting. Find out why in Local News on page 9.

# The Monocacy MONOCLE

Keeping An Eye On Local News

A Biweekly Newspaper

January 20, 2012

Volume VIII, Number 21.

## Local Residents on Network Reality Show

By Randé Davis

As would be expected in our tight-knit community, word spread fast throughout the area when it became known that Gail Lindsay Lee and her daughter, Lauren, joined together to compete on NBC's hit reality show, *The Biggest Loser*. The self-improvement program features two teams vying to achieve the greatest weight loss and health gain. The two new competing groups of individual players will be trained by either Bob Harper or Dolvett Quince, both fiercely-competitive personal trainers who are determined to whip their contestants into shape and deliver the season's \$250,000 grand-prize winner.

As the season progresses, area residents will be watching and rooting for both Gail and Lauren, and the *Monocle* will provide occasional personal

insight from their experience. As the thirteenth season takes off, we had a number of questions to ask our two very brave friends and were able to receive wonderful cooperation by NBC, so that you can hear directly from Gail and Lauren.

### How and when did the both of you decide to take the leap and go for the show?

Gail: Lauren asked if I would go with her to a casting call in Lanham, Maryland on August 6. I said yes, hesitantly, as I had no aspiration to weigh in on national TV and thought our chances were slim at best to making it past the first casting call with 500 to 600 people attending.

Lauren: I made a video a couple of years ago and sent it in to *Biggest Loser*, nothing came of it, but when my sister (Lindsay) emailed me about the upcoming casting call for the *Biggest Loser*, I knew it was time for my Mom and me to try out—not knowing if anything was going to come of it since hundreds of people were going to be there, but it was something we needed to do to save both of our lives.



Gail and Lauren Lee on a journey to better health.

### What were these first steps like? How long did it take, and when did you first learn you were accepted?

Gail: The process was fairly quick. We received a call a few hours after getting home on a Saturday asking us to come on Monday to D.C. for an on-film interview that would be sent to producers of the show and NBC. Then we had to fill out a detailed information sheet basically tell-

-Continued on page 18.

## Gracie Hits the Stage

By Dominique Agnew



When we last caught up with singer/actress/performer Gracie Jones in 2007, she was a busy senior graduating from Poolesville High School and headed off to Montgomery Col-

lege (MC) with a nice scholarship tucked under her arm.

Many Poolesville-area residents have fond memories of seeing Gracie on stage in PHS's Midnight Players productions or singing for various events in and around town. Her immense talent did not go unnoticed by local residents—nor has it gone unnoticed in recent months by area directors.

Gracie began her studies as a biology major, but she always took theater courses and took part in theater productions, both at MC and later at the University of Maryland (UMD) at College Park to which she transferred to finish her degree.

After three years of studying biology, she switched her major to theater. "I finally got the courage to pursue theater," she explains. She had originally planned on a double major, then finally dropped biology and graduated this past December with her degree in theater.

As a student at Maryland, she was granted a Creative and Performing Arts scholarship for the School of Theatre Dance and Performance Art which would have covered another four years of study, enabling her to complete two degrees; however, she felt the

-Continued on page 12.

Family Album



The Family Album is sponsored by  
Selby's Market  
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The Potomac Hunt Club gets ready to head out.



Amanda Warfield recently won the JPMS National Geography Bee and will represent the school at the state contest. Liesl Green and Avery Whitney Blum took second and third places, respectively. Left to right: Teacher Amanda McGrew, Gavin Preblic, Louis Potts, Julia Fisher, Amanda Warfield, Liesl Green, Avery Whitney Blum, Sean Lyons, teacher sponsor Sarah Nachlas, and Principal Charlotte Boucher.



A water line broke, but this team of hard working town employees has done it all before.



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# Daytripper

## All Is Not As It Seems: The International Spy Museum

By Ingeborg Westfall

What city has the most spies in the world, listed as ten thousand? Yes indeed, Washington, D.C. After you visit the International Spy Museum, which documents and presents such statistics, you may just have the feeling that you're being watched by at least some of them. It's up to you whether that possibility reassures you or makes you uneasy.

Since opening in 2002, the International Spy Museum, the world's only museum dedicated to the history and contemporary role of espionage, has had some 3.5 million visitors. With its more than six hundred objects (more in special exhibits), it features the largest collection of the world's spy artifacts ever put on public display. Such objects range from a 1777 letter from George Washington authorizing a spy network in New York to the 1964 Aston Martin DB5 (the James Bond car of Goldfinger movie fame), an umbrella gun, a lipstick tube that's really a single-shot pistol, a shoe transmitter used by the Soviets (shades of Maxwell Smart?), to a coat from the 1980s with a button that conceals a camera.

Like other museums newer than our more familiar look-but-don't-touch traditional museums,

the International Spy Museum strives to involve visitors in interactive displays, from assuming the details of a fake identity at the beginning of their tour (and taking a computer quiz later to see how well they remembered it) to watching videos that test their powers of observation and teach them what to look for that could be suspicious activity (high schoolers were having fun with these videos, and also were eagerly lining up to crawl on their stomachs through ductwork in the ceiling in a display farther on).

After these Tricks of the Trade, visitors are immersed in the History of Spying from thousands of years ago to the American Revolution, the Civil War, through World War II and the Cold War to the present. Celebrity spies are highlighted, including movie director John Ford, chef Julia Child, entertainer Josephine Baker, and the glamorous movie star Marlene Dietrich.

Guidebooks advise allowing two hours for this museum. I'd say at least three. Information overload sets in before everything is seen. It's impossible to give equal attention to all the facets of all the exhibits, and personal preferences enter into the experience as well. For instance, the Bond car elicited much interest, perhaps because of the enduring image of James Bond as the urbane, suave spy saving the world with gee-whiz technology. My particular favorite, however, was the Civil War section, where there was a video-map of the U.S. with a spreading stain reflecting the war's expansion over the country,

along with a readout of numbers of deaths on both sides as the months and years passed. That and the exhibit on women, who spied for the Confederacy and for the Union, though perhaps familiar, were presented so effectively as to seem new.

Finally, the room just before the exit leading to a very good gift shop reminds us of today's threat, our aging infrastructure's vulnerability to cyber attack, the weapons of mass disruption. It's a particularly sobering reminder that not all danger lies in the past.

I've heard gripes that this museum is too expensive. It's pri-



vately run, not supported by public funds, and it's in downtown D.C., so the current \$18.95 for adults doesn't seem outrageous. It offers much to think about for its price. It also offers special programs, and \$10 Tuesdays, as you can learn from calling its phone number 202-EYE-SPY-U or visiting its website, [www.spymuseum.org](http://www.spymuseum.org).

