

The Monocacy MONOCLE

Keeping an Eye on Local News

A Monthly Newspaper

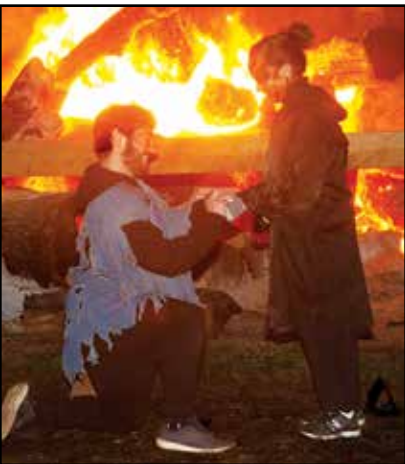
November 2024 • Volume XX, Number 9



Rocktoberfest enthusiasts enjoyed the spectacular weather. More event pictures in Family Album on page 2.



Milt Andrews won his age group again at the Poolesville Day 5K! See more info in Local News on page 3.



A wonderfully-romantic time at Markoff's Haunted Forest. Check it out in Tidbits on page 18.



The local African American Union Army veterans are honored in IYOB on page 24.

Town Adopts Leasing of Dillingham Park for Community Center

By Link Hoewing

In their October meetings, the commissioners of the Town of Poolesville considered and adopted a resolution allowing for the leasing of Dillingham Park to the Montgomery County Department of Recreation for the construction of the planned new community center. In part, the move is designed to help “jump start” the design and construction of the center which, as of now, is planned for 2029-2030.

The commissioners heard a presentation from Dara Tokarz, the Community Partnerships and Grants Manager at what is colloquially known as the Buddhist Temple on River Road. Its formal name is the Kunzang Palyul Choling Temple.

Tokarz remarked that the temple had been in place for about four years. The temple and their faith have a



Site of proposed new community center for the Town of Poolesville.

long history of outreach and human service. During Hurricane Katrina, for example, the temple placed dogs that were lost or had no owners due to

the hurricane. They have also been helping supply WUMCO with food for some time.

Continued on page 20.

Candidates for Commissioner: Public Forum Provides Answers

By Rande Davis

On October 20, the Poolesville Area Chamber of Commerce (PACC) sponsored a forum for the candidates running for town commissioner. This year, there are four candidates vying for three open positions. Incumbents, Jeff Eck and Ed Reed, were joined by Bryan Bupp and Alan Hobbs in the race. Commissioner Martin Radigan chose not to run for reelection.

The forum offered each candidate time to introduce themselves and to make closing statements at the end. Brian Hundertmark was the monitor for the event, a role he has fulfilled for many years.

The entire discussion is available for viewing on the town webpage. We provide a list of the fourteen questions asked and the time in the video the answers are given by each candidate. In this way, those questions that are of interest to you can be reviewed



The Poolesville Area Chamber of Commerce (PACC) candidates' forum.

without necessarily having to view the entire ninety-minute forum.

Background on Candidates for Commissioner

Jeff Eck

Jeff is seeking another term and is currently the commissioners' liaison to

Continued on page 8.

Family Album



Poolesville Memorial United Methodist Church held its annual Trunk and Treat Halloween Party.



Mike Selby warmed up before the golf tournament hosted by the Monocacy Lions. For the record, he sank the putt.



The favorite female foursome of the golf tournament: Kathy Jamison, Joyce Brown, Jackie Ward, and Cathy Tomares.



The ghoulish Christina Nanof and her husband are joined by friends at the 2024 Rocktober-fest.



William Price (right) awarded the winner of the Lions putting contest \$50!



Winning foursome of the annual Lions Golf Tournament: Jeff Pisano, John Rouleau, Justin Bierman, and Kuan Sagaow.



Left: Families enjoyed the Halloween festival on Whalen Commons on October 25.



American Legion Post 247 unfurled the garrison flag at PHS's homecoming game. They gave special honor to the female veterans of the legion.



A nostalgic music performance at Locals by the Poolesville Community Band.

Local News

Poolesville Day 5K Run and Walk 2024: Fun for All Ages

By Heidi Rosvold-Brenholtz,
President, Monocacy Lions Club;
Poolesville Day 5K Race Director

The annual Poolesville Day 5K Run and Walk was an outstanding success on Saturday, September 21, with 346 participants crossing the finish line. This annual tradition attracts community members of all ages—with many returning each year to run or walk a familiar course through our town. Men's first place overall winner was Alex Trouteaud, of Barnesville. Carol Braun, of Rockville, won first place in the women's overall. As in past years, students on the PHS cross country team turned out in full force.

Perfect weather greeted participants and volunteers alike and set the morning's positive vibe. Supported by the Poolesville Area Chamber of Commerce (PACC) and the Monocacy Lions Club, the Poolesville Day 5K raises funds each organization distributes throughout the year to neighbors in need in our community. This year's event was in memory of Monocacy Lion Tom Lee—a champion to his family and the Town of Poolesville, and a friend to many.

PACC and the Monocacy Lions Club deeply appreciate the race sponsors, participants, and volunteers who made the 2024 Poolesville Day 5K successful.

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Alex Trouteaud, of Barnesville, had the fastest time.



Carol Braun, of Rockville, placed first among all female runners.

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Rande(m) Thoughts

Two Big Surprises Coming from the Candidates' Forum And Who Should Win

By Rande Davis

Our election for town commissioner has had two major changes from previous election cycles. There was no question at the candidates' forum about getting a supermarket or about reopening White's Ferry. Make no mistake, most of us want both, but it is clear we can adjust—with or without a ferry or supermarket.

Being able to move on from the issue of White's Ferry opening, however, might be a good thing. A more ambulant perspective might better force a solution. Sometimes, "take it or leave it" is the only option.

Libby Devlin of Virginia's Rockland Farm seems to have stalled negotiations while leaving the offer of \$1.25 million on the table. We are not privy to any movement that may be happening under that theoretical table, but she has already self-reported enjoying the quiet at the river and sees no reason to accept a reasonable cash deal, now or in the future.

If this were poker, the time has come to call her hand. I would support the county approaching her with one final offer, giving her sixty days to decide, and then walking away completely if she does not come to terms. There is a very old phrase that best expresses my sentiment: "Ms. Devlin, fish or cut bait." We as a community need to get on with the planning of our future with a clear understanding if that will include an open ferry or not. We can no longer accept her stringing us and our businesses along.

I know many may disagree. I understand that we always want hope for the future. Another phrase, "Hope springs eternal," is more of a stated goal than a good negotiating strategy. I happen to support many intriguing ideas a county-owned ferry landing could do to bolster county revenue even with the ferry service closed. I prefer the excitement of working out those plans to sitting around counting on a person who has demonstrated no sense of urgency for the needs of Poolesville.

The other major change in this election was that there was no question about getting a supermarket in town. This does not mean we don't want one,

but circumstances have forced us to change our shopping habits, teaching us how to live without one.

Our shopping habits have already changed for too long now. Harris Teeter is less than fifteen to twenty minutes away for most of us, and they even offer to deliver to our homes. Our new consumer model has taught us the advantage of Aldi's low prices, Wegman's amazing variety, or Walmart's having both. The colloquialism for this is: "How do you keep them down on the farm once they have seen Paris?" Even with a new supermarket, we are not likely to discontinue those consumer patterns, and unless almost all our grocery expenditures were to go solely to a new supermarket, a new one would not succeed.

As to the commissioners' race, we do not endorse candidates—never have. It's nice to see the newest trend in newspaper journalism following our lead.

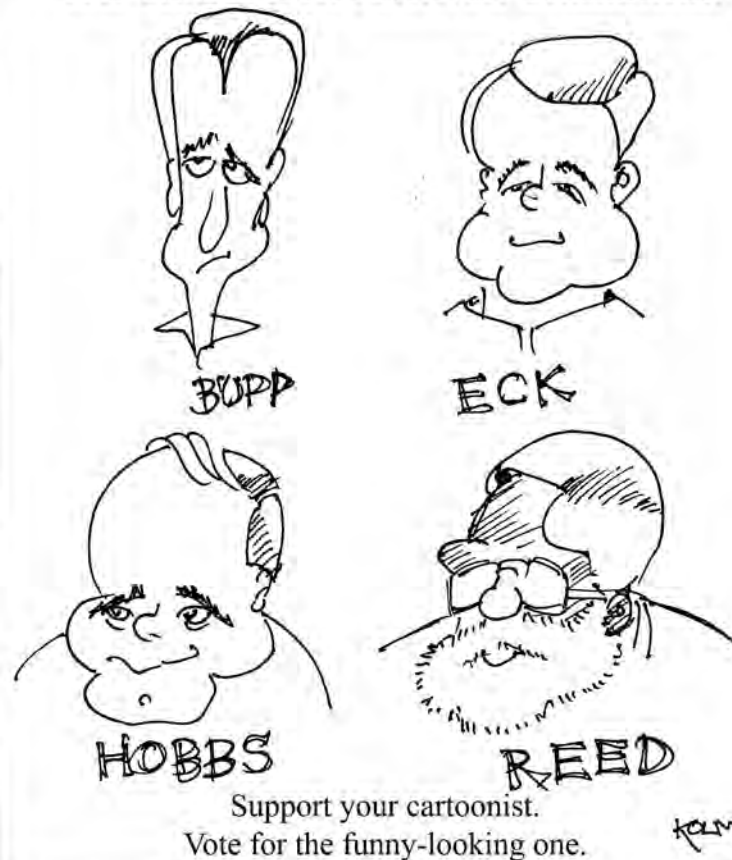
While we don't endorse by name, I can observe that three of the four candidates have already proven their dedication to community service and following the interests of the residents by serving on the town or planning commission. All three persons have demonstrated their ability to listen to the residents through meetings, forums, public hearing, or simply having conversations over coffee at Locals, Bassett's, or McDonald's. For Alan Hobbs, while not a volunteer in a government role, he has also proven his desire to serve and to successfully do so through long-term user satisfaction by serving in leadership at his church and the Poolesville High School Booster Club. All four have shown publicly personal integrity, a love for the town, and the personal trait of servant leader.

