

BRUNSWICK NEWS-JOURNAL

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FREE

Maryland Comptroller Visits Brunswick



Brunswick Mayor Nathan Brown takes Maryland State Comptroller Brooke Lierman on a tour of select downtown businesses on July 8.

By JULIE GOURLEY

Brooke Lierman, the state Comptroller, visited Brunswick on July 8 to see how the city has benefitted from the many local, state and federal grants received over the past several years.

City Administrator Julie Martorana and Assistant City Administrator Jeremy Mose gave a presentation on all the municipal projects that were made possible with public funding. Lierman and her staff were treated to a tour of several businesses and spoke with business owners to hear their experiences and thoughts about the importance of public sector financial support to private sector success. (See the article on page 5 on the city's portfolio of active grants.)

Parks

The city has made upgrades to several parks in recent years, and has created a new park, the B&O

Railroad Park.

These park improvements were made possible with local, county, state and federal funds such as Program Open Space (POS) via the county, Local Parks and Playgrounds Initiative (LPPI) via the state, American Rescue Plan Act (ARPA) via the federal government, Community Parks and Playgrounds (CPP) via the state, the Land and Water Conservation Fund (LWCF) via the federal government (state pass-through), and city bond funding.

Wastewater Treatment Plant, Phase 1

Upgrades such as enhancing plant reliability, preventing equipment failures, protecting the environment, and accommodating population growth were funded by a federal EPA grant and developer capacity fees for the Vista Pointe and Springdale Summit senior housing developments.

Continued on page 2

New Valley Elementary School Set to Open

SCHOOL REFLECTS PAST AND FUTURE

By JEAN TOLEMAN

The new Valley Elementary School is on schedule to open on August 20, the first day of classes for Frederick County Public Schools. According to Dr. Mike Telemeco, Principal of Valley Elementary, all is going well and, per the building contract, the school must be ready for the 2025 school year.

"The teachers have all their rooms boxed up, great movers are lined up and, as of August 11, teachers move in," Telemeco stated. The teachers usually have two days to get their classrooms set up; this year they get a couple extra days.

The new school is built in a "Y" shape, with the cafeteria, gym, administration and media center in one wing and classrooms in the other two. Younger grades will be on the ground floor and upper grades on the second. There are wide open stairwells at each end of the building with separate exits for both floors.

Larger capacity and more amenities

The original Valley Elementary school was built in 1967 with a capacity of around 600 students. The new school has a capacity of 745, according to the FCPS webpage. It will have three playgrounds, TV monitoring in each classroom, a parks and recreation area for county programs, wall-to-wall Wi-Fi, a cafeteria that opens into a gym, and a bus parking lot.

Telemeco is most excited about the classroom layout. "In the 1960s, the thought was open classrooms would promote learning; we learned that was not true," Telemeco stated, "It was noisy and encouraged distractions." The new building has individual classrooms creating a quieter environment where students and



Valley PTA President Rebecca Gedalowitz with her twin sons, Jackson and Hunter, in front of the new elementary school in Jefferson.

teachers can focus. The younger grade classes have restrooms in the classroom that are scaled to size, so no more having to disrupt classes with a dash down the hall.

"The gym is state-of-the-art," Telemeco said, "with a rubberized membrane floor that is easier on knees and backs." The playgrounds will all be fenced separately so the children can be divided by grades and/or classes and will be much more secure from unauthorized individuals accessing.

A partnership with Frederick County Parks and Recreation has enabled creation of a space that will be used by the community as well as the students, adding additional value to the building, Telemeco said.

The new school will receive 115 former students from Brunswick Elementary School who are being redistricted. Telemeco indicated the process on deciding the redistricting had gone quite smoothly due to the community being a big part of the decision making. "Valuing community is very important," he said.

