

# The Monocacy MONOCLE

*Keeping an Eye on Local News*

A Biweekly Newspaper

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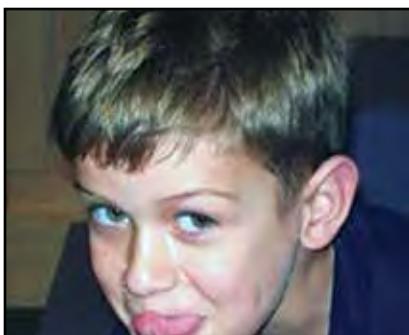
*Making lavender essence was part of a yoga nature walk in the Ag Reserve. See more pictures in the Family Album on page 2.*



*Catherine Beliveau, executive director of WUMCO, and her mother enjoyed the annual fall festival. See more pictures on page 9.*



*Quarterback Steven Morningstar led the Falcons at the annual Homecoming Day game. Read more about the day in School News on page 10.*



*Why is this young man smirking? Mama Boe knows, on page 17.*

## The Votes Are In By Rande Davis

The voters of Poolesville gave incumbents Jim Brown and Chuck Stump a solid vote of confidence by returning both as commissioners of the town. Brown, who is also the president of the town commission, received the highest total with 832, while Stump had 782 votes, and newcomer, Patsy Dillingham, garnered 395 votes.

Brown said, after the results were posted, "I want to thank our residents for their support on Election Day. Their votes proved once again that the people of our community support our Positive Poolesville direction.

"Our town government is dedicated to maintaining our small town atmosphere while increasing our commercial vitality. Poolesville is in an almost magical place right now—strong schools, great historical resources, low crime, and increased recognition as a great place to live and also to enjoy outdoor activities. We have a wonderful town, and it is my pleasure to serve our residents for the next four years."

Dillingham's appeal to voters to support her desire to serve the town was not enough to move the electorate away from its overwhelming approval of the direction of the town under the leadership of Brown and commission vice-president Stump.

All three candidates participated in the PACC candidates' public forum on November 2 at the town hall. With no current burning public issue to drive a competitive race or to stir up public concern, attendance at the forum was quite low at twenty-five people. The questions asked sought the opinion of the candidates on issues that included the role of environmental



*2014 candidates for Poolesville Town Commissioner: Chuck Stump, Patsy Dillingham, and Jim Brown.*

stewardship by the town, how to increase public participation in town government and meetings, how to encourage businesses to improve their streetscape appearance to beautify the town, and what to do to improve

**Continued on page 15.**

## A World in Need of Good Character Education Comes to JPMS

By Rande Davis

A worried world wants to know: How do we teach good character to kids? On October 30, it seemed the world of educators knew precisely where to go for the answer. They came to John Poole Middle School.

On the day before Halloween, a delegation from the Character Education Partnership (CEP) toured JPMS to learn the many ways the administration and faculty instill good character into its students. CEP is an umbrella organization for character education, serving as the leading resource for people and organizations that are integrating character education into their schools and communities. Its vision is to provide leadership and resources for schools, families, and communities by developing ethical citizens committed to building a caring and just world.

The group had reason to believe JPMS faculty and students knew what they were doing, as the school had just



*A delegation from the National Character Education forum in Washington, D.C. toured John Poole Middle School.*

recently been selected one of just forty-four schools added to the CEP's 2014 list of National Schools of Character. JPMS was the only school in Maryland so honored.

To become a recognized school of character, the adults in the students'

lives demonstrably and effectively embrace their critical role as models. Teachers work together as professionals—and with parents and community members as partners—to positively

**Continued on page 6.**

# Family Album

Candidates for town commissioner Jim Brown and Patsy Dillingham shared a moment at the candidates' forum. Candidate Chuck Stump is on the left.



Twyla Insalaco of Yoga Chez Moi (left) and Ellen Latourneau of the Reserve Tours (right) led an outing to Sugarloaf Mountain, Soleado Lavender Farms and Lewis Orchards as a fundraiser for Historic Medley District. Joining them were: Anne-Marie Thomas, Katrin Pach, Tina Brown, Susan Holmquist, Allison Springer, Anne James, Vinny Garg, and Ladan Paul.

The art of selfies even made it to the Monocacy Lions annual Halloween bash at St. Mary's Pavilion.



Eighth grade students from John Poole Middle School were the touring docents for visitors from the National Character Education forum. Megan Roldan, Roshawna Marshall, D.J. Beveley, and Bryce Davis.

The Lone Ranger and musical chairs were still in vogue at the Lions' annual Halloween party.



Dan Savino owned all the chips at the end of the night, but Ted Wroth drew the hand of a lifetime: a Royal Flush. St. Peter's Texas Hold 'Em tournament raised over \$200 for WUMCO.



Rev. Jace Broadhurst of Poolesville Baptist Church (in blue) led the group on a prayer walk through Poolesville after regular Sunday services.



Chip Smallwood (left) and Chip Dunn (center) are joined by other hard-working cooks at the St. Mary's Ham and Turkey dinner.



The Poolesville Day Committee ended its year of dedicated work with a celebration and party hosted by the auxiliary of UMC FVD.



After a very long day of cooking, Bill Lynch (blue shirt and cap) sat down with friends at the annual St. Mary's Ham and Turkey dinner.

## Local News

### MCP Emergency Response Team Descends on Poolesville

By Rande Davis

On October 29 at 9:17 a.m., a phone call to 911 triggered a massive response from the Montgomery County Police Emergency Response Team to a potentially serious situation in Poolesville. A family living on Hughes Road had become very concerned when one of its household members did not respond to inquiries about his wellbeing from a locked, basement room. Uncertain of the situation behind the locked door, the family alerted the police out of concern for the health of the relative. MCP, while not specifically responding to a reported hostage situation, but having concern that another person might be in the room as well, decided to respond full-force with its emergency response protocol, involving dozens of police vehicles, including combat-like SWAT vehicles, a large mobile command-post bus, and other emergency equipment. The large contingent of police vehicles descending

understand all potential safety issues the police might encounter should they decide to enter the home without a response from the person inside.

Things calmed down around noon when a guest in the home woke up to find the police surrounding the house. She was brought to the church for similar questioning. It was then the police learned he was not at home, something they confirmed after searching the house.

In the late afternoon, shortly before 4:00 p.m., the person in question came home to find the situation that had developed during his absence. The police took him into custody and transported him to the hospital to evaluate his physical and mental wellbeing. He was released with no charges made against him.

The incident, occurring only a half mile from John Poole Middle School, caused scores of parents to call the school out of concern that the incident was located at the school. The school principal, Robert Sinclair, issued a shelter-in-place directive, as the more serious lockdown procedure was not determined to be necessary. He sent a phone message to parents advising and assuring them of the situation. Unlike the more alarming



The Montgomery County Police Emergency Response Team set up its command center in the parking lot of Our Lady of the Presentation Church.

on Poolesville at nearly the same time, immediately caused alarm to many in the community.

As six to ten police cars lined the street outside the home on Hughes Road, the emergency response team set up its operation at Our Lady of the Presentation Roman Catholic Church at the corner of Tom Fox Road and Fisher Avenue, nearly filling the large parking lot.

Due to the slight rain, the public information officer set up his media response operation in the lobby of the church, where the family members were later interviewed to better

lockdown procedures, shelter-in-place allows for the students to continue their classes in normal fashion under the more watchful supervision of the faculty.

While all involved were relieved that nothing more serious occurred, the incident did cause grave concern within the community, triggering many queries on Facebook. In the end, the event became an elaborate, if not highly-realistic, training opportunity for the Montgomery County Emergency Response Team, the middle school, and the community at large.

