

# BRUNSWICK NEWS-JOURNAL

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FREE

## Accidents Increase on U.S. 340 as Road Work Continues

By MARK ROHNER

Accidents and injuries have more than doubled on U.S. 340 in Frederick County since construction barriers went up along the stretch of highway between Brunswick and the U.S. Route 15 interchange.

The barriers were put in place last fall in preparation for a project to lengthen on-ramps at three interchanges. Many drivers have complained that the barriers make what was al-

ready a tricky merge even more difficult and dangerous.

Maryland State Police data indicates there were 57 crashes on U.S. 340 between Oct. 1 and Feb. 11. Of these crashes, 14 involved injuries. That compares with 27 accidents in the previous four-month period, from June 1 to Sept. 30. There were injuries in only 6 of these.

During both periods, the accidents were concentrated around the three U.S. 340 interchanges where on-ramps are

to be lengthened, at Maryland Route 17, Maryland Route 180, and northbound U.S. Route 15. The Brunswick News-Journal was unable to determine how many of these accidents involved merging traffic, or what other factors, such as weather, may have contributed.

Numerous drivers have reported witnessing crashes or close calls, especially where northbound U.S. 15 meets eastbound U.S. 340. "It's absolutely terrifying," said one Facebook post that drew 239 comments, mostly from like-minded motorists.

Drivers say the problem at that interchange is that concrete barriers block the shoulder, leaving little room for error as they attempt to merge at speed onto 340.

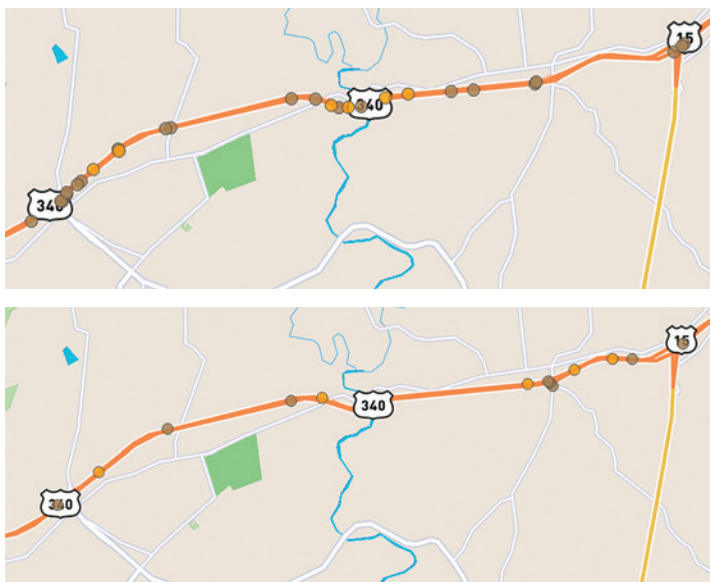
The concrete barriers have not shortened the merge lanes, according to State Highway Administration spokesman Charlie Gischlar. Barriers will be moved as the project progresses, he said. The barrier along the northbound U.S. 15 on-ramp will be removed this summer, he said.

Speed limits around the three interchanges have been reduced to 55 mph, and signage has been added directing through-traffic approaching the interchanges on 340 to stay in the left lane. Some drivers have opted to avoid the construction zones altogether by detouring onto Maryland Route 180 or Mountville Road. Another had

*Continued on page 2*

### Comparison of Traffic Accidents on U.S. Route 340 Before and After Placement of Concrete Barriers

MARYLAND STATE POLICE



Maps show the increase in traffic accidents on U.S. Route 340 in Frederick County in the approximately four months since concrete barriers were placed at construction sites on three interchanges (Map 1) compared with the previous four-month period (Map 2). The yellow dots represent injury accidents and the brown dots are property damage accidents.

## Attack of the Snowcrete



JULIE MANNARD

Snowcrete on the C&O Canal towpath near Weverton.

By ELLIS BURRUSS

The winter storm that defined life in the Brunswick area from January 25 through the first weeks of February in 2026 will be remembered not so much for the amount of snow that it dropped as for the extreme cold that followed.

"Snowmageddon" in 2010 buried this area under 18 inches of snow, as did the blizzard of 2016, also known as "Snowzilla." What made the recent storm most memorable was the thick layer of sleet that froze on top of the snow. Six to eight inches of snow was immediately coated by two to three inches of sleet, forming a thick, hard surface that meteorologists call "snowcrete" — like hardened

concrete. The below-freezing temperatures that lingered for two weeks kept the frozen piles in place on roads, driveways and sidewalks. Parking on many public streets became extremely difficult.

The National Weather Service described the storm's origin: "An Arctic air mass clashing with a substantial amount of Gulf and Pacific moisture led to the development of a massive winter storm that crippled a large swath of the central and eastern U.S. between January 24th and January 26th."

The sub-freezing temperatures also caused freezing of the Potomac River, which had not happened in this area in at least eight years.

*Continued on page 2*

## Lovettsville Elementary School Evacuated Due to Elevated Carbon Monoxide Levels

By ABBIE RICKETTS

On February 9, Loudoun County Fire and Rescue received a call at 11:06 a.m. for a reported carbon monoxide alarm activation at Lovettsville Elementary School located at 49 Loudoun Street. First responders confirmed elevated readings of carbon monoxide. Students and faculty were evacuated.

A full gas leak response was sent to the scene along with a unit from the Brunswick Volunteer Fire Company. The carbon monoxide was determined to be entering the building through open doors on two HVAC units on the roof. Rescue personnel believed the



Loudoun County Fire and Rescue's MVU 600, a mobile ventilation unit that provides massive air movement, was used to remove carbon monoxide from Lovettsville Elementary School on February 9.

open doors caused the carbon monoxide in the air from the fuel-fired furnace emissions to be drawn down into the school through the HVAC units, according to Brunswick Fire Chief George Clary, Jr.

### Mobile ventilation unit

Loudoun County Fire and Rescue dispatched its MVU 600, a state-of-the-art mobile ventilation unit purchased in 2024. According to Loudoun Fire, the role of the MVU is to provide high-capacity airflow to assist in the removal of smoke from building interiors. The fan has a 360-degree rotation and tilts 30 degrees forwards and backwards. After the doors were

*Continued on page 2*

### IN THIS ISSUE

PAGE 3

**Campground Reopens March 27**

PAGE 8

**The Meaning of April Fool's Day**



**PLUS: READERS' POLL RESULTS, BRUNSWICK FAMILY CAMPGROUND, TAX HELP FOR SENIORS, 100TH BIRTHDAY OF JEAN SMITH, HARPER'S FERRY, AND MORE**

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# BRUNSWICK NEWS

## Accidents on 340 CONTINUED

Continued from page 1

this advice: "It's a construction zone! Slow down!"

It's going to remain a construction zone for more than a year. The State Highway Administration said the project was 15 percent complete as

of February and will continue until the fall of 2027. Previously, the completion date was projected for spring of next year. The \$17.4 million project involves lengthening the on-ramps and improving lighting and drainage. ■

## Lovettsville Elementary CONTINUED

Continued from page 1

secured on the HVACC unit and the MVC 600 was utilized to disperse the carbon monoxide, students were able to safely return to the school just before 2 p.m.

Loudoun County Public Schools issued a statement during the incident, "Students have been relocated on bus-

es to the fire station while the Loudoun County Fire & Rescue Department continues to inspect the school. Students are warm, have been given restroom breaks and we are working to provide lunches as well." Outside temperatures that day were just 15 degrees.

The school has about 520 students, according to Loudoun County Public Schools. ■

## Storm CONTINUED

Continued from page 1

During a typical 6 to 8-inch snowfall, Brunswick Department of Public Works (DPW) usually spends about 24 hours on snow removal. However, this time with the unusual low temperatures, the large quantities of snow did not melt and had to be removed.

Public Works Director John Gerstner said the city rented two front-end loaders and five large dump trucks to clear main thoroughfares. The snow was dumped in a lot in Brunswick Crossing and near East Potomac Street. Gerstner estimated the cost of snow removal at \$25,000. He said over 3,000 personnel-hours were put into snow removal from this storm and the work is continuing as of this writing. Mayor Nathan Brown commended city employees for their efforts during and after the storm.

Lovettsville also used heavy equipment to clear some of its main roads. Knoxville and Jefferson were similarly helped by County crews.

How will this storm be remembered? Will it be called the "Ice Blizzard of 2026," the "Snowcrete Storm" or just that "!!\$@!#^\* Storm of 2026" ■



JULIE MAYNARD

View of the frozen Potomac River near Weverton.

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Notices of events, news stories, photos, and interesting articles, poems or stories may be submitted by regular mail or email to:  
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## Report on the Brunswick News-Journal Reader Poll

Thank you to the BNJ readers who took the time to respond to our survey last month.

The BNJ staff was gratified to receive positive responses in the survey with 64% of respondents indicating the quality of the paper's appearance has improved since we changed printing companies in January, and 36% checking "about the same."

The writing and editing of the paper received a 79% score for "very good" and 21% "okay." As for the size of the paper, 100% of respondents said the size is "just right."

The BNJ received 5 out of 5-star ratings from 79% of those who answered the survey, and 4 out of 5 stars from the rest of

those responding to the survey.

We provided boxes for respondents to give us ideas and suggestions about the content of the paper, and we received advice to cover more restaurants, and to increase our coverage of Point of Rocks, Leesburg and Lovettsville.

Additional written remarks included a number of compliments, like this one: "This may not be the correct forum to say this — put simply — I'm very happy that the Brunswick News-Journal is now mailed out to the rural areas around Brunswick. There is a wealth of information in the newspaper about not only news pertaining to Brunswick but even the

**"Thank you for bringing back the local newspaper to our home — we love and appreciate all your hard work, dedication and professionalism."**

state which is of interest to me since I don't live in Brunswick. There is something for everyone from history information to citizens that are doing good things in the community. How refreshing. The paper is great! Thanks for your efforts."

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## Brunswick Family Campground Ready to Reopen

By BETH BAILEY

After a quiet winter season, the Brunswick Family Campground is reopening on March 27, ready to welcome campers back to this scenic area located between the C&O Canal and the Potomac River. The canal towpath winds past the campground and provides the only road access to this secluded riverfront camping area. Campers find it a great place to escape and unwind, but still be in a convenient location.

### RVs, tents and cabins

The Brunswick Family Campground has many options for campers whether they prefer the comfort of an RV, the simplicity of tent camping, or the coziness of a cabin. There are RV spots with 30 or 50 amp electric and water hookups, as well as a convenient dump station located on site. Tent campers can pick between open-field tent camping or 30x30 spaces.

For those looking for something with extra comfort, there are six cabins located at the campground. These sleep up to six people and feature two sets

of bunk beds, with a full bed on the bottom and a twin on top. Guests need to bring their own linens. Additional amenities include a bathhouse, pavilions, volleyball net, basketball court, tetherball, playground, and a store that has the essentials: firewood, ice, snacks, drinks and more to enhance the camping experience.

### Managed by River & Trail Outfitters

The Brunswick Family Campground is owned by the City of Brunswick and has been managed by River & Trail Outfitters since 2011. River & Trail is the longest-running outfitter in the area, having been in business since 1972. Besides camping, there are other activities at the campground including bicycle rentals, kayaking, canoeing, tubing and fishing, including boat ramp access. River & Trail offers 10% off most of its recreational activities for those staying at the campground.

The campground is seasonal, so it is only open from late March to mid-November. To learn more, check out rivertrail.com or call them at 301-834-9950. ■



A swing stands along the boat ramp access lane to the Potomac River



Tent camping area at Brunswick Family Campground

## Report It. Track It. See Progress.

### Introducing the Brunswick Community Concern Reporter

From winter storms to infrastructure challenges, conditions in our city can change quickly, and their impacts are not always felt the same way from one block to the next. In moments like these, the City of Brunswick needs a reliable, consistent way to hear from residents, prioritize requests, and share updates as work moves forward.

That is why we launched the Brunswick Community Concern Reporter.

This new tool gives residents a simple, organized way to report non emergency concerns and see how they are addressed. Accessible from a smartphone, tablet, or desktop computer, the Concern Reporter helps City departments gather clear information, respond more efficiently, and improve communication with the community.

Since the Concern Reporter went live to the public in May 2025, the City has received more than 350 reports, including over 70 submissions during the recent snowstorm, a clear sign that residents are using the tool and finding value in it.

### Why We Built This Tool and Why It Works

The Community Concern Reporter was designed with both residents and City staff in mind. The goal was simple, to make it easy to share accurate, useful information.

Using an interactive map, residents can pinpoint the exact location of an issue, often using GPS from their phone, add details, and attach a photo when helpful. This clarity allows City staff to review concerns more efficiently and route them to the appropriate department.

Once a concern is submitted, City staff evaluate it, and department administrators can assign work, coordinate follow up, and update the status as progress is made.

### What You Can Report

The Concern Reporter covers common non emergency issues, including:

- Roads and sidewalks
- Water system concerns
- Storm drains and stormwater
- Parks and recreation areas
- Wastewater or sewer system issues
- Property zoning or code enforcement
- City trails

There is an "Other" category for concerns that do not neatly fit into one of these areas.

## FROM THE MAYOR'S DESK



### When to Call Instead

The Community Concern Reporter is not intended for emergencies and is not monitored after hours.

In any true emergency situation, residents should call 911 immediately.

For situations that may require prompt attention but do not feel appropriate for 911, such as a possible water leak or another urgent concern, residents should continue to call City Hall directly. There is still an option when calling City Hall for after hours response, particularly for issues like water leaks or similar situations that cannot wait until the next business day.

If you do not feel comfortable using the online Concern Reporter, we are still ready to hear from you by phone or in person. Concerns received through calls to City Hall are logged and tracked in the same system, ensuring they are reviewed and handled consistently. In person service at City Hall remains welcome as well.

### What Happens After You Hit "Submit"

After submitting a concern, residents receive updates, especially if they choose to provide an email address. Confirmation emails are sent when a report is logged, when it moves to "in progress," and when it is resolved or determined that no further action is needed.

For more complex concerns, Public Works or other departments may also follow up by phone.

Residents can also view the Community Concern Report Map, which shows submitted reports and their current status, received, in progress, or closed. This public map updates reg-

ularly, offering transparency into how concerns are being addressed across the city.

### A Real World Example: The Recent Snowstorm

The snowstorm highlighted exactly why this tool matters. Snow events generate a high volume of location specific concerns, narrowed roadways, accessibility issues, and other public space challenges that must be evaluated fairly and consistently. During the storm and the days that followed, the Community Concern Reporter served as a single intake point for these requests.

By allowing residents to accurately map issues and share photos, the tool helped City staff identify patterns, coordinate responses, and communicate updates.

### Setting Clear Expectations

Every concern submitted through the Community Concern Reporter is reviewed and evaluated by City staff. However, submitting a concern does not guarantee that the City can or will take action. Some issues fall outside City responsibility. In those cases, residents will still receive an explanation of the outcome, including when no action will be taken.

### Where to Find It

The Community Concern Reporter is available through a link on the City's homepage. That page also includes access to the Community Concern Map, where residents can view reports and track their status.

### Moving Brunswick Forward Together

The Community Concern Reporter is one more way we are strengthening how residents connect with City services. It makes reporting non emergency concerns easier, helps departments manage work more effectively, and increases transparency through timely updates and a public map.