Excitement in the community

Rebecca Gedalowitz, PTA president at Valley and a substitute teacher in Frederick County, said she has only heard praise and excitement for the new school. "Valley is such a wonderful community and it so deserves a new building." She and her family live across the street from the school, so they have literally been able to watch the building go up. "We have twin boys that are going into 5th grade this year," Gedalowitz said. They are excited about being on the second floor of the school and about the new basketball court behind the building. They

Continued on page 2

Brunswick Volunteer Ambulance Company Receives Top State Award

On June 18, at the Annual Firefighters Conference in Ocean City, the Maryland State Firefighters Association President, W. Newton "Skip" Carey, Jr. presented the Brunswick Volunteer Ambulance and Rescue Company with the State's Top Training Award for the most training hours by a small to medium size compa-



At right: Top Training Award trophy received by Brunswick Volunteer Ambulance and Rescue Company.

ny (less than 99 volunteers).

Chief Anthony Smothers Sr. said that the Brunswick Volunteer Ambulance and Rescue Company has an excellent recruiter who has brought numerous members into the company. These new members participate in training from the Maryland Fire and Rescue Institute in the field for which they wish to qualify, such as Emergency Medical Technician, Fighter, Emergency Vehicle Operator,

Continued on page 2

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ABIE RICKETS

PLUS: A KNOXVILLE COTTAGE GARDEN, UPCOMING LOCAL RUNNING EVENTS, MARC RAIL PLAN FOR BRUNSWICK, AND MORE

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BRUNSWICK NEWS

Valley Elementary CONTINUED



Taylor Dowling with twins ViVi and JoJo in front of the new school playground.

Continued from page 1 will be in the first graduating class.

Gedalowitz indicated the PTA will sell commemorative bricks from the old building in 2026.

JoJo and ViVi Dowling, twins entering first grade, are also excited about the school. Their mother, Taylor, said, "Every time we drive past the school the girls yell "Look at our new school!" They are anxious to try out the new playground while mom is excited about the improved safety and state-of-the-art technology. The broader community has been very supportive of the school. Telemeco indicated they are working with business partnerships for the opening. Within the school there will be a strong

focus on preserving the history of the old Valley Elementary School. "We are including display cases where pictures of earlier classes and students will be displayed," he said. "We don't want the history of the Valley to be forgotten. Kids will be able to see pictures of their parents and grandparents from when they attended the school." Gedalowitz indicated the PTA will sell commemorative bricks from the old building in 2026 (check their website for purchasing). "There is a lot of community sentiment with the closing of the old school," she said. At the end of the last school year a closing event was held with people from the first kindergarten class and the first principal attending.

A shining star Telemeco indicated the new school is a shining star for the whole Jefferson/Brunswick area. The school is so visible from Rt. 340 and Jefferson Pike that one can't help but be impressed and to think that here is a community that puts its citizens first and that is proud of who they are and what they hope to be in the future. ■

LUNCH FOR ALL
Brunswick Elementary School has a new link for anyone interested in making a tax-deductible donation to the school lunch program. The request states that "donations will go directly towards eliminating school lunch debt and ensuring every child at Brunswick Elementary School has access to the meals they need to thrive."
Online donations can be made at www.AllforLunch.org/BrunswickES

Comptroller Lierman CONTINUED

Continued from page 1

Drinking Water Reservoir The 100-year-old concrete ground-level reservoir on Souder Road needs to be replaced. Representative April McClain Delaney announced, during a recent visit to Brunswick, that she is seeking federal funding for part of the \$5,790,000 price tag. On July 22, she announced that \$1,015,000 was approved for this year's appropriations and is pending final approval by Congress. The project has already begun with funds from state capital grants of \$700,000 that have paid for the engineering, which is 60% complete. Once finished, the new reservoir will obviate the need for a 250,000-gallon tower reservoir in Springdale Summit, so the city has asked Natelli Communities to shift their funds to the replacement reservoir.