# Christmas Attic Sale

St. Peter's Episcopal Church  
20100 Fisher Avenue, Poolesville

1,000's of Christmas items  
and decorations for sale

Vintage Linens, Bake Sale & Pecans

Friday, November 21 from noon to 6 p.m.  
Saturday, November 22 from 9 a.m. to 3 p.m.

Christmas donations  
accepted 11-15 to 11-20

## House of Poolesville

Chinese & Japanese Restaurant - Dine in or Carry Out

November 7: DJ Slim Pickins at 8:30 p.m.

November 8: Oasis Reggae Band at 8:30 p.m.

November 14: DJ Slim Pickins at 8:30 p.m.

November 15: Brian Jamison at 8:30 p.m.

November 21: Karaoke at 8:30 p.m.

November 22: Chris Compton at 8:30 p.m.

Every Wednesday is Trivia Night  
7:00 p.m. to 9:00 p.m.

19611 Fisher Avenue - Poolesville  
Tel: 301-349-2935 or 301-349-2936  
Fax: 301-349-2937

## Commentary

### Don't Dis Poolesville Day

By John Clayton

A few days before the election, as the annoying campaign robocalls escalated, I noticed an uptick in telephone calls from Congressman John Delaney. Apparently his pollsters had indeed picked up something disturbing, as even real live voices encouraged me to vote. This escaped my notice at the time; I just assumed he had the funds so why not hammer in the result a little more firmly. My colleague Rande Davis, however, assumed something was up, although he allowed this might have been wishful thinking.

As it turns out, the two Maryland races that are the biggest shockers are Dan Bongino over John Delaney for Congress in District 6, and Larry Hogan over Lt. Governor Anthony Brown for the governor's mansion. According to the unofficial returns in my morning newspaper, Bongino won 52% to 46% over Delaney, a decent margin in this age of a closely-divided electorate. Hogan did better, with 54% to 45% over Brown, a fairly impressive thumping. It is even more impressive when one remembers that this could not happen. After all, Brown is an experienced lieutenant governor and had the vaunted muscle of the Maryland Democratic political party at his back in an overwhelmingly Democratic state. He had taken on many, or at least one or two, important initiatives, such as the catastrophic roll-out of Maryland's healthcare website, although that one got whitewashed a little bit during the campaign. Hogan was just a mere Maryland businessman with no experience as an elected official. Sounds different saying that after he won, doesn't it?

Continued on page 16.

Looking briefly at the map and at the returns by county, one sees that the only counties Brown carried were the populated ones around the District of Columbia: Montgomery, Charles, and Prince George's, plus Baltimore City. I do believe I remember reading some pretty convincing opinions that said this Washington, D.C.-area electorate would dominate state politics for the foreseeable future. Stepping aside from all the issues like taxation, Gov. Martin O'Malley fatigue, and apathy on the part of the average non-Republican voter, a purely geographic observation shows that the urban core and close-in suburbs got booted by the entire rest of the state, which would be Baltimore County and anything remotely rural from Deep Creek Lake to Ocean City. The percentages are illustrative: While Brown didn't win Charles County by much, he rolled up big margins in his other winning areas, particularly Prince George's and Baltimore City. As for Hogan, with the exception of Howard County, which was fairly close, he rolled everywhere else with percentages in the sixties, seventies, and even eighties. While the data are not yet readily available, what do you bet that turnout in the Hogan areas was better than in the Brown areas? It appears that Country Mouse has decided to tell City Mouse that the game isn't over.

Of course, it remains to be seen how this will play out over the next four years. Will this be a replay of the federal scene over the past six years? Will the Republican governor and the Democratic legislature get together and actually do some good, or will the legislature just dig in to keep the governor from accomplishing anything that might make him look good and help his reelection. It happened when Robert Ehrlich was governor; for one example, the state delayed

### Rande(m) Thoughts Being a Republican In Maryland

By Rande Davis

Election time reminds me of those sleepless nights when some weird, frustrating, nonsensical event plays over and over in your dream and that somehow keeps you just below the threshold of being awake but not asleep either. It's what we mean by restless sleep.

I suppose the comparison of elections to nightmares starts with those obnoxious campaign ads on television that are played over and over again—sometimes even back to back. You would think getting away from the TV would be the answer—but, no, it's not that simple, especially if you drive in Frederick County as much as I do. Up there it is the perpetual road sign that assaults the mind over and over again like some cruel Burma Shave ripoff without the clever verse. It goes like this: Jan Gardner – Blaine Young – Chuck Jenkins, Chuck Jenkins – Blaine Young – Jan Gardner over and over again. For six months! For those born after 1960, Burma Shave advertised from 1925 through the 1950s, using six roadside signs lined up in a row along

the road, all giving a quick, usually clever message explaining why one should buy Burma Shave products or to give the driver a safety message. The last sign in the line up always ended with "Burma Shave." For example: "Hardly a driver / Is now alive / Who passed / On hills / At 75 / Burma Shave"; or "When Past / Schoolhouses / Take it slow / Let the little / Shavers grow / Burma Shave."

Have you ever laid down to rest after driving only to close your eyes and have visions of the roadway rushing right at you? For Frederick drivers, it's a little different. Instead of just the roadway coming at you like the opening of a Star Wars movie, it's those campaign signs blazing past your left eye and then past the right eye, then the left, then the right, over and over again.

For those readers in Frederick County who know me, they will find it most ironic that I am complaining about campaign road signs since a while back I was campaign manager for my brother-in-law John Lovell, and we put his name on the sides of tractor trailers parked along the road; none of that little it'sy-bitsy, wimpy stuff for us. As Crocodile Dundee would have said had he been a campaign manager, "Road sign? That's not a road sign (looking at the small sign held up by

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Published and Edited by  
John Clayton and Rande Davis

John Clayton  
Production  
Financial  
301.349.0071  
[jclayton@monocacymonocle.com](mailto:jclayton@monocacymonocle.com)

Rande Davis  
Advertising  
Circulation  
301.509.9232  
[rdavis@monocacymonocle.com](mailto:rdavis@monocacymonocle.com)

Dominique Agnew  
Copyediting  
[dqagnew@gmail.com](mailto:dqagnew@gmail.com)

[editor@monocacymonocle.com](mailto:editor@monocacymonocle.com)  
[advertising@monocacymonocle.com](mailto:advertising@monocacymonocle.com)  
[www.monocacymonocle.com](http://www.monocacymonocle.com)

Monocacy Press, LLC  
John Clayton, President  
Rande Davis, Vice President  
P.O. Box 372  
Barnesville, MD 20838-0372  
301.349.0071

### Contributing Writers

Dominique Agnew  
[dqagnew@gmail.com](mailto:dqagnew@gmail.com)  
Susan Petro  
[bsusan424@gmail.com](mailto:bsusan424@gmail.com)  
Pam Boe  
[pamboe@intairnet.com](mailto:pamboe@intairnet.com)  
Kristen Milton  
[kmilton1998@yahoo.com](mailto:kmilton1998@yahoo.com)  
Maureen O'Connell  
[mafocconnell@msn.com](mailto:mafocconnell@msn.com)  
Jeffrey S. Stuart  
[sark10@juno.com](mailto:sark10@juno.com)  
Jack Toomey  
[jackt21262@aol.com](mailto:jackt21262@aol.com)  
Ingeborg Westfall  
[ingeborg560@comcast.net](mailto:ingeborg560@comcast.net)

### Contributing Photographer

Hilary Schwab  
[hilary@hschwabphotography.com](mailto:hilary@hschwabphotography.com)

### Layout and Graphics

Anne-Marie Thomas • AnyArt Studios LLC  
[Anne-Marie@AnyArtStudios.com](mailto:Anne-Marie@AnyArtStudios.com)

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## Tidbits

### Bethesda Magazine Honors Poolesville

For the fifth year, *Bethesda Magazine*, a high-quality, lifestyle regional publication, partnered with Bethesda Green, a city environmental awareness group, to honor a number of institutions, organizations, and businesses for demonstrated leadership in matters of improved environment. They selected Poolesville for the town's leadership in fostering a green community.