## Monocle Classifieds

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# Commentary

## Sleepless Days and Sleepless Nights

By John Clayton

The New Year is a good time to consider those things that cause sleepless nights. Drawing from a long list, here are a chosen few of mine.

I fear that the new Inter-county Connector, the ICC, will indeed be a powerful wedge that helps to establish an outer crossing over the Potomac River, as many calmly refer to a bridge and roads that would cut through the Agricultural Reserve. The bridge issue will be back; there is no doubt about that. Part of the hold-up has been that everyone knows that we can't afford to build it. If history has shown us anything, it is that this is rarely a problem in our society. The ICC will indeed be the trigger that helps bring this beast to life in the coming years.

This is a pity, too. I absolutely love the ICC. I'm very sorry about all those backyards and woodsy areas that got trashed, but, man, is that thing ever convenient. Goodbye Rock Creek Rollercoaster.

I fear that the Hostess Company will not emerge from bankruptcy intact and Hostess cream-filled products will disappear from store shelves. I do not eat these products very often at all, but two or three times a week I at least think about darting into a 7-11 and picking some up. I am helpless in the face of that cream filling. I really love it, and my fear is that my forbearance, and that of others like me, has contributed to their demise.

Admittedly, when I do succumb, perhaps two or three times a year, I realize they really aren't all that great, except for the filling. Twinkies in particular are a little disappointing. The cake has a slightly oily quality—it's really just a vehicle for what's inside, like those little wax bottles of fake cola. The cupcakes are pretty

good, even the orange ones, but the icing is a tad hard on top, although I realize this is to keep it from sticking to the wrapper. The snowballs are a particular weakness, even though that coconut and marshmallow spackle on the outside is a bit rubbery. There's not much wrong with a Ho Ho, though, as that brittle chocolate coating and the cake are thin enough to let the cream filling do the heavy lifting. Yes, I will miss them when they are gone. The Hostess Company blames it on unions and healthcare costs. Once again, we see strong evidence as to how annoying people without affordable health insurance are to people who already have affordable health insurance. That's not why your company is in trouble, by the way, it's because people like us are resisting this stuff. I'm racked with guilt; most people probably are not.

Another current cold-sweat fear is that Republican presidential candidates Ron Paul, Rick Santorum, and Newt Gingrich (there was a fourth one, but I can't remember his name) will accept that they are splitting the vote and helping to nominate that Massachusetts moderate, serial capitalist Mitt Romney. Putting aside their differences for truth, goodness, and the American Way, they choose a right-wing/Libertarian champion with a spirited round of Rock Paper Scissors, and the winner cruises to the nomination with most of their combined funds and votes. I'm not sure who wins the general election—I keep waking up.

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Keeping An Eye On Local News

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## Rande(m) Thoughts

### On Courage and Joy

By Rande Davis

All of us want to believe that when the time comes, we will be brave. Yet we can never be sure until faced with a difficult challenge that requires action or flight.

I started thinking about courage in an unexpected way. It came from hearing about Gail Lindsay Lee and her daughter, Lauren, participating in NBC's "The Biggest Loser" show. No matter what success they have on the show, one thing has already been determined: They have courage. You have to admire their courage in going so public on so private a challenge.

Courage is more easily measured when thinking of our military, police, or firefighters who face life and death situations, but what about the rest of us? What is courage to us?

Courage, like love, first comes from the freedom to choose, and

it is in that freely-made decision that most of us will have our courage measured. Facing one's own death or the death of a loved one takes about as much courage as we are likely to have to face in life. Having to cover the death of so many people as part of our mission at the Monocle, I witness courage by the dying and their survivors over and over again. Attending three funerals in the past few weeks has a definite way of focusing one's attention on things like courage. In a way that is hard to explain, attending these funerals is more uplifting than dispiriting. Death is always heartbreaking, but I have been an observer of remarkable courage and have been inspired by it.

Of those who died, something can be said that applies to all three persons. They taught us how to live by the way they courageously handled death. More importantly, it was their courage to take on life, to love, to open their hearts to others, knowing

-Continued on Page 12.

## Focus on Business

### Kicks Karate Family Martial Arts Center- Fostering a Positive Attitude with Personal Discipline

By Rande Davis

When Master Instructor John Bussard first developed the martial art programs for Kicks Karate, he knew he had to go beyond the specific needs of each age group, he had to focus on ways to keep the students interested, motivated, and rewarded. As he would put it, "A black belt is nothing more than a white belt that never gave up." Hence, emblazoned in large letters over the mirrored training wall is their motto: "Never Give Up!" Bussard, a seventh-degree black belt, has lived that motto starting with his first school in 1994 and expanding it to its ninth location in Poolesville. Kicks Karate has over three thousand students in Montgomery and Frederick Counties.

Martial Arts at Kicks Karate combines practical and effective self-defense techniques and functional fitness training with valuable life skills. It's as much character development as it is physical training.

Perhaps Lee Anderson, the manager and a master instructor at the Poolesville location, explains it best when he says that his involvement in karate "shaped his life rather than simply changed it through a

more disciplined environment with benefits in academic study for learning and attaining good grades." Lee, a 2006 Quince Orchard High School graduate, began his study of martial arts at eight but readily states that for this fifth degree black belt, his "only regret is not beginning at three years old."

A recent business administration graduate of McDaniel College in Westminster, Lee credits his academic success to the skills he learned through his participation in martial arts. In addition to being a master instructor, Lee is an avid competitor in tournaments specializing in Forms and Sparring. Forms is an intensely disciplined and brief presentation of the art of karate, which utilizes the skills learned into a competitive demonstration that lasts only about one minute. "It's like studying ten years for a one-minute show." Sparring, while not violent, awards points in a fight-like competition based on specific tasks and targets.

Over the years, he has won grand champion honors seventeen times at large regional venues. In being awarded his fifth degree black belt, he was surprised and especially honored by Master Instructor Bussard at his award ceremony. John Bussard studied under tenth degree black belt Grand Master Ki Whang Kim, a renowned pioneer of Korean karate in the United States. This past summer, in awarding the fifth degree black belt to Lee, Bussard carried on a tradition of

passing on a belt owned by one master to another when he gave Lee the fifth degree black belt that was given to him by his mentor, Ki Whang Kim.

Assistant manager and instructor Duane Dougherty is a second-degree black belt and has been training in karate for six years. Dougherty is a 2004 graduate of Quince Orchard High School.

Kicks Karate Family Martial Arts Center has lessons for almost all ages: three to four years old (Tiny Tigers), five to seven years old (Little Ninja), children eight to twelve, teen, and adults.