Whether you submit a concern online, call City Hall, or stop by in person, your voice matters. Thank you for helping us keep Brunswick responsive, resilient and moving forward. ■

Nathan Brown

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## BRUNSWICK NEWS

### Spring Cleanup Challenge in Brunswick

By DIANE ELLIS

Spring cleaning is an annual ritual for many, but Brunswick Main Street is taking spring cleaning to a new level by challenging homeowners and businesses to clean up and fix up on the outside of their properties to enhance the community's overall appearance. Prizes will be awarded for the best projects.

The goal is to clean up, fix up, paint, landscape, build, pick up trash, haul away junk, or otherwise make properties look better.

Don't own property? Live in an apartment? Join a group project to clean up or improve public areas, such as parks.

#### How to participate:

- Decide on a 2026 project for your home or business.
- Take a "before" photo of the project area.
- Complete your project and take an "after" photo.
- Submit your before and after photos, along with your name, contact information, project location, and a brief description of the project, no later than May 9, 2026, to brunswickms@gmail.com.

Projects will be judged and winners selected based on areas showing the most improvement. Winners will be announced at Brunswick Springfest on May 16. Prizes, including gift cards from local businesses, will be awarded. ■

### Stained-glass Art Dedication at Brunswick Elementary

The stained-glass "BES Bubbles" art project in the media center at Brunswick Elementary School is complete. An open house dedication ceremony will be held at the school on March 19 from 4-6 p.m., with the ceremony at 4:15.

When the old BES building was demolished, bricks were saved and cleaned, then sold to the community. Commemorative ornaments with pictures of the original building when it opened in 1952 were created.

Money raised from the sale of these items was used to commission Cory Swire, of Brunswick, to design and create the "BES Bubbles" stained-glass artwork. The project was planned

by the Farewell to BES Committee, co-chaired by Cheryl Tregoning and Wendy Freeman.

The name for the project came from the annual send-off of students and staff leaving BES. Every year, for the past 30+ years, the staff blows bubbles and has a bubble machine operating to send 5th graders off to 6th grade, other students off for the summer, and retiring or transferring staff off to new beginnings. That tradition was the inspiration for the art project.

School administrators hope that everyone who helped make this happen by purchasing the commemorative items will attend the open house dedication ceremony. ■

#### Burgess & Commissioners of the Village of Rosemont

will meet on

**Monday, March 23, 2026, 7pm**  
at Merryland Park. Agenda items include a presentation of the Burgess's proposed FY2027 budget and consideration of the purchase and installation of a speed monitoring device in the Village.

*The public is invited to attend.*

Jefferson Ruritan Club

### Breakfast with the Easter Bunny



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### Indoor Farmers Market to Hold Final Winter Event

By JOSH LEWIS

As winter draws to a close, the Brunswick Main Street Farmers Market will host its final indoor market of the season on Friday, March 13, at the American Legion, 18 S. Maple Avenue, from 4 to 7 p.m. This will mark the end of a successful winter of bringing neighbors together around local food, handmade goods, and shared stories.

The indoor market offers a warm place to shop local during the colder months until Brunswick's outdoor Farmers Market returns in April.

According to Market Manager Josh Lewis, who represents Spruce Run Farm selling produce and honey, the indoor market is about more than just shopping.

"Our goal is to create a space where people can connect directly with the vendors and really get to know the people behind what they're buying," Lewis said. "It's about supporting local businesses, but also about strengthening relationships within our community."

Behind every table is a vendor with a story. Sarah Marecki of Butter's Breads believes the market experience is about far more than selling products.

"Many of the vendors not only prepare for market day, but also work full- and part-



time jobs, care for families, volunteer in their communities, and operate farms with livestock. Some are veterans continuing to serve their communities, while others are leaving corporate life to pursue their dreams. Behind each vendor is a person with a passion to share."

Beth Ahalt of Richvale Farm, which sells homegrown cuts of beef, emphasized the unseen effort that goes into every market day.

"Farmers markets are a lot of hard work that happens behind the scenes," said Ahalt. "There are weeks and months spent planning, preparing inventory, and marketing for just a few hours of selling. It's something I do in addition to being a farmer, a wife and mom, and

working an off-farm job."

Despite the challenges, vendors agree that the connection with the community makes it worthwhile.

For shoppers, the market provides a direct connection with the people who grow and create what they buy. The Farmers Market has become as much a gathering place as a shopping destination. Neighbors mingle indoors, enjoy warm drinks, and discover fresh foods and unique handmade items.

"When you come to the indoor farmers market, you're not just buying food or crafts you're meeting your neighbors and supporting people who care deeply about what they do," said Alyssa Theodore, President of Brunswick Main Street. ■

### Timeline of Brunswick History



Tim Wilson, John Faith, Jackie Ebersole, David McIntosh, Wayne Allgaier, Ariel Gonzales, and William Caves.

After twelve months of research and planning, the Brunswick History Commission has completed its work on a 16-foot-long display of Brunswick's 230+ year history.

Graphic design and fabrication were done by Brunswick resident Tad Achey of ExpoNetUSA.

This timeline, titled "Brunswick — a Journey Through

Time," was unveiled at the City Council meeting on February 10 and will be displayed at Springfest, Railroad Days and other events, as well as at the Brunswick Library and other venues. ■

## IN MEMORY Alvie Leon Hoffman

By SHIRLEY SHORES

**A**lvie Leon Hoffman, Jr., my brother, passed away on January 18, 2026. He was 69 years old. Born in Brunswick on September 16, 1956, he was raised here by his father, Alvie Leon Hoffman, Sr., and mother, Dorothy Hoffman.

While in school, Alvie en-



ALVIE LEON HOFFMAN

joyed participating in the drama club and band, and playing Little League baseball. He graduated from Brunswick High School in 1975 and later served in the U.S. Army. While stationed in Germany, he met Doris, the love of his life, and they married.

After the Army, Alvie stayed in Germany and worked as a welder before retiring to enjoy life with family and country music.

In addition to his wife, he is survived by his son Kevin (Yvonne) and his beloved granddaughters Lea and Nora, and siblings Shirley Shores, Joyce Grams, Jerry (Mary), and David (Michelle), nieces and nephews, and brother-in-law Roland (Anja) Kaiser.

Alvie's relatives, friends and all who knew him miss him deeply. He will be remembered for his smiles and laughter. ■

## Brunswick is All About Roundabouts



Brunswick's first roundabout where Route 17, Petersville Road, B Street and Maryland Avenue all come together.

By MARK ROHNER

**Fun fact:** Maryland is a national leader when it comes to roundabouts. The state has 566 roundabouts, or one for every 57 miles of road, a higher density than any other state in the country.

Brunswick accounts for 11 of them, if you count the one on Maryland Route 17 north of U.S. 340, just outside the city limits. The others include five more on Route 17, three on Potomac View Parkway in Brunswick Crossing, and two on Galyn Drive in Galyn Manor.

Other Maryland cities have more, notably Frederick with more than 25 and Bel Air in Harford County with more than 18, according to a worldwide database on roundabouts maintained by Kittelson & Associates, a transportation planning and engineering firm in Reston, Virginia. Based on Kittelson's information, it seems safe to say that few, if any, cities or towns in Maryland can match Brunswick's concentration of roundabouts.

### How did that come about?

Brunswick Planning and Zoning Director Bruce Dell said the city has found that roundabouts offer safety advantages that outweigh their drawbacks.

"Our primary focus is safety

and managing increased traffic volume as the city develops for vehicles, pedestrians and bicycles," Dell said. He cited research indicating roundabouts improve traffic flow by reducing stops and starts at intersections, and reduce the risk of severe accidents by promoting lower speeds.

While some drivers find roundabouts confusing, "to date we have not had any major issues and are not aware of any negative experiences with the roundabouts," Dell said. "In my experience the majority of drivers do understand how they work."

Minor accidents at roundabouts sometimes occur when unfamiliar drivers hesitate, or fail to yield to traffic in the circle.

Currently, there are no plans for any additional roundabouts in Brunswick, Dell said.

### It started with Pierre L'Enfant

Roundabouts are a relatively recent innovation in Maryland. The Maryland Highway Administration built its first in 1993, in Howard County. But the region is among the few places in the country where roundabouts, or traffic circles, have long been common — going back to Pierre L'Enfant's 1791 plan for Washington, D.C. Today the District of Columbia

has more than 30 traffic circles, five of them dating to L'Enfant's original plan.

Why did L'Enfant incorporate so many into the city's street grid? Myth has it that they were intended to be placements for artillery to defend the city against invading cavalry. That's probably not what he had in mind, though. According to the Library of Congress, L'Enfant conceived the circles as focal points for monuments, public buildings and green spaces. Of course, this was long before streets became jammed with taxis and buses.

Strictly speaking, L'Enfant's traffic circles are not the same as roundabouts. For one thing, roundabouts are much smaller. That means drivers have to negotiate a sharper curve to enter them, forcing them to slow down.

Traffic circles' larger size mean they can be used as public gathering places. Think DuPont Circle in Washington. Traffic circles can also be maddeningly complicated, broken up by traffic signals and requiring drivers to make multiple lane changes to get to their exit point. Roundabouts usually don't have these complications.

But there is one thing roundabouts and traffic circles have in common, besides their shape: They make dandy spots for statues. ■

## IN MEMORY

### Charles Franklin Rentzel

**C**harles Franklin Rentzel, 96, of Brunswick passed away on January 28, 2026. Charles was born on April 22, 1929 in Middleburg, Md.

He served in the Army Air Corp from 1948 to 1952 as an upper air meteorologist, flying into typhoons in the western Pacific Ocean while stationed in Guam.

Charles was a member of Charles Town Moose Lodge, Boonsboro American Legion, Frederick Redman's Club, Amvets Middletown, and Elks of Frederick. He enjoyed the Brunswick American Legion and the Anchor Bar in Frederick.

Charles made friends wherever he went with his positive attitude and joking personality. He was predeceased by his son, Douglas Rentzel.

He is survived by his wife, Anna Snoots Rentzel, daughter Sharon Rentzel-Mrenak (Gary), step children Gary Cunningham and Chrystal Reed (Dennis), grandchild Christa Rentzel-Honer (Chuck), and a host of friends.

Funeral services were on February 5. ■



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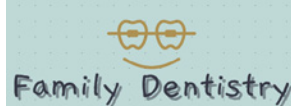
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## BRUNSWICK NEWS

### Community Survey on New 50+ Center Locations

By JEAN DOYLE

**B**runswick's 50+Center was one of the sites chosen in January to participate in the Frederick County Department of Aging and Independence's community survey to identify future senior center locations and programming. Approximately 30 people attended the survey session in Brunswick, conducted by MGT, a consulting firm that specializes in strategic planning for local governments.

The Brunswick Senior Center was filled to capacity, a compelling visual example of why a larger center is crucial to the Brunswick community and all of southwest Frederick County. Demographic projections predict that the county population will increase by 26% between 2025 and 2035. It is estimated that the population of 50+ individuals will increase by 47% during the same period. The MGT study will help identify

services and facilities that will meet the needs of this growing aging population.

During the survey sessions, community members had the opportunity to give their opinions on such questions as what programming they would like to see offered, what services they want, what improvements to the facility would increase the likelihood of using the center more frequently, and what barriers prevent them from participating. The 20-question survey was also available online through mid-February.

#### Three major senior center projects planned

At this time, three major senior center projects are planned in the capital improvement budget for Frederick County. The Brunswick 50+ Center is one of these projects, as well as an East County Center and a Frederick Center. \$14.5 million is the estimated cost of replacing the current Brunswick Center. The construction schedule has been advanced from FY2032 to FY2028.

The vision for Brunswick 50+ Center is to create a welcoming modern space that will be accessible, inclusive and located where seniors live. ■



The Brunswick 50+ Community Center wanted to collect 60 food items for the Brunswick Food Bank before Super Bowl 60. They exceeded that amount and had 100 items to donate. Pictured from left: Linda Wright, Alan James, Amy Callahan, Howard Young, Elaine Stine, Mark Frasier.

### Tax Preparation Assistance for Seniors

**T**ax preparation assistance will be available again this year at the Brunswick Senior Center, 12 East A St., through a volunteer program of Frederick County AARP. This free service is available for anyone 55 years of age and older. Help is available on Mondays, by appointment, through April 13.

If you received tax help last year, and gave your email address, you will receive an email with a link to the Sessions Management site, where you can make your appointment.

If you didn't receive a link use: brunswickseniorcenter@frederick-countymd.gov for an appointment, or call the center at 301-834-8115. ■



### Happenings at the 50+ Community Centers

By JEAN DOYLE

**T**he Winter Session at the 50+ Community Centers is nearly over. Registration for the Spring Session opens in mid-March.

The Spring Activities program will be on the Division of Aging and Independence website in mid-March. To register for activities, visit the eStore at <https://frederickcountymd-gov.3dcart-stores.com>. Once on the website, locate 50+ Community Programs. Then click on the program you want and add it to your shopping cart.

Make checks payable to Frederick County Treasurer and drop off at the Brunswick Community Center, 12 East A Street. Or mail your check and form to Frederick County Division of Aging and Independence, Attn: 50+ Programs, 1440 Taney Avenue, Frederick, MD 21702.

For free programs, register at [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov).

#### Trips in March

**Wednesday, March 18—Movie at Warehouse Cinema.** 10 a.m. to approximately 2 p.m. Cost is \$20 which includes a ticket plus a snack pack. Leave from Brunswick Senior Center. Register by March 4 at 301-834-8115.

**Friday, March 27—Visit Josiah Henson Museum and Park, North Bethesda.** The museum describes the life of the Reverend, including his many challenges and accomplishments, slavery in Maryland, and the ongoing struggle for racial equality. Cost is \$30 per person. Bring money for lunch. Leaves from the Frederick Senior Center. 8:30 a.m. to approximately 3:30 p.m. Register by Friday, March 13.



#### Seniors in the Park

**Wednesday, March 26—Rose Hill Manor, Maryland history themed park day.** Demos and hands-on activities in the historic kitchen and garden, house tours, new exhibit "In Search of Freedom." Cost is \$15 per person. Box Lunch is included. Check with Brunswick Center for transportation options. Register by Wednesday, March 18, at 301-834-8115.

#### Special Events at Brunswick 50+ Center

**Thursday March 5—Bingo Fun at Eagles.** Free Bingo followed by lunch. 10 a.m. to 1 p.m. Cost for lunch is \$10. Register by 2/26.

**Monday, March 9—Hybrid Health Department Presentation.** Community resources and communication strategies for discussing depression and suicide. 11 a.m. Free. Pre-register at 301-834-8115.

**Thursday, March 12—Monthly Dinner Dance held at the Brunswick Eagle Club,** hosted by the Brunswick 50+ Community Center. 2-5 p.m. Dancing at 2:00 and Dinner at 4:00. Cost is \$17 per person. Paid reservation due one week in advance. Call 301-834-8115 for more information.

**Tuesday, March 17—Special St. Patrick's Day Lunch.** Menu is corned beef, red skin potatoes, steamed cabbage, copper pennies, corn muffin and cake. 12 noon at Brunswick 50+ Community Center. Voluntary donation of \$6 appreciated. Reserve one week in advance at 301-834-8115.

**Wednesday, March 18—Maryland Legal Aid.** Drop In during the clinic hours to complete an intake form to schedule an appointment. 9 a.m. to noon.

**Wednesday, March 18—Maryland Legal Aid Presentation on Simple Wills.** 1 p.m. Free, drop-in, pre-registration preferred at 301-834-8115.