In its selection, *Bethesda Magazine* noted that Poolesville was only one of two Montgomery County communities to produce renewable energy. The magazine described how the town's newly-opened six-acre solar farm produces enough electricity to power much of the municipal government's needs, including fueling the water treatment plant and keeping the lights on in the town hall (it also power the town's pump stations).

*Bethesda Magazine* also remarked that the solar farm is expected to save the town as much as \$20,000 annually in reduced energy costs. The solar initiative, states the magazine, has encouraged the town to try other energy saving initiatives such as replacing town streetlights with power-saving LED bulbs, and rewriting zoning laws so residents can install wind turbines and solar panels.

### Manhole Covers Stolen

Wade Yost, Poolesville town manager, has reported that a thief has stolen a number of manhole covers and sewer grates. If anyone saw someone with a manhole that did not appear to belong to him/her, please contact the town. In the meantime, the items have been replaced and welded into place to dissuade the thief from taking them again.

The town road paving schedule has met delays due to a backorder of manhole riser rings. Crews will be cold patching and painting orange around the manholes for safety. Below is the new paving schedule for the coming month: November 10, Westerly Avenue; November 11, Hoskinson; November 12, Hillard Street, Halmos Street, Hoskinson Court, Seymour

Court, and Halmos Park's upper parking lot; and November 13, Milford Mill Road, Hacket Court, and Billek Court.

### WUMCO Heads toward Thanksgiving, Giving Thanks and Having Need

The 5th Annual WUMCO Walk and Fall Festival was a huge success filled with fun new activities and, thanks to plenty of help from a small army of volunteers, over \$5,500 was raised for WUMCO. The second Community Scarecrow contest, which is held in conjunction with the festival, again proved very popular. The winners this year were: Business Category: "Cheeky Charlie" by Poolesville Physical Therapy; Family Group: "Good Girls Just Want to Have Fun Too" by the Seneca Ward girls' activity day group; Best of the Fest: "Charlotte" by Total Automotive & Diesel.

Despite the successful festival, WUMCO still needs extra help. Last year, they lost IBM who used to provide for twenty Thanksgiving baskets. This year, Lockheed Martin took a pass from its usual twenty baskets. A basket consists of a turkey plus a bag of nonperishable items used to prepare a traditional Thanksgiving dinner (potatoes (real or boxed), gravy (canned or powdered), stuffing mix, canned corn or green beans, pumpkin or apple pie filling).

Last year, the Boyds Presbyterian Church stepped up with a monetary donation to help fill the gap left by IBM, but this year the hole is twice as big. The folks at WUMCO are hoping to get some turkeys from Manna but also hope the community as a whole will be able to donate a little extra to help.

### Special Event at Poolesville Baptist Church

Poolesville Baptist is hosting a first-ever Special-Needs Worship Service on Sunday, November 26 from 5:30 p.m. to 6:30 p.m. The free event, open to all special-needs families, offers visual schedules, fidget toys, and a quiet room to help all individuals and families participate in worship together. The shortened service will be held in the Family Life Center where both sound and lighting will be modified to prevent sensory overload. A fun musical activity for kids and mingling time for parents will follow the service.

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Note: We will be closed on Thanksgiving Day

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Buy 1 large pizza, get a large cheese pizza FREE

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**Meatballs and Cheeseburgers**

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**TUESDAYS POUR HOUSE TRIVIA**

Begins at 7:00 p.m.

**WE HAVE GLUTEN-FREE PIZZA!!**

Continued from page 1.

#### A World in Need of Good Character Education Comes to JPMS

shape the social, emotional, and character development of the young people entrusted to them each day. Students in these schools feel safe, respected, and connected to those around them, allowing them to thrive academically and socially and be motivated to give back to their communities.

The visiting delegation attended the National Forum on Character Education in Washington, D.C. the weekend of October 31. The theme for the conference was "Beyond Accountability – Inspiring Greatness." JPMS officially received its award at the conference. Attending the event were over 700 educators from all over the United States as well as from sixteen additional countries. Some in the group visiting JPMS were from Taiwan.

The visitors, divided into two groups, were led through the school by student docents who explained the many ways the school promotes and educates good character. The docents were eighth graders Roshawna Marshall, Megan Roldan, D.J. Bevely, and Bryce Davis.

The CEP contingent visited Mr. Ed Mattingly's eighth grade U.S. History class where a lesson on the pros and cons of the governance through the original Articles of Confederation was underway. Roshawna Marshall pointed out to the visitors an array of student-made history books on display that covered the topic of the American Revolution. These mini-books also included hand-drawn depictions of events during the period of the American Revolution. The remarkable aspect of their creation is that the books will be sent to a fifth grade history class in a school short of textbooks on history.

Peg Arnold, JPMS Counseling Department chairperson, explained to the visitors that character has to be modeled and taught by the faculty and by all responsible adults in the student's life. She credits the school's success in building good character to its selection of focusing on pride as the driving force in developing good character. One of the visitors commented on the high degree of respect demonstrated by students throughout their tour. The school principal, Mr. Sinclair, who is new to the school this year, noted that its success in building good character was one of the key elements of his decision to make the move here. He acknowledged that all students have their ups and downs, their good days and bad, but success in reaching a high level of good behavior was working with the students through their troubling times, to work as a team to teach them to control their behavior with the help of not just teachers but other students and parents as well.

Continued from page 4.

#### Being a Republican in Maryland

wire). That's a Road Sign! (pointing to the four-foot-high lettering on the side of the truck)."

Nevertheless, the primary problem for me is not the advertising as much as being a Republican in Maryland. For some reason the GOP ad is not so hard on my eyes and mind. At election time, it's hard for me to describe my emotions but easy to envision them. I feel a lot like what that ghoulish character in Edvard Munch's *The Scream* looks like. I have to take White's Ferry to Virginia just to get some air to breathe once in a while.

My Democratic friends (yes, and I have many) recognize that vibrating, eyeball popping gaze I usually have in November. Fortunately, though, this year is different. As I write this the day before the election, I feel something not usually bursting from my breast: Optimism. Does Hogan actually have a chance? Are Delaney's self-paid negative campaign ads attacking Bongino a signal that Delaney isn't sure of himself and a statement of worry? Can it be, even after the gerrymandering of the district, that Bongino has broken through with the electorate? Is it possible that maybe the Republican has a chance to win? We will both know by the time you read this, but, for me, at this moment, optimism shrouded by uncertainty with a dose of fatalism known so well to Nationals fans still overwhelms me.

With the results of Tuesday's election now in I have to express my surprise with the results for governor and especially for the congressional race of Delaney versus Bongino. Maybe it's not so bad being a Republican in Maryland after all, and maybe all those deserving Nationals fans can now look forward to winning a World Series.