Sports Complex The Sports Complex on the southeast side of town is undergoing a two-part renovation "to improve and expand sports fields and facilities to enhance community engagement and recreational opportunities."

The first phase, which is underway, is being funded with LWCF grant funds and the required city match. There are also POS (+city match), ARPA, and city bond funds for this phase. Phase 2, which is expected to begin this fall, will also be funded with LWCF grant money and the required city match.

Sidewalks and Roads Until recently, city residents were responsible for installing and maintaining sidewalks adjacent to their properties. Changes to the sidewalk ordinance now move the installation costs to the city, which has sought and received federal Community De-



Brunswick City Councilman Andy St. John, Comptroller Lierman, Beans in the Belfry co-owner Stefani Penaranda, Frederick County Councilman Jerry Donald, and Brunswick Mayor Nathan Brown.

velopment Block Grant (CDBG) funds (state pass-through), ARPA funds, a "Safe Routes to School" grant, a "Safe Streets for All" grant, a State Highway Administration (SHA) grant, and Capital Improvement Program (CIP) funds from the city.

Funds Critical for City Health Martorana and Mose emphasized that these funds are critically important for the city's overall health. The funds support Americans with Disabilities Act (ADA) compliance, increase the city's walkability, help achieve a goal in the comprehensive plan to build a non-motorized network for community connectivity, and modernize aging infrastructure. They said that a community of Brunswick's size would be unable to afford to undertake most of these projects alone, and they highlighted in concrete terms the importance of local-state-federal financing partnerships. Lierman asked if the city had any concerns in dealing with state agencies and grant programs. Martorana and Mose

described a significant problem with the timelines for some state grant applications, which can be up to two years from submission to award. Inflation can become a major factor in long-process grants because the "asked for" fund amount that is the basis for the eventual award can be too little, unless there is an inflationary adjustment built in. Lierman clearly understood and promised to look into what could be done.

Tour of Grant Locations Representatives of County Executive Jessica Fitzwater and Congresswoman April McClain Delaney, along with Frederick County Councilman Jerry Donald joined Mayor Nathan Brown, city staff and news media for the meeting and tour. The group visited the Residences at Railroad Square, the Newberry Building and its tenant businesses, the Kaplon Building, Smoketown Brewery, and Beans in the Belfry, all successful businesses that have received local, state and/or federal grants. ■

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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: Editor@BrunsNews.com

Ambulance Company Award CONTINUED



Members of the Brunswick Volunteer Ambulance and Rescue Company (left to right): Jim Buchanan — member, Angel White — member, Steve White — president, Andy Smothers — Chief, David Hardt — Firefighter, Dave Nalborczyk — Assistant Chief, Donovan Dilling — Lieutenant, Courtney Nalborczyk — EMT, Dave Young — member, April Aushman — EMT, Katelyn Stanton — Firefighter.

Continued from page 1 Swiftwater Rescue, to name a few. Company 19 also provides in-house training once a month that includes state mandated training. All Company 19 members who are certified are required to com-

plete skills and refresher classes as EMS providers. Chief Smothers went on to say that they are always looking for new members. "We have Assistant Chiefs, Lieutenants, and members who assist new mem-

bers to get through and complete the training. "I Love All My Members," Chief Smothers said, "We are Company 19 Strong." Interested volunteers are encouraged to visit the website at www.bvar19.org. ■

BRUNSWICK CITY COUNCIL

Mayor and Council July Update



Back Row L-R: Brian Sandusky, John Caves, Andy St. John, Eric Smothers
Front Row L-R: Daniel Yochelson, Nathan Brown, Angel White

By JULIE GOURLEY

BPD welcomes new police officer

Mayor Brown swore in the Brunswick Police Department's newest hire, Officer Tyrus Lawson. Officer Lawson kicks off his career in Brunswick as a graduate of the police academy and is currently in field training.

With Officer Lawson coming on board and one more recruit currently in the police academy, the force will be up to full complement for the first time in several years.