Hopefully, all these candidates and the other commissioners can be as successful at "growing in the position" as Martin Radigan has demonstrated before choosing not to run again.

Frankly, I am anticipating the reelection of the incumbents. Regarding Mr. Bupp, he has already said losing this election will not diminish his desire to serve the community, as he plans to stay on as chairman of the planning commission and "would look forward to working with the other three." The good news then for Hobbs is, even if he loses, his desire to serve will not be lost as there will be an opening on the planning commission, a position which, perhaps, is the most desirable path to becoming a future commissioner. As to who should win: You choose, but no matter what, our town will be on the winning side.

Kolm's Corner

Your Candidates for Poolesville Commissioner



The Monocacy MONOCLE

Keeping an Eye on Local News

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Local News

Travelin' George: Just Passing By

By Jon Wolz

"I know you!" exclaimed a loud voice from inside a tent at the Swain's Lock campground early last June. Peering outside the tent and looking at me was George whom I had met last year in Poolesville. I was cleaning campsites at the campground. George travels the country on his bicycle. Last winter was spent in North Carolina. He began traveling north last spring and made it as far as Northern Virginia. A kind man offered to drive George to Maryland and dropped him off at Swain's. George had been at Swain's campground just a few days when I saw him. The day before he rode his bike to the Giant grocery store in Potomac for food and rode back up River Road, down Swain's Lock Road to the campsite.

George followed me around to each of Swain's campsites, and we caught up with what was happening in our lives. George said he was biking to Ohio via Pittsburgh. He said he would be visiting Poolesville soon and that he liked Poolesville. During the summer, George would say, "I like Poolesville." During our Swain's visit, I learned that he is an artist. He showed me several pencil sketches of various locations along the C&O Canal. These sketches are outstanding! I was able to recognize the location of his lock sketches from my knowledge of the canal. George said some of his murals are on buildings in Cincinnati, Ohio. During this summer, George began venturing up the towpath. He camped at several campsites from the Horsepen Branch just above the Seneca Aqueduct to the Indian Flats campsite which is just above the Monocacy Aqueduct. On days that were supposed to be hot, George left his tent and biked to Poolesville from each of the campsites he stayed at as he moved up the towpath. People at the various businesses and entities welcomed George on his visits to Poolesville, including McDonald's, the Maggie Nightingale Library, the Friendly Thrift Shop, Dollar General, the Poolesville Little Free Pantry, the Poolesville Presbyterian Church, the Liberty gas station, Oddfellows, and WUMCO. All of these businesses, organizations, and random people helped George get through the extremely hot summer. One evening, he watched the presentation on the History of Ferries at Memorial United Methodist Church. George enjoys reading and hearing about canal history. At the library, George read newspapers, including the Washington Post, Frederick News-Post, and the Monocacy Monocle. One evening after giving him a ride down to the canal, George presented me with a gift of a pencil sketch of the C&O Canal at White's Ferry during the time the canal was operating.

During the summer, George told me stories of his life and how he experienced Tropical Storm Debby along the towpath. He said he stayed in his tent during the storm. He could hear trees and limbs crashing down during the storm. The last time I saw George, he had a box of food supplies from WUMCO. I drove him to the Monocacy Aqueduct where we unloaded his bike and supplies. He loaded up his bike and rode off to the Indian Flats campsite. After that evening, I did not see or hear from George again. Our Town of Poolesville came together to help this elderly traveler in his time of need during our extremely hot summer. I wish George well and safe travels! I will be looking for him along the canal in the future.

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Senior News

Poolesville Seniors Presents Virtual and In-Person Programs

Visit the website for Poolesville Seniors, poolesvilleseniors.org, or call 301-875-7701 to register for a wide variety of virtual and in person events. Most in-person events take place at Poolesville Presbyterian Church's Speer Hall at 17800 Elgin Road (Rte. 109). **Registration is required.**

November 5

Bridge Practice Hands

This is a practical, hands-on review of Chapter 3—Takeout Doubles and Advances from Bridge Book Club's Bridge Basics Two by Audrey Grant. This will be a supervised play of the hands with emphasis on bidding, planning, and play of the hands. *Speer Hall.*

November 7

Chair One Fitness with Dierdre

Join Deirdre, a certified Chair One fitness instructor, for a chair-based dance program that delivers a musically-driven 45-minute interactive workout that uplifts people through dance and fitness movements. Perfect for anyone who can benefit from a seated workout. *Speer Hall.*

November 11

Veterans Day Ceremony

Honor our area veterans by attending the Poolesville Daniel-Jeffers American Legion Post 247 Veterans Day Celebration. *The flagpole on Whalen Commons.* 10:45 a.m.

November 12

Bridge Practice Hands

This is a practical, hands-on review of Chapter 3—Takeout Doubles and Advances from Bridge Book Club's Bridge Basics Two by Audrey Grant. This will be a supervised play of the hands with emphasis on bidding, planning, and play of the hands. *Speer Hall.*

November 13

Darts Social

Join the fun with easy darts games that anyone can play! Registration is limited. *Speer Hall.* 2:15 p.m.

November 14

Trail Hike: Woodstock Equestrian Center

The hike begins at Big Woods Loop Trail. The hike is 5.4 miles in length

with an elevation gain of 490 feet. 20207 Darnestown Rd., Beallsville. 9:30 a.m.

November 14

Orphan Drug Act

Join Jeff Fritsch to hear about the Orphan Drug Act of 1983, a U.S. law incentivizing biopharmaceutical companies' investment in the development of drugs and biologics to treat individuals with rare diseases. *Speer Hall.* 7:00 p.m.

November 15

Movie Night: Operation Mincemeat

A military officer hatches a daring plan to dupe the Nazis into recovering a fallen officer in possession of vital documents, but it's a massive deception, and the officer is a corpse. PG-13. *Speer Hall.* 7:00 p.m.

November 18

Hip-Hop Dance Class with Kim Harris

Get the party started! Learn one complete hip-hop dance each monthly session. Spend twenty minutes learning the steps, and then the dancing will begin! *Speer Hall.* 6:30 p.m.

November 18

PS Book Club: The Rules of Magic

This fantasy novel is the prequel to the four-part *Practical Magic* series of books which tells the story of the magically-gifted Owens family and the curse that binds them and their lovers over successive generations. Virtual. 7:00 p.m.

November 19

Bridge Practice Hands

This is a practical, hands-on review of Chapter 3—Takeout Doubles and Advances from Bridge Book Club's Bridge Basics Two by Audrey Grant. *Speer Hall.*

November 20

Oldies but Goodies Sing Along

Join the free curated sing-along featuring hits from the fifties through the seventies. If you can't remember all the lyrics, the words will be projected on our big 100-inch screen. There will be trivia questions (with prizes!) related to the songs. *Speer Hall.* 3:00 p.m.

November 21

Chair One Fitness with Deirdre

Join Deirdre, a certified Chair One fitness instructor, for a chair-based dance program that delivers a musically-driven 45-minute interactive workout that uplifts people through dance and fitness movements. Perfect for anyone who can benefit from a seated workout. *Speer Hall.*

November 21

Ag Reserve Properties

Join local historian Kenny Sholes for the next Historic Ag Reserve Properties presentation. Virtual on Zoom. 7:00 p.m.

November 22

Line Dancing with Ashley Kelch

Enjoy a free evening of line dancing with basic instruction that builds up to more complicated moves. Join the fun, work out, and meet new people. *Poolesville Memorial United Methodist Church.* 7:00 p.m.

November 26

Book Club for Bridge Players

Participants should read the designated two chapters before coming to the session. Bring your questions and insights. The opportunity to play will follow during the regular Bridge session. *Speer Hall.* Noon.

Stars and Snowflakes:

A Six-Week Beginner Crochet Class

Join Gini Staver for six Wednesdays of Beginning Crochet classes. Create a simple crocheted holiday decoration. Receive a list of basic supplies to bring to class after registering. *St Peter's Church Library, 20100 Fisher Ave.* 11:00 a.m.

Continued on page 7.




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Continued from page 6.

Senior News

Weekly Events

Monday through Friday

Pickleball. *Stevens Park.* 8:30 a.m. to noon.

Mondays

Ping Pong Afternoon. *Speer Hall.* 1:00 p.m. to 3:30 p.m.

Walking Club. *Whalen Commons Flagpole.* 7:30 a.m. to 8:30 a.m.

Seniors at the Barre. 4:00 p.m. to 5:00 p.m. *Speer Hall.*

Tuesdays

Tai-Chi with Maureen Ivusic. *Speer Hall* and virtual. 10:30 a.m. to 11:30 a.m.

Bridge. Snacks provided. Registration required. *Speer Hall.* 1:00 p.m. to 4:00 p.m.

Pickleball. Owens Park. 7:00 p.m. to 10:00 p.m.

Wednesdays

Zumba Gold with Karen McPhatter. *Speer Hall.* 1:00 p.m. to 2:00 p.m.

Trivia Game Night. If you love Trivia, come join a team with Poolesville Seniors on the first Wednesday of the month. For more information, email info@poolesvilleseniors.org. 7:00 p.m. *Virtual.*

Thursdays

Mahjong with Joyce Kral. Beginner and seasoned players are welcome. *Speer Hall.* 10:00 a.m. to 12:30 p.m.

Chair One Fitness with Dierdre. First and third Thursdays. *Speer Hall.* 7:00 p.m.

Fridays

Walking Club. All levels are welcome. Register online or drop in. Meet at *Whalen Commons Flagpole.* 7:30 a.m. to 8:30 a.m.

Seniors at the Barre. All levels welcome. Register online for each session. *Speer Hall.* 10:00 a.m. to 11:00 a.m.

For more information or to register for any of the programs listed here visit the Poolesville Seniors website: poolesvilleseniors.org, to receive the link for virtual events or directions for in-person events. Any Zoom presentations are recorded for later viewing on their YouTube channel. Contact 301-875-7701 or email info@poolesvilleseniors.org with questions.

In case of bad weather or unusual circumstances, consult poolesvilleseniors.org. If you are already registered for an event, check your email for updates.

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Continued from page 1.