**Tuesday, March 24—Coffee with a Cop.** Visit with a Brunswick City police officer. 11 a.m. Stay for lunch at noon. Pre-register for lunch at 301-834-8115.

**Tuesday, March 31—Cabin Fever Day.** Games, crafts, puzzles, food and fun! 10 a.m. to 1:30 p.m. Cost is \$7 per person. Register by March 24 at 301-834-8115.

**Tuesday, March 31—Weis Nutritional Talk: Brain Health.** At Brunswick Senior Center and Virtual. 1 p.m., free, pre-register.

**Don't forget all the many varied and ongoing activities at the Brunswick 50+ Community Center, as well as the virtual programs available from the Division of Aging and Independence. Call 301-834-8115 or stop by at 12 East A Street for more information. ■**

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## Colorectal Cancer Awareness Month: Prevention is for All Ages

By ISABELLA MAXEY,  
FREDERICK HEALTH

Colorectal cancer is rising in younger adults. According to the American Cancer society, over 1 in 5 new colorectal patients are under 55. Learn the warning signs, understand your risk factors, and take action to prevent it.

### What is colorectal cancer?

Colorectal cancer is an umbrella term that includes both colon cancer and rectum cancer. According to the Centers for Disease Control & Prevention (CDC), colorectal cancer is the second leading cause of cancer deaths in the United States. It is known to cause painful bowel movements and abdominal pain, along with several other alarming symptoms of discomfort that, left untreated, can eventually prove fatal.

"When caught early, the survival rate of colorectal cancer is as high as 91% at Stage I," said Dr. Naderge Pierre, a board-certified surgeon at Frederick Health specializing in colon and rectal surgery. "But when caught at Stage III, that rate drops dramatically to 13%. That is why early detection and, even more so, prevention are crucial."

### What causes colorectal cancer?

Some risk factors for colorectal cancer include:

- Being overweight or obese
- Not being physically active
- Unhealthy diet, including red and processed meats and low vitamin D
- Tobacco use and smoking
- Excessive alcohol consumption

There are also factors beyond your control that could contribute to colorectal cancer risk, including age, race, family history and genetics, and a medical history of chronic conditions such as inflammatory bowel disease.

According to statistics released in January 2025 by the American Cancer Society, colorectal cancer in people younger than 50 is on the rise. Approximately 10% of colon cancer diagnoses occurred in people younger than 50, with the majority between the ages of 40 and 49.

### What are the symptoms?

The early stages of colorectal cancer may not show any signs or symptoms, which is why it is essential to know how to prevent colorectal cancer. Colorectal cancer may cause one or more of the following:

- A change in bowel habits, such as diarrhea and constipation, that lasts for more than a few days
- Blood in the stool, which might make the stool look dark brown or black
- Cramping or abdominal (belly) pain
- Weakness and fatigue

- Unintended weight loss

"Even if not at screening age of 45," said Dr. Pierre, "One should consider screening with any worrisome changes to bowels such as these."

It is essential to pay attention to your body and know the potential symptoms. If you experience any of these symptoms, schedule an appointment with your doctor.

### How to prevent colorectal cancer

Understanding your risk factors for colon and rectal cancer can help you prevent it. The three ways you can take control of your health when it comes to preventing colorectal cancer include being intentional with your nutrition, activity levels and regular screening.

### Nutrition

You hear it all the time—healthy living starts with nutrition and activity. There is a wealth of benefits to come from eating a diet low in animal fats and high in fibrous fruits and vegetables, among them being active cancer prevention.

In addition to eating nutritiously, limiting your alcohol consumption and avoiding tobacco can lower your risk for colorectal cancer and cancer in general.

### Activity

A lack of physical activity and excessive weight are linked to higher colorectal cancer rates.

Increasing physical activity doesn't have to be daunting—try taking a walk each day for 30 to 60 minutes. If that seems out of reach for you right now, talk to your primary care provider about exercise that works for you.

### Screening

A "screening" is the process of looking for cancer before a person has any symptoms. Regular screenings are the key to preventing colorectal cancer. Guidelines generally recommend scheduling regular screenings beginning at age 45, but if you have risk factors, you may want to start sooner. Different kinds of screenings include:

- **Colonoscopy:** This is the gold standard. A long, flexible tube with a camera screens the entire colon and rectum.
- **Stool Tests:** These tests check your blood for other signs of cancer, like DNA from abnormal cells in your stool. Sensitive at-home tests are a convenient option.



- **Galleri blood test:** A newer, advanced blood screening that can screen for colorectal cancer with a single blood draw. This method should be used in conjunction with others.

Talk with your primary care provider to learn more about when you should get a colonoscopy and schedule other important screenings that make sense for you. To learn more about colorectal cancer and your options for care, visit [www.frederickhealth.org/Colorectal](http://www.frederickhealth.org/Colorectal). ■

## Healthcare Scholars Recognized

The Harp Medical Center in Middletown, Maryland, helps area students begin or continue careers in medical fields. Partnering with the Community Foundation of Frederick County, the Harp Medical Center encourages students who are passionate about healthcare to apply for their scholarships using an easy online application.

Applicants must be completing their senior year in high school, be enrolled in a school of higher learning or be a non-traditional student pursuing a post-secondary education.

### How to apply for a scholarship

If you are interested in applying for one of the four \$3,500 scholarships offered, go to their website at [harpmedicalcenter.org](http://harpmedicalcenter.org) for more information or contact the Community Foundation at [FrederickCounty-Gives.org](http://FrederickCounty-Gives.org).

### Scholarship awardees for last year were:

- **Jenna Dick**, a 2025 graduate of Brunswick High School, is attending Mount St. Mary's University. Her studies are focused in the area of biochemistry.
- **Layke Jensen** is studying biology at Nova Southeastern University. She is a 2025 graduate of Brunswick High School.
- **Sydney Williams** graduated from Brunswick High School in 2025. She is attending the University of Maryland College Park. Her major is science.
- **Breanne Vandre** is attending Utah State University. She is majoring in health science with the goal of becoming an occupational therapist. She is a 2025 graduate of Middletown High School.

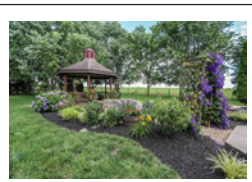
The Board of Directors of The Harp Medical Center wish them a bright future in their chosen fields. ■

## BHS Students of the Month: December 2025



Students were nominated by their teachers for this award. Principal Eric Schwarzenegger is on the left. Award winners are (left to right): Akshaini Pallikonda (career and technical ed, grade 11), Parker Atias (social studies, grade 9), Suzanna Badstibner (visual & performing arts, grade 10), Carter Vinar (science, grade 11), Rhylee Nealey (media/FCVS, grade 10), Kassey Tetteh (physical education, grade 12), Haze Jeffrey (world languages, grade 10), Landen Hansen (English, grade 11), Madison George (math, grade 10).

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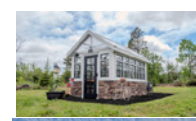
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**LOCAL NEWS**

## Jefferson's Jane Smith Celebrates 100th Birthday at Jefferson Ruritan Club

By **ABBIE RICKETTS**

Over 120 friends and family members gathered at the Jefferson Ruritan Club on February 22 for the 100th Birthday Celebration for long-time Jefferson resident Jane Carmack Smith. The event was hosted by her three sons, Dwight, Wayne and Kevin, and the Jefferson Ruritan Club.

### National 4-H service recognition

Jane and her late husband, Charles, co-founded the Frederick County 4-H Camp and Activity Center. She received national recognition for her service to the 4-H. In 1989, Jane was selected to represent Frederick County in "Maryland's

Most Beautiful People." Jane and Charles were actively involved with the Jefferson Ruritan Club when it began in 1955.

### Agricultural community leadership in many roles

The Smiths played a key role in establishing the agricultural department at Brunswick High School and were instrumental in forming the FFA club. Together with husband Charles and family, they were selected as Farm Family of the Year in Maryland. Mrs. Smith was also very active in the March of Dimes as a volunteer.

Local dignitaries were present at her celebration. She received an afghan with the Frederick County Sheriff's logo from Sheriff Charles Jen-



kins who praised her service. Ysela Bravo, representing the Frederick County Executive, presented her with a certificate. Senator Bill Folden sent

a proclamation from the State of Maryland. Mrs. Smith spoke at her celebration, thanking her sons for planning the party and thanking her friends

for supporting her.

### 900 oysters breaded!

Long-time Ruritan member Charles Summers served as emcee and spoke of the many meals Mrs. Smith prepared in the Ruritan kitchen where she was in charge for 28 years. Recollections were made of how she breaded 900 oysters for a big fundraising dinner. She was especially known for her ability to organize volunteers to help with all the dinners and projects of the Jefferson Ruritan Club. Mrs. Smith was well-known for her leadership in the Jefferson Homemakers Club and for her participation as grand marshal in the 250th Jefferson celebration parade. ■

## Your Online Privacy

Do you wonder why you get ads online for products you have searched for? How about ads for products you have mentioned out loud in a conversation? These ads come about when you search online and when you use audio assistants like Siri, Google and Alexa to do searches and lookups for you!

I was surprised last year when my daughter was visiting and we were talking about painting her house. In the next 24 hours we both started to see ads online for paint! What! Our smart devices are listening.

You are being tracked by your IP address. It does not know who you are but it does know what you search and can track you across multiple sites visited. Your information is also shared using cookies stored on your computer or phone. This is the default behavior for almost all browsers and audio assistants. Combine this information with data you willingly give up, such as your login name, zip code, phone number, etc., a complete marketing picture of you can be compiled, and that is the holy grail these companies are after.

Their marketing theory is



### Change browsers

You can also select browsers that have better privacy records and use the most private mode of your current browser (incognito for Chrome, InPrivate for Edge, and Private Window for Safari). In terms of mainstream browsers, DuckDuckGo has the best record, but do your own research and learn the advantages and disadvantages of each. I typically bounce between Chrome, Safari, Edge and DuckDuckGo just to mix it up. I have as much tracking turned off as I can find in the settings.

Even if you do change to a more private browser, the audio assistants may not follow. Unfortunately, this is a moving target and Artificial Intelligence added to the browsers is making matters worse.

Good luck and be safe out there in the internet. ■

*John the Computer Guy works in the IT industry. He has provided tech support to major corporations and governments with large databases as well as individuals with Windows, Macs and iDevices. If you have a computer question for him, email editor@BrunsNews.com.*

that ads for products you already want are really not ads; they are desired suggestions for you. Companies pay to be put at the top of your search results based on this targeted information. Do not forget that much of this information can and is sold for companies to use, or worse, for scammers to exploit. This is one reason why you should not click on random links that appear in email or texts.

### Control tracking

If you want to control what is collected, stored and shared, you should disable tracking and third party cookies in your favorite browser. Next, stop giving web sites information they do not need. If it's optional don't give it out. (Every site I visit that asks for an optional phone number gets my landline long ago disconnected. Good luck using that number, scammers!)

## WHAT'S THE WORD?

This month the word is

### April Fool's Day

The actual origin of April Fools day is lost in the mists of time. But the one most widely accepted is that in France in 1582 the Julian calendar was replaced by the new calendar of Pope Gregory which corrected some inaccuracies.

However, many people missed the change and still celebrated the new year on April 1. They were mocked as "April Fools" because they did not keep up with the latest technological changes.

That practice continues today if you are found out to be carrying any telephone more than three years old. Or even if you are not up-to-date on the most recent events on TikTok or X, or even Facebook. Change! change! ...They just don't ever let up... Makes me sick.....



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## BHS Students Walk Out to Protest ICE

ELLIS BURRUSS



BHS students return to front of school after protest march.

By ELLIS BURRUSS

On Wednesday, February 18, students at Brunswick High School organized a walk-out to protest nationwide brutality by the Immigration and Customs Enforcement (ICE) branch of the U.S. Department of Homeland Security. A total of seven Frederick County high schools had similar walk-outs during the month.

At 12:50 p.m. the students gathered in front of the school with banners, signs and flags. As they marched around the

parking area, there were vigorous chants of "No ICE!" and "ICE Out!" A bystander estimated that there were 150–200 participants. There were 20–30 school teachers and staff members with orange vests and walkie-talkies to maintain order and prevent cars from entering the parking lot during the march.

The Brunswick News-Journal reporter was requested by BHS principal Eric Schwarzenegger to leave school property, making it impossible to interview the participants. ■

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Saturday, April 4**

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## OPINION

### PUBLISHER'S NOTE

#### How's Your Electric Bill?

A local resident who saves electric bills recently showed the Brunswick News-Journal two of them. The first was from February 2019, the second from March 2025.

The 2019 bill showed a charge of \$251.51 for 2477 kilowatt hours (kwh) which comes to 10.15 cents per kwh. The 2025 bill was \$303.02 for 2076 kwh or 14.59 cents per kwh. Both figures include the list of charges in addition to the power itself (distribution, transmission, etc).

That increase of 4.44 cents per kwh over six years equals 43.74% which averages to 7.3% increase per year. While this calculation is based on only one resident's bills, there is good reason to believe that those bills reflect what is happening in our whole region.

During that same six-year period, the average inflation rate in the U.S. was 3.8% (see [www.usinflationcalculator.com](http://www.usinflationcalculator.com)).

The question is: why are home electricity rates increasing at nearly twice the inflation rate of the rest of the economy?

Data centers are a big contributor to the increase. Their extremely high usage of electric power is significant. Besides that, the power companies must make ever-increasing investments in infrastructure to deliver power to the data centers. The Federal Energy Regulatory Commission requires those massive infrastructure costs be spread out to all users on the power grid.

We need federal and/or state legislation that requires companies designed to consume unusually large amounts of power to provide their own electricity independently of the local grid. ■

#### How to send a Letter to the Editor

Letters intended for publication should be emailed to [editor@brunnews.com](mailto:editor@brunnews.com). Please include your name, town and phone number (phone numbers will not be published). Letters may be edited for grammar, length and content. We do not publish anonymous letters. Unpublished letters cannot be acknowledged. DEADLINE: the 18th of each month.

### LETTERS TO THE EDITOR

#### Local Publications are Essential

For as long as I can remember, the Washington Post has played a central role in the news of the metropolitan area. Recent changes, including the elimination of the sports section and the resulting loss of reporters' jobs, have a chilling impact on an already nervous public. The total disregard for the needs of the local community and the country as a whole saddens and scares me.

My point here, however, is that the change stands in sharp contrast to the work of the Brunswick News Journal. Month after month it delivers exceptionally clear, well written and researched articles that respect the interest and intelligence of its readers. The stories are accurate and in-depth and reflect a commitment to informing the public.

Publications like the Brunswick News Journal remind me of what journalism is at its best – a vehicle to inform and connect the community it serves. In a time of shrinking attention spans and rapidly changing news, local publications are not old-fashioned. They are essential.

— Sue Blair, Knoxville

#### More Transparency Needed on Security Cameras

I wrote last April to express concern about the new security cameras around town. I worried that the larger surveillance networks that pull data from local cameras represent a violation of our rights and endanger our immigrant and minority neighbors.

I believe the past nine months have validated those concerns, which, if anything, were understated. We failed to appreciate the extent to which parts of our federal government and its contractors have been weaponized against our communities.

I remain concerned that Mayor Brown's response to my previous letter, which appeared in your July 2025 edition, did not identify the camera vendor. We have learned through other news outlets that two major tech companies, Flock and Ring, have some sort of agreement whereby cameras from both of those companies combine their data into a vast ICE surveillance network to which we are all subjected without consent. These networks collect our biometric data, including facial recognition and even our walking gait, as well as our everyday activities.