Stormwater management/ flood plan

The city held the first of two community workshops to help inform the development of a stormwater management and flood plan for the downtown historic district. All Brunswick residents were encouraged to attend even if outside the downtown area.

The first workshop was July 24 at the city park building. The next workshop will be announced on the city's website at brunswickmd.gov/newsandannouncements and on the city's Facebook page. All Brunswick residents are encouraged to attend and share their experiences with flooding and stormwater on their properties.

Stream restoration moving ahead

The city is embarking upon a project to restore the degraded basins of streams in town. Restoration involves stream channel reconstruction and relocation, streambank restoration, riparian vegetative planting, and habitat restoration. This will have many benefits for flood control and will reduce sediment flow nutrient load to the Potomac River.

The first project, for which a

contract was awarded to Clark Azar and Associates in July, is the restoration of 2,742 linear feet of the East Wenner Branch, a stream that runs between Souder Road and East H Street, with an arm that runs up to the Second Avenue Park.

Letters will be sent to all affected property owners prior to construction and in advance of any disruption in utility service or roadways.

The city was very pleased to receive five bids, an unusually large number for a complex project, and seven interested contractors attended the mandatory prebid meeting.

City to enter into new contract for power purchase

The city's six-year power purchase contract with Constellation Energy expired in July, and it has hired its previous consultant, CQI Associates of Ellicott City, to find the best purchase price and contract length for its next contract.

Normally the city would not need to utilize CQI because it belongs to the Frederick County Chamber of Commerce Energy Purchasing Cooperative (EPC) that finds the best price. But Constellation recently changed the way it prices electricity from a flat rate of \$0.0512/kWh in 2020 to an indexed rate of \$0.0885/kWh in 2025.

In addition, PJM, the regional grid manager for Maryland, raised the regulated electricity rate over the six-year period from \$28/MW day in 2019 to \$266/MW day in 2025. Reasons have to do with supply and demand, the cost of new transmission infrastructure, and other intangibles that trigger price fluctuations. In the PJM area, transmission and distribution needs are constantly increasing due to more and more data centers coming online in

FROM THE MAYOR'S DESK

Access When It Matters:

The Purpose Behind Ordinance 610

When we talk about building a smarter, more resilient city, it's not just about technology, it's also about policies that help us respond more effectively to real-world challenges. One of the most persistent issues we've faced over the years is the difficulty of clearing snow, ice, and other hazards from dead-end streets during severe weather.

That's why we introduced Ordinance 610 to ensure our Department of Public Works crews and first responders can do their jobs safely and efficiently, and to keep our neighborhoods accessible when it matters most. You may have already seen new signs posted at the end of dead-end streets designating these areas as no-parking zones during "Inclement Weather Events."

Why we need Ordinance 610

For years, vehicles parked at the end of dead-end streets have blocked snowplows and emergency vehicles. In some areas, DPW has had to skip plowing altogether because of the risk to equipment and personnel. These aren't just inconveniences; they're safety hazards. Emergency services, including fire and EMS, have also faced challenges reaching residents in need. Ordinance 610 was created to fix that.

We also recognize that many of our neighborhoods present unique challenges when it comes to road design, parking availability, and access to off-street parking. In some cases, residents have understandably used the ends of dead-end streets for parking, even though these areas are technically part of the drive lane.



Ordinance 610 is not about penalizing those choices but about balancing those realities with the city's responsibility to provide essential public services. Our goal is to ensure that emergency responders and public works crews can safely and effectively reach every part of the city during hazardous weather, while also being mindful of the everyday needs of our residents.

What the ordinance does

Ordinance 610 establishes no-parking zones at the end of all dead-end streets and alleys during what we now call "Inclement Weather Events." These events can include snow, ice, flooding, high winds, or any other condition that makes road access critical.

When such an event is declared, vehicles parked in these zones may be towed after a two-hour notice period. This gives our crews and first responders the access they need to clear roads and respond to emergencies.