Candidates for Commissioner: Public Forum Provides Answers

the Parks Board, attending those meetings and reporting back to the town commission on their goals and activities. Jeff is a thirty-year resident of Poolesville and has been a firefighter and EMT that entire time.

As to his experience outside of his work as commissioner, he pointed to his career in the international financial community with offices throughout Europe and New York. He was responsible for how they impact global financial markets and how they communicate with each other minute by minute.

Regarding his leadership, he cites his role in fighting for and succeeding in getting Poolesville an adequate free source for COVID-19 testing kits after the county initially overlooked the town in its distribution system as one of his proudest achievements. He also mentioned his work on getting a grant for the public access defibrillators (PAD) in Poolesville. The automated electronic defibrillator is in Stevens Park near the pickleball courts. Additionally, he worked closely with Montgomery County Fire and Rescue officials and established the first-of-its-kind dispatch protocol with MCFRS 911 that instructs the public on how to use the PADs if needed.

Ed Reed

Seeks re-election after being a leader in environmental issues, seeking to extend his role in leadership in oversight and support of town employees and staff, community outreach to residents and business, and especially in augmenting youth involvement in town issues, and continuing his work with the Fair Access Committee. Ed's leadership style is believing in people as the strength of anything worthwhile, acknowledging the importance of accepting various points of view, and as a leader, one who listens, giving and accepting feedback, then coming to the table with decisions that are beneficial to most.

He has been an educator for twenty-seven years, serving as school assistant principal, school counselor, and is head of the counseling department at a middle school. He also serves on various nonprofit community organizations. He had early-life experience in a family small limo business, has been part of the John Maxwell Leadership Institute, working internationally educating others in leadership skills.

Bryan Bupp

Bryan has been a resident of Poolesville for over fifty years, serving voluntarily for twelve years on the town parks board, then moved to the Planning Commission for nine years, serving as its chairman for six of those years. In that role, he worked extensively on the town's Master Plan, a long-term document that guides a community's growth and development. It's a strategic framework that helps ensure decisions are consistent with the community's vision and goal. This document is required by the county and state.

Alan Hobbs

Alan's volunteer work has been as Trustee for twelve years with Poolesville's Memorial United Methodist Church and on the Board and vice president of Poolesville Boosters Club. He considers his professional background as being helpful in serving as a commissioner in meeting responsibilities, ethics, respect of others, loyalty, and mentorship with youth. He hopes to work with residents and town businesses, with various other organizations, and hopes to assist in mentorship programs for youth, to encourage resident involvement in governmental issues, and to develop the economic benefits of tourism.

Each candidate was asked what they consider the three major challenges to the town in the coming ten years. They answered:

Eck: Water quality, transportation, and covering the town pool.

Hobbs: Water quality, roads and pipe relining, transportation, generate more revenue to the town from events, and developing a community anti-crime network.

Bupp: Water quality, affordable housing, economic development, and interest in expanding tourism to the town.

Reed: Impact of global warming and impact on water supply, economic development for businesses and town revenue, and making sure we get a fair share of county and state resources.

Recap of the questions asked:

The time on the video the discussion on each begins, and recap of answers:

Crime in Poolesville (min 17:30): Overall all support the police and enhancing public safety.

Annexing land to the town (min 22:15): All are against annexing land.

Support of Poolesville Seniors (min 22:45): All support strengthening the senior group.

Spending on Town Funds on Non-town groups (min-28:40): All agree such funds can be used but decided on an individual basis. Current expenditures are considered generally very low.

Review of salaries of town administrative staff (min 33:25): All support.

Curbside Compost Pickup (min 37:24): Would consider review, but more inclined to establish a collection site and not curbside.

Affordable Housing (min 40:30): All want it, none had any idea how that can be done.

Keeping Poolesville small (min 45:35): All want to keep Poolesville small; this is not a problem as we are very nearly complete on all new housing initiatives anyway.

Controlling Town Expenses (min 49:15): All pledge to do so.

The three major challenges in next ten years (min 53:30).

Do you support diversity (min 1:02:10).

Areas of personal priorities (min 1:07:05).

What personal professional experience do you have that will benefit the town (min 1:12:20).

Closing remarks (1:19:50).

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Garden

Winter Greens For Wildlife

By Maureen O'Connell

As monarch butterflies and hummingbirds head south for the winter this fall, there is still a spectacular world of winter wildlife right outside your window. Many gardeners carefully plan for birds, butterflies, insects, and small mammals with food and shelter during the warm months of the year—they diligently seek to put the best plants for pollinators—but what happens in your backyard in December, January, February, and March to help wildlife survive the cold? You can hang multiple bird feeders from trees, but there is more to their survival than food alone. They need water and shelter from harsh winter winds, sleet, and snow. The spring garden catalogues will soon be crowding your mailbox. Now is the time to plan on selecting trees and shrubs to plant this spring to help wildlife make it through the winter. As always, I only recommend plants that do well in my backyard, for they can also do well in your Monocacy yard.

In the winter, your best choice is evergreens. Besides brightening the winter landscape, they are valuable sources of food and shelter for birds and other wildlife. Choose native plants as they save money and water, have better resistance to local weather conditions, demand less maintenance, and help restore natural habitats. Animals need plants in all stages all year: live and dead, green and brown, upright and fallen. Don't forget to provide leafy blankets. I don't like the seemingly innocuous leaf blowers; besides their loud noise and inefficient gas engines, they generate large amounts of air pollution and particulate matter. If you feel that you must rid your yard of leaves, use a rake. For the leaves on your grass areas, use the lawn mower to grind them up and then add it to your gardens as a wonderful garden soil amendment. Bumblebees, hummingbirds, moths, caterpillars, and toads need protective layers of decaying plants to keep them warm and protected all winter. That is why I don't completely clean my garden beds in the fall. That can wait until spring cleaning time. Leaves around trees, shrubs, and perennials provide winter refuge for rabbits and foraging birds. Listed below are some of my favorite hardy evergreens that grow very well in our Monocacy area.

American Holly (*Ilex opaca*)

There are about twenty native species and more than a hundred exotic hollies. Evergreen hollies are especially good shelter for many birds and small mammals. Mockingbirds, bluebirds, and Cedar Waxwings are especially fond of

Continued on page 11.



American Holly



The gray berries on a Northern Bayberry shrub.

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Winter Greens for Wildlife

holly berries. In our area, the American Holly does very well. The stout, stiff branches of this pyramidal evergreen bear dark green, non-glossy, spine-tipped leaves. It ranges in height from twenty-five feet to as tall as sixty feet. Hollies are dioecious, meaning that they need male and female plants in order to produce seeds, which are their bright red berries. If some of your holly bushes do not have berries, they may be male and simply cannot produce berries. Your tree needs a female.

Northern Bayberry (*Myrica pensylvanica*)

Bayberry is an upright, rounded, dense shrub with semi-evergreen dark green, leathery leaves. It has small waxy, persistent blue-gray fruit, which adds winter interest and attracts many species of birds, while it provides them food and shelter.

The seed-filled cones of spruces, firs, pines, and many others appeal to nuthatches, finches, grosbeaks, chickadees, and other seed-eating birds. Junipers and yews also provide a feast of berrylike cones for species, like waxwings, robins, bluebirds, and sparrows. Some of these birds might not be around during the colder winter months, but they will appreciate any extra food during the other months. Many trees and shrubs have pros and cons. Do some research before you purchase any of them, to be sure that they will fit into your landscape and satisfy your needs. The right plant in the right place is my best advice.

The American Pussy Willow (*Salix discolor*)

When gardeners think of the first flowers of spring, they think of snowdrops, crocus, and daffodils, but in our area, they don't even come close in bloom season as the earliest bloomers of all: the pussy willow. This wonderful tree is a great example of how a native plant provides habitat and supports native wild-life. It is dioecious, meaning that male and female parts are found on different plants. The males have the larger showier catkins, while the female catkin is smaller and greenish. The catkins are the flowering parts of the plant. The fuzzy "fur coats" keep the reproductive parts of the plant warm. Some birds, especially

hummingbirds, use the fuzzy softness to line their nests. Depending on where you live, pussy willows can bloom from January to May. I have one that is twenty years old, twenty feet tall, and is now in bloom with hundreds of grayish-white catkins, which will last well into February and early March. The March catkins provide one of the first-of-the-season nectar for pollinators. The insects, in turn, provide a feast for songbirds, especially chickadees and goldfinches. Douglas Tallamy, author and professor of Entomology and Wildlife Ecology at the University of Delaware, ranks the native pussy willow second only to oaks as the best host plant for moths and butterflies.

Take a walk around your yard today. Where would be the best place to plant some native trees and shrubs this spring. Besides beautifying your yard, you will be help wildlife live longer lives and do your small part to protect the environment.

Happy Thanksgiving

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Youth Sports

Boys' Soccer: It's Been a Steady Climb

By Jeff Stuart

"This year we have a pretty good team," said Poolesville High School boys' soccer coach Komi Godo. "I think we have steadily improved over the last couple of years. I have a lot of seniors this year. The team has been giving a lot of effort. We have been in a lot of games. We are looking forward to the upcoming games to see how far we can go. I think our best game was at Brunswick. We played pretty well that game. We won, 4-2, and showed how we want to play this year. We have some very good players on the offense. The effort was there. The offense was making plays, the defense was there. We did all the things we needed to do. We had a couple of games close to that, but we had a couple of lapses. Junior Nico Martinez at leftwing, seniors, Samuel Corbin at center mid, Aaron Bhattachan at forward, and captain Keefer Bowen in goal, are very solid players. Junior Kolt Tupa at the left back is as well. Senior Evan Schneider has been covering several positions for us. Junior Theodore Chisala has also been covering different positions where we needed him this season. Junior Alejandro Cruz at forward has played very well for us."



Rear: Aaron Bhattachan, Samuel Corbin, Evan Schneider, and Aayush Pandya. Front: Carter Ortiz, Nico-Johan Martinez, Saahas Yaddula, Shriyans Basapur, and Theodore Chisala.