Kicks Karate black belt instructors Lee Anderson and Duane Dougherty.

## The Parenting/Faith Intersect

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Poolesville Baptist Church will be hosting The Parenting/Faith Intersect Conference with special guest speaker and author Steve Wright. Emphasis will be on how the church and home can work together in raising our kids.

Friday, March 2<sup>nd</sup> 7:00 p.m. - 9:30 p.m.

Saturday, March 3<sup>rd</sup> 8:30 a.m. - 1:30 p.m.

Cost By Feb. 12: \$30 per couple, \$20 individual

Cost After Feb. 12: \$40 per couple, \$20 individual

Call 301-948-5440 to register [www.pfintersect.com](http://www.pfintersect.com)

Steve Wright



### FROM AUTHOR MARY ANN POWELL

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### TOWN OF POOLESVILLE

## Athletic Field Permits are due 1/31/12

Seasonal athletic field permit applications for the 2012 Spring Season are due January 31, 2012. Coaches belonging to organizations reserving fields in Poolesville are required to schedule their field time through the appropriate organizations. Seasonal permits are scheduled as field availability allows. After the initial permitting process, any open fields will be permitted on a first come first serve basis.

### The following facilities are available

Stevens Park: Baseball field, soccer field, and concession stand

Halmos Park: Three baseball fields, soccer field, and concession stand

West Willard: Practice soccer fields

Contact Town Hall at 301-428-8927 for further information

## In the Garden

### Onward and Upward

By Maureen O'Connell

Another year gone. As one gets older, the passing of another year takes on new meanings. Old Father Time is catching up on you, and another year brings more wrinkles, aches, and pains. Getting up from a kneeling position in the garden takes a little longer, and the old back cries out a little louder while trying to straighten. The heat and humidity of our Monocacy summers take more of a toll on our stamina. The roses will still need to be fertilized and deadheaded; the weeds will still try to get the upper hand in all of our garden plots; and there will still be powdery mildew, black spot, rust, slugs, whiteflies, mites, Japanese beetles, and stink bugs to battle. In spite of all the above and more, come March and April, I see in

every spring a new beginning in the garden, and delusions of grandeur dance in my head. Sam, Tom (remember my two Lab sous gardeners), and I will still take time to smell the roses, wait in anticipation for each new flower bud to open, and feel the specialness of the play of an evening's fading sun's light across the lawn. I look forward to welcoming back my feathered summer friends to my private garden lair. Yes, for now, the mantra Onward and Upward still rings true, especially in my garden.

So far this year, we have been spoilt with the weather. The calendar says it is winter, but it does not quite feel like it. My pussy willow tree is fat with soft, silvery-white, furry catkins, and the hellebores' leaves are bright green and perky. Is there snow and cold weather in their near future? We shall see. The 2012 garden catalogs have started to arrive in our mailboxes with hopes of enticing us with their vivid pictures and descriptions of hundreds of flowers, vegetables, trees, and shrubs

in bloom to get our orders in now, while the supply lasts. Every year, I say that I will not buy any plants without an idea of where to put them, and every year I buy them anyway. It is easy to plan a garden from the comfort of an easy chair by the fireplace; however, I have convinced myself, especially as I get older, that it is mentally healthy to stay on top of the learning curve; one needs a passion in life for learning, no matter what the subject matter. For me, gardening is one of those passions. Whether you are a beginner gardener or a seasoned veteran, strive to begin each new growing season with ideas for new gardens, new plants, new designs, new tools, new garden sheds, or whatever you dream about for your garden in the winter.

So what is my new garden for 2012? It will be a new, stand-alone dahlia garden in the UG



Pussy willow blooming in January

(that is how Sam, Tom, and I refer to the upper garden; labs are very smart, you know!). Last summer, I experimented with dahlias. I planted twelve, and in September when most other flowering plants were slowing down, the dahlias took center stage with the most brilliant, deliciously-beautiful colors and shapes of any of God's flowers. The tricky and laborious part of growing dahlias in our area is saving them through

-Continued on Page 18.

## Business Briefs

### Local Golf Course Receives Environmental Planning Certification

Suzanne Tallia, the new membership director at the Members Club at Four Streams Golf Course, reports that the facility has recently received certification in Environmental Planning from the Audubon Cooperative Sanctuary Program for Golf Courses (ACSP). This international program administered by Audubon International is designed to help landowners preserve and enhance the environmental quality of their properties.

"The open space of a golf course is utilized not only by golfers but as habitat for a variety of wildlife species," explained Jim Sluiter, Staff Ecologist for Audubon International. "We welcome the Members Club at Four Streams

and their commitment to the environment and managing the golf course with wildlife in mind." A certificate of recognition was also awarded to Thomas Harshberger, golf course superintendent, for his development of the program and his environmental stewardship.

**Do You Want to Know a Secret?** Stephanie's Secret Garden flower shop is making a move. While she will not be closing her shop in Poolesville until the end of February, she's getting ready for her new location at Willow Pond Farm in Beallsville which will be open in March. The location will give her more display space for vintage accessories, more design space, and more room to grow overall. She will still have everything she always offered, including seasonal flowers, herbs for cutting, flowers by stem or bunch, and, of course, her special services for weddings and other occasions.

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# Things to Do

January 20  
**PHS Basketball Home Games**  
 Damascus  
 Boys – 5:15 p.m. Girls - 7:00 p.m.

**Cugini's Entertainment Night**  
 Featuring: Jay Summerour, Eleanor Ellis, and Eric Selby  
 8:30 p.m.

January 21  
**PHS Wrestling Home Match**  
 Richard Montgomery and Walter Johnson 1:00 p.m

**Relay for Life Basket & Cash Bingo**  
 Door Prizes/Special Games/Raffle  
 Tickets \$20 for 20 Games  
 Homemade Soup, Sandwiches, & Desserts  
 Doors Open: 5:30  
 Games: 7:00  
 St. Mary's Pavilion, Barnesville  
 Reserve tickets for special door prize  
 301-349-5870 or grammiesbaskets@verizon.net

January 23  
**Book Discussion Group**  
 Poolesville Library  
 Title: *Sarah's Key* – a historical novel  
 Adults 7:00 p.m.

**Poolesville Commissioners' Meeting**  
 Town Hall 7:30 p.m.

January 26  
**Pre-School Story Time**  
 Three to six years old

Fingerplays, music, stories  
 10:30 a.m.

**Science Expo**  
 John Poole Middle School  
 6:30 p.m. to 7:30 p.m.

January 27  
**Cugini's Entertainment Night**  
 Featuring: V6  
 8:30 p.m.