Communicating with residents

We know that communication is key. That's why we're rolling out a multi-channel notification system that includes door-to-door memos in impacted areas, updates on our website and social media, and alerts through the Everbridge

system to spread awareness about the new ordinance.

When an Inclement Weather Event is declared, notifications will be sent out through all the platforms outlined above. Residents are encouraged to register to receive Everbridge alerts. Instructions for enrollment can be found on the city's official website.

How this differs from a snow emergency

It's important to understand that an Inclement Weather Event is not the same as a Snow Emergency. A Snow Emergency refers to a declared event affecting only designated emergency routes on East and West Potomac Street during snow or ice, as specified by city code.

In contrast, an Inclement Weather Event is broader in scope. It can be declared for a variety of hazardous weather conditions, not just snow, and it applies specifically to dead-end streets and alleys. As with snow emergencies, vehicles may be towed to provide access for DPW crews and emergency responders.

Ordinance 610 was created to address specific challenges and to provide flexibility for responding to various weather-related hazards, particularly in areas of the city that are difficult to access.

Building a more resilient Brunswick

As we implement Ordinance 610, our focus is on clarity, safety, and community readiness. This ordinance is one more step toward building a city that can adapt quickly and operate effectively in the face of unpredictable weather.

With your support and awareness, we'll continue making Brunswick a place where public safety and smart planning go hand in hand, no matter the season. ■

— Nathan Brown

Northern Virginia.

The city received six competitive price quotes as part of the EPC and opted to go with an 18-month contract with Constellation. CQI expects that capacity and transmission rates could decrease in the coming months which is why it advised the city not to enter into another long-term contract as it had before.

In other news...

- The city's flag design contest attracted 10 entries from which a few top picks were chosen. The next step is for the city to consult a graphic designer to polish up the final entries before the winning

design is chosen.

- The new trash collection contractor, Ecology Services, began on July 1, replacing J&J Trash Service, which held the contract for a number of years. A new perk with Ecology Services is that it will handle customer service directly. When you call the city's main line, 301-834-7500 and select option 5, you will be directly connected to Ecology and will no longer have to have the city connect you.

- Residents are reminded that floor drains and sump pumps that connect to the city's wastewater piping are illegal. This is to prevent stormwater inflow — which

does not require treatment — into the wastewater treatment plant. Inflow raises the city's costs significantly.

- The house at 19 E. D Street that suffered a fire last year will be demolished.

- The city will sell the very small half-lot it owns, as part of the purchase of a Brunswick Volunteer Fire Company building, at the north side of the 800 block of Brunswick Street for \$500 to the adjacent residential property owner. The city advertised the sale and invited offers for 20 days post-announcement. There was the only offer to purchase. ■

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BRUNSWICK NEWS

B. Anderson's Opens in Brunswick

FOOD WITH A LOT OF LOVE

By ABBIE RICKETTS

Brunswick area residents are all abuzz with the opening of B. Anderson's Backyard Experience restaurant. The much anticipated eatery opened this summer at the Brunswick Shopping Center, after moving from Frederick on the Golden Mile.

In the former location of the New China restaurant, B. Anderson's has redecorated the interior to match the theme of the food, which is good old home cooked soul food. Order at the counter and someone will bring your food to your table, or wait for a carry out order inside or on one of the benches out front. There



is a new and chic area inside to relax while waiting for carry out, and just beyond are tables and chairs for dining inside.

Owner and Chef

Chef Q, as the owner Juoquina "Quina" Latty is known, is a first-class accredited chef who is well known as the top chef for her work cooking in several Montgomery County facilities including domestic violence units and other county agencies.

Chef Q said she has worked hard to get her place open in Brunswick and feels the Brunswick community has been very welcoming to her. She has done some renovations and replaced equipment, including a \$15,000 fire suppression system, and had to get past a few other hurdles, but she seems to have boundless energy and passion for her

restaurant, named for her mother, Beverley Anderson.