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**November 9: 12:00 p.m. to 5:00 p.m.**

**Join in Our Thanksgiving Special Event  
AUTUMN CENTERPIECE WORKSHOP**

Once again we have partnered with Stephanie's Secret Garden to create one-of-a-kind centerpieces. We'll have an ample selection of moderately priced pieces from which to choose, and you'll have plenty of time to shop for one before the fun gets started. Stephanie will then show us all how to incorporate your new treasure into a show-stopping, holiday centerpiece!

# ALEXANDERS

*Cuisine Prepared by Chef Chris Smallwood*

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**Prime Rib**  
Sumptuous Prime Rib from Wagner's Meats  
Three size cuts to fit all appetites

**WEDNESDAYS**  
**Southern Cuisine Family Style**  
With seconds on us – it is all you can handle!  
Sweet Potato Biscuits with Molasses Butter  
She-Crab Soup and Brunswick Stew  
Fried Green Tomatoes  
Chicken and Barbeque Platters with Sides  
Adults: \$16.50 Children Ten and Under: \$9.00

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## It's a

# Holiday Party!

Wed, Nov 19  
1:00 pm  
at Town Hall



Drinks, sandwiches and desserts will be provided. (feel free to bring something to share)

Yuletide Fun and Entertainment!

We will have an uplifting Songfest led by Kim Stypeck! Bring a song in your heart, lyrics if you'd like to share them, and an instrument if you'd like to play it.





**Pumpkins, Pumpkins & More Pumpkins!**  
**APPLES and APPLE CIDER, too!**  
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### APPLES:

**York, Jonagold, Fuji, Stayman, Pink Lady, Red Delicious, Cameo**

✓ White Potatoes	✓ Winter Squash: Butternut, Acorn, Carnival & more	
✓ Sweet Potatoes	✓ Carrots	✓ Onions
✓ Turnips	✓ Winter Pansies	✓ Cranberries
✓ Broccoli	✓ Cabbage	✓ Cauliflower

Dairy Products & Eggs: Tricking Springs Creamery including Chocolate Milk, Buttermilk, and Goat Milk & Cheeses

**Now taking pie orders for Thanksgiving Day - forms available at register.**






## Things To Do

Please note that the Poolesville Area Senior Center is taking reservations due by November 30 for special events next year. The first is a Valentine's dinner theater trip to Hagerstown on February 13, and the second is a Cherry Blossom Festival Cruise on April 11. See details in ads inside this issue.

Also, Hope Garden Children's Ballet Theatre is now selling tickets for its holiday special presentation of *A Christmas Carol* on November 29. This year the event will be held at the F. Scott Fitzgerald Theater in Rockville at 1:30 p.m. and 7:00 p.m. Tickets will sell out quickly. Visit [hgcbtstore.org](http://hgcbtstore.org) for ticket information.

November 7

### Carryout Fried Chicken Dinner to Benefit UMCVFD

Order by November 7. Pick up on November 13.

\$8.00: two-piece dinner with small parsley potatoes, small green beans, and one dinner roll. \$20.00: eight-piece dinner with large parsley potatoes, large green beans, four dinner rolls. Call 301-349-2178 or email orders to [umcvfdaux@aol.com](mailto:umcvfdaux@aol.com). All orders will be confirmed.

Pick up dinner on November 13 from 5:00 p.m. to 7:00 p.m. at the firehouse at 19801 Beallsville Road, Beallsville. There will be baked goods available for purchase at pickup.

**Bingo Night by UMCVFD Auxiliary**  
Featuring cash, Longaberger baskets, and Vera Bradley bags. Twenty games, specials, door prizes, and raffles. Cost: \$20.00.

Doors open at 5:30 p.m., games begin at 7:00 p.m. Located at the firehouse: 19801 Beallsville Road, Beallsville. Refreshments are available for purchase. Bring a friend.

**House of Poolesville Event**  
DJ Slim Pickins. 8:30 p.m.

November 8

### Flea Market

Corner of Routes 109 and 107 at the old Healthworks parking lot. Food available. Vendor space \$15.00. Call Sheila at 301-520-0959, 8:00 a.m. to 3:00 p.m.

### Scouting for Food

Local Boy Scout troops will be collecting canned, boxed, non-perishable foods to help with local food pantries such as WUMCO. Please leave items in a bag on your front porch.

**House of Poolesville Event**  
Oasis Reggae Band. 8:30 p.m.

November 12

**PASC (Poolesville Area Senior Center) Event**  
**Zumba Gold**, 17750 West Willard Road, 1:00 p.m.

November 13

**PASC Event**  
**Downsizing by Organize to Optimize**, 17750 West Willard Road. 1:00 p.m.

November 14

**House of Poolesville Event**  
D.J. Slim Pickins. 8:30 p.m.

November 15

**Flea Market**  
Corner of Routes 109 and 107 at the old Healthworks parking lot. Food available. Vendor space \$15.00. Call Sheila at 301-520-0959, 8:00 a.m. to 3:00 p.m.

**House of Poolesville Event**  
Brian Jamison. 8:30 p.m.

November 17

**Family Fun—Monday Makers**  
Get your Rube Goldberg on and learn how to create a system of small mechanisms to accomplish a simple task, such as rolling a pair of dice or flipping a coin. LEGOs and other construction materials will be used during this night of family fun for young and old alike. *Poolesville Public Library*. 7:00 p.m.

**Antietam Recreation**  
dinner theater in  
Hagerstown, MD

**Valentine's Special**  
Friday  
Feb 13, 2015

Bus will leave Poolesville at 5:00 pm  
return approximately 11:00 pm

**Dinner and a Show!**

**\$55 per person (max)**  
[Price will go down, depending on whether we get enough people for group discount and what size bus we will need.]

**\$20 deposit extended to Nov. 30th!**

**Have a good group started—Join Us!**

Questions: [pvalentines@comcast.net](mailto:pvalentines@comcast.net)  
301-875-7702

**PASC** Checks to: Town of Poolesville  
P.O. Box 158, Poolesville, MD 21087

November 19

**PASC Event**  
**Holiday party with entertainment.**  
Uplifting songfest by Kim Stypeck. Share your favorite songs and bring an instrument if you play. Light refreshments include drinks, sandwiches, and dessert. Feel free to bring something to share. *Poolesville Town Hall*. 1:00 p.m.

November 20

**Preschool Storytime**  
Listen to stories, sing songs, and learn some rhymes. *Poolesville Library*. 10:30 a.m.

**PASC Event**  
**Buddy Bingo with Bar-T children.**  
17750 West Willard Road. 1:00 p.m.

**PASC Event**  
**T'ai Chi**. 17750 West Willard Road. 6:30 pm.

November 21

**House of Poolesville Event**  
Karaoke. 8:30 p.m.

November 21 and 22

**St. Peter's Annual Christmas Attic Sale**  
Christmas decorations (used and new), crafts, etc. *St. Peter's Episcopal Church*. Friday: noon to 7:00 p.m., Saturday: 9:00 a.m. to 3:00 p.m.