"This year, I feel like we are a lot closer than we have been in past years," said Bowen. "We have two wins back-to-back. We have three wins this season. We are looking really strong. We are coming together really well. I think our best game was at home against Rockville on September 23. We absolutely dominated that game. We played with heart. We played together. We controlled the ball very well and got the result we wanted. My shoutouts go to Samuel Corbin. He is a really strong and powerful player at center back. He is a great leader. Nico Martinez as well, with his speed, he leads the team, forcing the ball upfield and leading the breakaways. Theodore Chisala is very passionate about the game, and one more is to Evan Schneider who leads from the back. He leads by example. He is very good. I am looking forward to the game against Quince Orchard. We did not play very well against them last year. We lost, 2-0, so we are looking for a little redemption this year. They are rivals, so we are going to go out there and try to win."

"Throughout the season, I think we have come together," said junior Denis Motunzenko at center back. "We were a little bit shaky through pre-season and in the early season, but now we are better understanding how to play as a team, and I think we are going to see good results. I think the Rockville game was our

Continued on page 13.

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Boys' Soccer: It's Been a Steady Climb

strongest. Last year, they beat us, 3-0, so it was good to come back with a win. It came against our former coach, Kamron Azizi. My first shoutout goes to Keefer. He is very vocal. He is very instructive and a commanding presence in the goal. Also, Sanuel Corbin, he has played midfield and center back. He is a very strong player who wants the ball a lot. He controls the game, and Evan Schneider is really good. Nico Martinez and Theodore Chisala have made an impact. Aaron Bhattachan has as well. Evan, Nico, Theodore, and Aaron have been creating opportunities up top. I am looking forward to Quince Orchard and to the playoffs. This season I would like for us to go far. I think we can definitely do that."

On October 8, at Watkins Mill, the Falcons posted a 2-1 win. On October 11, at home, they lost a heartbreaker, 3-2, to Damascus. The game was worthy of the rivalry. Three days later, they dropped a 2-0 decision to Quince Orchard in a very competitive game.

Other seniors are Saahas Yaddula at left back, Shriyans Basapu at right back, and Carter Ortiz at center mid. Other juniors are Krish Pruthi at forward, Denis Motunzenko, Archer Dansby, Omar Elkoshari, Levi Roe, and Dennis Coranado at center mid, Aayush Pandha and Adam Abzakh are strikers, Alejandro Cruz is at forward, Mustafa Bojang and Isaiah Valmonte are at center back, and Seamus Lynch and Domini Bradley are in goal. Rory Peang-Meth is a sophomore at right back.

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— Anonymous

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Youth Sports

Girls' Soccer Finds Its Stride

By Jeff Stuart

A young Poolesville High School girls' soccer team struggled in the early season, but their hard work and perseverance were rewarded with some impressive late season performances against quality teams.

"In a nutshell, it has been a season of progress," said girls' soccer coach George Penn. "I am very proud of this team. If you think about the first half of the season, we had a very tough schedule against the biggest, strongest teams in the county. We held our own. We learned a lot. We didn't necessarily get the wins, but in the second half of the season, we saw that progress translate into wins and ties. A big highlight was beating Damascus, 1-0, at Damascus on October 11. The girls took all they worked on in practice and what they learned in the first several games and pretty much dominated the game. The score did not reflect how much we controlled the game. We just had no luck with the ball going into the goal, but the soccer gods shined on us. Senior Alex Sosna scored on a penalty kick about twenty minutes into the second half. It was a really hard-fought game, worthy of the great rivalry with Damascus. Four days before that, the girls put everything together against Watkins Mill, a weaker team. The goals started to come, and we posted a 7-0 victory. In all honesty, the Wheaton game at home on Senior Night on October 17 was a testament to how far the girls had progressed. Wheaton was 8-3 at the time. We let a couple of quick goals in. Wheaton scored two early goals on corner kicks. That has been a weak point of ours on defense all season, but we reorganized, got our heads in the game, and dominated the second half. We played with passion and a sense of urgency. We got our own corner opportunities and were attacking their goal. We got contributions from everyone across the board. Molly Schmidt, a freshman striker who was called up from the JV in midseason, got the first goal on a corner opportunity. She played major minutes. She will be a major contributor as we look to the future. Moments later, Alex scored an amazing goal to get us to the tie. It was back and forth from that point. We had a penalty kick opportunity but could not convert. Then our own goaltender, sophomore Renari Frazier, made an amazing save on a tough shot to keep us tied.

"There is a lot of potential on this team. We have seven or eight freshmen and sophomores in starting positions. We were very competitive against Magruder, the division champs. We lost, 1-0, at home on October 15. We were a little unlucky in that game. We had played an away game at Quince Orchard (11-1) the day before. Playing back-to-back games is tough, but the girls were resilient and persevered."

Girls' soccer was the only PHS team to defeat Damascus this fall.

"The Damascus game was definitely exciting," said junior captain Jazmine Vanegas. "It was an incredible game. We all played well. We had a rough beginning. They were very aggressive, but we stayed compacted and hung with them. They are in our division and on our level.

"In the Wheaton game, we played with as much energy as we have had all season. It was Senior Night, and the girls really stepped up. We really worked hard to get that tie. It went to overtime and penalty kicks. Two freshmen strikers have really stood out this year: Caitlin Elder really wants the ball—she has



Falcon soccer players, Jazmine Vanegas, Alex Sosna, and Amelia Goettsh.



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Girls' Soccer Finds Its Stride

played incredibly well—and Molly Schmidt stepped up in the Wheaton game. She plays well in the middle which is where I play, so playing alongside her is really fun. She has already scored two goals since she joined the varsity. Regardless of our early season record, we definitely grew as a team this year and learned to work well together. The drills that we do and the tactics Coach Penn taught us paid off. I think everyone became better as the season progressed."

"The season was pretty hard at first," said Sosna. "We faced some really hard competition. We didn't get a lot of wins, but the Damascus game was a really good win for us. It was a division game. We came out and we played hard, and we fought until the end even though they were really aggressive. The tie with Wheaton was good. It was a good game for us on Senior Night—particularly, coming back the way we did. We lost to them last year, and, considering how many players we lost to graduation last year, it was a really good effort by us. I think that is going to give us some momentum going into the playoffs. Carson Hartke is the player who stands out the most to me. She is only a sophomore, but she has contributed so much in the two years she has been here. Not only does she have good natural skills, but she pushes everyone else to be better. She always gives her maximum effort."

"Like Alex said, we started off playing some really tough teams from 4A schools," said senior captain Amelia Goettsh, "so we had a lot of tough competition, but we came out of that kind of knowing all the things we had to fix. We stepped up. We knew how we had to play. We learned a lot about ourselves and the game. Every year, there is a new team. We have new players. You have to learn how to work together all over again. Throughout the season we really improved—not just on the scoreboard. We beat Damascus, but we played better than the 1-0 score indicated. Even in games we lost, like the Gaithersburg game, I am still proud of us because we have really gotten a lot better. In coming back to tie Wheaton, there was a lot of passion on the field. We were out there fighting on Senior Night. I think that is going to push us forward during the playoffs. My

shoutouts go to Caitlin. She is a freshman on varsity. She is a great forward, a powerful player. She works well with the team and is so spirited, and to senior Alyssa Bailey. She was a striker last year but is on defense this year. You can tell she is an intelligent player. She always knows where to go and where others should be. She directs traffic out there."

Other seniors are strikers, Jolee Cowger, Payton Short, and Annelise Allport, and Nathaly Lemus-Diaz, on defense. Other juniors are Olivia Sordo on defense, Camila Henao-Pina and Alicia Yang at midfield, and striker, Lila Snelson.

Emma Wayrauch on defense, midfielders, Camden Ranero and Addison Kain, striker Cailynn Rivenbark, and goalie Caitlin Webster are sophomores.

The assistant coach is Sarah Mullikin.

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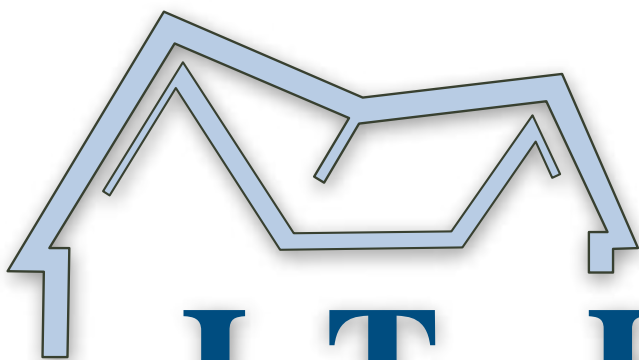
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Preparing Your EV and Yourself for a Road Trip

By Richard Strock

When friends and acquaintances, even strangers, find that we travel extensively in our EV, we hear many of the same questions: How far can you go on a charge? How long does it take to charge? Do you have trouble finding chargers? The answers are: It depends, it depends, and no.

In this first part of a two-part series, I'll attempt to provide more detailed answers to these questions and suggest how to prepare your EV and yourself, for extended road trips, covering many miles and several days.

Almost all of our road trip experience has been in our first EV, a 2018 Tesla Model 3 Long Range Dual Motor (AWD), that has now gone over 116,000 miles, much of it on extended road trips. The first trip was in 2019 to Acadia National Park in Maine, where we found a free charging station that we used for the entire week we were there. Next, we were off to Columbia, South Carolina and back. More recently, we drove from Poolesville to Ohio and back, Poolesville to San Diego, California and back, from San Diego to Great Falls, Montana, and then back to San Diego.

Let's begin by prepping the EV. Two big factors that impact EV range are rolling resistance and air resistance. Rolling resistance is impacted by road surface and condition, rain and snow, for example, which we cannot control, but rolling resistance is also impacted by tires, specifically tire pressure. Low tire pressure increases rolling resistance, so inflate your tires to the manufacturer's recommended cold pressure before you begin your trip and check it frequently during your trip. Pressure will increase as you drive and the tires heat up, so check it each morning and set it if necessary. We always carry a small, light-weight, battery operated tire pump in the car to facilitate this. Also, few EVs come with a spare tire, so if you notice abnormally low pressure in one tire while driving, you've probably picked up a foreign object in the tire, resulting in a slow leak. Use the pump to keep it inflated until you can get to a repair facility.