With her giving nature and desire to help the needy, Chef Q would like to offer community vouchers that can be purchased by paying customers to offer to homeless or otherwise needy community members to get a meal occasionally. She says she serves food with a lot of love, learning from her grandmother and mother how to cook the most delicious "soul food" imaginable.

Menu is Extensive

On the menu is fried fish that locals are raving about. Chef Q offers no-bone whiting and catfish. It's golden crispy and seasoned just right.

The egg rolls, which are much larger than egg rolls typically prepared by Chinese restaurants, are delicately fried and filled with a combination of collard greens, cooked cabbage, jerk chicken, Jamaican beef patties, sweet yams, mac & cheese, and more. There are two choices, the Soul Roll and the Caribbean Roll. There is also a steak and cheese roll.

The extensive menu offers entrees for lunch or dinner that include meatloaf, barbeque ribs, smothered pork chops and chicken, and more. Entrees are served



Chef Que is the head chef and owner of B. Anderson's

with sides chosen from a long list including candied yams, rice and gravy, corn bread, fried okra, collard greens, fried potatoes, potato salad and several others. On weekends, oxtails are available, not a dish that's found in many restaurants around here, but very popular at B. Anderson's.

Food is served in quality carry out containers, making it easy to take extras home while keeping items such as fried fish nice and crispy. The servings are ample, so chances are you'll have some to take home.

B. Anderson's serves late breakfast beginning at 10 a.m., Tuesday through Sunday. A variety of breakfast sandwiches are available. Smoked gouda grits, fried potatoes and oatmeal are on the menu as well.

Although not on the menu, Chef Q will fix her customers a "Love Plate" which is a big dinner that can include meats and

three sides of your choice. In addition to her regular menu items, she can cook liver and onions and pig's feet to order.

B. Anderson's Backyard Experience is open 10 a.m.-8 p.m. Tuesday through Sunday at the Brunswick Shopping Center. The phone number is (301) 969-0016. ■



Love Plate with barbeque ribs.

Upgrades Coming to US 340 Interchanges

By MARK ROHNER

The Maryland State Highway Administration is close to awarding a contract for improvements to three interchanges on U.S. Route 340 in the Brunswick and Jefferson areas.

Bids for the work were opened in June, and a contract will be awarded after the SHA verifies that the low bidder meets state qualifications. Construction is slated to begin in "late summer/early fall," according to the SHA's website.

The three interchanges, connecting U.S. 340 with Maryland Route 17, Maryland Route 180 and U.S. Route 15, currently have limited or no merge areas and obstructed views of 340, where the speed limit is 65 mph and traffic usually moves much faster than that.

The shortest on-ramp, from Maryland 180 to U.S. 340 westbound, is just 160 feet long. When reconstructed, it will have 820 feet of acceleration lane plus a 300-foot taper, according to information on the SHA website. The eastbound ramp will be lengthened to 580



Maryland Rt. 17 on-ramp to U.S. 340 westbound, heading toward Harpers Ferry.

feet, plus a 300-foot taper, from the current 235 feet.

At the interchange with Maryland Route 17 in Brunswick, the eastbound ramp will be lengthened to 1,230 feet, plus 300 feet of taper, from the existing 235 feet. Going west, the new ramp will be the same length, compared with the existing 390 feet.

Where U.S. Route 15 meets Route 340 east of Jefferson, the ramp will be lengthened to 580 feet, plus 300 feet of taper, from the current 175 feet.

All three interchanges will also get stormwater management and drainage improvements, plus lighting upgrades and landscaping. ■



Locals are raving about the fried fish.