I am concerned that data from individual devices, like the license plate readers in our town, are being fed into a broader system with powerful surveillance capabilities. I do not trust those who own and operate those capabilities, nor do I trust any promises they make to the mayor of our town. We need greater transparency about who makes these cameras and why they are watching us.

I reiterate my previous opinion that the violations of our rights outweigh whatever benefits these systems may offer. Furthermore, I encourage my neighbors to reconsider your use of doorbell cameras that effectively transform our front porches into a covert government surveillance tool.

— Jim Larsen, Brunswick

### COMMENTARY

## Discovering a Hidden Chapter of the Y

### The B&O Railroad YMCA of Brunswick, Maryland

A retired YMCA executive, who made his career in New England and now lives in Brunswick, gives his observations about Peter Wenner's Local History article on the B&O Railroad YMCA that appeared in the February issue of the Brunswick News Journal.

By RICHARD A. FOOT

By the time I retired from a 28-year YMCA career in New England and settled in Brunswick, I thought I knew the YMCA story well — community centers, swimming pools, summer camps, leadership programs, and boards working to meet local needs. What I didn't know was that right in my new hometown stood a chapter of YMCA history that stretched back to the early 20th century — one rooted in the rhythm of steam engines, freight yards, and the daily lives of railroad workers.

Brunswick itself was born of transportation. When the Baltimore & Ohio Railroad chose this bend on the Potomac River for a massive classification yard in the late 1800s, the community that grew here became one of the busiest railroad towns in the country. As rails and ties multiplied, so did the need for places where men far from home could rest, eat, socialize and find wholesome recreation.



Into that need stepped the B&O Railroad YMCA. Built on land donated by the B&O Railroad and opening its doors in April 1907, this YMCA was more than a dormitory or a reading room — it was the heart of community life for generations of railroad workers and their families. The facility offered comfortable lodging, a barber shop, a gathering lounge, a chapel space, and even became the meeting place for the local Rotary Club — anchoring civic life in a town built on the backs of hard-working men and women.

The Brunswick Y was part of a broader movement. As early as 1872, the YMCA and

railroad companies across the United States partnered to create Railroad YMCAs — facilities designed to provide restful and uplifting environments for

railroad employees between long shifts and layovers. These efforts grew out of the YMCA's expanding industrial work in the early 1900s, an organizational focus that aimed to serve railroad workers, miners, lumbermen and immigrants with the same healthy, Christian-centered opportunities Y's provided in towns and cities nationwide.

For nearly 73 years, the B&O Railroad YMCA stood as a welcoming refuge in Brunswick — until the tragic fire of November 1980 that consumed the wood-frame structure and brought an end to its era. Even after the rails quieted and the yard's operations diminished in the mid-20th century, the YMCA remained a cherished

community hub, remembered in old photographs and local stories as a place of belonging, fellowship and service.

Today, as I stroll past the former railroad yards and reflect on my own years of YMCA service, I'm struck by how this little Y in Brunswick embodies the heart of what the movement has always stood for: meeting people where they are, offering community and care, and building spaces where lives are strengthened. In uncovering this piece of local history, I've been reminded that the YMCA story isn't just written in city centers or big urban branches — it lives in small towns, along iron rails, and in every place where people come together in search of support, fellowship and hope. ■



## FROM THE COUNTY EXECUTIVE

As winter gives way to spring, March brings fresh opportunities to connect, learn and celebrate our community. This month, we're shining a spotlight on Women's History Month — a time to honor the achievements, contributions and stories of women who have shaped our world. Join us in celebrating their impact through upcoming events, resources and inspiring features.

### Results of Adamstown Well Water Testing

Last fall, I announced that the Frederick County Health Department would offer free well water testing for Adamstown residents concerned about potential contamination linked to data center development at the former Alcoa Eastalco site.

Initial well water tests received last month show no contamination linked to data center development. Tests did not detect fluoride, which would be expected if the site was the source of contamination. Testing results show naturally occurring metals and levels of contamination typically seen near farms, households, railroad tracks and industrial sites.

Samples were collected and analyzed by Fredericktowne Labs, which is a State of Maryland Certified Water Testing Laboratory. The Frederick County Health Department reviewed well files, inspected wells and discussed results with well owners.

Community members concerned about their well water are encouraged to contact a local certified lab or reach out to the Frederick County Health Department's Environmental Health office at 301-600-1719. For more details about the testing results, visit [Health.FrederickCountyMD.gov/AdamstownWaterTesting](http://Health.FrederickCountyMD.gov/AdamstownWaterTesting).

### Frederick County Lowers Opioid Overdose Rates

I am proud to share that since 2020, Frederick County has made significant progress in reducing drug overdoses. This progress happened because Frederick County embraced a model of collaboration—government agencies, health providers, law enforcement and community partners working side by side. That is the Frederick County Way.

In 2020, the county faced 60 opioid drug overdose fatalities. Last year, the county recorded 7 confirmed fatal overdoses, with a few cases still pending review. Non-fatal overdoses dropped to 48, down from 77 last year and 355 in 2016. This represents an 87% reduction in all overdoses since 2016 and an 88% reduction in fatal overdoses over the last five years.

This progress was made possible by a collaborative effort between Frederick



County Executive Jessica Fitzwater

County agencies and community partners including law enforcement, health care, education, nonprofits and private businesses. The remarkable drop was achieved through a shared commitment to meeting individuals where they were and a belief that recovery is possible.

The success of the County's initiatives, like the Community Outreach and Support Team (COAST), demonstrates the effectiveness of this collaborative approach. COAST pairs paramedics with peer recovery specialists to respond immediately to overdoses, providing life-saving interventions and connecting individuals to treatment and recovery services.

While the reduction in overdose rates is a significant accomplishment, we remain committed to sustaining and building upon this progress by exploring proven strategies, strengthening existing programs, fostering collaborations with local organizations, and ensuring ongoing support for individuals in recovery.

### Applications Open for 2026 Work Ready Program

Frederick County Workforce Services (FCWS) is now accepting applications for the 2026 Work Ready program, a paid summer employment initiative that helps youth and young adults gain real-world work experience, build essential workplace skills, and explore future career pathways.

This program connects participants with local businesses across Frederick County, providing hands-on employment, job readiness training and on-the-job mentoring. The 2026 program will run from June 29 through August 7, 2026.

Work Ready is open to Frederick County residents ages 14 to 21 who are authorized to work in the United States. Space is limited, with priority given to individuals facing barriers to employment. Applications must be submitted by April 1, 2026. For more details and to apply, visit [www.FrederickWorks.com/Summer](http://www.FrederickWorks.com/Summer).

Local businesses are encouraged to serve as worksites for the 2026 program. Participating employers provide mentorship and exposure to the

workplace, while FCWS covers participant wages, delivers job readiness training, and offers dedicated staff support throughout the summer. Employer information is available at [www.FrederickWorks.com/Summer-Employers](http://www.FrederickWorks.com/Summer-Employers).

### Applications Open for Maryland Agricultural Land Preservation Foundation

The Frederick County Office of Agriculture is accepting applications for the Maryland Agricultural Land Preservation Foundation (MALPF) Easement program. Applications are due Wednesday, April 1 at 4 p.m.

The MALPF program purchases agricultural preservation easements that forever restrict development on prime farmland and woodland. Since the MALPF program began in 1977, it has preserved over 28,000 acres of farmland in Frederick County.

Requirements for the program and the application can be found on the Office of Agriculture website at [www.FrederickCountyMD.gov/MALPF](http://www.FrederickCountyMD.gov/MALPF).

### Treasury and Permitting Lobby Reopens

The Frederick County Division of Planning and Permitting and the Treasury Department reopened 30 North Market Street to walk-in traffic following the completion of security renovations in the building's lobby.

The renovations are part of Frederick County's ongoing commitment to providing a safe and welcoming environment for those conducting business at County facilities.

This County-funded project

was undertaken to enhance safety and security for both staff and members of the community. Thank you for your patience and cooperation throughout the renovation period. ■

## QUARTERMANIA AUCTION

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## LOCAL NEWS

### State Legislative News

By MARK ROHNER

#### Data centers moratorium proposed

Southern Maryland Republicans in the Maryland General Assembly are leading a push for a moratorium on data center construction, a step that lawmakers from Frederick County also discussed.

Calvert County Republican Del. Mark Fisher is sponsoring legislation that would prohibit the construction of new data centers in the state. The moratorium would terminate if the General Assembly votes to require data centers to have their own electric power generation on-site.

Co-sponsoring the legislation with Fisher are Republican Dels. Brian Chisholm of Anne Arundel County, Matthew Morgan of St. Mary's County and Kathy Szeliga of Baltimore County.

The measure is similar to a bill proposed by Frederick County Del. Jesse Pippy (R-District 4). Pippy's proposed legislation was discussed at a meeting of Frederick County lawmakers Feb. 6, but wasn't introduced before the Feb. 13 bill introduction deadline. His measure called for a moratorium on new data center construction until after completion of a study on the economic effects of data centers that was ordered by the General Assembly in December.

Pippy's district includes the 2,100-acre Quantum Frederick data center campus under construction near Adamstown.

Frederick County Sen. Karen Lewis Young (D-District 3), who sponsored the legislation mandating the data center study, spoke against Pippy's proposed moratorium at the Feb. 6 delegation meeting.

"This bill is likely to be legally challenged," she said. "Planning, zoning, growth are decisions that are under local control."

"I've certainly had my concerns about data centers," she said. "But this is not a legally correct manner to proceed."

Sen. William Folden (R-District 4) said that would be up to the courts to decide. Folden and other Frederick County Republican lawmakers spoke in favor of Pippy's draft bill, while Democrats spoke against it.

"I don't think it's unreasonable to pause it until we have the results of the study," said Del. April Fleming Miller (R-District 4).

Del. Kris Fair (D-District 3) said he was afraid a broadly drafted moratorium on data centers might prevent Frederick County's life sciences companies from building their own computing facilities.

#### Craft beverage sales

At a delegation meeting on Feb. 13, the Frederick County lawmakers agreed to support a measure by Folden to allow craft breweries, distilleries and



wineries, such as Brunswick's Smoketown Brewing Station, to sell products made by other Maryland craft beverage makers. The bill would be limited to sales by the drink.

Pippy noted that Frederick County is home of the most craft beverage makers in the state.

#### 287(g) agreements banned

In Annapolis, both houses voted overwhelmingly Feb. 3 to approve legislation banning so-called 287(g) agreements between local police and federal immigration enforcement agencies.

The vote in both houses was largely along party lines. Pippy, Fleming Miller, Folden and Del. Barrie Ciliberti (R-District 4) all voted no.

Nine sheriff's departments in Maryland, including Frederick County's, have such agreements. They allow local police to detain inmates in their jails for an additional 48 hours so immigration authorities can pick them up, if it is determined they are in the country illegally.

Frederick County Sheriff Chuck Jenkins, a Republican, was among a group of Maryland sheriffs who went to Annapolis in January to speak against the legislation. Jenkins called 287 (g) agreements "a true public safety tool." ■

### Primary Election Season Kicks Off

By MARK ROHNER and MIKE HILLMAN

What was initially shaping up to be your routine mid-cycle election, with all local attention focused on county elections, changed almost overnight with the announcement that former Sixth District Congressman David Trone will be challenging incumbent April McClain Delaney, setting up what will undoubtedly be a contentious Democratic primary. McClain Delaney was elected to succeed Trone in 2024 when he made his unsuccessful bid for the U.S. Senate.

There are five other Democrats seeking the Sixth District nomination: George Gluck, Alexis Goldstein, Daniel Krakower, Ethan Wechtaluk and Kiambo "Bo" White. Chris Burnett, Mariela Roca and perennial candidate Robin Ficker are seeking the Republican nomination.

The deadline for filing for office was Feb. 24. The Maryland primary election will be on June 23 and the general election will be Nov. 3.

#### State Races

Marylanders will vote for governor this year. Gov. Wes Moore and Lieutenant Gov. Aruna Miller have challengers in the Democratic primary. They are Eric Felber and running mate LaTrece Hawkins Lytes and Ralph Jaffe and Donald Palmore. On the Republican side, former Frederick County Delegate Dan Cox, who was defeated by Moore in 2022, is running again, with Rob Krop of Frederick as his

running mate. In the Republican primary they will compete with Carl Brunner and Kevin Rhodes, L.D. Burkindine and Jeremy Shifflett, Ed Hale and Tyrone Keys Jr., John Myrick and Brenda Thiam, Michael Oakes and Ronald Abend, Nancy Jane Taylor and Rachel Hannah "Mohawk" Swift and Kurt Wedekind and Shannon Wright.

In the race for three District 4 seats in the House of Delegates, Democrats are fielding Jerry Donald, Andrew Duck, Paul Gilligan and Alleria Stanley. Donald currently serves on the Frederick County Council but is term-limited for that seat so he is now competing in the state arena. Republican incumbent District 4 delegates April Fleming Miller and Jesse Pippy are seeking re-election. They are running as a team with a third Republican candidate, Jason Keckler. Republican incumbent District 4 delegate Barrie Ciliberti, 89, has said he is considering retirement and had not filed for re-election as of press time.

Candidates for the District 4 Senate seat are incumbent Republican William Folden and Democrat Lara Westdorp.

#### County Races

County Executive Jessica Fitzwater, a Democrat, is running for a second term. She has no primary opponent. Two Republicans are vying to unseat her. They are former Frederick Mayor William Holtzinger and former Frederick County procurement director Diane Fouche.

#### County Council

Democrats Brad Young and Renee Knapp, current County Council members-at-large, both announced that they will seek second terms. Both won their seats with strong majorities in 2022. They have one primary challenger, Tiffany Grant. Jack Felton is running for an at-large seat as a Republican.

Brunswick area voters will cast ballots to elect a new County Council member to represent District 1. With incumbent Jerry Donald running for the House of Delegates, the open seat beckons new entrants. Vying to succeed Donald are Democrats Jenn Alcorn and Louisa Conklin, and Republican Frank Hollewa.

#### Sheriff

Another county race that will be watched closely is the contest for Frederick County Sheriff. Current Republican Sheriff Chuck Jenkins is seeking his sixth term. He has a Republican primary challenger, Gary Morton. Democrat Karl Bickel is making his fourth run to replace Jenkins. He has two primary opponents, Jason Ciemielewski and Tony Lawson.

#### School Board

There were 13 announced candidates for three Board of Education seats as of press time, including incumbents Dean Rose, Rae Gallagher and Chad Wilson.

Other candidates who filed as of press time include Maria Carrasco, Chloe Celeste, Casey Day, Jess Douglass, Heather Fletcher, Nathan Foltz, David Migdal, Shelley Potter, Geoffrey Seidel and Tyler Walker. ■

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## Lovettsville Town News

By **ABBIE RICKETTS**

**Drought Warning** — The Virginia Dept. of Environmental Quality has issued a drought warning for Loudoun County. The Town of Lovettsville is closely monitoring drought conditions. While there is not mandatory conservation in place for the Lovettsville area at this time, all residents are asked to use water wisely. Examples include running washing machines and dishwashers only when full, taking shorter showers, and refraining from washing cars and watering lawns.