Poor wheel alignment can also increase rolling resistance. Have a reputable tire shop check your tires for abnormal wear and consider having the wheels aligned should abnormal wear be detected.

Wash and wax your EV prior to the trip. A smooth, slick surface reduces air resistance, especially at higher speeds. If possible, avoid using any external luggage carriers. Manufacturers go to great lengths in body design to reduce air resistance and aerodynamic turbulence. Anything that disturbs the smooth airflow over the vehicle surface adversely impacts your EV's range.

Travel light! Excess weight also impacts range, so leave at home anything not needed on your trip. This excludes anything that might be needed in an emergency, such as the air pump mentioned earlier. We also carry a set of "hockey pucks." These are small, round inserts that are required to put a Tesla EV on a lift or to jack up one wheel in order to remove it. They fit into small holes underneath the EV to avoid damaging the battery and are available from several after-market suppliers on the web. Check to see if your EV requires something similar.

Few charging stations provide windshield cleaning equipment and supplies, so carry some window cleaner and cloths or paper towels to remove the bugs that will most certainly accumulate.

Now let's prep the driver. First, know your vehicle! Configure your EV for maximum range. For example, Tesla has a reduced acceleration mode, called "Chill." Jackrabbit starts and unnecessary quick acceleration consume a lot of energy. Most EVs have much more reserve acceleration than most normal driving requires, so I drive in Chill mode almost exclusively, and the vehicle is still quicker than most others on the road.

Take advantage of your EV's regenerative braking feature to recapture some of the energy used during acceleration. If your EV has an option to control this feature, be sure to set it to maximum.

Learn how to use and interpret your EV's energy displays. Get a feel for how many watt-hours of energy are consumed per mile at various speeds and road conditions. Knowledge of what is "normal" can be very useful if the need arises to eke out a few extra miles to reach a charger or destination.

If your EV has a trip-planning feature, learn to use it. Some are quite sophisticated, allowing for insertion of intermediate stops and providing multiple route options.

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Preparing Your EV and Yourself for a Road Trip

Be sure to take along any charging adapters or cables that you may need along the way or at your destination. Some charging networks are more reliable than others. Should you encounter an out-of-service charger along the way, you need a plan of last resort. We carry a long, heavy-duty extension cord and 110-volt adapter along with the charge cable as a last-resort option. It may take a few hours to gain enough energy to make it to an alternate charging station, but it beats calling for a tow truck.

Whatever charging network(s) you plan to use, make sure you have the necessary apps installed on your phone and know how to use them. Perform a live test of the charging system to ensure everything works as expected before departing on a trip.

If your EV manufacturer has made an agreement with Tesla to employ Tesla's NACS (North American Charging Standard) in future models, consider opening a charging account with Tesla. Tesla's charging network is the most extensive of any in North America, and their charge stations are almost always co-located with other amenities, such as fast-food chains, shopping, dining, and restroom facilities. During our recent return from San Diego, we noticed numerous non-Tesla EVs, such as Fords and Kias, charging at Tesla charge stations. Again, should you decide to open an account with Tesla, test everything out before you begin your trip.

In the next installment of this two-part series, I'll discuss some very useful apps that facilitate trip planning.

Richard Strock is an electric vehicle advocate and has been a resident of Poolesville for forty-eight years.

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YARD MAINTENANCE
SOD INSTALLATIONS
FENCING

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The County's BIG Trash Overhaul Project

What You Need to Know

Montgomery County plans a major overhaul of its waste management systems over the next decade. It's an ambitious, laudable project. If all goes well, the county could become a regional leader in environmentally sound waste management.



Every Montgomery County resident will be affected.

The plan envisions

enhancements to recycling and a reduction in the volume of garbage that enters the “waste stream.” It also includes proposed changes at the county’s compost facility and trash incinerator in Dickerson. The incinerator is the county’s largest single source of pollution and greenhouse gas emissions. It’s an aging out-of-date facility burning some 550,000 tons of trash a year.

Legal agreements SCA reached in the 1990s with the county grants SCA oversight of the compost facility. The county has recently asked SCA to expand the facility to include food scraps, which comprise almost one quarter of the county's total volume of garbage.

Were this plan to go forward, food scraps would start being shipped to the facility in late 2026 or early 2027. They would be mixed with some 58,000 tons of yard trim each year to create a nutrient-rich soil additive for farmers and gardeners.

SCA fully supports the idea of composting rather than burning or burying food waste. But we do not support the incinerator's operation for years to come. There are viable alternatives. SCA has therefore indicated to the county, in preliminary discussions, that we would welcome food scrap composting in Dickerson if the county agrees to shutter the incinerator by a date certain in the near future. We are currently in active negotiations with the county.

We invite you to read about this issue on our website. You can let us know your thoughts there or by email at info@sugarloafcitizens.org.

Consider becoming an SCA member and supporter.

For more information, visit: info@sugarloaforcitizens.org



SUGARLOAF CITIZENS ASSOCIATION
P.O. BOX 218, DICKERSON, MD 20842

Tidbits

UMCVFD Personnel Featured in USPS Video

The United States Postal Service has announced the release of a new commemorative stamp recognizing the healthcare community.

Stamps.Org notes the stamp artwork consists of health-related icons spelling out the stacked words "thank you" against a pristine white background. Running across the lower right edge of the stamp are the words "Healthcare" in gray and "Community" in surgical green.

Those interviewed, from other locations, include hospital providers across the capital region, plus local Poolesville healthcare providers. The video, which can be viewed on [YouTube.com/user/uspstv](https://www.youtube.com/user/uspstv), recognizes the contributions of healthcare workers across many aspects of care and launches the Healthcare Community commemorative stamp.

A Marriage Proposal in the Forest

Markoff's Haunted Forest (MHF) is well known for its Halloween thrills and shrieks of terror from the patrons who brave its trails this time of year, but, on Saturday, October 19, joyful laughter and applause punctuated the fall night around the bonfire where Chad Suissa proposed to Olivia Meyers. With the help of Markoff staff, and friends and family, Chad orchestrated the surprise without a hint about the plans to Olivia. The couple are both longtime MHF volunteers and were in costume as aliens from head to foot. She said, "Yes!"

Chad is the son of Dan and Andrea Suissa, of Olney; Olivia Meyers is the daughter of Meredith and David Meyers, of Poolesville. A wedding date is set for August 2025.

Volunteer Receives Honor from UMCVFD



Volunteer groundskeeper, Junior Burdette, was honored by UMCVFD.

Recently, Junior Burdette, a former resident of Dawsonville, was honored for his volunteer contributions to the Upper Montgomery County Volunteer Fire Department (UMCVFD) by having a dugout at the organization's softball field in Beallsville named after him.

After he retired after a long career handling heavy equipment, Junior signed up to help out with maintenance of the softball field in 2017. UMCVFD's Dave Mogul noted that his "over ten years of hard work as groundskeeper for the ballpark raised the quality of the field to a very high level."

Junior now lives in Frederick which makes his volunteer work even more impressive since he has to come from over a half hour away to participate. His son, Muddy, was not surprised he got the honor. "He has always been a hard worker, never asked for anything, always working for what he's got. He's

Continued on page 29.



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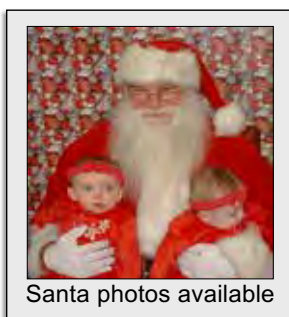
Upper Montgomery County Vol Fire Dept
19801 Beallsville Rd

Adults \$13.00

3 -17 yrs	\$10.00
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Under 3yrs	Free
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Photos \$2.00



Santa photos available



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- 🌟 Toy train layout will be in full operation



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J.D. Kuhlman

Continued from page 1.

Town Adopts Leasing of Dillingham Park for Community Center

During the onset of COVID-19, they decided they would do more work to deliver fresh food to people in need. They began to cultivate a garden which could contribute fresh vegetables to needy people and to WUMCO to be used in its food distribution program.

Tokarz said the temple has been delivering twelve hundred pounds of food to WUMCO and the Little Food Pantry every other week.

President Jim Brown asked, "How much of the contributions you receive come back to Poolesville?"

Tokarz replied that she could provide an example: They had participated in supporting the locally-operated Backpack Bites program which provides lunch food to needy kids. They raised funds to help provide the food for that program, and all of the funds were kept separate so that everything that was spent was directed at kids who went to Poolesville area schools. She said they have a very good accounting system and can track programs separately.

Their annual expenditures for all of all their food programs—including several that serve down county areas and the UpCounty—was around \$375,000.

Donald Street, the Chair of the Sustainable Poolesville Committee, and Erika Reed, a member of the committee, then presented to the commission. Street's introductory comments pointed out that Sustainable Poolesville had pushed for dual stream recycling which is known to be more effective than single stream.

Reed added that every American produces approximately three pounds of waste a day, and much of it goes into landfills or incinerators. The Sustainable Poolesville Committee has been in dialog with a company called Terracycle which has developed ways to recycle waste products that are typically not recycled today. The company has a zero-waste container that can be located around town and at Poolesville Town Hall, and the committee would take on the responsibility of either mailing to the company items that are left in the boxes or taking them to a dropoff point.

The presentation was informational only, but it appears the committee will be able to move forward in the near future with the initiative.

Town manager Wade Yost began a presentation on planning for a community center which began in 2007 when the initiative was included in the master plan. In 2009, a site plan was developed for what became Dillingham Park, and it included the idea that, at some point, a community center could be located there.

Yost explained that in a recent community survey, sixty percent of those surveyed said the community center was their top priority for the town, and a pool bubble was second with forty-six percent of respondents.

The county's concept paper that supports the eventual design of the community center included a proposal for an eighteen thousand-square-foot facility that would include a gymnasium; a built-in clinic, and patient meeting and exam room; program space for seniors and youth; places for afterschool activities, games, and socializing; and an exercise room.

He also noted that it will impinge on the current dog park, which is located in the corner of Dillingham Park. The commissioners asked that the Parks Board to get input as to where the dog park should be relocated.