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Brunswick Forward

How Brunswick’s Comprehensive Plan Propels Revitalization

By ABBIE RICKETTS

Brunswick’s latest Comprehensive Plan was completed in 2023. Titled “Brunswick Forward,” it contains a blueprint for the vision of Brunswick for the next 30 years. Completed with the assistance of Renaissance Consulting as well as community input, the plan states “The Comprehensive Plan actively integrates the aspirations, tools, and history of Brunswick to address local needs and challenges.”

The City of Brunswick has sought and received a large amount of grant funding in recent years that has propelled strategic revitalization that follows closely with the Comprehensive Plan.

According to one of the many components of the plan’s vision, “Strategies, policies, programs, and funding for growth and development, resource conservation, infrastructure, and transportation are integrated across the local, regional, State, and Interstate levels to achieve these visions.”

Beginning as a grassroots volunteer effort

The City of Brunswick’s evolution began as a grassroots effort by volunteers in the early days of the Brunswick Main Street program, which became a non-profit in 2004-2005. Early on, the organization saw success in receiving grants through the Maryland Department of Housing and Community Development (DHCD) to help property owners improve the facades of store fronts.

In today’s Main Street district, Brunswick Main Street has successfully continued the façade grant program with a number of business/property owners receiving awards. Interior renovations were added in more recent years as a component of the grant awards to create viable, updated spaces for businesses to flourish.

Grant funding expands

Primarily under the Nathan Brown administration, but with some early funding under former Mayor Jeffrey Snoots, extensive funding became available

through other grant programs, such as the DHCD Strategic Demolition Program, and under Brown, the federal American Rescue Plan Act (ARPA) which brought larger sums of money for investments.

The City of Brunswick directed \$500,000 of its \$6 million ARPA funding to the Brunswick Building Blocks Grant Program. The program provided grants to downtown property owners and businesses to improve building infrastructure, enhance functionality and preserve historical character. Under ARPA:

- **The Horine Building** (2 E. Potomac St.) and **Imagination Station** (8 S. Maple Ave.) received \$35,000 each.
- **Newberry Building** (30-34 W. Potomac St.): \$95,000 to build out six commercial spaces, improving functionality and historical character.
- **Traveling Bros. Cigars** (302 W. Potomac St.): \$100,000 to create a seating and entertainment area, as well as a downstairs cafe and bar, highlighting the town’s character and history.

The project descriptions below were provided by Julie Martorana, City Administrator. Some of the recent grant projects funded through DHCD are:

The Newberry Building (30 W. Potomac St.)

The City of Brunswick made a public investment in this prominent downtown commercial property using funds from the DHCD. The building was sold to an existing downtown business owner, who expanded operations and added new storefronts. It now houses five businesses – including two former Brunswick Farmers Market vendors, two business expansions, and one business relocation. While the new owners invested their own funding, they also took advantage of DHCD programs for small businesses.

The Kaplon Building (102 W. Potomac St.)

The City of Brunswick used DHCD grant funding to support the purchase of the Kaplon Building, a key anchor in the downtown core. After soliciting developer proposals, a Frederick-based company was selected to lead the rehabilitation. Due to the project’s scale and associated costs, the city and developer continue to pursue additional funding sources to fully realize this effort.

Smoketown/Cannon’s Event Space (223-A W. Potomac St.)

A historic 8,000 sq. ft. event space was restored and reopened in June 2022 through joint public and private investment. Brunswick Main Street (\$200,000 through the Strategic Demolition Fund in 2019) and the City assisted with funding for the sprinkler system in Cannon’s and the City’s Connection Fee Assistance program. Now under new ownership, the space is serving as a community event venue.

Beans In the Belfry (122 W. Potomac St.)

A long-time cornerstone of

downtown Brunswick, Beans in the Belfry is under new ownership. Much of the character and charm of this local coffee shop is still the same, along with favorite menu items. Under the previous ownership, Beans was awarded several Brunswick Main Street facade and interior improvement grants for everything from new

flooring in the kitchen to outdoor bike racks and a washing station.