**Request for Town to consider Meals Tax Discount** —

Rebecca Lage, co-owner of Market Place Bistro, sent a message that was read at the Feb. 12 Mayor and Council meeting:

“Jason Lage and I have owned and operated Market Table Bistro in Lovettsville for 16 years. For the first 14 years we collected the 3 percent meals tax, and for the past year we have collected the 3.75 percent meals tax. Approximately 99 percent of our sales are paid by credit card, which carries merchant processing fees typically ranging from 3 to 4 percent. These fees also apply to the meals tax we collect on behalf of the town and remit each month.

Two surrounding towns, Purcellville and Leesburg, where we have operated restaurants in the past or currently operate, provide a 5 percent discount on the total meals tax collected. Round Hill implemented a meals tax revenue policy this year and also provides a 5 percent discount. The Commonwealth of Virginia similarly provides a discount on the 6 percent sales tax we collect. These policies are designed specifically to help offset administrative and transaction costs incurred by businesses acting as tax collectors.

What I am asking is for the Town of Lovettsville to consider implementing a similar discount to help offset the credit card processing fees we pay while collecting revenue for the town. Adopting a similar policy would not be unusual or experimental, but consistent with regional practice and reflective of the real costs businesses face.”

**United States of America Semiquincentennial (250th) Anniversary Proposed Programming** —

A preliminary plan for this year’s 250th anniversary has been developed and shared with the Mayor and Council and the Lovettsville Historical Society, a partner in the programming. Town staff continues to seek partnerships

to coordinate and execute the programming. The proposed plan was presented to Town Council at the Feb. 26 meeting.

**Town Audit** — A representative of the accounting firm of Robinson, Farmer, Cox and Associates gave a presentation on their audit of the town’s financial statements for FY2025. The audit revealed just one item with a recommendation for improvement. The report read:

**“Material Weaknesses in Internal Control 2025-001 Financial Statement Presentation**

**Criteria:** The management and staff of the Town should prepare financial statements in accordance with generally accepted accounting principles.

**Condition:** The management and staff of the Town lack the expertise to prepare financial statements in accordance with generally accepted accounting principles.

**Cause:** The Town did not perform accurate reconciliations, or prepare year end adjusting accrual entries in order to prepare the financial statements in accordance with governmental accounting principles during the fiscal year.

**Effect:** The Town’s financial statements may be misstated without the assistance and expertise of a third party.

**Recommendation:** The Town should employ a full-time employee or consultant to provide knowledge and expertise in preparing the Town’s financial statements in accordance with generally accepted accounting principles.

**Management’s (Town) response:** Management recommends that the full-time Treasurer continue education opportunities to enhance their skills in preparing year-end adjusting accrual entries to provide financial statements in accordance with generally accepted accounting principles

(GAAP). This will help ensure more accurate financial reporting and adherence to proper accounting standards.”

**Upcoming Mayor and Council Meetings**

March 12, 6:30 pm  
March 26, 6:30 pm

**Mark Your Calendars for 2026**

Eggstravaganza April 11  
Mayfest May 16  
Memorial Day Ceremony May 25 ■

**Lovettsville Historical Society Lecture: Sunday, March 8 at 2 p.m. “The Heroes of Brandywine”**

Travis Shaw, Director of Education for the Virginia Piedmont Heritage Area, leads a discussion about the role of Piedmont soldiers in the 1777 Battle at Brandywine. Free admission, but donations are welcome.

**St. James United Church of Christ**, 10 East Broad Way, Lovettsville  
We are no longer live-streaming via Zoom.  
events@LovettsvilleHistoricalSociety.org

**Lovettsville Game Club Spring 2026 Archery New Archers Program**

Dates: 3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16  
Duration: 8 weeks  
Time: 9:30–11:00 am  
Cost: \$80  
Age: 9-18  
Location: Lovettsville Game Protective Association  
16 Berlin Turnpike, Lovettsville ■

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## IN THE KITCHEN

## Legumes Get No Respect

By JEAN TOLEMAN

New dietary guidelines were released by the federal government in January. Updated every five years, the guidelines are used by health care providers, schools and industry. What has changed?

The old food pyramid has been turned upside down with the wide side on top and the point on the bottom. The new top recommends increasing daily protein from 0.8gm per a person's kilogram weight to 1.2-1.6gm. This means a 150-pound person "should" eat 82-109gm of protein a day instead of the previously recommended 55gm. Without changing your caloric intake, this would increase calories from protein and decrease calories from carbohydrates including vegetables, fruits and grains.

The protein sources on the pyramid are beef, poultry, fish, eggs, cheese and other dairy products. All animal sources. Where oh where are the vegetable sources of protein? Where is the lowly legume?

Always made fun of, seldom asked as a guest to the table, legumes are an amazing source of protein plus complex carbohydrates, fiber and micronutrients. They are economical and environmentally friendly. There are thousands of species and an amazing number of ways to eat them. Why are legumes not atop the pyramid?

## More than just protein

A serving of legumes (about 1/2 cup) provides 115 calories, 20 grams of carbohydrates, 7-9 grams of fiber, 8 grams of protein and just 1 gram of fat. Since most of the carbohydrate is complex, beans have a low glycemic index so are excellent for people with diabetes. The only high-fat legume is the peanut, and the fat in legumes is mono-unsaturated (considered healthy) versus the saturated fats found in animal products which have known health issues.

Unlike animal products, legumes are full of fiber. A serving of legumes provides almost a third of your daily recommended fiber intake. Beans contain both soluble and insoluble fiber that help with digestive and cardiac health, blood sugar control and weight control. Legumes are also high in potassium, calcium, magnesium and phosphorus. They even provide iron which is especially important for folks following a vegetarian or vegan diet.

## Why do we avoid beans?

Legumes have a bad reputation because they can cause GI distress and gas if not prepared correctly. How many jokes have we seen where cowboys eating beans around a campfire start to... you know the results!

But soaking beans before cooking greatly reduces this undesired effect. The water leaches



away the water-soluble anti-nutrients phytic acid and trypsin inhibitors. Discard the soaking water and cook the beans in fresh water. Soaking can be done by putting beans in water for 8-12 hours; overnight is great. A speedier way is to put them in a pot of water, bring it to a boil then turn off the heat. Let the water cool, then drain.

Smaller beans like lentils, split peas and mung beans don't need presoaking. Legumes can be cooked when you have extra time, then frozen for later use.

## How about cost?

Egg prices have come down with Bird Flu under control,

but beef and fish prices are up. Ground beef is over \$5.50 a pound. Legumes are about the cheapest of whole foods. A pound of dry beans costs \$1.25 to \$1.99 and cooks into about 6 cups of beans or 12 half-cup servings. Canned beans are around a dollar for three servings, but still very affordable. Without stopping all meat intake, beans can replace some of the meat and bring your food budget down.

## Don't forget the environment

Industrial meat production contributes to environmental degradation through greenhouse

gas emissions, deforestation and water pollution. According to Stanford Woods Institute for the Environment, 32% of worldwide methane emissions comes from livestock production, and two-thirds of all agricultural land grows feed for livestock. Beef has the highest carbon footprint. Reducing our dependence on animal products would ease the strain on the environment. Plant-based proteins—legumes, tofu, nuts—have a lower carbon footprint and use less land and water.

So, grab a bag or can of beans and start simple. Add beans to soups or stews. Make a bean soup or switch out half the ground beef in a recipe for cans of lentils or cannellini beans. Throw some kidney or garbanzo beans on a salad. Blend a can of beans in a food processor with olive oil and herbs for a dip or sandwich spread.

Inviting legumes as a regular guest at your table has many benefits to your health, your budget, your environment. Imagine a picture of a beautiful legume right up there between the cheese and the steak on that upside-down food pyramid, for legumes need to be a major player in our diets. ■

*Jean Toleman is a retired dietician, living in Knoxville, who worked in the field of diet and nutrition for over 30 years.*

## Simplify Mealtime

By CHRISTINA FRITZ

March is National Nutrition Month, so let's discuss ways to create easy, convenient meals without compromising nutrition. You don't need to be an expert in the kitchen to create a tasty and nourishing meal.

## Keep a well-stocked pantry

A well-stocked pantry can relieve stress at mealtime. Dried or canned beans are easy additions to soups and stews. No-salt-added canned vegetables make great side dishes. Whole grains such as brown rice, quinoa, oats and whole wheat pasta take very little preparation and can make meals more filling. Canned fish and chicken are a convenient protein source for sandwiches and salads.

Cooking oils, such as olive and canola, are great to have on hand to use in sautéing and roasting. Explore different combinations of dried herbs and spices to make meals more flavorful. Make soup with rotisserie chicken, canned vegetables and beans, and low sodium broth. Take note of your most used pantry items and add them to the shopping list when they run low.



## Frozen foods

A well-stocked freezer can complement the shelf-stable pantry items to achieve simple, quick meals. Frozen produce is just as nutritious as its fresh counterparts, as they are picked at peak ripeness and then frozen shortly after to lock in nutrients. Frozen vegetables can be microwaved and ready in as little as five minutes. Mixed vegetable blends are great to add to pot pies. Pepper and onion blends are easy additions to omelets. Riced cauliflower is a convenient way to add vegetables to a meal. Blend frozen fruit in a smoothie or mix it into oatmeal.

Frozen whole grains such as whole wheat pizza dough and brown rice are other convenient options for family meals. Frozen protein, like poultry and seafood, ensures you have protein on hand. Make a quick stir fry with a frozen stir fry vegetable mix, frozen brown rice, and frozen shrimp.

You don't need a recipe to create a healthy meal. Aim for each meal to have at least three of the five food groups — fruits, vegetables, grains, protein and dairy.

Pair fresh, canned and frozen components to create an easy satisfying meal. Canned diced tomatoes with herbs and spices can make a great sauce in a pinch. Use plain Greek yogurt as a substitute for sour cream in baked goods, on potatoes and chili. Enjoy quinoa with canned black beans, salsa, avocado and bell pepper or whole wheat pasta with frozen broccoli and chicken breast in a tomato sauce. Find a few favorite combinations that work for you and be flexible with what you have available.

Join the Weis dietitians in free online cooking classes for more mealtimes inspiration. ■

*Christina Fritz, MS, RDN, LDN is Regional Dietitian at Weis Markets in Brunswick.*

## RECIPE OF THE MONTH

## Shepherd's Pie

Shepherd's Pie is a traditional Irish meal. Try this recipe for St. Patrick's Day.

## Ingredients

4 large potatoes  
1 TBSP butter  
1 onion, chopped  
½ cup shredded cheddar cheese  
5 carrots, chopped  
1 TBSP vegetable oil  
½ lb. ground beef  
2 TBSP flour  
2 cans lentils (4 cups)  
1 TBSP ketchup  
¼ – ½ cup broth

## Directions

Cook potatoes, then drain and mash with butter, 1 TBSP of chopped onion and ¼ cup of cheese. Season with salt and pepper. Set aside.

Bring 1 quart water to boil with ¼ tsp. salt. Add carrots and cook until tender but firm, approximately 15 minutes. Drain, mash, set aside.

Preheat oven to 375 degrees. Fry onion in vegetable oil until clear. Add beef, separate and cook until browned. Add flour and mix.

Cook 1 minute. Add lentils, ketchup and broth. Bring to a boil, then decrease heat. Cook lentils 5 minutes, adding more broth if needed to create a moist mix.

Spread beef/lentil mixture in bottom of a casserole dish. Spread layer of mashed carrots. Top with mashed potato mix. Sprinkle with remaining ¼ cup cheese. Bake 20 minutes or until golden.



## Curiosity Is the Answer

BY MARIANNE WILLBURN

Tell me, what is it you plan to do with your one wild and precious life?" asked the poet, Mary Oliver in her 1990 poem "The Summer Day."

"Catastrophizing." Says the Modern, looking up from desk or device, oblivious to the tangible, observable, intoxicating natural world that Oliver inhabited for 83 years as a student. How could it be possible to consume just as voraciously as she did, and remain ever-hungry? Yet we do. And we are.

Each year, the fascinating, in-between month of March offers us hundreds of opportunities to stake claim to that precious life by first recognizing its worth — and this is only possible if we intentionally choose to be curious each time we are faced with both miracle, and misfortune.

While gardeners are positioned more advantageously than others to recognize and rejoice in the subtle signs of change that remind us of the cyclical nature of all things; we are not immune to the technological forces in other parts of our lives (social media, weather apps, 24-hour news, hyper-novel systems) that keep us in a heightened state of anxiety and imperceptibly separate us from each other and from the natural world.

We are also not immune to those forces making a profound impact on our capacity to be curious by cleverly providing a false sense of same. We can believe ourselves to be curious



Hellebore, violets and daffodils

even as we absorb and are satiated by performatively asked questions in echo chambers of algorithm. That isn't the curiosity we must cultivate to move into a changing climate with positivity and resilience.

Without curiosity we cannot contemplate adaptation. We cannot view our challenges creatively. Or see beyond the boundaries of what we already know. Not only is this not healthy, it's not a happy way to live, and it certainly does not support the discovery of that one wild and precious life Mary Oliver entreats us to find before it is over.

### One Flower, Two Journeys

This month for instance, the gardener may see a late-season daffodil like 'Thalia' emerge and bloom earlier than normal. This is worth noting. How would you react?

The non-curious gardener, however unintentionally, might smother the instinctive joy felt in that emergence, by focusing instead on the much larger and less resolvable issue of climate change.

Perhaps he snaps a picture

and posts it online with a concerned caption "Beautiful, but..." Commenters seeking communion or approval are quick to reiterate the angst, and may invoke anger and divisiveness by adding a political slant, or questioning the moral implications of planting a non-native daffodil in the first place (yes, this happens).

There is no learning here. It is merely a space to reinforce one's opinions and cultivate anxiety and bring everyone along with you.

Meanwhile, the curious gardener next door recognizes the new timing even as he recognizes the miracle and beauty of a daffodil breaking through the frozen earth, unfurling its flower, and offering itself to the elements. Perhaps it has altered a historically sound pairing in his garden which will mean a new bedfellow. Inconvenient, but not insurmountable. What else is blooming in tandem? Has it happened before?

Other factors will have contributed to this emergence. Can he mitigate for them in future springs? He must ask himself questions, answer honestly, and take notes. Memory is notori-

ously unreliable.

Is the daffodil newly planted? How long has he gardened here? Is this a wetter or a drier space? In winter? In summer? How does the sun lie on this stretch of soil? How is the same daffodil progressing in another area of the yard?

He may also see an insect responding in some way to this early flower he previously thought of little ecological value. Is the interaction significant or trivial? Finding the answer to that question may prompt him to look around at other similar species over the next few years.

To be curious in what one is seeing, and evaluate it in the pursuit of greater understanding, is the most logical step if the aim is to move forward, not backward. It is not merely the observation of the emerging plant, but the why of it. Why is it emerging in this spot, not that one? Why is it stronger here, not there? Curiosity precedes action and experimentation, not inaction and immobilization.

### What Will You Do?

This March, it may be very warm, but it may also be very cold. Temperatures may fluctuate drastically. That is inconvenient, but it is not insurmountable. What is consistently

struggling in that new environment and what appears to take it on the chin?

March may bring ice. Where is it melting first in your garden? Is that a place where early ephemerals like Erythronium and Sanguinaria might find an easier foothold?

March may bring heavy snow. Which early flowers spring back after a smothering blanket? Which bend and don't get up again?

March may bring heavy rains. Where is your drainage plan weak? Where is it effective?

### Choose Light

Activating curiosity in ourselves switches on the light in a darkened maze. We can choose to sit uncomfortably in darkness, or decide that there is no way out; but reaching for that switch signals our intention to explore and to solve — even if we're not quite sure which way to go.