At their October 21 commissioner meeting, the commissioners first heard a report about the Parks Board's meeting to discuss with the public the dog park and to where it should be relocated. Commissioner Jeff Eck, who is on the board, said that Assistant Town Manager Niles Anderegg had made a presentation laying out the options for the public. Eck said it appears that the Stevens Park location seems to have the most support. The Parks Board will continue to work on this issue and will forward their recommendations to the commissioners.

The commissioners then went on to hear presentations about two Public Improvement Agreements (PIA) for new developments. PIAs are negotiated between the town and the developer, spelling out what public improvements, such as roads, the developer will build and eventually hand over to the town.

The first PIA was for the Hartz property which is along the north side of Fisher Avenue, near Hersperger Lane, as one heads east out of town. It would include eight homes. The discussion about the PIA was brief, and the commissioners approved it.

The second PIA involved the so-called Fishpool Project, the sixty-plus homes that are going to be built on the Willard property next to Whalen Commons. The already-approved PIA included a ceiling limiting house sizes to no more than two thousand square feet. Jim Clifford, the attorney representing the Willards, said that, in dealing with the developer, it became clear that in order to build as many houses as possible with a first-floor master bedroom, they would have to be as large as twenty-two hundred square feet. All the information they are

getting from the developer suggests homes with first floor bedrooms are going to be in high demand and would help make the project work.

He also said he was working diligently on a strong legal framework designed to really put "guardrails" on the developers so that they adhere to the PIA agreement. He and the Willards have received lots of feedback from the public in this process, and they know the public wants the houses to be relatively small in size. Ultimately, the market will drive how things unfold, and it could well be that homes smaller than the twenty-two hundred-square-foot limit might be big sellers, too. It's just too early to tell at this point, and that's why they are asking for a little more flexibility.

Commission president Jim Brown said, "We will be here, and we will be watching this very carefully. We are not going to let them build whatever they want and build four- or five-bedroom houses." He said an objective in his mind for this development is to try to provide a market for the "missing middle," people who want smaller-sized homes with fewer bedrooms.

Commissioner Jeff Eck expressed strong reservations about agreeing to the changes. He said he was certain he had heard smaller house sizes discussed early on, and he worries that this agreement won't hold, and that the Willards will be back to try to increase the housing size limit.

The commissioners voted 4-1 to approve the PIA change with Eck voting against it.

As their last piece of business for the evening, the commissioners voted unanimously to approve the resolution to lease Dillingham Park to the Montgomery County Department of Recreation.



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In Your Own Backyard

Medley's Forgotten Civil War Veterans

By Jon Wolz

Did you know there were about fifty-seven Union soldiers who were from the Medley District during the Civil War? There were four Whites and fifty-three formerly-enslaved Union soldiers who fought during the war. These Black Union soldiers most likely could not read or write as well as their family or community members. There is little documented about what they did in service to the Union; however, written history of the Medley District identifies the men and where they were during the war who served the Confederacy. One of the White Union soldiers was William Rollison who, after the war, worked for ex-Confederate Elijah V. White as a ferryman at White's Ferry. William is buried at the Monocacy Cemetery.

There are numerous books that have been written that include passages of Medley District men who fought for the Confederacy. There are no books that mention the service of Medley District men who served in the Union Army. Why is this? It is because the people who could write the history after the war were Southern sympathizers during the war or knew people who fought for the South. People coming out of slavery could not read or write. The people who knew the history of their service during the Civil War who could pass along oral history of their service during the war died out by the early twentieth century. There are no roads, streets, parks, schools, or monuments for any of these men. There are roads and streets in Western Montgomery County and in Poolesville with Confederate names. After the war, the chapel at the Monocacy Cemetery was rebuilt and was turned into a shrine remembering the Medley District men who fought for the Confederacy. It once contained tattered flags of the Stars and Bars and the Stars and Stripes along with portraits of Robert E. Lee and Stonewall Jackson. Above it all, there was a crescent-shaped sign that said, "Lest We Forget." The interior of the chapel no longer displays Confederate memories. There are no memorials for the Union soldiers.

Continued on page 25.

Medley District Formerly Enslaved Who Served in the Union Army

Ambush, Patrick	Jackson, Sam	Nailor, Cephas
Brooke, Lewis	Johnson, Charles	Owens, Saul
Brooks, George	Jones, William	Price, George
Brooks, Lewis	Jordan, George	Price, William
Bruce, Benjamin	Lee, Bennett	Riggs, Chester
Coates, Edward	Lee, Charles	Riggs, Warren
Collis, Ephraim	Lee, Moses	Riggs, Wilson
Conn, Thomas	Lee, Peter	Russell, Thomas
Dorsey, Hezekiah	Lee, Richard	Sewell, Edward
Dorsey, Peter	Lee, William	Smith, Hellery
Doy, Peter	Lodge, Sylvester	Smith, Thomas
Galloway, Levi	Lyles, Edwin	Smoot, Basil
Gibson, Henry	Lyles, Levi	Snowden, John
Gray, William	Lynch, Patrick	Turner, Henry
Hall, Daniel	Meekins, Martin	Twine, James
Hamilton, Spencer	Meekin, Wallace	Warren, Charles
Harper, John	Melton, James	White, James
Harrison, Ambrose	Miles, Benjamin	
Hollman, James	Milton, Joseph	



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Continued from page 24.

Medley's Forgotten Civil War Veterans

In 1860, Montgomery County, Maryland had a population of 18,322, including 5,421 enslaved people and 1,552 free Blacks and mulattoes. There were 11,349 Whites in the 1860 census. There were 760 enslavers. In the Medley District in 1860, there was a population of 3,424, including 64 free Blacks and mulattoes and 1,600 enslaved people. There were 1,694 Whites identified in the 1860 census for the Medley District. There were 173 enslavers.

Early in the war, the Federal government wanted to protect the river crossings in Montgomery County, many of which were in the Medley District. They needed to patrol along the river which included not only patrolling the C&O Canal but farms that paralleled the canal.

At times, between ten to twenty thousand men camped for extended periods around towns and villages, farm fields, and forests. They not only damaged crops that were growing, but they pilfered produce and livestock. Their camps packed down the soil, and fencing was taken down for campfires. Damage frequently occurred along the Chesapeake and Ohio Canal which created hardships on farmers, canal workers, and boatmen who were dependent on the operation of the canal. Earth works and block houses were constructed from Seneca to the Monocacy Village.

The actions of the Union soldiers caught the ire of Medley farmers. Early in the war, sons of farmers "went south" by swimming across the C&O Canal, or going through canal culverts, fording the Potomac River into Loudoun County, where they joined a Confederate unit. Units joined included the 35th Battalion, Virginia Calvary, the 1st Virginia Calvary, and the 1st Maryland Calvary CSA. There were seventy-five Medley District men that fought for the Confederacy, including one enslaved man, Basil Dorsey. Of the seventy-five men, there were three that had enslaved people. William H. Trundle of Monocacy Village went south after enrolling in the Union army. The army burned down his grain warehouse at the Monocacy basin in October 1861. Soon after that event, William "went south."

The Union encampments had periodic visitors by enslaved men fleeing their enslavers. These men were usually assigned as an aide to Union officers. These men often stayed with that officer throughout the war. When the troops moved on, the enslaved were now free serving the Union army.

Between 1862 and 1865, there were 545 men drafted to serve in the Union Army. Of this total, there were four free Blacks, forty-four men went south, and there were fifty-two enslaved men. There were 127 men who received exemptions. There were eighty-three men who hired substitutes. Substitutes came from the Northeast United States, Canada, England, Ireland, Scotland, Germany, Prussia, Holland, Switzerland, and Italy. From what can be determined, no one was inducted from the drafts. There were five Whites who enlisted in the Union Army. They were William Earp (25), William I. Earp (22), William Rollison (26), and Charles Ragan (27).

On the list for the Medley Slaves Military Connections compiled by Jim Poole, there were a total of 107 men. Of these men, there were fifty-three who either left with the military or enlisted. Two men paid substitutes. From what is determined, no one who was drafted was inducted. Names of these fifty-three are not remembered in the Upcounty or in the Town of Poolesville. There are no roads, streets, parks, or schools named for them. After the war, some of these Union men went back to the farms from which they had come; others settled in newly-formed Black communities in the Medley District, including Martinsburg, Jerusalem, Big Woods, and Sugarland. Some men settled away from the Medley District. The farmers who had the enslaved men did not fight for either side during the war. They either paid for substitutes or were exempt.

One of the fifty-three Black soldiers was Patrick Henry Ambush who was enslaved on Hezekiah Trundle's farm. His name is familiar to me from other research I have done. Patrick left with the military at age 22. He served as a private in the 31st regiment, United States Colored Infantry. He married his wife Henrieta in 1866. Together they founded the Black community of Pleasantview which is off of Route 28 in Frederick County. He became a prosperous farmer. Patrick had a strong urge for an education and wanted to read and write. The nearest elementary school for colored children was located in Point of Rocks. Patrick walked the four miles to and from the school where he attended classes with his children. After learning to read and write, Patrick donated land for the first elementary one-room school and church in Pleasantview. The one-room schoolhouse does not stand today, but the Pleasantview United Methodist Church still stands. At the time of his death in 1935 at age 91, he and his wife owned 132 acres. He and his wife had thirteen children and forty-five grandchildren. He and his wife are buried at the Fairview Cemetery in Frederick, Maryland.

After the war, many of the Medley Confederates returned home, the enslaved were freed by Maryland's 1864 constitution. Some moved west, but to other Confederate veterans, the postwar period was one of opportunity. With the C&O Canal and the B&O Railroad nearby, Poolesville seemed an ideal place in which to prosper. An Elijah V. White Chapter of the Daughters of the Confederacy was formed with many women of the Medley District as members. Every June 3, people came to the Monocacy Cemetery to observe Jefferson Davis's birthday. Women brought box lunches, children marched, and the politicians spoke. By the 1940s, the chapter closed. For years after the war, those who fought for the South considered their service as a badge of honor, and their families dominated its politics and commerce. They were the movers and shakers of Poolesville and Montgomery County. As the town and county changed, the memories of the past ebbed and so did their power.