January 28  
**Cugini's Entertainment Night**  
 Featuring: Ron Kemp Project  
 8:30 p.m.

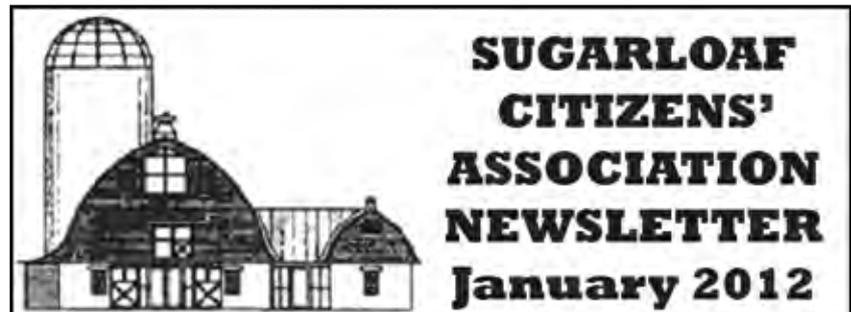
January 30  
**PHS Basketball Home Games**  
 Wheaton  
 Boys – 5:15 p.m. Girls – 7:00 p.m.

January 31  
**Annual Open House**  
 Poolesville Community Preschool  
 Poolesville Baptist Church  
 10:30 a.m. to 11:15 a.m.

February 1  
**PHS Boys' Basketball Home Game**  
 Northwood 7:00 p.m.

February 3  
**PHS Girls' Basketball Home Game**  
 Rockville 7:30 p.m.

February 4  
**Cugini's Entertainment Night**  
 Featuring: Jack and Neal Band  
 8:30 p.m.



## SUGARLOAF CITIZENS' ASSOCIATION NEWSLETTER January 2012

"Protecting our rural legacy"

How to contact us:

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### IN MEMORIAM: William B. Griffith

Bill Griffith of Beallsville passed away in December 2011 at the age of 93. He retired in 1976 as Chief of Zoning and Licenses in Montgomery County; he served in the Air Force in Europe during WWII and as Chief of the Upper Montgomery County Volunteer Fire Department, responding to calls for 57 years. Bill was very active in community affairs, including attending hearings on the Woodstock Equestrian Facility in 2009. We in Sugarloaf want to express our deep appreciation for his remarkable and lasting contributions to our community.

### IN GRATITUDE: Dr. Chet Anderson

Dr. Chet Anderson, founder of Peachtree Veterinary Clinic, retired in December after 42 years of large and small animal veterinary practice in upper Montgomery County. It seems a rare person in the Ag Reserve who hasn't been touched by Chet's dedication, skill, genuine caring, and willingness to go the extra mile whenever—and wherever—his services were needed. SCA wants to express our gratitude to Dr. Chet Anderson, Upper Montgomery County's very own "All Things Bright and Beautiful Vet," for his extraordinary service to our community. **ALL are invited** to join Chet and Paula at his **retirement Open House on Sunday, January 29, 2-5 pm at the Pavilion at St. Mary's, Barnesville.**

### MID-WINTER GARDEN DREAMS:

It's too early to DIG in the garden, so join us to TALK about your garden at the 2nd annual **Midwinter Garden Dreams** at the Linden Barn, 20900 Martinsburg Road, Dickerson, on **Saturday, January 28, 2012, 1-3 pm.** Bring your favorite garden catalogs, questions and suggestions, and we'll share ideas over tea and light snacks. **ALL are welcome!** If there are weather questions, check [www.sugarloafcitizens.org](http://www.sugarloafcitizens.org) for information.

### PROPOSED HORTICULTURAL ZTA:

SCA continues to monitor the evolution of this ZTA. We have invited a representative of the Montgomery County Department of Economic Development, Agricultural Services Division, to come to speak to our community about this proposal and will advise you when we have a date for that meeting.

*We thank you for the generous support received so far this year and wish all of our neighbors and friends in the Ag Reserve a Happy and Healthy New Year!*

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## Tidbits

### All-Met Amy Defnet Qualifies for U.S. Field Hockey National Indoor Tournament

Congratulations to Amy Defnet—who was just named to the *Washington Post* All-Met first team—and ten other area athletes from the Jackals Field Hockey Club who have qualified for the U.S. Field Hockey U19 National Indoor Tournament. The tournament scheduled for March 3 to March 5 will be held in Virginia Beach. The team qualified by placing first and winning their regional qualifier tournament on December 29 at Champions Field House in Rockville. The Jackals won all seven games, outscoring opponents, 56-9, finishing ahead of fifteen other teams from Delaware, Pennsylvania, and Maryland, and beating Spark (Severna Park, Anne Arundel County) in the championship game, 6-2. The team is coached by Jenna Ries, Kristin Kelly, and Lindsey Weller.

### Holiday Light Contest Winners

Congratulations to town residents being selected winners in this year's holiday lighting contest. Town Homes:  
Courtney Chinn - 17418 Hoskinson Road  
Richard and Chrystal Sheetz -

17632 Kohlhoss Road  
Traditional:  
Horacio and Violeta Lotuaco -  
17204 Hughes Road  
Rande and Laura Davis - 19713  
Beall Street  
Contemporary:  
Michael and Barbara Green -  
19501 Hartz Pond Court  
Peter and Lynda D'Amelio -  
18416 Billek Court  
Business:  
Robert Jamison for the antique  
fire track at the Getty Gas location

### MCP Officer Honored with Congressional Badge of Bravery

On January 9, 2010, the Congressional Badge of Bravery was awarded to Montgomery County Police Officer Edward E. Paden, Jr. On September 1, 2010, Officer Paden was at the Discovery Channel Headquarters in Silver Spring when a suicide bomber entered the building. Officer Paden, who was off-duty that day, was instrumental in ensuring the safety of visitors and employees. The award was presented by U. S. Senator Ben Cardin and U.S. Congressman Chris Van Hollen at the Public Safety Training Academy in Rockville.

## Youth Sports

### Lindsay Poss Sets School Record

By Jeff Stuart

PHS guard/forward Lindsay Poss's jersey number is 24, but 43 is the indelible number she will leave behind when she finishes up her high school basketball career. That is the number of points she dropped against visiting Seneca Valley (6-5) on December 21, establishing a new school record.

She had fourteen two-point baskets, three three-pointers, and was six for ten from the free throw line. In commenting on her remarkable performance, Coach Fred Swick said, "Lindsay was seventeen for twenty-nine (fifty-eight percent) from the field, and she also had twelve rebounds in that game."