November 22

**House of Poolesville Event**  
Chris Compton. 8:30 p.m.

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## School News

### Homecoming 2k14

By Dmitri Agnew

October is always a turbulent time at Poolesville High School. There are college application deadlines, PSATs, the end of the first marking period, and playoffs for many sports. Probably the biggest occurrence of October is Homecoming. The entire week leading up to Homecoming is a battle of the classes where each day, the classes decide to outdo each other in school spirit. This year, the first day, Monday, was Get-Up-and-Go Day where students arrived at school wearing pajamas and the like. Some students debatably took it too far and came to school in bathrobes (to which mothers raised their eyebrows and requested confirmation that shorts and t-shirts lurked beneath). Tuesday was Maryland Day and everyone dressed up in Maryland colors and clothing. Wednesday was Team sports day, and the students sported their favorite jerseys from their favorite sports teams. Thursday, a.k.a. Movie Day, found a wide variety of costumes depicting the assigned class movie. The freshmen had to dress up as *Lion King*, the sophomores represented

*Frozen*, J is for Juniors and *Jurassic Park*, and the seniors used the Force in *Star Wars* costumes. After school on Thursday, the hallway decorations began as each class decorated an assigned hallway section according to their class movie. Then on Friday, Black and Gold Day, students bedecked themselves with their finest black and gold bling. A pep rally capped off the academic week of school spirit. The students filled the bleachers to cheer for the team captains and for the Homecoming court announcements and to get pumped for the Homecoming game. The winners of class hallway decorations were announced as well: sophomores placed fourth, freshmen third, juniors got second, and the seniors came out with the win over the juniors.

Joey Cartwright and Allyson Convers reigned over the weekend Homecoming festivities as Homecoming King and Queen.

Friday night, the Poolesville varsity football team went hard against the Boonsboro Warriors. Poolesville running back Trey Willis had two touchdowns, and Poolesville quarterback Steven Morningstar ran in for a touchdown. Although Poolesville fought valiantly, they ended up losing to Boonsboro with a final score of 28 -19.

Finally, on Saturday, the culmination of Homecoming week: the Homecoming dance. Students met in their groups at various houses for the obligatory pictures and then they went to dinner. Dinners often varied from the expensive restaurants to the All-American McDonald's—not that there is anything wrong with having one's homecoming dinner at McDonald's—then to the dance. The dance took place from 7:00 to 11:00 p.m., but most attendees didn't stay there the whole time because the gym was as cramped, sweaty, and loud as a goat in a sauna.



The reigning Homecoming monarchs: Allyson Convers and Joey Cartwright.

Photograph by Jonathan Hemming

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# A Christmas Carol

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HGCBT is supported in part by funding from the Montgomery County government and the Arts and Humanities Council of Montgomery County. HGCBT is a charitable non-profit organization as defined by 501(c)(3) of the Internal revenue code.

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## Youth Sports

### Still Climbing The Tower

By Jeff Stuart

The late Poolesville High School cross country coach Jim Vollmer used a metaphor to inspire his team. He said that the goal of each and every runner should be to climb to the top of the water tower adjoining the track; The top of that water tower represented a state championship. Some members of this year's PHS cross country team offered their thoughts about this past season and remembrances of Coach Jim Vollmer, who passed away this past spring.

"My favorite moment," said senior Denise Larson, looking back over her past four years, "was last year when the girls' varsity won the region championship to go to the state meet. I don't know if I had ever seen Coach Vollmer so excited because that was the closest we ever came to reaching the top of the water tower. He really instilled a sense of family, and this year I really wanted to make sure that that stayed the same. It was my main focus."

At the Poolesville Day 5K, a memorial to Coach Vollmer, Larson,

(personal records) at the meets and seeing how happy it makes them. This year, we have been dedicating the races to Coach Vollmer. He would be proud. We are very close and very supportive." Lia set a personal best on October 7 at the dual meet with B-CC, finishing at 23.22. She nearly matched that at the county championship.

"I knew Coach Vollmer for a year, and he was a real inspiration," said Andrew Lent, a sophomore. "He told us that the faces that you saw at practice were the faces you knew best. Those were the people you could count on. They go through what you go through."

"Last year at the state championship, when we finished second, everyone had a real great performance," said senior Matt Psaltakis. "This year, our strongest meet was probably the Wildcat Invitational. It was the first meet where we had everybody there—and it showed because we won by twenty points. Coach Vollmer and Coach Prasad have always worked together as a team over the years, so having Coach Prasad here is fantastic."

Both the boys' and girls' teams, some seventy runners, are still climbing that tower. The boys finished first and the girls finished second in the Wildcat Invitational at Williamsport High School on October 11. Freshman Ryan Lockett, senior Stephen



Some of the 2014 Falcon Varsity Cross Country Team.

Claire Beutz, and Fiona Whitefield were the top three girl finishers. Then at the Wildcat Invitational, they finished in the top four, Beutz second, Larson third, and Whitefield fourth. "We really came together as a team and really supported each other," noted Larson. "At the county (championship), we had so many girls move up."

Junior Lia Ghozati also reflected on the season. "It's been a great season. We've all worked really hard. Every year, my favorite part of cross country is seeing people get PRs

Lang, Lent, and Psaltakis finished first through fourth, respectively. Ten boys and seven girls ran their season's best.

At the Montgomery County championships at Gaithersburg's Bohrer Park on October 18, twelve boys and eight girls ran season bests. Lang and senior Seungkyoon Bong, along with freshman Alan Wang, improved upon their Wildcat times at the county. On the girls' side Whitefield, sophomore Sreya Vangara, and freshman

Continued on page 13.



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## Mystery History

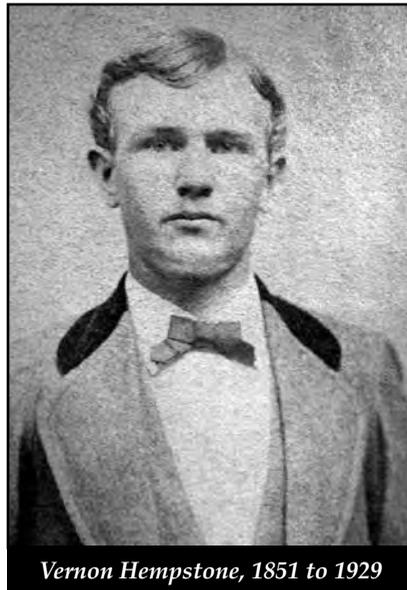
### Streetwise: Hempstone Court

By Rande Davis

Our Mystery History street subject this issue is Hempstone Court in the Wesmond subdivision in Poolesville. Hempstone has been an important family name in the area since before the Civil War with twenty-three Hempstones buried in Monocacy Cemetery.

The oldest Hempstone, Armistead, was born in 1814, but it was Vernon Hempstone who was the most prominent. Ol' Vernon was born in Leesburg, Virginia in 1851 and died in 1929. He was married to Anne Elizabeth Poole and had five children: Sarah, Vernon, Robert, and two that died at birth.

His occupation was described as entrepreneur. He had a variety of enterprises in Poolesville, Washington, D.C., and, reportedly, even in Baltimore. These enterprises rewarded him with a very comfortable income. Described as a proud man, he enjoyed fine clothes and saw to it that his surviving children were well educated. They attended an unidentified private school which existed in Poolesville. The school was most certainly Briarley Hall School for Girls (see Then and Now on page xx.) that predated the Briarley Hall Military Academy. This was a large three-story building. It went belly up in 1930, fell into decay, and eventually was destroyed by fire that was suspected to have been started by squatters. It was located on the west side of Beallsville Road, north of the intersection of Jerusalem Road. Briarley Hall Drive in Brightwell Crossing takes its name from this academy.



Vernon Hempstone, 1851 to 1929

According to his granddaughter, Olive Hale, he was a prosperous man and an extremely vain man, self-centered and one who would wear every day a good suit, vest, tie, pocket watch, and he brushed his hair often. This dress was somewhat out of place in the farming community in which he resided.