More research is needed on the White and Black men who fought for the Union during the Civil War from the Medley District. Maybe one day, a street or park could be named after one or more of them. Maybe a recognition plaque could be displayed in remembrance of these forgotten men.

Jim Poole shared data he has collected with Jon Wolz. Some of Jim's data was the basis for some of what is written in this story.

Things to Do

Local Arts

See [Riverworks.org](https://www.riverworks.org) for the current events and class schedules.

November 1

Library Special Event: The Aging and Disability Resource Unit

Learn of resources available to Montgomery County older adults, people with disabilities, and/or caregivers. Free. *Maggie Nightingale Library*. 2:00 p.m. to 3:00 p.m.

November 2

Library Special Event: Rock and Rhyme with Mr. Jon and Friends

Join Mr. Jon and his Parents' Choice Award-winning music. Get ready for an energetic music show that inspires fun, laughter, and dancing! Ages 1-6. Free. *Maggie Nightingale Library*. 2:30 p.m. to 3:15 p.m.

November 2

Library Special Event: English Conversation Club

Practice English conversation in a friendly, informal setting. Every first and third Saturday. Free. *Maggie Nightingale Library*. 4:00 p.m. to 5:00 p.m.

November 4

Library Special Event: Family Movie Day

School's out? Come to the library to watch *Inside Out 2*. Free. *Maggie Nightingale Library*. 2:00 p.m. to 4:00 p.m.

November 5

Read to a Dog

Drop in and read to a certified therapy dog. Ages 5 and up. Free. *Maggie Nightingale Library*. 4:00 p.m. to 5:00 p.m.

November 6

Homework Help

Teen volunteers will be available to help elementary students with homework and informal academic support. Every Wednesday when MCPS is in session. Ages 4-11. Free. *Maggie Nightingale Library*. 3:30 p.m. to 5:00 p.m.

November 7

PACC Businesses Helping Businesses Grow

Hosted by Watkins Cabinet Co. at their showroom and production facility located at 18001 Sellman Road in Dickerson. Watkins has been making cabinets for over 70 years! Breakfast provided by Locals, compliments of the PACC. 8:00 a.m. to 9:30 a.m.

Library Special Event: Watch Party: Author Stanley Milford

In-person viewing of virtual discussion and Q&A by author of *The Paranormal Ranger*, about unexplainable experiences the author had as a park ranger in Arizona and Utah. Free. *Maggie Nightingale Library*. 7:00 p.m. to 8:00 p.m.

November 8

Storytime

Music, crafts, and more. Free. *Maggie Nightingale Library*. 10:30 a.m. to 11:10 a.m.

November 9

Playdate at the Library!

Drop in, meet your neighbors, and enjoy free playtime with puppets, puzzles, and games for the very youngest. Every Saturday morning. Ages 0-5. Free. *Maggie Nightingale Library*. 10:30 a.m. to 12:00 p.m.

Library Special Event: Science Saturday

Join us for DNA Discovery by Science Connections. Space is limited, registration required. Ages 6-10. Free. *Maggie Nightingale Library*. 3:00 p.m. to 4:00 p.m.

Owl Moon Raptor Festival

Live raptor displays, family activities, raffle, food trucks, and talks on Chesapeake osprey and other local birds of prey. Free admission. Handicapped accessible. Rain or shine. *Black Hill Regional Park, Boyds*. 12:00 p.m. to 4:00 p.m.

November 12

Club de Conversación en Español/ Spanish Conversation Club

Obtenga confianza para hablar español en un ambiente entretenido, acogedor, y relajado. Gain confidence in speaking Spanish in a fun, friendly, and relaxed setting. Free. *Maggie Nightingale Library*. 6:00 p.m. to 7:00 p.m.

November 12

Pajama Storytime

Stories and activities that develop language skills and imagination. Free. *Maggie Nightingale Library*. 6:30 p.m. to 7:10 p.m.

November 13

Homework Help

Teen volunteers will be available to help elementary students with homework and informal academic support. Every Wednesday when MCPS is in session. Ages 4-11. Free. *Maggie Nightingale Library*. 3:30 p.m. to 5:00 p.m.

November 16

Playdate at the Library!

Drop in, meet your neighbors, and

enjoy free playtime with puppets, puzzles, and games for the very youngest. Every Saturday morning. Ages 0-5. Free. *Maggie Nightingale Library*. 10:30 a.m. to 12:00 p.m.

November 16

English Conversation Club

Join us to practice English conversation in a friendly, informal setting. Every first and third Saturday. Free. *Maggie Nightingale Library*. 4:00 p.m. to 5:00 p.m.

November 21

PACC Harvest Fall Dessert Contest

Handmade desserts offered in the contest from the public. Entrants should drop off their desserts from 6:15 to 7:30 p.m. at *Poolesville Town Hall*. Judging begins at 8:00 p.m.; winners announced at 8:30 p.m. Donations of box cake mixes and premade icing will be accepted at the Town Hall from November 21 to 25. These items will be made into cake kits and given to WUMCO for Distribution for Thanksgiving. 6:15 p.m. to 8:30 p.m.

November 21, 22, and 23

PHS Midnight Players: Puffs

The PHS Midnight Players will present: *Puffs, or Seven Increasingly Eventful Years at a Certain School of*

Magic and Magic, a 2015 original comedy play by New York-based playwright, Matt Cox. The play is a parody of the Harry Potter book series by J. K. Rowling, but from the perspective of the "Puffs," that is, members of the Hogwarts house, Hufflepuff. *John Poole Middle School*. Thursday: 7:00 p.m. to 9:30 p.m.; Friday: 7:00 p.m. to 9:30 p.m.; Saturday: 2:00 p.m. to 4:30 p.m. and 7:00 p.m. to 9:30 p.m.

November 22

Storytime

Music, crafts, and more. Free. *Maggie Nightingale Library*. 10:30 a.m. to 11:10 a.m.

November 22 to 23

St Peter's Church Christmas Attic and Holiday Sale

New and gently-used items such as ornaments, decorations, wrappings, Santas, snowmen, angels, artificial trees and wreaths, nativity scenes, lights, village houses, elegant tableware, linens, jewelry, toys, even some St. Patrick's Day and Valentine's Day items. Fresh Georgia pecans. *St. Peter's Episcopal Church*. Friday: 10:00 a.m. to 5:00 p.m.; Saturday: 10:00 a.m. to 1:00 p.m.

Continued on page 27.



Welcome Dr. Stephanie McKenney Groff

Dr. Groff has recently joined Poolesville Family Practice. She is board certified in Family Medicine. Dr. Groff completed her Bachelor's degree in Biological Sciences at the University of Maryland, Baltimore County (UMBC). Post graduation, Dr. Groff participated in research at the Johns Hopkins School of Medicine with the Departments of Maternal Fetal Medicine and Pediatrics & Neonatology.

Dr. Groff earned her medical degree from the Lake Erie College of Osteopathic Medicine (LECOM). She completed her family medicine residency at University of Maryland Medical Center, where she was chief resident. She was also awarded the Resident Clinician Award and Resident Research Award. Dr. Groff is accepting new patients.

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Remembrance

James Samuel Miller

James Samuel Miller, 82, of Beallsville, passed away on September 22, 2024.

Born on September 10, 1942 in Maryland, he was the son of the late Harry Miller and Cathryn Rest.

James "Jimmy" loved hot rods and had a passion for working on cars. He served in the United States Army and was a proud veteran.

James was survived by his son, Daryl Miller, and Daryl's girlfriend, Monica Albertson.

He was preceded in death by his brother, Gary Merit, and his dog, Dutchess, who was his loyal companion and best friend.



James Samuel Miller

Continued from page 26.

Things to Do

November 23

Playdate at the Library!

Drop in, meet your neighbors, and enjoy free playtime with puppets, puzzles, and games for the very youngest. Every Saturday morning. Ages 0-5. Free. *Maggie Nightingale Library*. 10:30 a.m. to 12:00 p.m.

November 26

Pajama Storytime

Stories and activities that develop language skills and imagination. Free. *Maggie Nightingale Library*. 6:30 p.m. to 7:10 p.m.

November 26

Library Book Club

All are welcome to join a discussion of the book *The It Girl* by Ruth Ware. Free. *Maggie Nightingale Library*. 7:00 p.m. to 8:00 p.m.

PACC
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Fall Themed
Dessert Contest

NOVEMBER 21

Drop Off Location:
Poolesville Town Hall

Drop Off Time:
6:15PM-7:30PM

Judging Time:
8:00PM

Winners Announced:
8:30PM

Prizes awarded to 1st, 2nd and 3rd place winners.

**Donations of box cake mixes and premade icing will kindly be accepted at the Town Hall November 21-25. These items will be made into cake kits and given to WUMCO for distribution. **



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Mystery History

Sugarland Forest: The Sweet Taste of Liberty

By Rande Davis

An orange and green sign on Hughes Road near Poolesville announces that you have entered “Sugarland Forest, a land of history and magic.” This section of Hughes Road is about as rural and quiet a road as you will find today, and little exists, save the road sign, that gives a clue to the dramatic history of this area.

A few years after the end of the Civil War, 153 years ago, those living along these lonely roads must have been abounding with great excitement and anticipation. For the families of William Taylor, Patrick Hebron, Jr., and John H. Diggs, the dreams of a lifetime were about to come true. At that time, these gentlemen became the patriarchs and trustees of the area that would come to be called Sugarland Forest. These were the sweet dreams come true for a newly-freed people.

It was on October 6, 1871 that a former slave owner, George W. Dawson, sold the area to the African-American trustees for \$25.00—a good example of inflation when one considers the Dutch bought the whole of Manhattan for the same amount. The deed specified that the land be used for religious worship, a school, and burial site for the trustees, their relatives, and their descendants.

At the heart of the community on Sugarland Road is St. Paul’s Community Church which stands guard over the cemetery of marked and unmarked graves of former slaves and their descendants. The original name for the church was Taylor’s Chapel, which was probably named after one of the trustees, William Taylor.