Only a few attentive fans in the small pre-holiday crowd seemed to notice the scope of that performance. Perhaps because of the competitive nature of the game, Lindsay herself was largely unaware. "I thought I had about twenty-five points or something. I really didn't think it was that special of a game—it didn't feel like it—so I was really surprised when I walked in and was told I scored forty-three. Whoa!"

As a freshman on Jan 29,

2009, Poss introduced herself to the Seneca Valley Eagles with a sixteen-point effort in a 51-44 win at PHS. This time, as a senior, she gave them, and the hometown fans as well, something to remember her by. Lindsay, the team's leading scorer for all four years, helped the Falcons break a fourth-quarter tie en route to a 63-52 win. Kelsey Carnahan chipped in eleven points and a number of assists. "I really wasn't aware (of the record) either," said Carnahan. "I remember looking down at the scorers' table and seeing everybody excited at the end. For me, the Damascus game was bigger, but the Seneca game was a good team win. We shot a good percentage. Everyone contributed."

Poolesville led against SV, 26-18, at the half. Though the Eagles outscored the Falcons, 23-15, in the third quarter, the fourth quarter belonged to Poolesville. Jocelyn Bodmer hit a three-pointer, Rosie Barry and Patti Maloney each hit important two-pointers, and Whitney Carmack hit two big free throws in the win. It was very much a team effort. Bridget Rothert, one of the county's top scorers, had twelve points for the visitors.

It might not have seemed like it, but the numbers don't lie. Lindsay had an extraordinary night with the help and appreciation of her friends and teammates.

Coach Fred Swick pointed out prior to the season that his team (6-4) faced a tough schedule. Three of their four losses have come at the hands of undefeated Gaithersburg (defending 4A State Champs), 3A Damascus (only loss within their division), and 4A Northwest (only



The Jackals  
Field Hockey Club.



Lindsay Poss on her way to  
setting a new PHS scoring record.

-Continued on Page 10.

**Local News**

**State of the Town Review**

By Rande Davis

The annual State of the Town Review was the focus of the January 9 commissioners' meeting. The event was inaugurated a few years ago at the suggestion of Commission President Eddie Kuhlman to provide the commission and town residents a venue for an overview of accomplishments of its various staff-led and volunteer resident-led committees. Since presentations precede the upcoming budget process, it gives all parties involved an opportunity to introduce budgetary concerns or new needs for the commissioners' consideration.

In opening remarks, Kuhlman specifically recognized the hard work and dedication exhibited by paid staff in 2011. The response by attendees was a standing ovation of appreciation.

Ashley Monsignor, a spokesperson from Rager, Lehman, and Houck, PC, reported on its audit of town financial matters. Their outside and independent review of revenue and expenditures by the town used Generally Accepted Audit Standards (GASS) in their analysis. The summary of the report concluded that the town general fund balance was \$4,010,731.

John Strong, of Huron Consulting the town's professional engineering advisory firm, reviewed the various tasks and projects they were involved in throughout 2011. Highlights of their work included: advisory work on the new Master Plan, Tom Fox subdivision curb and gutter work, storm water management projects, work on Elgin Road for paving and sidewalks, inflow and infiltration (I&I) remedial program which included various manhole repair and cleanouts, and repaving of roads in Seneca Chase.

Huron is also tasked to survey, review, and comment on issues before the town's plan-

ning commission. In considering new items for 2012, anticipated new projects include continued I&I remediation in Wesmond and Westerly, sidewalk extension from Stony Springs to St. Peter's Church, and streetscape pedestrian crosswalk improvements after the state completes its anticipated repaving of Fisher Avenue. Other items of budgetary consideration presented were the completion of the radon/uranium removal from wells 7, 9, and 10, removal of the remaining private septic system within town limits, sidewalk rehabilitation, and manhole repair.

Cathy Bupp, town events coordinator, represented the Community and Economic Development Committee (CEDC) and the CEDC chairman Tim Whitehouse. Bupp, whose position was recently expanded to a full time capacity, reported on results last year of its Geocache program which is a statewide scavenger hunt-like activity designed to bring tourists to the participating town and localities. Poolesville had thirty-five out-of-town visi-

tors in the program. Participants receive a prize when they have find the geocache box and are also required to leave behind a prize of their own. The most interesting prize left behind was a travel mug by a person who hopes to eventually get the mug to Ireland through Geocache sites nationally and internationally.

Fifty-one newcomer welcome bags were handed out to new homeowners, and feedback was reported to be highly positive from the recipients. Bupp is always seeking local businesses that want to include items in the bags.

A recap of the other activities included: the summer concert series with attendance ranging from seventy-five to three hundred; and the Stevens Park seven-week summer camp had 130 participants supported by outside groups, such as a petting zoo, players from the Frederick Keys, and police and fire departments that added to the planned activities during the camp.

-Continued on Page 16.

**Residential, Commercial, Farm and Country Properties**



**Poolesville:** Cozy 3 BR, 1.5 BA split level home in the Wesmond subdivision. Amenities include a country kitchen with breakfast nook, family room with fireplace, large level lot. This home boasts an excellent location just minutes from schools, parks and shopping facilities. MLS#MC7628620. Offered at \$265,000.



**Dickerson:** Comfortable 3 BR, 2 BA all-brick rancher on 1.25 acs. Amenities include: hardwood flrs., family rm. w/ FP & redwood paneling, country kitchen, front & side porches, 2-car garage, workshop. New roof (2009), new water heater (2010) & new furnace (2010). Located w/in 1 mile of MARC train station & State Rt 28 & less than 2 miles from the Potomac River, C&O Canal & Sugarloaf Mt. MLS #MC7695505. Offered at \$399,900.



**Beallsville/Dickerson:** 3 BR, 2 full BA farmhouse nestled on 26.11+/- acs. adjoining Woodstock Equestrian Ctr. Amenities include wood flrs., living rm w/ brick FP, large country kitchen, main lvl laundry, patio, garage, 2 storage sheds. MLS#MC7642599.



**Comus:** Unique 3 bedroom, 2.5 bath post and beam home nestled on 25.2+/- acs. Amenities include: two-story great room w/stone fireplace, loft, updated kitchen w/ stainless steel appliances, wood flrs. MLS#MC 7546962. Offered at \$650,000.



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**"PHS Girls' Basketball"**  
Continued From page 8.

home loss). Those three teams had a combined record of 28-6 as of January 5.

Prior to her incredible performance against SV, Poss had scored a season low five points in a win over Watkins Mill on December 19. She followed up the SV game with a game-high nineteen points in a PHS win over host Clarksburg in a Holiday Tournament on December 28. Kelly Hughes had twelve points against the Coyotes and also against Wheaton. Barry hit for ten points against Watkins Mill while Shannon Hemp also had ten. Maloney had ten on January 6 at home against Northwood.