His daughter Sarah was talented musically and was well-trained in singing and piano. Vernon did not believe anyone to be worthy of her hand in marriage. Defying his rigid authoritarian ways, she ran away to marry Charles Handley, a poor farmer boy. They would eventually have nine children. Vernon disowned the couple; however, her mother, Lizzie Poole Hempstone, helped then financially in secret. He was successful in preventing his son Robert from marrying, and, after the death of Lizzie, father and son lived together. The last decades of his life were described as those of a recluse surrounded by his cats.

be extremely cautious, checking on the reputation of the company making the offer before accepting any of its offers.

Once you have begun downloading the software, you will notice a dialog box asking if you want to install this awesome new browser internet toolbar (or something like that). You are in a hurry, or your kids don't care, and then, boom, you have just been hijacked.

The good news is these browsers can be removed, so there is hope, but just be careful before you accept the installation of any programs from the internet.

Berry Thompson offers free computer and internet usage help during Café Connection at the Poolesville Presbyterian Church on Wednesday afternoons.

## THEN AND NOW

*That was then ...*



**Briarley Hall  
Academy for Girls**  
1874 to 1906

**Briarley Hall  
Military Academy**  
1912 to 1930

*This is now...*



Today the location at 18410 Beallsville Road hosts a private home with the only reminder of bygone glory a bold and impressive entranceway and guardhouse within the compound.

## Computer Tips

### Beware the Free Offer

By Berry Thompson

One of the concerns that literally pops up as a major worry on computers is the potential for something referred to as browser hijacking. Any computer can fall prey to this malware. Signs of trouble often begin when the web browser is acting off. You may suddenly have multiple ads pop up, and your usual home page simply skips to another site. Hijacking software is usually bundled or hidden in other "free" software you (or your kids) have downloaded from the internet.

While there are some good free software options available, you must

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### WEEKEND MASS SCHEDULE

Sunday at 8, 9:30, and 11 am

**Saturday, November 15**  
**Special Mass of Remembrance at 5:00 pm**  
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## Garden

### Autumn Glory— And Garden Chores

By Maureen O'Connell

"Magnificent Autumn! He comes not like a pilgrim, clad in russet weeds. He comes not like a hermit, clad in gray. But he comes like a warrior, with a stain of blood upon his brazen mail. His crimson scarf is rent. His scarlet banner drips with gore. His step is like a flail upon the threshing floor...The wind is soft and low. It wafts to us the odor of forest leaves, that hang wilted on the branches, or drop into the stream. Their gorgeous tints are gone, as if the autumnal rains had washed them out. Orange, yellow, and scarlet, all are changed to one melancholy russet hue....There is a melancholy and continual roar in the tops of the tall pines, like the roar of a cataract. It is the funeral anthem of the dying year."  
—Henry Wadsworth Longfellow

"Autumn is a second spring where every leaf is a flower." —Albert Camus

November is a bittersweet month in the year of the Life of a Garden. Longfellow, a nineteenth-century American poet, felt a melancholic sadness at this time, and Camus, a French author, journalist, and philosopher whose views contributed to the rise of the philosophy known as absurdism, saw hope in autumn. Maybe the old French proverb, "Autumn is the hush before winter," describes it best.

With spring bulbs snugly buried away from the hungry squirrels, the rugosa roses' hips, the coneflowers' and black-eyed Susans' dark black flower heads ripening for the birds' early winter feast, and next year's hydrangea buds tight and safe, the garden begins its hibernation—but the winter season in the garden is far from desolate; it just offers us a different look. The distractions of high summer are gone, while autumn lays bare the skeleton of the garden, revealing a rich patina of textures and forms. The evergreens, which are often overlooked in the heat and riotous colors of summer annuals and perennials, come to the front of the stage. Now the stately Colorado Blue

Spruces, the towering white pines, the fragrant boxwoods, and the wise, old Norway Spruces stand out. The hardy Thuja 'Green Giant' readies himself to carry the heavy load of snow and ice in the coming winter months.

Before you put your garden to bed for the winter, there are a few more chores to be done. Most annuals and perennial plants have withered and died by now. What do you do with them? The plants really don't care; the hardy ones will probably come back to live again in the spring. You can leave them alone and cut them back in the spring or cut them to the ground now. It all depends upon the plant and its condition. If it is diseased, dig it up and take away any fallen leaves, for the disease will not winter-over. Some dead plants are not attractive; cut them back to the ground. Others, such as coneflowers, sedum, black-eyed Susans, *Euphorbia*, *Verbascum*, sage, rosemary, and lavender, I leave alone until the spring. They add interest to a winter landscape. Clean your garden tools of dried dirt and mud and apply lubricant oil to the surfaces and moving parts. Don't forget to put away, in a protected spot, all of your plant containers, especially terra cotta and ceramic ones. Don't dispose of leaves and grass clippings from the lawn. The leaves, chopped up and spread over your garden plots, are free golden mulch. You can also buy bags of Leaf Gro at garden centers. It is one of the best things I do for my garden each fall. You have until about the end of November to plant spring-flowering bulbs. If you have a problem with squirrels and moles digging up planted bulbs, bury them a little deeper in the ground and cover with mulch or evergreen limbs. Every year, these little critters amaze me and find exactly where I have planted bulbs. Every fall, I spread a light layer of mulch (or leaves) over all my beds, not so much for warmth, but to control erosion. If you buy a live Christmas tree, it is a good idea to dig its planting hole now, before the ground freezes.

This past winter, spring, and summer were challenging times for our gardens. We shall now settle back into the warmth of our homes and see what this winter brings.

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Continued from page 11.

#### Still Climbing The Tower

Divya Katti did the same. Freshman Caroline Courbois took almost a minute off her previous best at the county meet.

The team did well despite many runners suffering myriad injuries. "We have seen dramatic improvements in times among our members," said Coach Prasad. "Most notably, Tobias Whelan, Caius Kim, Clara Jackson, and Jessie Amick have cut their time by more than four

minutes since the beginning of the season. Lent has been making great strides and finished under seventeen minutes in the last race as our second runner. Claire and Denise Larson have been improving and getting healthy in the last races."

At the 2A West Region meet held at Liberty High School on October 30, the Poolesville boys finished fourth and the girls finished fifth. Lang (17:21.1) and Lockett (17:26.9) finished ninth and tenth, respectively. For the girls, Beautz led the way in sixth place (20:01.9).

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## Police Blotter: Past and Present

By Jack Toomey

### Present Crime

**Assault:** 15700 block of Edwards Ferry Road.

**Burglary:** 19800 block of Beatriz Avenue.

**Disorderly conduct:** 19400 block of Martinsburg Road.

### Past Crime

**November 8, 1926** Patrolman Joseph Oldfield was seriously injured on the Rockville Pike while chasing a speeding motorist. Oldfield had attempted to flag down the driver who ignored his signal. Instead, the motorcycle struck Miss Ruby Crist who was crossing the road, breaking her leg. Oldfield was thrown from his cycle, hit his head on the roadway, and suffered a fractured skull. The motorist escaped.

**November 8, 1927** A tale told by a sixteen-year-old boy had the police department in a flux. The young man was returning from Sunday school when he said that he saw a man talking to a woman seated in a black roadster parked in front of the Villa Roma Restaurant on the Rockville Pike. Suddenly the man drew a gun and fired four shots into the car and then jumped into the driver's seat and sped away. Frightened, the boy ran home and told his parents, who then called States Attorney Peter. By the end of the day, the automobile had not been located and police said that it was possible that the body of the woman could have been dumped in some secret place. States

Attorney Peter and Chief Moxley admitted that they were baffled.