Not far from the church (down Sugarland Road and about a half mile from Hughes Road) is part of the famous Underground Railroad. In what was a log cabin, beneath a false floor in the fireplace, was a secret entrance that led to a cave where runaway slaves could be hidden. This location, relatively close to the Potomac River yet deep in the woods, provided a hopeful sense of security for those heading north. Today, the cave has collapsed, and the entrance is sealed off.

Continued on page 30.

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Remembrances

Judith A. "Judy" Connelly

Judith A. "Judy" Connelly (Roberts), 79, of Boyds, passed away peacefully surrounded by her loving family on Saturday, September 28, 2024.

Judy was born in Rockville on April 12, 1945, a daughter of the late George L. Roberts and Dorothy E. Roberts. She was the wife of the late Ralph S. Connelly for fifty-six years.

Judy was a cashier at the Safeway grocery store in Darnestown for twenty-seven years. Following her retirement, she was a school bus attendant for Montgomery County Public Schools. Judy enjoyed traveling with her family on cruises and taking bus trips with her friends. She was a project leader and volunteer with the Montgomery County 4-H organization for several years. Judy also enjoyed crafting and scrapbooking with her dear cousin Joyce. Her witty sense of humor put a smile on the faces of everyone with whom she connected.

She is survived by two sons, Keith M. Connelly (Kathy) of McConnellsburg, Pennsylvania, Bruce L. Connelly (Beverly) of Clarksburg; grandchildren, Randell M. Connelly (Juan Vega) of Stafford, Virginia, Holly C. Fellows (Jason) of Walkersville, Gregg M. Connelly (Jamie) of McConnellsburg, Pennsylvania, Heather M. Blache (Eric) of Thurmont, Russell D. Connelly of McConnellsburg, Pennsylvania, Valerie D. Hagberg (Steven) of Thurmont, and Branden M. Connelly and fiancée Sarah Huber of Clarksburg.

Judy is also survived by eight great-grandchildren, Jaiden, Jenna, Jenson, Herbert, Russell, Jr., Harper, Hailey, and Bryce, who were her true pride and joy.



Judith A. "Judy" Connelly

Alfred "Buddy" King

Former Poolesville resident Alfred Mahlon King, better known as Buddy, passed away on Saturday, October 19, 2024, at Ascension Sacred Heart Hospital in Pensacola, Florida. He was 83 years old.

He was preceded in death by his parents, Alfred King, Jr. and Ruth Rodgers King, and his younger brother, Leroy King. He is survived by his wife of 43 years, Frances "Sandy" Richardson King; his sons, Stephen Andrew King (Valerie), Jeffrey Lawrence King, and Matthew Allen King; five grandchildren, Michael, Jaron, Smantha, Carly, and Lily; and niece, Christina.

He grew up in Rockville, Maryland. In his late teens he could often be found at Congressional Roller Skating Rink where he enjoyed roller skating. In the 1960s, he was a bus driver for Montgomery County Public Schools. He drove a tow truck and then went on to become an accomplished mechanic and transmission builder before his retirement.

Buddy loved trains, especially model trains. He built a large train layout and enjoyed many hours on the water fishing when he resided on the Eastern Shore of Virginia.

After relocating to southern Alabama, he had a large building constructed to house his growing train collection and to showcase his layout. His stereo equipment was housed there where he enjoyed his collection of tapes, records, and CDs from bluegrass to Led Zeppelin.

Per his wishes, no funeral will be held. Instead, he wanted his family and friends to do something special they enjoyed while remembering him or to make a donation to their favorite charities.



Alfred "Buddy" King

Continued from page 18.

Tidbits

instilled those values of hard work and contribution in my brother and me." Muddy volunteers for the PHS Booster as a member of the Falcon Grill Team, cooking at the concession stand.

As a volunteer, Junior has also participated in many of the other events sponsored by the fire department to help the community or raise funds for the fire department, such as pitching in on their dinners, luncheons, and breakfasts, open houses, and other fundraising events.

Glenn Wallace Honored by DAR

On September 16, DAR Hungerford's Tavern chapter regent Leslie Gruis presented the Maryland State DAR Community Service Award to Glenn Wallace Weitz of Gaithersburg for his work with Montgomery County cemeteries over the last twenty years. Glenn is on the Board of Directors at Monocacy Cemetery in Beallsville.

He is also the vice president of the Coalition to Protect Maryland Burial Sites and secretary for the Trader Foundation for Maryland Burial Sites.

Talking about our local DAR, Members of Hungerford's Tavern chapter of DAR volunteered their time on September 16 to beautify the grounds at Warrior Canine Connection. Two of the service dogs on their banner—Debbie and Lea—are named after Hungerford's Tavern chapter veterans.

Correction

In the Remembrance for Jay Schwartzman found in the October issue of the *Monocle*, the date of his death was incorrectly published as September 8, 2024. His correct date of death was September 9, 2024.

Poolesville Liberty Helping Hurricane Relief Efforts

Following Hurricane Hélène's devastating impact, Elk Mills and Poga, Tennessee have been severed from the rest of the county due to flood damage. Rick and Kimberly Ann Carr, local residents with family connections to the afflicted areas, spearheaded a humanitarian effort. Kim's social media appeal for donations prompted Stacey Lookingbill, store manager at Poolesville Liberty, to offer support, joined by Jonathan Dunn of Dunn Right, Inc. (UTZ vendor). On October 11, a trailer was filled with vital supplies, including snacks, batteries, and warm clothing. Additional donations were gathered. The suffering communities have expressed deep gratitude for the aid. Those willing to provide further assistance, including coats, gloves, and monetary donations, can contact Kim Carr or Stacey Lookingbill at Poolesville Liberty.



Rick and Kim Carr, Stacey Lookingbill, and Jonathan Dunn worked together to organize sending aid to hurricane victims in Tennessee.



DAR Hungerford's Tavern chapter regent Leslie Gruis presented the Maryland State DAR Community Service award to Glenn Wallace Weitz of Gaithersburg for his work with Montgomery County cemeteries over the last twenty years.

Continued from page 28.

Sugarland Forest: The Sweet Taste of Liberty

Within the community was the Sugarland Store—the structure long since torn down. This was not a full-scale general store but was more specialized as a community grocery store. During the days of its operation, it was at the heart of the Sugarland community and was one of the meeting places where neighbors gathered to swap news as well as purchase goods for everyday life.

Typical of the housing of the day was the Taylor House, a log house constructed of massive oak logs, which were hewed on two sides and notched in a vee cut at the corners. The house was constructed not by hired carpenters but by the men in the community. The deed shows that William Taylor purchased the property in 1876 from Robert Allnutt, becoming one of the first former slaves to purchase land in the community. This transaction is monumental in that it marks the time of the transition from slavery to freedom.

The Sugarland School, long ago vanished, was constructed on the south side of Sugarland Road in the 1870s. It was a one-room building heated only by a wood-stove in the middle of the room. The typical school term lasted from September to March because the older students had to go to work. At that time, there was no high school in the area for black students. Those who did go to high school went to Baltimore where they worked for white families for room and board.

James "Skip" Etheridge, one of Mr. Taylor's direct descendants, still lives in the community. His cousin, Nathaniel Mason, a direct descendant of the original inhabitants of Sugarland Forest, also lives in the community.

The origination of the name Sugarland has some lore attached to it. It is generally agreed that it comes from the sugar maples that were in the area at the time, although it was often stated by the men living in the community during the early 1900s that the name came from the fact that their women were so beautiful and sweet.



St. Paul's Community Church on Sugarland Road has seen a lot of our local history since its founding in the late nineteenth century.

Photo by sugarlandproject.org.

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Identifying and Recognizing Your Cat's Normal, So You Will Know When They Are Not Normal

Peter H. Eeg, DVM

We all know that normal for individual cats can vary greatly, so who knows your cat(s) better than you? It is well known that cats can hide many signs that they are not feeling normal. They are very impressive at hiding pain. This is due to their survival strategy to avoid being identified as weak to other predators.

When cats are not in their normal environment (like the veterinary office), it is very difficult to know what normal is to them. This is especially true for your veterinarian. Veterinarians are trained to notice changes in multiple aspects of pet's interactions to determine if there is pain or stress. Your veterinarian still relies on you to report changes in your cat's behavior so a more accurate diagnosis can be offered.

Ways to Identify Your Cat's Normal:

1. **Allow your veterinarian to perform blood work** when they are young adults so a baseline can be known.
2. Start to **monitor your cat's behavior as a kitten** and continue to adulthood.
3. **Take short videos of your cats' normal behavior.** They are sometimes funny, but they can be critical to show to your veterinarian when you feel their behavior has changed.
4. **Rescued or adopted cats can be trickier to determine normal behavior.** Allow your cat to become comfortable with their new environment for 6-8 weeks before you try to determine what is normal behavior for them.
5. **Monitor and take video of how they go up and down stairs.**
6. **Monitor and take video of them jumping onto and off of counters** (yes, some cats do this).
7. **Hunting or playing:** Does your cat keep up with the objects or other cats?
8. **Running:** Does your cat run in bursts of energy or more when they've been startled?
9. **Socializing:** Does your cat seek out other cats and dogs in the house or do they normally want to be left alone?
10. **Grooming:** Time the average amount of time they groom themselves during a session. Cats can groom multiple times a day, so count the individual times they groom and the location. Note if they are having difficulty getting to those hard-to-reach places.
11. **Vocalizing:** Think about how talkative your cat is. When do they talk to you or other animals? Have they suddenly become quieter?
12. **Eating:** Monitor where and how often they eat. Note if they normally eat everything on the plate or if they come back multiple times. Do they normally like to eat the dog's food or your food?
13. **Sleeping:** We all know cats love to sleep. Take a video of them sleeping. You can measure their respiration rate and the position in which they are comfortable. Monitor how often and for how long they sleep.
14. **Using the litter box(s):** This is one of the best ways to know what your cat's normal looks like. Which box do they use the most? Which type of litter do they prefer? How many times do they normally use the litter box per day? Are they missing the litter box or not wanting to go into the box?

You know your cat best. If you have a written and video history of your cat's normal behavior, you will know sooner when things are changing for them. This can be critical information for your veterinarian.



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