At this point in the season, Hughes is tied with Poss for the team lead in three-pointers with nine, while

Carnahan has had six. Hughes has been superior in foul shots, making eleven of twelve free throws, Carmack is another outstanding free-thrower, making twelve of fourteen.

The rematch with division rival Damascus will be at Poolesville on January 20 and will be an exciting and important game this season. The Damascus Hornets (8-4) are led by sisters Kelli and Kristina Prange as well as six-foot-one center Lauren Derby.

"Damascus is a really big team," says Carnahan. "We just have to box them out. Make them hit their shots."

"Gaithersburg is awesome," says Poss. "They are the best team we have played this year, but Damascus is a good team and they are in the division. They are tall. Like Kelsey says, we just have to box them out. We have to hit our shots."

**Tidbits of the Past**

By Jack Toomey

**January 4, 1936** Word was received that Bertha Orme, age seventeen, of near Boyds had received a blood transfusion at Georgetown Hospital in Washington. Miss Orme had been taken there after she slipped and fell into the path of a train near her home. Her left leg had been amputated.

**January 6, 1933** All Montgomery County offices closed at noon, so all could attend the final rites for County Commissioner Claggett Hilton of Barnesville. Services were held at his home followed by burial at Monocacy Cemetery.

**January 12, 1936** Miss Helen Lucille Offutt, daughter of Mr. and Mrs. Clarence Offutt of Poolesville, married Mr. James Ballard of Washington at St. Matthew's Church in that city. Miss Offutt was a member of one of Maryland's oldest families. Her ancestors settled in Maryland with Cecil Calvert, and she was a

descendant of Roger Brooke Taney.

**January 18, 1933** Richard Darby of Barnesville was endorsed by the county council to fill a vacancy on the council. Darby was a farmer and longtime civic activist. At the time, he was Road Supervisor of the Poolesville-Barnesville District.

**January 20, 1935** Mr. and Mrs. W. Daniel hosted a birthday party for Mr. Mansfield White who celebrated his seventy-sixth birthday.

**January 21, 1935** Francis Cubitt of the Poolesville High basketball team was listed as the leading scorer in the county. As of that date, he had accounted for fifty-nine points.

**January 24, 1936** Miss Edythe Turner, county home demonstration agent, announced that she would be giving a series of talks on "better dresses". Her next talk was scheduled to be on February 5 at Dickerson for women living in Barnesville, Poolesville, and Dickerson.

-Continued on Page 15.



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17647 Kohlhoss Rd.—Wesmond	\$150,000	3	2/2	\$0	1	None	Finished/walk out	439
17409 Anita Ct.—Wooton Heights	\$160,000	3	2.5	\$4,800	0	None	None	119
19021 Hempstone Ct.—Wesmond	\$181,500	4	2	\$0	1	None	Finished/walk out	28
17643 Kohlhoss Rd. —Wesmond	\$199,900	3	2.5	\$6,000	0	None	Finished/walk out	15
19220 Hempstone Ave.—Wesmond	\$239,000	3	1.5	\$14,000	1	None	Finished	144
19005 Jonesville Ter.—Poolesville Out	\$260,000	4	2	\$0	0	None	Finished	56
17301 Hoskinson Rd.—Westerly	\$321,000	4	2.5	\$9,360	1	2 car	None	111
17027 Hersperger La.—Poolesville Out	\$430,000	4	2.5	\$5,000	1	2 car	Unfinished	122
19304 Cissel Manor —Woods at Tama	\$565,000	4	3.5	\$13,000	1	2 car	Finished/walk out	279



“Gracie Jones” Continued  
From Page 1.

timing wasn't right and that if she wanted to pursue theater professionally, she had to plunge in immediately and put the biology major on hold. “Theater is a little more time-sensitive right now,” she says. “It's best, if you can, to get into the theater scene as early as possible. If you wait a couple of years, it's harder to get seen.” It would be harder for her to try to get back into theater after finishing her double major, she concluded.

Fortunately, she has had wonderful opportunities and roles that have helped add to her résumé and build her reputation, and she's also met wonderful people in the D.C. theater community. While still at MC, Gracie took part in a production of *Tommy* where she met Chris Youstra, the musical director. She saw his familiar face again when she auditioned for *The Sound of Music* at the Olney Theatre this past fall. Also, while at MC, Gracie took part in a summer dinner theater as company manager, and she played the role of Fiona in *Brigadoon* under director Brad Watkins. “He was probably the person who changed my mind about really pursuing theater,” she says. “He helped me find a faith in myself that's really necessary to pursue theater.” That summer was a true turning

Rande(m) Thoughts  
Continued from Page 4.

that, in life, every step is a step of possible disappointment but one that should be taken cheerfully; this has become their true legacy. Their courage came from the same place: living a life of joy. Joy is not exactly the same as happiness. Happiness is an ever-expanding balloon of emotions or desires, but joy emanates from a sense of gratitude, of true thanksgiving and does not require something new to maintain its peak. Joy begins and ends in being grateful.

point for her. “I realized that this was something that I loved and couldn't ignore anymore.” Watkins was also the casting director at the Olney Theater and had encouraged her to audition for *The Sound of Music* there.

Gracie's first professional job took place between MC and UMD. She took her last exam at MC, then went straight to the Outer Banks of North Carolina to take part as a choir member in *The Lost Colony*, “the longest running outdoor symphonic drama in the world,” according to the website. It will be celebrating its seventy-fifth anniversary in 2012. The gig lasted the entire summer.

While at the University of Maryland, Gracie took part in two shows, *Enchanted April* and *Welcome Home, Jenny Sutter*. K.J. Sanchez came from New York City, where she's well-known for off-Broadway works, to direct *Enchanted April*. She trained the entire cast in viewpoint training which allows the actors to get to know each other in a more intimate way. Leslie Felbain, a longtime professor in UMD's School of Theatre Dance and Performance Art, directed *Welcome Home, Jenny Sutter*. The performers in that work took an extensive look at the Alexander Technique which examines mind and body alignment. This technique is also used effectively for various physical therapies. “It was cool to work under [Leslie Felbain],” adds

Of course, courage does not always require the severity of death to be meaningful, nor does joy require exhilarating moments to be purposeful. Both can come in large and small ways. So where do courage and joy come from? Where can we find them? I think

Gracie. “We learned a lot under her.”

This past summer, she auditioned for Toby's Dinner Theatre and got the role of Hope Harcourt in *Anything Goes*. “That was a lot of fun,” she enthused. “I had a wonderful time at Toby's. The people there are a real pleasure to work with...A lot of people in the D.C. area jump around. It was nice to make friends that I know I'll be keeping in touch with for a while.”