**November 14, 1926** Chief Game Warden Clyde Harris and Officer Gaither happened upon two men who were hunting without licenses. Isaac Scott and Leonard Swailes were carrying a string of rabbits. Harris inquired whether the rabbits had been taken by the use of a rifle which was being carried by Swailes. Scott said that they had found the dead rabbits. Both men were taken before a magistrate and forfeited \$17.50 for hunting violations.

**November 17, 1927** Samuel Essakov, claiming an address at the Cathedral Towers in Washington, was arrested by Officer Roy Snyder after a lengthy chase that ended on the Germantown Road. Essakov was on his way from Baltimore to Washington with a carload of illegal liquor. Snyder seized 140 quarts of whiskey from his car.

**November 19, 1926** The garage and mercantile establishment of Arthur Gloyd at Middlebrook was burglarized twice during the week. The first time, only gasoline was taken, but the second time, automobile parts, tobacco, cigars, canned goods, and other merchandise were stolen.

About fifty criminal cases were scheduled to be heard by Judge Peter and a jury during the next few weeks. Most were brought by indictment, but some were appeals from Police Court. Apparently, the same judge and jury heard all fifty cases.

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

Continued from page 1.

### The Votes Are In

relations with state and county officials. They also sought the candidates' visions of Poolesville in the years to come.

The incumbent candidates referred to the town's solar array and introduction of LED street lighting as examples of environmentally-positive actions by the town. They acknowledged poor attendance at town meetings but were encouraged by having all volunteer positions filled by concerned residents. It was suggested that relations with state office holders are closer and more cooperative than at the county level, something to improve. Dillingham voiced her disapproval of building the Dollar General, but Stump pointed out that to try to stop it would open the town to lawsuits.

Town elections are held separately at the town hall, and all three candidates

diligently campaigned outside of the town hall for the full thirteen hours, greeting and answering voter questions.

During the short campaign, Jim Brown repeatedly urged support not only for himself but also for Chuck Stump, asking the voters to view them as a team working for mutual goals. Stump echoed that position in his statement after the election was over by saying that he wanted "to thank the residents of Poolesville" for reelecting them both. "The results of this election are a clear endorsement" of their policies, agenda, and leadership style.

Dillingham told the *Monocle* after the results were determined, "It has been an honor and privilege for me to run for commissioner in our small, charming town of Poolesville. The best part about the process was just getting out and meeting the folks. My sincere thanks to those who came out to support me. All the best to Jim and Chuck."

## Remembrances

### Junior Legard Catron

Junior Catron, 83, of Frederick, lost his courageous battle with cancer on October 28.

He is survived by his loving wife of fifty-eight years, Phyllis Staley Catron. Born on June 12, 1931 in Chatham Hill, Virginia, he was a son of the late Martin Luther Catron and Myrtle Marie Catron Williams.

Junior was a veteran of the U.S. Air Force and proudly served from 1951 until his medical discharge in 1960. He was then employed by M-NCP&PC for thirty-three years as a small-engine mechanic until his retirement in 1993. He was a hard-working man who took pride in everything he did and would do anything for anybody. He especially enjoyed family reunions and trips back to the mountains near Marion, Virginia. He also liked fixing things, gardening, woodworking, and antique car shows.



Junior L. Catron

In addition to his wife, he is survived by a son, Wayne Catron (Carolyn), two daughters Sharon Catron (Rick), Carol Wallace; and two grandchildren, Jon Miller and Jessi Wallace. In addition, he is survived by one brother, Delter Catron, and two sisters, Jerlean Eader and Cathern Maus. In lieu of flowers, memorial contributions may be made directly to Kline Hospice House, 7000 Kimmel Rd., Mount Airy, MD 21771, or to Hospice of Frederick County, PO Box 1799, Frederick, MD 21702.

### Mary Catherine B. Souder

Mary Catherine B. "Bea" Souder, 86, of Poolesville, passed away on October 14.

She was born February 3, 1928 in Madera, Pennsylvania; she was the daughter of the late Emory and Catherine Daugherty Skonier. Bea was employed by AT&T Communications and retired after twenty years of service. She was a member of Our Lady of the Presentation Catholic Church in Poolesville and a former member of St. Timothy's

Catholic Church in Walkersville. Mrs. Souder is survived by her sons Michael W. Souder and David G. Souder; sister Jeanne Carter of Ohio; three grandchildren, Alicia Krauss, Stephanie Hunter, and Justin Souder; two great-grandchildren, Aiden and Cameron Krauss; and many beloved nieces, nephews, great-nieces and great-nephews. Besides her parents, she was preceded in death by her husband, Welling (Buck) Souder.

Continued from page 4.

#### Don't Dis Poolesville Day

approving gambling to save racetracks (remember the racetracks?) until Ehrlich was out of office, then fell over itself putting casinos everywhere but at racetracks. Has anything changed?

As far as Mr. Bongino, one inescapable fact is that karma might be at work here. My unofficial morning results show that while District 8 Congressman Chris Von Hollen, who I thought would have coasted to victory, was in a close race all night and appears to have won with 51% of the vote. Could it be that running in gerrymandered districts is not as fun as it might be, that adding all these sparsely-populated areas that really don't like you could backfire? Let us all hope that, even if it is for all the wrong reasons, the legislature will change how redistricting occurs. I would love for us to not be mentioned in the same breath as Texas when the topic of redistricting arises.

Speaking of karma, I think the real reason Brown lost is because he never marched in the Poolesville Day parade. Hogan and Bongino showed up and marched (and Delaney did as well, but I guess it wasn't enough), so perhaps now Brown knows his big mistake. When will they learn?

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## Musings from Mama Boe

### Muffins for Mom

By Pamela Boe

Varmint was up earlier than I was, ready to go, and full of energy that morning. She was excited to get me to school for her "Muffins for Mom" special event the PTA puts on every year. One morning every year, the mommies pile into the school cafeteria an hour before school starts to share muffins and coffee with their munchkins. This was that day. And Varmint was psyched for it.

Critter, however, is not an early riser.

Mommy, however, is also not an early riser.

Critter and Mommy were snarking at each other from the word Go. It wasn't pretty.

"Time to get up Critter."

"mmpphlf"

"Come on! It's Muffins for Mom today! I'm too tired."

"Don't you want to go eat muffins with me?"

"mmpphlf"

NNNNRRRRR.... He finally got up, and complained about *every* bloomin'

thing he could think of. His shirt was too hot. He wanted cereal, not muffins. Yada Yada Yada. Look, I'm not a morning person either, and I hadn't had my coffee, and my capacity for pushback is pretty low first thing.

So it didn't go well. I was barking (or, as I like to call it, "Motivational Speaking"), and he was whining, which caused more barking, which increased the whining.

And poor Varmint was in the background doing the ol' Rodney King, "Can't we all just get along?"

We got to the school, finally, and went in to eat our muffins, ingest copious amounts of coffee, and sit with the other mommies... none of whom looked as stressed-out-on-your-last-nerve as I did, irritatingly.

One of the mommies said, "Your son is **such** an angel. We *love* him!"

Critter heard it, and immediately put on his angelic face. It's powerful stuff. I gave him the deadpan, "Seriously?" look, which made him giggle and shine with even more purity and innocence.

So I explained to the other mommies sitting there how the morning had gone thus far. They swore they didn't believe it.

And he beamed, the ratfink.

Oh, he's good. I'll give him **that**.