"I do know how to pay attention..." says Oliver. "...Tell me, what else should I have done?"

March is full of miracles. Let's go find them. ■

Marianne is an author and podcaster at *The Garden Mixer* and *GardenRant.com*. She gardens from her home in Lovettsville.

## OFF THE SHELF

### Flora: The Secret Language of Plants in Art (2025)

Hope B. Werness

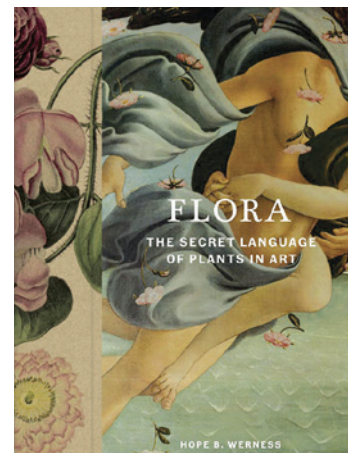
Reviewed by LAURA DVORAK

Spring is nigh. It is time to consider the lilies of the field as well as other flora. California State University Art Historian Hope Werness described her initial approach to this publication, which she envisioned would be something like acorn=strength, etc. However, soon she realized, "Artists, art historians, philosophers, scientists and others are looking anew at plants...most maintain that we must change our ideas about and relationships with plants." This important step — relationship change — possibly can help mitigate environmental disasters.

Werness's beautifully illustrated ode highlights a selection of the approximately 400,000 flower species and 60,065 tree species. The segments are divided by trees, flowers, fruit/vegetables/seasonings and grains/grasses/vines. It is a review and discussion of "cultural and art-historical treatment of plants," whether mythical or actual. Consider the cucumber (*cucumis sativus*), used by Romans to ease poor eyesight, scorpion bites and repel mice. The fruit has been in America gardens since the late 15th century, thanks to Christopher Columbus. In Christian art, cucumbers can be seen with the Virgin Mary and signify redemption.

Soon many local gardens will yield narcissus, family Amaryllidaceae. In 1937, artist Salvador Dali included a narcissus emerging from a cracked stone egg in *Metamorphosis of Narcissus*. He later took the painting to Sigmund Freud and expounded on a theory of narcissism, which Dali developed based on paranoia, Freud's concept. Tomatoes? Yes, there are those, too, including artist Andy Warhol's hand painted Campbell soup cans. Warhol confessed to having this soup for 20 years of lunches, "over and over again."

For a springtime journey through myriad fields of visual art, check out *Flora*, then slip into moments of insightful imagery, over and over again. ■



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## DAY TRIPS FROM BRUNSWICK

## From Harpers Ferry to Loudoun Heights

By JOHN CAVES

Due to the late winter snow making it difficult to explore new outdoor destinations for spring activities, this month's article revisits Harpers Ferry (featured in the March 2024 issue) and focuses on its early history and the trails on the WV/VA side.

Harpers Ferry is famous for John Brown's Raid, one of the major events leading up to the Civil War. Fittingly for the 250th anniversary of the Declaration of Independence, Harpers Ferry also has an earlier connection to the main author of the Declaration. Thomas Jefferson stopped by in 1783, the year the Revolutionary War ended, and described the view of the Shenandoah and Potomac rivers to a French diplomat as "worth a voyage across the Atlantic."

The value of Harpers Ferry was not lost on Jefferson's contemporaries, either. George Washington called it "a place of immense strength," with its heights and rivers, and decided in 1795 to build an arsenal there. In 1803, twenty years after his visit, then-President Jefferson sent Lewis and Clark to explore the West, and Harpers Ferry was their first stop for supplies.

An interpretive kiosk tells this early history at The Point at the Rivers, the viewing area where



The view of Harpers Ferry and the confluence of the Potomac and Shenandoah Rivers from Loudoun Heights.

the two rivers join. The spot is perfect for a photo and is about 100 feet from John Brown's Fort, where Brown and his band barricaded themselves against the Virginia militia in 1859. About 100 feet in the other direction is the Byron Bridge, the rail- and footbridge across the Potomac to

the C&O Canal towpath and the Maryland Heights trail (covered in detail in the March 2024 issue).

## Jefferson Rock

For the trails on the West Virginia side, start at John Brown's Fort and head down Potomac Street a short distance, then follow the white blazes past several historic buildings and onto the wooded heights above the old town. There you will find Jefferson Rock, where Jefferson stood to view the rivers' confluence. It is now part of the Appalachian Trail, which goes through Harpers Ferry.

## Loudoun Heights Trail

If you are not much into hiking, Jefferson's Rock is a good turnaround point to return to town and enjoy all it has to offer: shops, museums, architecture and plentiful cafes. If you are game to put in more miles, consider hiking the Loudoun Heights trail, a 7.5 mile (total) out-and-back that

ends with a great view of Harpers Ferry and Maryland Heights from a short distance downriver.

To get there, keep following the AT's white blazes across the U.S. 340 bridge over the Shenandoah. On the other side, a staircase takes you under the highway and back onto the dirt trail, which climbs the ridge separating West Virginia from Virginia. Once you are most of the way up the ridge (crossing Chestnut Hill Road along the way), the AT forks off to the right to continue south along the ridgetop, while the Loudoun Heights trail proceeds with blue blazes above the Potomac River.

You will know you are close to the end once you summit the ridge past some power lines, and the trail starts descending again. On the relatively short descent, you will pass Split Rock—two large, flat boulders stacked on top of each other—and then reach the trail's end at an overlook above the Potomac. Enjoy the view, take some photos, and then hike back into town for a well-earned lunch.

## Navigating there

The biggest challenge when visiting Harpers Ferry is parking, which is why it is good to go in

March before the tourist season kicks off. Rangers recommend you park at the visitor center lot on Shoreline Drive (left at the traffic light up the hill on U.S. 340), where a shuttle bus runs to the old town every ten minutes. If you are primarily looking to hike Loudoun Heights or the AT, try to grab a spot at the small lot below the U.S. 340 bridge (turn right immediately after crossing the bridges). Arriving early is a good idea.

Parking in National Park Service lots at Harpers Ferry costs \$20 per car. If you visit more than once a year, it is worth buying an annual pass for \$35. Veterans and seniors can get free or discounted admission—ask at the visitor center.

You can also bike to Harpers Ferry along the canal towpath. Work is ongoing on the stairs to the Byron Bridge; for now, a temporary staircase allows access, but the bridge may be closed for a time when construction is winding down. Call the park if you are unsure.

A Harpers Ferry visit takes some planning, but there are enough history, scenery and amenities there to spend most of a day taking it all in. ■



Split Rock at the end of the Loudoun Heights trail. It is indeed a rock, and is indeed split.



A park ranger explains the history of Harpers Ferry in front of John Brown's Fort.

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## BNJ Travels to Brunswick, Georgia



Did you know there are 9 towns in the U.S. named Brunswick? Vicki and Wayne Allgaier stopped in Brunswick, Georgia on their way back from Florida in early February. They posed in front of the local high school.

## TRAVEL, ARTS, CULTURE

## Harpers Ferry: More to Experience

By ABBIE RICKETTS

Harpers Ferry, just a short drive over the Potomac and Shenandoah Rivers from Brunswick, bursts at the seams with tourists most of the year. The charming little town, steeped in American history with a population of 289 residents, claims prominence as a Civil War town with no difficulty attracting thousands of visitors coming from far and wide to enjoy the area where historic events that helped to shape the country's political and cultural climate occurred.

The most well-known points of interest are the structures and waysides that tell a story of abolitionist John Brown's famous raid which resulted in his execution and the escalation of the Civil War. The often-photographed picturesque St. Peter's Catholic Church, an admired icon on the hill where the Appalachian Trail

passes alongside, as well as the historic buildings that line the streets in the lower town that stood the test of time through the Civil War and major flooding, are among the well-known tourist attractions. Much of the town is within the Harpers Ferry National Historical Park.

But there is much more to experience in the lesser known parts of the bustling, quaint town set mostly on a hillside overlooking the convergence of the Shenandoah and Potomac Rivers. Walking and hiking opportunities are some of the best around with 22 miles of national park trails and many miles of local trails.

**Wildlife Sanctuary**

The town is home to Woodpecker Woods, a 436-acre wildlife sanctuary owned by the West Virginia Department of Natural Resources. Winding through the forested property



Murphy's Farm

are ten primitive trails, some interconnecting. The trails are not too long and make for nice shaded walks. A favorite with local birdwatchers, the area offers an extensive variety of birdlife. Parking is very limited to access the trails.

Among the other trails within the town are the Armory Trail which winds down along the Potomac River up to the ruins of Dam #3, and the Virginus and Hall's Island trails along the Shenandoah side. Murphy's-Chambers Farm Trails accessed near the Visitors Center offer a stunning vista of the Shenandoah River (photo shown). The most famous trail for its spectacular view of Harpers Ferry is the Maryland Heights Trail accessed from Sandy Hook Road. The Sierra Club schedules hikes in the area. Visit [sierraclub.org](http://sierraclub.org).

Harpers Ferry is a home of the endangered peregrine

falcon. To provide peregrine falcons adequate space for nesting, portions of Maryland Heights will be closed from February 15 to July 31. The Maryland Heights Trail, however, remains open.

**The Trail and Town Alliance**

Minding the trails within town limits is the Trail and Town Alliance of Harpers Ferry-Bolivar. The alliance is a standing committee of the Harpers Ferry-Bolivar Historic Town Foundation. The group was formed as towns along the C&O Canal towpath trail formed the Canal Towns Partnership after completing assessments of their services to trail users and setting goals for trail-oriented sustainable economic development. The Trail and Town Alliance also became the steering committee for the town's Appalachian Trail Community Program.

The City of Brunswick's Appalachian Trail Committee joins with the Trail and Town Alliance to host the Appalachian Trail Flip Flop Festival in late April. Activities are held in both towns with a shuttle provided back and forth for the hikers about to begin their journey on the trail to Mt. Katahdin, Maine, then to Springer Mountain, Georgia, ending where they began in Harpers Ferry. The Appalachian Trail Conservancy headquarters is located in Harpers Ferry.

**The Harpers Ferry-Bolivar Historic Foundation**

The Foundation works to preserve the towns' history. One of its projects is the restoration and preservation of First Zion Baptist Church for use as a community center. The Foundation won a \$100,000 grant award in 2024 from the African American Cultural Heritage Action Fund of the National Trust for Historic Preservation. The grant will be used to restore the church's exterior—windows, brick masonry and foundation stones, slate shin-

gles, and wood doors.

This church became one of three African-American churches serving the thriving Black community in Harpers Ferry through the first three-quarters of the 20th century.

Storer College students attended First Zion Baptist church with local residents and served as mentors. Located on Camp Hill, America's first college for African Americans, the historic Storer College campus in Harpers Ferry is open to the public for walking tours. Visitors can freely explore the grounds to see the 19th-century buildings, including the campus museum, which highlights the school's history as an institution for freed slaves. (National Park Service)



Steve Pearson from the WV Observer with Chris Craig, Vice-President of the Canal Towns Partnership and Town Council member of Harpers Ferry.

Eclectic shops, bakeries and eateries are abundant in the lower town and in neighboring Bolivar. Harpers Ferry has an exclusive identity grown from the preservation of its historic past. The town is naturally blessed with incredible scenery and vistas, easy access to national parks, and a setting at the convergence of two scenic rivers at their most beautiful as they flow by. Like Brunswick, the trains pass through and stop at an E. Francis Baldwin designed train station. Tourists arrive by car, bicycle and on foot, or by the Amtrak train that stops there. ■



Members of the Trail and Town Alliance met recently at Snallygasters in Harpers Ferry.

## FILM REVIEW

Reviewed by LAURA DVORAK

*Kanopy* is an on-demand streaming service offered by the Frederick County library system for films, documentaries and courses, among other selections. *Kanopy* participants receive "tickets" each month for "admission" to view choices.

**When Fall is Coming****(2025) 1 hour, 42 minutes, French with English Subtitles****Directed by Francois Ozon**

The gorgeous fall palette shimmering in the French village makes life seem gentle — even genteel — for Michelle, mother to estranged daughter Valerie and grandmother to Valerie's son, Lucas. Yes, life is good, until it isn't.

Valerie and Lucas show for lunch cooked by grandma, who, earlier, went mushroom hunting with her long-time friend and former work associate, Marie-Claude, the mushroom authority. During lunch, Valerie is the only one to eat the cooked mushrooms. She is rude throughout the meal and even states mom should give her the house now, as it is easier than after mom dies. Mom has already given her boorish daughter an apartment in Paris. Daughter is separated from her husband who wants Lucas to join him in Dubai.

After tossing out the leftover mushrooms, Grandma and Lucas, who dote on each other, go for a walk. Once back, an ambulance is preparing to leave with Valerie, taken ill. Sure, anyone can mistake a poisonous mushroom. And Valerie doesn't die — not yet, anyway. Grandma is terrified that she will no longer be allowed access to Lucas.

Friend Marie-Claude has a son, Vincent, who is newly released from jail. He is strong, imposing, quick-tempered — and needs work. Valerie hires him to work around her house. Ultimately, he wants to open a bar, which sets up the possibility for quid pro quo.

There are myriad "circumstances" so subtle that careful attention is demanded, and clearcut answers are not guaranteed. One must muse the maze to conclusion, just as grandma muses about the possibility of losing her mind. ■



WHEN FALL IS COMING

# The History of Maryland's Significant Railroad and Canal Tunnels

By SEBASTIAAN BURKE

Long ago, many cargo and passenger trains roared through the tunnels of the Baltimore and Ohio Railroad, while slowly and steadily canal boats moved alongside the Potomac River. Even today, when cars are far more common, trains still roll on the tracks; however, the Chesapeake and Ohio Canal Company is no longer in operation.

Maryland is home to many historically significant railroad and canal tunnels that helped transport people and goods across the state. Almost certainly the top five tunnels that all played — or in some cases still play — a crucial role in transportation are the Point of Rocks Railroad Tunnel, Indigo Railway Tunnel, Paw Paw Canal Tunnel, Stickpile Railroad Tunnel and Kessler Railway Tunnel. All these tunnels follow the Baltimore & Ohio Railroad or Chesapeake & Ohio Canal in Maryland from Point of Rocks to Paw Paw.

## Point of Rocks Tunnel

The Point of Rocks Tunnel is very important to the B&O Railroad, as it made travel possible along the Potomac River. Constructed in 1868, this tunnel is about 0.2 miles (about 1056 feet or 322 meters) long. In the early 19th century, both the B&O Railroad and the C&O Canal were trying to expand transportation. They usually followed the river but later ran into problems. One major problem was that the distance between mountains and the Potomac River was small. This lack of natural area to build on often led to disagreements, as in this case.

In 1828 the railroad and the



North portal of the Paw Paw Tunnel, with a ranger on the towpath.

canal businesses started arguing over the piece of land between the Potomac River and the Catoctin Mountain. The dispute eventually went to court, and it took four years to resolve, ending in 1832. The court ruled that the canal company should get this

piece of land to make their canal. Luckily the railroad agreed with the canal company to build a tunnel into the Catoctin Mountain to allow train transport.

In 1902 the two-track tunnel was widened a little to accommodate larger trains. Unfortu-

nately, the canal company went out of business in 1924. This was caused by railroad transportation becoming more competitive and mostly because floods damaged many aspects of the canal line. The major flood of 1924 proved to be the final blow, as the cost of repairing the damage was more than the canal company could afford. In about 1960 the B&O Railroad moved the eastbound track from inside the tunnel to the outside, onto the former canal bed. Today there are huge trains moving across these tracks all the time.