For her last semester at UMD, fall 2011, Gracie did tech work, auditioned, and got a part in *The Sound of Music* at the Olney Theater. “I managed to get into the ensemble cast, and I understudied Maria, as well,” she says. “During opening week, I went on two times for her [as Maria].” The show has been so successful that it has been extended for three weeks until January 22.

Beyond *The Sound of Music*, Gracie is trying to be seen by the directors of the D.C. theater scene. “I'm trying to audition as much as possible,” she says. Although many of her friends immediately left for New York City or Los Angeles upon graduation, Gracie's plan is to stay in the D.C. area for now. “D.C. has become very reputable,” she explains. “People audition in New York to do D.C. shows.”

All in all, Gracie is excited about the prospects of working in the theater, but keeps her head

both come from the same place: They will be found in being grateful everyday. When one lives a life of true thanksgiving, courage and joy will follow in all the abundance one needs; however, gratitude is still a choice. Choose to be grateful everyday.



Gracie Jones onstage at Toby's Dinner Theater in character as Hope Harcourt from *Anything Goes*.

out of the sand. “I realized there would be a lot of regret if I didn't at least give this a shot,” she says. “I hope to have steady work, then volunteer at animal sanctuaries, and keep my feet wet” in biology and environmental issues. “If theater does not work out, I'll have something else that I love.”

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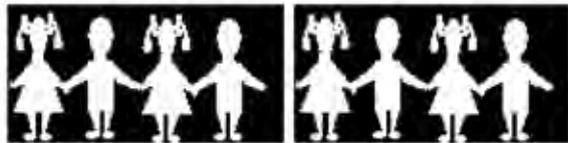
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**Poolesville Community Preschool  
Annual Open House**

Tuesday, January 31<sup>st</sup>  
10:30 – 11:15am

Parents and their preschool aged children are invited to visit our Preschool during our Open House. Now enrolling children three and four years old for the 2012-2013 school years and beyond. Located at the Poolesville Baptist Church, we are a cooperative school where parents administer the school and participate in the classroom under the guidance of highly qualified teachers. Our three and four year old programs offer opportunities for:

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# Local News

## Historic Barn Burns Down

By Rande Davis

The historic bank barn on the Spates Farm located on Westerly Avenue in Poolesville burned down in the early morning hours

of January 11. The owner of the two-hundred-year-old property, Eric Spates, was out of town at the time at an agriculture industry convention when he received a phone call at 12:24 a.m. informing him of the incident.

Between 10:00 p.m. and 11:00 p.m. on the evening of the fire, tenants of a house on the farm next to the barn were outside, but there was no evidence of a fire at that time. Close to midnight,

a driver going by spotted the flames and drove to the tenant house to warn occupants. The fire department received numerous calls, but when they arrived shortly after midnight, the flames had already burst to the roof level and it was beyond a salvable state. They immediately went into a defensive mode of operation to protect the neighboring home, equipment, and other nearby buildings.

The actual date of the barn is somewhat undetermined, but the old saying that "the barn builds the house" can apply to the two-century history of the homestead. While the current structure had gone through various changes and expansions, parts of the barn dated to the origin of the farm.

In 1947, the exterior stone-wall façade was added by Mr. Spates's parents. In 1987, another fire destroyed the building. It sat empty for nearly ten years, but was eventually restored. Mr. Spates, who farms nearly one thousand acres locally, had some seed grain, three tractors, forklift, and trailer camper in the building

at the time. All were destroyed. Fortunately, the fire did not spread, and there were no injuries to persons.

The intensity of the fire is attested to the fact that the foundation was still smoldering on the morning of January 12 when we interviewed the owner. Mr. Spates expressed his intention of rebuilding the structure. The cause of the fire has yet to be identified.

"Tidbits of the Past"  
Continued From Page 10.



A historic barn at Spates Farm on Westerly Road was destroyed by fire.

**January 27, 1934** Sherwood trounced Poolesville, 22-8, in boys' basketball. Daniel had four points and Grubb scored three for the losers. Poolesville failed to score in the first half. On the same day, the B-CC girls defeated Poolesville, 37-20. Miss Butler scored fourteen points for Poolesville.

**January 27, 1935** Mrs. Harry Williams entertained at the regular Thursday night bridge club.

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-Continued on Page 16.

Tim Whitehouse reviewed the activities and upcoming goals of the CEDC. Noting that there remains a vacancy on the committee for one of the resident positions, he thanked the commissioners for their support. The CEDC, which is joined by the Poolesville Area of Commerce in producing an annual business fair, is planning its 2012 event entitled Destination Poolesville for March. A new event introduced in 2011 was the Spring Fest. The CEDC also spearheads the summer Farmers' Market, Fall Festival to benefit WUMCO, and the Holiday Lighting Ceremony that are its primary community programs for 2011. New for 2012 is a planned Community Flea Market now scheduled for Whalen Commons on

April 21. Preston King, director of the Parks and Street Department reviewed the seasonal priorities of his four-man crew. Their key responsibilities are mowing and snow removal, park and street landscape maintenance, and maintenance of all parks and ball fields within the town. In anticipation of new town parks opening at Stony Springs and Brightwell Crossing, King advised the commissioners of the additional burden this will have on the department's current workload and also requested their consideration for a ball field maintenance vehicle for the 2012 budget. Commissioner Brice Halbrook thanked King and his department for its supporting role in the annual Poolesville Day festival.

Matt Warfield, the Water and Sewer Department supervisor, anticipates new expenditures in fire hydrant replacement, sewer pump upgrades, main valve replacement, manhole repair and inspection, and, of course, I&I as the key factors for the 2012 budget. The town pumped 144,557,424 gallons of water in 2011 for an average of 399,186 gallons per day. The Water/Wastewater Department headed by Director Craig Warfield described the standard activities of the department that was unduly impacted by the unusually high level of rainwater reaching a total of 57.5 inches by year's end. The treatment plant handles 754,000 gallons of water and sewage per day. The largest anticipated new expense for the water treatment plant will be to replace

belt presses at an estimated cost of \$250,000. The meeting ended with presentations by Planning Commission president George Coakley and Parks and Streets Board chair Doug McKenney. Mr. McKenney stated that the town is still short of park sports fields, especially for soccer/football facilities for PAA. Joyce Breiner, the sole resident to offer comment at the meeting, encouraged the commissioners to bring electric vehicle supply equipment to town for the emerging electric car industry.