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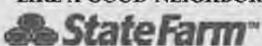


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## Could your dog or cat be living with diabetes? By Peter Eeg, BSc, DVM, CCVLF, FASLMS

### What is diabetes?

*Diabetes mellitus*, the medical name for diabetes, is a disease caused by a lack of insulin that affects the level of glucose, or sugar, in your dog or cat's blood. The glucose comes from the food that your pet eats. The food is broken down into very small components by the digestive system so that the body can use it for energy. Glucose is one of the components, and an important source of energy.

Glucose is absorbed from the intestines into the bloodstream where it travels to cells throughout the body. Insulin is required for the cells to absorb glucose. Insulin is produced by the pancreas in response to the amount of glucose in the bloodstream. Healthy pets produce insulin easily, but pets with diabetes don't. In canine and feline diabetes, unused glucose builds up in the bloodstream.

### Is diabetes in my pet the same as diabetes in people?

The two conditions are very similar. In fact, your veterinarian will be using medication, equipment, and monitoring systems that are similar to those used for diabetic people.

### How common is diabetes in dogs and cats?

Diabetes is reported to affect anywhere between 1 in 100 to 1 in 500 dogs and cats, but experts believe that this disease is on the rise.

### Can diabetes lead to other health problems?

Yes. Dogs and cats with diabetes can develop other health problems, usually after living with diabetes for a year or more. For dogs, the most common complication of diabetes is cataract formation. Persistently high blood glucose levels make the lens of the eye become opaque, causing blindness. For cats, weakness of the hind legs is a common complication. Persistently high blood glucose levels may damage nerves, causing weakness and muscle wasting. For both dogs and cats, avoiding high blood glucose levels should help prevent or delay these complications. For this reason, early diagnosis of diabetes in your dog or cat is especially important.

### Will diabetes affect my dog or cat's life expectancy?

Today, with effective treatment and monitoring, a diabetic dog or cat should have the same life expectancy as a non-diabetic dog or cat. Early diagnosis and appropriate treatment help diabetic pets maintain a good quality of life.

### Is my dog or cat at risk of diabetes?

While diabetes has been diagnosed in dogs and cats of all ages, genders, and breeds, certain pets are at greater risk of the disease.

*Risk factors in dogs:* Age (middle-aged to older dogs are more affected), unspayed females, genetics, obesity, breed—these breeds have a higher risk of developing diabetes: Cocker Spaniels, Dachshunds, Dobermann Pinschers, German Shepherds, Golden Retrievers, Labrador Retrievers and Pomeranians

*Risk factors in cats:* Age (older cats are more susceptible), Neutered males, Genetics, Other disorders or diseases, which can cause insulin reduction or resistance such as chronic pancreatitis (inflammation of the pancreas) or hyperthyroidism (overproduction of thyroid hormones), Obesity, Physical inactivity

### Are there warning signs I should be aware of?

Some common signs of diabetes in dogs and cats include: Excessive thirst, excessive urination—your pet produces more urine per day and may have "accidents" in the house (dogs) or outside the litterbox (cats), excessive hunger while losing weight, lethargy (less active/sleeps more), Cloudy eyes (dogs), doesn't groom (cats), thinning, dry, and dull hair

### How will my veterinarian test my pet for diabetes?

Your veterinarian may begin by performing a general health examination and by asking questions about any signs your pet may be displaying. Then, a sample of your pet's urine will be tested for the presence of glucose or ketones (acids produced by the body as it breaks down fat instead of glucose for energy). If glucose is present in your pet's urine, your veterinarian will then test your pet's blood to determine the blood glucose level. A diabetes diagnosis is considered definite when persistently high glucose levels are found in both the blood and urine.

### How do I take care of a pet with diabetes?

Although there is no cure for diabetes, the disease can be successfully managed with the help of your veterinarian. Daily insulin injections are usually required to restore your pet's insulin level and to control his/her blood glucose levels. Many owners are anxious about giving injections, but it's easier than you think, and you'll quickly learn how to handle the dosing routine with little stress for you or your pet. Diet plays a vital role in helping to keep your pet's diabetes regulated. Your veterinarian can recommend a diet that's best suited to the needs of your pet. A high-quality, consistent source of protein is an essential part of any diabetic diet. High-protein, low-carbohydrate foods are currently recommended for diabetic cats because they provide the extra energy cats need to get them through their active days, without the extra carbs that can turn into excess sugar. It is important to feed your pet based on its ideal body weight. Consistent timing and size of meals is also very important. Exercise can help dogs with diabetes, but it needs to be regulated because activity affects blood glucose levels. It's best to create a consistent exercise routine for your diabetic dog and to stick to it. There is no clear recommendation for exercise in diabetic cats because their activity is difficult to regulate. Frequent veterinary checkups can help identify changes in your pet's condition and help you to manage this disease successfully over time. Managing your dog or cat's diabetes will require some effort, but the rewards are well worth it. Pets whose diabetes is under control have normal thirst, appetite, urine.

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2. Additional Terms and Conditions: Get up to an \$80 Rebate on a qualifying purchase of a set of four select Goodyear or Dunlop tires or double your rebate up to \$160 when the purchase is made on the Goodyear Credit Card. Subject to credit approval. Mail-In Rebate paid in the form of a Goodyear Visa Prepaid Card. Goodyear is not affiliated with Visa. Mail-In Rebate offers available only at authorized participating Goodyear Retailers. Offers valid only for U.S. residents with mailing addresses in the U.S. or U.S. territories. Mail-In Rebate offers valid only on purchases between 10/01/14 – 12/31/14. One Goodyear Visa Prepaid Card per qualifying purchase. Prepaid Cards are issued by Citibank, N.A. pursuant to a license from Visa U.S.A. Inc. and managed by Citi Prepaid Services. Prepaid Cards will not have cash access and can be used everywhere Visa debit cards are accepted. Base portion of rebate offered by Goodyear and doubled portion of rebate offered by Citibank, N.A. Rebate form must be postmarked no later than 01/31/15. Allow 6 to 8 weeks for Prepaid Card delivery. Get a \$40 Prepaid Card (\$80 if purchase is made on the Goodyear Credit Card) when you purchase a set of four of the following tires: Assurance Fuel Max, Assurance Fuel Max, Ultra Grip Winter, Wrangler DuraTrac, Wrangler SR-A, Grandtrek S-J5, Graspic DS-3, Rover H/T, Wreter Maxx. Get a \$60 Prepaid Card (\$120 if purchase is made on the Goodyear Credit Card) when you purchase a set of four of the following tires: Assurance TripleTred All-Season, Assurance TripleTred All-Season, Eagle F1 Asymmetric All-Season, Eagle Sport All-Season, Eagle Ultra Grip GW-3, Eagle Ultra Grip GW-3 ROF, Ultra Grip 8 Performance, Ultra Grip Ice WRT, Ultra Grip SUV ROF, Ultra Grip + SUV 4x4, Wrangler MT/R with Kevlar<sup>®</sup>, DSX DSST, SP Wreter Sport 3D, SP Wreter Sport 3D ROF, SP Wreter Sport 4D, SP Wreter Sport 4D ROF. Get an \$80 Prepaid Card (\$160 if purchase is made on the Goodyear Credit Card) when you purchase a set of four of the following tires: Assurance ComfortTred Touring, Ultra Grip Ice, Wrangler All-Terrain Adventure with Kevlar<sup>®</sup>. Additional terms and conditions apply. Ask participating Retailer for complete details and rebate form. **FREE MOUNTING - FREE ROTATION** every 6,000 miles, with tire purchase. See Retailer for complete details. **RAIN CHECK** - If we sell out of your size we will issue you a rain check, assuring future delivery at the advertised price. ©2014 The Goodyear Tire & Rubber Company. All rights reserved.

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