South portal of the Point of Rocks Tunnel.

## Indigo Tunnel

The Indigo Tunnel is the longest tunnel on the Western Maryland Railway, stretching 4,350 feet (about 1326 meters), and was built in 1904. It was originally constructed by the Western Maryland Railway to avoid building over a mile of track along the winding Potomac River. The tunnel not only created a shortcut, but it also provided crucial transport for people. This one-track tunnel was abandoned in 1975 when the Western Maryland Railway closed after it was purchased by the Chessie System.

For a long time, people were still allowed to enter the tunnel, but in 2010 it officially closed to the public to protect the endangered bat population. Plenty of actions are being taken to help protect the bats from the White-Nose Syndrome (WNS), a highly deadly disease among bats. Luckily people can't catch this, but humans can carry the disease. The bat species in the Indigo Tunnel are the endangered small-footed myotis and the endangered Indiana bat. The six other bat types in the tunnel aren't endangered and are much more common but are still very important to the ecosystem. Even today the bat species continue to flutter through the tunnel, maintaining a valuable role in the local ecosystem.

## Paw Paw Tunnel

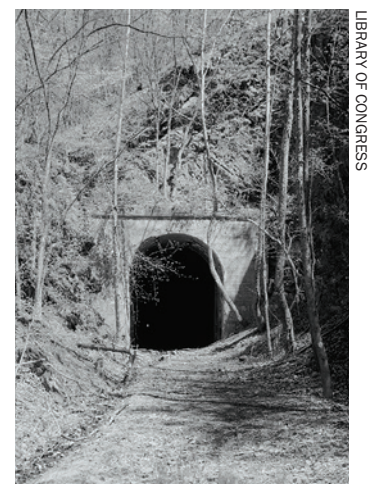
This is another significant tunnel, but it was constructed for the

C&O Canal, not the railroad. It is 3,118 feet long (about 950 meters), and it is built into Tunnel Hill. The canal company decided to build this tunnel to save over five miles of canal along the Potomac River. Construction started in June 1836 and was supposed to take two years but it took fourteen.

The tunnel took much longer than expected because of several factors, including unexpected engineering difficulties, extremely hard rock that was difficult to cut, material and money shortages, and conflicts among workers. In fact, this construction almost bankrupted the Chesapeake and Ohio Canal Company. The canal company thought it would cost \$33,500 (\$1,167,010 today) but the final cost was \$600,000 (\$24,921,230 today!).

Lee Montgomery tried to rush the build and got over 400 Irish, English and German immigrant workers. These workers argued over pay, work and labor, and they also had difficulty communicating with each other. All the conflicts and violence caused some workers to die.

When the tunnel finally opened on October 10, 1850, there were approximately 5.8 million bricks used. The tunnel is no longer in use for the canal, but it is still open to the public and great to explore.



East portal of the Indigo Tunnel showing interior timber framing.

## Stickpile Tunnel

This tunnel is also known as the Green Ridge Tunnel because of the nearby Green Ridge State Forest. It is located in Allegany County and is only 2.5 miles southwest of Little Orleans. In total it is 170.5 feet long (52 meters). While it might seem very short compared to the other tunnels, it still represents an important part in transportation history.

The tunnel was constructed with concrete arches and a wood planked ceiling. Beginning in 1906, trains roared through this one-track tunnel. It was also part of the major project to expand the Western Maryland Railway all the way from Hagerstown to Cumberland.

The tunnel was abandoned in 1975, along with other tunnels, following the closure of the

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**Compiled by  
Julie Maynard**

**March 5, 1926.  
18 ARE CONVICTED  
IN COUNTY CIRCUIT COURT**

The Frederick County Circuit Court, in session for the February term, meted out penalties for violations for a total of twelve and one-half years. The heaviest sentence was given Harry Stevens, arraigned on charges of statutory breaking and larceny.

Three men, all of near Burkittsville and arraigned on charges of statutory breaking and larceny, were sentenced as follows: Harry Stevens, four years in the Maryland Penitentiary; Raymond Stevens, two years in the House of Correction; Abraham Rohrer, two years in the House of Correction.

... a married man of about 29 years of age, of near Jefferson, was found guilty of statutory rape. He was accused by [a girl], also of near Jefferson. Immediately after the [first] trial, the case of [a 19-year-old man] of the same locality, accused by the [same girl], was taken up. The witnesses for the State were the girl, her mother and County Constable Charles W. Smith. [The young man] took the stand in his own defense, but attempts by his attorney to bring in evidence damaging to the character of the accuser, were ruled out by the Court. At the conclusion of testimony, the Court went into deliberation for about an hour, after which a verdict of guilty was returned. Before sentence is passed, the Court will allow the defense in both cases to present further witnesses to show why a severe penalty should not be imposed.

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**Right-Of-Way Delayed**

With the exception of two, every property owner along the north side of the Brunswick-Knoxville road has pledged a right-of-way for the proposed State improvement of that highway. The entire right-of-way along the south side, owned by the Baltimore & Ohio Railroad Co., has been pledged. It is thought all of the distance along the north side will be pledged in a short time.

**March 12, 1926.**

**CAMPBELL CONVICTED  
OF THE MURDER OF  
MRS. ELSIE SULLIVAN**

Jesse Campbell, aged 20 years, indicted for the murder of Mrs. Elsie Sullivan, at her apartment, the Gregory Building, Brunswick, last October 30, was found guilty of second degree murder before a jury in the Circuit Court, when that body returned a verdict at about 1 o'clock last Friday. The case was given to the jury at 11.30 o'clock Thursday night, after three hours and twenty minutes of arguments by State's Attorney William Storm and Samuel A. Lewis, the attorney for the defense. Mr. Lewis indicated he will attempt a new trial for his client.

During the entire time of the trial, and even into the wee small hours of the morning, the courtroom was taxed by a capacity crowd. Chief Judge Urner and Associate Judges Worthington and Peter were on the bench.

State's Attorney Storm, with the aid of State witnesses, attempted to prove Campbell had admitted the murder in his statement to a Brunswick physician

that he "had killed a woman." The defense attempted to prove Campbell played the part of a deliveryman for Mrs. Sullivan, who was in the illicit liquor business. They attempted to show Mrs. Sullivan was found in a dying condition when she went to her home and that the shooting was either done by the woman herself or by some other unknown person.

In the motion for a new trial for the convicted man, Attorney Lewis set forth his reasons: first, that the verdict was contrary to evidence; second, the verdict was against the weight of the evidence; third, the verdict is against the instruction of the court; fourth, the court erred in its instruction to the jury; fifth, and for other good and sufficient reasons.

L. B. Darr, Brunswick, indicted on a charge of running a slot machine, was found guilty at a hearing. Although A. D. Willard, his attorney, filed motion for a new trial, the motion was overruled and Derr was fined \$25 and costs.

**March 19, 1926.**

**BRUNSWICK COUPLE  
ELOPE ON FREIGHT CAR  
Mildred Long, 18, Taken In  
Charge by Baltimore Police, After  
Dick Bell, 19, Left Her Stranded.**

Mildred Long, aged 18 years, of Brunswick, was held in Baltimore by the police, while they communicated with her father, after Dick Bell, aged 19, also of Brunswick, with whom she had eloped, deserted her in the city, and left for Pittsburgh, Pa. The couple had traveled to Baltimore in a B. and O. gondola, with Miss Long dressed in boys' clothing furnished by her sweetheart.

In Baltimore, according to Miss Long, she changed her clothing in an old shed along the railroad and they started walking, in an endeavor to find someone who would go with them to be married. She said they couldn't find any one and finally Bell said he was tired and that he was going to Pittsburgh. Miss Long said that she had \$10 and Bell took \$8 of it, together with the boys' clothing she had worn to Baltimore.

Miss Long, after attending several movie shows, went into Camden station and asked assistance from a policeman, who took her to headquarters.

**Two Men Sentenced.**

In passing sentence in [the Jefferson rape cases detailed earlier], Judge Urner expressed regret that the wife and children of [the older man, sentenced to two years in the House of Correction] should be forced to suffer through his actions, but the Court had been as lenient as it could possibly be. [The young man's] sentence, according to Judge Urner, was made light because of his age and of the good standing of his family.

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**THE YELLOW TEA ROOM**

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**March 26, 1926.**

**Surprise Birthday Party**  
Mr. Samuel Ausheran, of Burkittsville, was given a complete surprise on his birthday, on Thursday, March 11. Forty-nine

green candles, interspersed with pink rosebuds, decorated the cake. ... The evening was very enjoyably spent. Mrs. Howard A. Gross gave a reading that was much enjoyed. Mr. Ausheran received a number of useful presents.

**MISSING 15 MONTHS;  
HEADLESS BODY FOUND  
Badly Decomposed Body of  
Chas. Wm. Moore, Aged 35, of  
Sandy Hook, Found on Island.**

Missing since December 9, 1924, when he left his home at Sandy Hook, and of whom no trace could be discovered, the headless and badly decomposed body of Charles Wm. Moore, aged 35, was found on Monday afternoon about 4 o'clock, on a small island in the Potomac river, near the Virginia side, and just opposite Sandy Hook, by "Tim" Greenwalt, 45, a truck gardener and resident of that section. A flock of crows, fighting over dead fish, was responsible for the discovery.

On the afternoon of December 9, 1924, Moore left his home at Sandy Hook. Failing to return after a long period of time, a search was conducted which revealed that Moore was last seen near the Harper's Ferry, W. Va., bridge, after having taken a taxi trip to Brunswick, it was said. At that time he expressed the intention of visiting a bootlegging cache in the vicinity.

A more strenuous search was instituted and efforts to find the missing man were enhanced by a \$500 reward offered by Moore's mother. It was thought Moore might have fallen into the Potomac river and drowned, and the river in the vicinity was dragged, but without avail. All efforts to unravel the mystery were fruitless and Moore's whereabouts became an unsolved question.

Not since the afternoon of his disappearance, 15 months ago, until the Monday afternoon just passed, has any trace of Moore been seen, and the discovery of the body was due to a chance visit to a small island close to the Virginia side of the river.

"Tim" Greenwalt, a Sandy Hook resident, who deals in garden truck, was visiting a small island he cultivates, in the Potomac river, near Miller's bend. On his return, he passed another small patch of land and noticed quite a commotion among a large flock of crows. Being curious, he investigated, and found a dead fish was the object of their struggle. Happening to take another glance about, he saw a body lying in a low clump of weeds. The head was missing, and it has not yet been found.

Greenwalt hurried to his home with news of the discovery and several residents of the vicinity made their way back to the island. On searching the tattered shreds of clothing remaining, the identity of Moore was revealed. A note was found, addressed to the dead man's mother, written by another woman, relative to garden truck, and a one dollar bill, in fairly good condition, was discovered.

The body was placed in a piece of canvas and taken to the undertaking establishment of Eakle's, at Harper's Ferry. State's Attorney Roulette and Sheriff Duffey were called and appraised of the news. In addition to being headless, the body contained no ribs and the left leg was broken at two places, just above the ankle. The badly decomposed state prohibits an autopsy. The action by the Washington county authorities will hinge entirely on the outcome of an immediate inquest, State's Attorney Roulette stated.

**Tunnels CONTINUED**



East portal of the Stickpile Tunnel.

Western Maryland Railway. The National Park Service acquired this tunnel in 1980 as part of the Chesapeake and Ohio Canal National Historical Park.

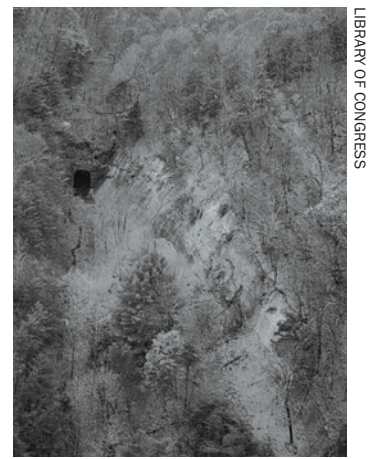
**Kessler Tunnel**

While the Kessler Tunnel is slightly less well known, it is still historically important. It is 1843 feet long (about 562 meters) and was constructed in 1906 by the Western Maryland Railway. Like many other tunnels near the Potomac River, it was constructed to bypass several bends in the river. The rail line was abandoned in 1975 by the Chessie System.

Today, this one-track tunnel is flooded by groundwater. It has been part of the C&O Canal National Historical Park since 1980. The name Kessler comes from the landowner, John Kessler, who owned the land that the tunnel was built on. Unfortunately, the tunnel is closed to the public but was still a significant part of history.

**Summary**

All of the tunnels described here are historically significant and played — or in some cases still play — a crucial role in transporting people and goods across



East portal of the Kessler Tunnel, with Tunnel Hill Road visible at right.

the region. The tunnels follow the Chesapeake & Ohio Canal or Baltimore & Ohio Railroad in Maryland from Point of Rocks to Paw Paw. Even today, trains race along the rails and through the tunnels, much faster and larger than ever before.

*Sebastiaan Burke is 11 years old and a sixth-grade student at Brunswick Middle School. He researched and wrote this article based on his interest in trains and history. Dr. Wayne Allgaier of the Brunswick History Commission assisted in reviewing this article for historical accuracy. ■*

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## BHS Boys Basketball: a winning season

By BILL CAULEY

Brunswick's boys basketball team has had its shares of ups and downs through the December and January parts of its schedule. In closing out its January side of things, and moving into February, the Railroaders have all but assured themselves of their first winning season in nearly 10 years.

It's a goal Railroaders' coach Larry Brown has been seeking. When he took over the program, coming out of the COVID-19 pandemic, Brown was tasked with building fresh confidence in the team and the program.

"This team has a lot of confidence," Brown said. "It's a very special group."

The 2020-21 season was abbreviated because of the pandemic, starting in the winter of 2021. No sooner had the Railroaders started their season, COVID shut it down.

Brunswick played less than 10 games that season and did not win a game. Brown, already a seasoned youth basketball coach, got the job.

The Railroaders struggled in the early years, but Brown pressed on. As younger play-

ers came through both the PVYA and Mid-Maryland youth programs, they found their way into the high school system.

Now, some five years later, Brunswick's boys are bigger, faster and stronger, capable of taking on some of the tougher teams and hanging with them. The records and statistics bear that out.

Through games of Feb. 10, the Railroaders were 12-6. Brown feels everyone on the team has the opportunity to contribute.

"There's something for everybody," he said. "Everyone has bought into what we've been telling and teaching them. We've been stressing defense, keeping up the pressure, especially in the fourth quarter."

Jaiyn Moody is the top scorer for the Railroaders, averaging 13.5 points per game, followed by Aaron Birney (10.9) and Nick Martinis (10.7). Brady Renn leads the Railroaders in rebounding with 8.7, as well as an average of 4.2 assists per game. Mark Yongbi has a 5.6 rebounding average. Martinis has a 3.1 assists per game average. ■

## BHS Girls Basketball



Emme Miller moves for BHS Girls Basketball team.

By BILL CAULEY

While Brunswick's boys basketball team will finish with a winning season, the Railroader girls basketball team continues to struggle as it goes through a developmental process.

Brunswick was 4-13 as of Wednesday, Feb. 18. The Railroaders lost a tough, 50-45 decision to Tuscarora on Feb. 17, then lost to a powerful Smiths-

burg squad the following night, 71-33.