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# Police Blotter: Past and Present

By Jack Toomey

**Assault:** 17600 block of Kohlhoss Road, 15400 block of Comus Road.

**Burglary:** 9200 block of Jerusalem Church Road.

**Theft:** 22400 block of Nicholson Farm Road, Dickerson.

**Thefts from vehicles:** 17300 block of Dowden Way, 17200 and 17300 blocks of Chiswell Road, 19500 and 19700 blocks of Bodmer Avenue.

**Disorderly conduct complaints:** 19600 block of Gott Street, 19500 and 19600 blocks of Fisher Avenue, 17600 block of Kohlhoss Road, C&O Canal in vicinity of Edwards Ferry.

**Past Crime**

**January 16, 1932** George Nicholson filed a defamation of character suit against Officer Guy Jones and Chief Alvie Moxley. Nicholson contended that the officers obtained a search warrant for his house in an attempt to find intoxicating liquor. Instead, they

found nothing. Nicholson, a well-known citizen of Montgomery County, said that his reputation had been damaged.

Officer Jones explained that the warrant was for the home of Nicholson's son who also lived on the farm near Olney. When the police discovered that the son did not live in the same house, they left and obtained a second warrant. In the son's house, they found a still and a keg of liquor. When the criminal case came to trial, he was acquitted by Judge Woodward when young Nicholson testified, "I have a still to make me a little applejack for my own use."

**January 23, 1932** Montgomery police were actively searching for the suspects who fatally shot Horace Waters at his store in Germantown. The seventy-nine-year-old merchant, one of the most well-known storekeepers in the county, was murdered when two men entered his store and demanded cash. (Note: This case

was solved in 1936 when three men were charged with a series of stick-ups including that of Waters Store.)

**January 24, 1932** Officer Ralph Howard saw two be-draggled people walking along the Frederick Road near Clarksburg. Later, he saw the same pair approaching Gaithersburg. When he stopped to inquire, they produced a letter promising a job in Yakima, Washington. Howard took the pair to police headquarters where they explained to Chief Moxley that they thought that Yakima was a suburb of Washington, D.C. Moxley fed them and offered them a place to sleep. The next morning, they were last seen walking west.

**January 30, 1931** Corporal Roy Bodmer was off-duty and searching for a pair of valuable hunting dogs when he approached the house of Edward Welsh near Travilah. Bodmer detected a strong smell of cooking mash. He left and went to the courthouse where he obtained a search warrant and then returned

with Officer Howes. They found a twenty-gallon still and three gallons of whiskey. Welsh was captured after a foot chase and was charged with selling intoxicants.

**February 1, 1930** Patrolman D. L. Snyder stopped a speeding coupe and became suspicious when the driver acted nervously. The officer took the driver and automobile to the police station and found a large assortment of wines and liquors. The driver, of Baltimore, said that he was delivering the illegal liquor to an exclusive club in Kensington but declined to reveal which one.

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

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"Onward and Upward"  
 Continued From page 6.

the winter to bloom again next season. One year, I tried leaving them in the ground, well-covered with mulch; it didn't work. They rotted in the wet winter soil. So this fall, after the first true frost, I carefully dug them up, washed off the clinging dirt, dried them in the sun, and placed them in a wire basket in a cool spot (about 40° F.) in the basement for the winter. I am hoping that this method of winter protection will

work. With such hopes in mind, I have laid out a medium-sized plot (for Jim to prepare) wherein I shall plant about fifteen to twenty dahlias. Another year, another garden, and there will be no more morbid thoughts of this gardener's year-older body. "Gardeners," said a recent survey, "are happy people." So we are. Onward and Upward.

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"Biggest Winner" Continued  
 From page 1.

ing our story, then send in a videotape showcasing our lives and how our weight affected each area—all the details like what and how we ate, etc. It was several months before we entered the ranch. First, we were flown out to Los Angeles to be interviewed, tested, and examined by all their doctors before the final ten couples were chosen.

Lauren: It was a crazy process. After the open casting call August 6, we had a couple of on camera interviews and had to make a couple of home videos, and complete lots of paperwork, too. Before we knew it, we were on our way to California. We found out we were accepted right before we stepped on the ranch and started to film in the beginning of October.

**What were your thoughts about going so public on such a personal journey?**

Gail: I personally had no aspirations to do this journey on national TV; however, I had a daughter who wanted to do this after graduating from graduate school. Once we were chosen, I soon found out I was saving my life. It truly feels like I won the lottery!

Lauren: I have always struggled with my weight my whole life, even as I played sports in high school and throughout college, but I knew I needed some big help to get this weight off. When trying out for the show, I really did not think about having to weigh in wearing only a sports bra and spandex, until we had our first weigh in, but if I can lose weight and help others along the way, it makes this public journey not so bad.

**Both of you have other responsibilities, how do you balance that with your commitment to the show?**

Gail: For me, I come back to a fulltime job and, if I need it, have great support with my business. It is a balancing act, but I choose to do it.

Lauren: Luckily, I just graduated from college with my Master's of Science, and had not found a job before filming started at the ranch, so before the May finale, working out at the gym is my job.

**What about your training and**

**diet when not in California? What do you do?**

Gail: Our trainers, nutritionist, and doctors taught us everything so that we can bring home with us all of the tools to not only continue our journey at home but for the rest of our lives. We have no idea when or what the producers will decide to do during these next few months. This is a game of twists and turns.

**Both you and Lauren are known for your bright and positive personalities. Did this play a role in your selection?**

Gail: Obviously, they liked us and our stories. I believe it was only a part of their final decisions; however, we have no idea for sure..

Lauren: Well, I'm guessing they liked us and our stories since they did pick us out of hundreds of thousands of people.

**Would you care to share your thoughts or offer any comments to your friends and neighbors and readers of the Monocle? Any special message to them?**

Gail: For me, this was a personal journey that is now very public. I hope that others who struggle with their weight can see that anything is possible. Even with an injury, a disability, or even being older, as I am, it doesn't mean you can't get out there and move. If you can't move, think about a pool. I have practically lived in one because of my injured hips and post polio. The pool is something you can do year round, and we have a wonderful indoor, year-round pool right in Germantown. I challenge everyone to get out and walk, even if you begin walking to the mailbox or down the street.

I'm climbing mountains, swimming laps, spinning, walking 5Ks, and more—who knew? I've missed so many little pleasures in life with my family and friends, and I plan to grab all I can as I continue my journey to health and wellness.

You can follow me on the NBC Facebook Fan Page Gail Lee and on Twitter @GailLee54. I'm always here to support anyone!

**Anything else you want to say?**

Gail: Yes, Bob Harper is tough...and I love this man! He saved my life!

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