What continues to plague the Railroaders, according to coach Sam Connelly, is a lot of turnovers. Just when it seems like Brunswick is headed in the right direction, the miscues mount up.

"We had 18 turnovers in the first half of our game with Tuscarora and 14 in the second half," Connelly said. "We did do a good job of adjusting to

our opponents' speed but we kept turning the ball over."

Emme Miller has been averaging 8.9 points and 3.4 assists for the Railroaders.

As quickly as the season started, it's winding down. Regardless of the final outcome this year, the Railroaders' boys are enjoying a lot of success, setting the standard for future Brunswick teams.

The Railroader girls will keep getting better over time. ■



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# SPORTS

## Forest of Needwood Race March 14

By LEE ZUMBACH

The 43rd annual Forest of Needwood 5-mile road race is on Saturday, March 14, with a 1 p.m. start. The oldest road race in Frederick County is put on by the Frederick Steeplechasers Run Club and BARC to benefit a scholarship fund for Brunswick High School athletes and to honor the memory and service of Jennifer Shafer Odom.

The race starts and ends at St. Mary Catholic Church in Petersville. Register online or on race day starting at 11 a.m. Information is at Runsignup.com or BARCMD.com. Race director Lee Zumbach can be reached at 301-834-8045 or zum50@hotmail.com. ■

## Cold Weather Does Not Stop the Scouts

By ANNE ZUMBACH

The Brunswick Boy Scouts continued with activities despite the cold winter temperatures. The highlight of January was their participation in the Frozen Fjords campout at Walkersville Watershed.

The Scouts arrived Friday evening, setting up camp in the cold darkness. Saturday morning brought snowfall and low temperatures—it was so cold the propane stove didn't work, so they had to eat pop tarts, granola bars and water for breakfast. With a loaded sled, the boys were off to a variety of stations which included hatchet throwing, two-man sawing, knife throwing, fire starting, ice fishing, navigation, gold rush, archery and a sled race. Julian O'Toole liked the archery station best. There was a campfire that night but it was cold and dark and the boys were in their tent by 8 p.m.

In March, the Scouts will compete in the District First Aid meet, demonstrating their knowledge in eight scenarios requiring different levels of first aid. They will also attend a Court of Honor to receive rank advancements and merits earned since the October Court.

Troop 277 is open to boys from 11 to 18 years of age. The troop meets on the 1st, 3rd, and

5th Thursday of each month at Merryland Park. For more information, contact zum50@hotmail.com or go to BeAScout.org to find a troop. ■



Brunswick Boy Scouts in the Klondike sled race in January.

## BHS Spring Sports Schedules

### Varsity Baseball

March 20	at Frederick	4:30 p.m.
March 23	South Carroll	4:30 p.m.
March 27	Walkersville	4:30 p.m.
March 30	at Clear Spring	4:45 p.m.
April 1	at Williamsport	4:45 p.m.
April 2	Linganore	4:30 p.m.
April 7	FSK	4:30 p.m.
April 8	Boonsboro	4:30 p.m.
April 10	Catoctin	4:30 p.m.
April 13	at Middletown	4:30 p.m.
April 17	at Walkersville	4:30 p.m.
April 20	Smithsburg	4:30 p.m.
April 22	Williamsport	TBA
April 24	at Catoctin	4:30 p.m.
April 27	at Tuscarora	4:30 p.m.
April 29	Middletown	4:30 p.m.
April 30	at Boonsboro	4 p.m.
May 4	Hancock	4:30 p.m.

### JV Baseball

March 21	at Middletown (DH)	11 a.m.
March 24	at Boonsboro	4:45 p.m.
March 31	TJ	4:30 p.m.
April 4	Catoctin	11 a.m.
April 7	at Tuscarora	4:30 p.m.
April 11	Williamsport	11 a.m.
April 18	at Smithsburg	11 a.m.
April 23	at Clear Spring	4:45 p.m.

### Varsity Softball

March 20	at Frederick	4:30 p.m.
March 23	South Carroll	TBA
March 27	Walkersville	4:30 p.m.
March 30	at Clear Spring	4:45 p.m.
April 1	at Williamsport	4:45 p.m.
April 2	Linganore	4:30 p.m.
April 7	FSK	4:30 p.m.
April 8	Boonsboro	4:30 p.m.
April 10	Catoctin	4:30 p.m.
April 13	at Middletown	4:30 p.m.
April 17	at Walkersville	4:30 p.m.
April 20	Smithsburg	4:30 p.m.
April 22	Williamsport	4:30 p.m.
April 24	at Catoctin	4:30 p.m.
April 27	at Tuscarora	4:30 p.m.
April 29	Middletown	4:30 p.m.
April 30	at Boonsboro	4 p.m.
May 4	Hancock	4:30 p.m.

### JV Softball

March 21	at Middletown (DH)	11 a.m.
March 24	at Boonsboro	4:45 p.m.
March 31	TJ	4:30 p.m.
April 4	Catoctin (DH)	11 a.m.
April 7	at Tuscarora	4:30 p.m.
April 11	Williamsport (DH)	11 a.m.
April 18	at Smithsburg (DH)	11 a.m.
April 23	at Clear Spring	4:45 p.m.
April 25	Walkersville (DH)	11 a.m.

### Boys Lacrosse

March 20	at SJCP	TBA
March 24	at FSK	6 p.m.
March 25	Tuscarora	7 p.m.
March 31	at Walkersville	7 p.m.
April 2	North Hagerstown	7 p.m.
April 7	Middletown	7 p.m.
April 9	at Boonsboro	7 p.m.
April 14	TJ	7 p.m.
April 16	at Smithsburg	7 p.m.
April 21	Catoctin	7 p.m.
April 27	Frederick	7 p.m.
April 29	South Hagerstown	7 p.m.

### Girls Lacrosse

March 24	FSK	7 p.m.
March 25	at Tuscarora	7 p.m.
March 31	Walkersville	7 p.m.
April 2	at North Hagerstown	7 p.m.
April 7	at Middletown	7 p.m.
April 9	Boonsboro	7 p.m.
April 14	at TJ	7 p.m.
April 16	Smithsburg	7 p.m.
April 21	at Catoctin	7 p.m.
April 27	at Frederick	7 p.m.
April 30	St. James School	6 p.m.

### Tennis

March 23	South Carroll	4 p.m.
March 27	Walkersville	4 p.m.
March 30	at Clear Spring	4:30 p.m.
April 1	Williamsport	4:30 p.m.
April 8	Boonsboro	4 p.m.
April 10	Catoctin	4 p.m.
April 13	at Middletown	4 p.m.
April 15	Clear Spring	4 p.m.
April 17	at Walkersville	4 p.m.
April 20	Smithsburg	4 p.m.
April 22	Williamsport	4 p.m.
April 24	at Catoctin	4 p.m.
April 27	at Tuscarora	4 p.m.
April 29	Middletown	4 p.m.
April 30	at Boonsboro	4:30 p.m.
May 7	FCPS Championships at Baker Park	9 a.m.

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# ALL ABOARD BRUNSWICK

## MARCH COMMUNITY GUIDE FOR ARTS, ENTERTAINMENT, EVENTS, ETC.

To have your event listed in next month's newspaper, email events by the 15th of this month to [info@BrunNews.com](mailto:info@BrunNews.com).

### Celtic Music Session, Brunswick Food Bank Benefit

March 1, 2 pm  
Grace Episcopal Church, 114 E A St.  
Suggested donation \$10 for mandolin, fiddle, guitar, bodhran, vocal performances

### Brunswick Arts Council Class

March 4, 7-8 pm  
Basic color mixing for beginners  
Brunswick City Park Bldg. 655 E. Potomac St.

### Country Breakfast

March 7, 6-10 am  
Burkittsville Ruritan Club

### Fresh Pork Sale

March 7, 8 am-noon  
Burkittsville Ruritan Club

### Brunswick Heritage Museum Spring Opening

March 7, 10 am-4 pm  
March 8, 1-4 pm  
40 W. Potomac Street

### DaSilva-Simmons Karate Bingo Fundraiser

March 7, doors open 10:30 am, lunch-noon, Bingo 2 pm  
\$50 ticket includes (1) 9 pack and Pig Hole BBQ catered lunch  
Brunswick Eagles Club  
Jennifer Peddicord, 301-748-0121  
Seats for ticket holders only

### The Heroes of Brandywine

by Travis Shaw, Virginia Piedmont Heritage Area  
March 8, 2 pm  
St. James United Church of Christ  
10 East Broad St., Lovettsville

### Brunswick Arts Council Class

March 11, 7-8 pm  
Gel Plate Printing  
Brunswick City Park Bldg. 655 E. Potomac St.

### Petersville Ruritan Club

Fundraiser: Paint Night (\$32.50)  
March 12, 6-8 pm, doors open 5:30 pm (snow date March 17)  
Ticket purchase deadline was 2/26/26, non-refundable

### Main Street Indoor Farmers Market

March 13, 4-7 p.m.  
American Legion  
18 S. Maple Avenue

### Pickleball Tournament Youth Fundraiser & Bake Sale

March 14, 8 am-8 pm  
199 North Place, Frederick  
Signup: [www.playtimescheduler.com](http://www.playtimescheduler.com)

### The Reagan Years at Smoketown

March 14, doors open at 6 pm  
Tickets: [upstairsatsmoketown.com](http://upstairsatsmoketown.com)

### Brunswick Arts Council Class

March 18, 7-8 pm  
The Art of Horror (Acrylic Painting)  
Brunswick City Park Bldg. 655 E. Potomac St.

### Brunswick Arts Council Class

March 25 & April 1, 7-8 pm  
Machine Sewing 101  
Brunswick City Park Bldg. 655 E. Potomac St.

### Red Cross Blood Drive at Brunswick American Legion

March 28, 8:30 am-1 pm  
To sign up: 800-733-2767, [www.redcrossblood.org](http://www.redcrossblood.org)

### American Legion Benefit Concert

March 28, 4-10 pm  
Upstairs at Smoketown

## RECURRING

**Connect & Create**  
SECOND SATURDAYS  
Smoketown Brewing

**Worship Service**  
SUNDAYS, 9 am  
Jefferson United Methodist Church  
3882 Jefferson Pike

**Worship Service**  
SUNDAYS, 9:30 am  
New Hope United Methodist Church  
7 S. Maryland Ave, [brunswickumc.com](http://brunswickumc.com)

**Manly Movie Night**  
MONDAYS, 7-9 pm  
BYO drink  
Traveling Bros. Cigars  
302 W. Potomac St.

**Shuffleboard & Cornhole**  
\$2 — TUESDAY  
4:30-6:00 pm  
Parks & Recreation Building, Brunswick Elementary School

**Table Top Tuesdays**  
TUESDAYS, 6-8 pm (3rd Tues. calling all Dungeons and Dragons neophytes and/or pros) BYO drinks  
Traveling Bros. Cigars  
302 W. Potomac St.

**Valley Quilters**, all ages/levels  
FIRST WEDNESDAYS  
6:30 pm  
St. Paul Lutheran Church, Jefferson  
Peggy at [valleyquiltersTLC@gmail.com](mailto:valleyquiltersTLC@gmail.com)

**Ladies' Movie Night**  
WEDNESDAYS  
7-9 pm  
BYO drinks  
Traveling Bros. Cigars  
302 W. Potomac St.

**Goose Creek Ruggers**  
SECOND SATURDAYS  
10 am-1 pm  
Catoctin Presbyterian Church, 15565 High St., Waterford, VA

**Games Club of Maryland**  
THIRD SATURDAYS  
12:30-7 pm  
Smoketown Brewing Station

## CHECK THIS OUT!

### March events at local libraries

**Brunswick Library**  
915 N. Maple Avenue

**Puzzle Swap**  
March 1, 2-4 pm

**Elementary Explorers: African Storyteller Ada Ari** (all ages)  
March 3, 4:30-5:30 pm

**Ready for School with FCPS**  
March 4, 5:30-6:30 pm

**Teen Time: Poke Trivia**  
March 5, 6 pm

**Tween Time: All About Rocks** (3rd through 8th grades)  
March 5, 6-7 pm

**Adult Adaptive Program: Music Therapy**  
March 6, 11 am-noon

**Stuffed Animal Sleepover**  
March 7

**Brunswick Art Council: Upcycling Crafts Workshop**  
March 8, 2-4 pm

**Adult Adaptive Program: Let's Get Moving**  
March 10, 1-2 pm

**Elementary Explorers: Leprechaun Traps** (ages 5-10)  
March 10, 4:30-5:30 pm

**Caregiver Toolbox: The Busy Parents' Guide to Tackling Picky Eating**  
March 12, 11-11:45 am

**Teen Time: Window Painting**  
March 12, 6 pm

**Memory Café**  
March 13, 11:30 am-1 pm

**Celtic Harp**  
March 14, 10:30-11:30 am

**An Afternoon with Puerto Rican Volleyball Legend Ariel Rodriguez**  
March 14, 12:30 pm

**Flip Your Lawn to Attract Birds and Pollinators**  
March 15, 2-3 pm

**Elementary Explorers: Cardboard Flower Garden** (ages 5-10)  
March 17, 4:30-5:30 pm

**Teen Time: Tea-rific Tea Blends**  
March 19, 6 pm

**Tape Town** (ages 3-8)  
March 21, 10:30-11:15 am

**Knoxville African American Cemetery**  
March 22, 2-3 pm

**Elementary Explorers: Your Gross and Cool Body** (ages 5-10)  
March 24, 4:30-5:30 pm

**Caregiver Toolbox: Family Partnership**  
March 26, 11-11:45 am

**Teen Time: Tim Burton's Frankenweenie**  
March 26, 6 pm

**Read to a Dog** (ages 0-10)  
March 28, 10:30-11:30 am

**Elementary Explorers: Salamanders** (ages 5-10)  
March 31, 4:30-5:30 pm

## RECURRING

**Baby Storytime**  
MONDAYS, 10:30 am, ages 0-24 months with caregiver

**Beginning Readers Club** (K-2nd grade)  
MONDAYS

**Toddler Storytime**  
TUESDAYS, 10:30 am  
2 year olds with caregiver

**Preschool Storytime**  
WEDNESDAYS, 10:30 am  
3-5 year olds with caregiver

**Preschoolers School & STEM Skills**  
WEDNESDAYS, 11:15 am  
3-5 year olds with caregiver

**Musical Storytime**  
THURSDAYS, 10:30 am  
ages 0-5 with caregiver

**Conversation Class for English Language Learners**  
SATURDAYS, 10:30-noon

**Brunswick Arts Council Meeting**  
SECOND SATURDAYS, 10 am-noon

**Edward F. Fry Library Point of Rocks**  
1635 Ballenger Creek Pike

**Seed Starting with Frederick County Master Gardener Megan Rice**  
March 7, 10 am-noon

**Lovettsville Library**  
12 N. Light Street

**Hill Top House at Harpers Ferry with Author Lynn Pechuekonis**  
March 11, 1-2 pm

**The American 1775-76 Invasion of Canada** with historian Bill Wilkin  
March 28, 11 am-noon

*Who is it that overcomes the world? Only the one who believes that Jesus is the Son of God.*

*1 John 5:5*



*This Easter is not about a bunny, jelly beans, bonnets, or baskets. It's about ME and My Son, JESUS, whom you are to be remembering. It's Resurrection Day! I'm here to give you (yes, YOU) freedom, hope, and eternal life.*

*~ God*

*Easter Sunday is April 5th*

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