Maryland Comptroller Brooke Lierman visited Brunswick in July to tour some of these projects and to hear about current infrastructure projects, funding progress and the city’s future needs (see story on page 1). ■

BEHIND THE BADGE

Lieutenant James Ledwell



By JULIE GOURLEY

The Brunswick News-Journal periodically profiles an officer in the Brunswick Police Department. We hope this helps the community get to know their police department. Earlier, we profiled Officers Eric Bittner, Joel Storms, Noah Saltzman, and Brandon Smith.

Lieutenant James Ledwell has been on the force for 14 years and is assigned as a patrol operations team commander. His additional duties include armorer, property/evidence custodian, accident reconstructionist, and field training officer.

Lt. Ledwell served with the Frederick Police Department from 1989 until 2011 where he retired at

the rank of Captain/Deputy Chief of Police. He has a bachelor’s degree in law enforcement, a bachelor’s degree in mathematics, and a master’s degree in mathematics education.

He enjoys mountain biking, classic rock concerts, science fiction, and spending time with his wife and two sons. He can frequently be found at Washington Capitals hockey games.

“I appreciate that Brunswick, as a small but growing city, is a place where dedicated, skilled and caring police officers can help to solve problems and make a positive difference in people’s lives.”

If you see Lt. Ledwell around town, be sure to thank him for his service! ■

BRUNSWICK POLICE DEPARTMENT MONTHLY REPORT				
JUNE 2025				
TRAFFIC ENFORCEMENT ACTIVITY				
	Month	YTD	PY Month	PY YTD
Maryland State Citations	40	196	10	50
Maryland State SEROS	6	34	2	28
Warning Citations	88	507	48	433
Parking Citations (paper)	47	179	4	46
CRIMINAL ACTIVITY				
	Month	YTD	PY Month	PY YTD
Calls for Service	1,481	9,989	688	4,977
Homicide	0	0	0	1
Rape	0	3	0	2
Robbery	0	0	0	1
Assault	4	28	8	50
Breaking & Entering	0	1	2	6
Theft	10	25	1	25
Auto Theft	0	0	0	2
Adult Arrests	12	48	7	38
Juvenile Arrests	0	4	0	12
OTHER INCIDENTS				
	Month	YTD	PY Month	PY YTD
Motor Vehicle Accidents	5	44	12	66
Emergency Evaluations Mentally Ill/Suicidal Persons	14	47	12	37
Overdoses	1	6	0	6

YTD = year to date PY = previous year N/D = no data SEROS = safety equipment repair orders
(a law enforcement officer can issue a SERO to the operator of a vehicle with defective or non-functioning equipment, such as a taillight)

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BRUNSWICK NEWS

When You Are Older — Living Independently — But Need Help



By JEAN DOYLE

Frederick County, through the Division of Aging and Independence, offers a number of services to assist senior citizens who want to remain in their homes and age in place. “Aging in place” refers to the concept of remaining in one’s home and community, rather than moving to a retirement facility or nursing home.

A key component of aging in place involves using available support services, such as in-home care, transportation assistance, meal delivery, and access to community-based programs.

Aging in place requires careful consideration of the financial resources needed to support this chosen lifestyle. But what happens to individuals when their physical health declines, they need in-home care, and they are using up their resources to pay for these services? This can happen to people when a medical issue requires in-home care, but they do not have insurance to help cover these costs. Individuals must then spend a considerable portion of their income and savings to pay for needed services.

Resource Directory available

There are resources available to assist individuals to access the services they need, but usually access involves spending down individual assets to meet the criteria for benefits. Frederick County Division of Aging and Independence publishes a Resource Directory for older adults, families, caregivers, and persons with disabilities.

This guide gives a clear and easy to understand “Benefits at a Glance” that details program descriptions and contacts, monthly income limits, and annual asset limits.

The Resource Directory also includes complete descriptions of numerous organizations and programs available in Frederick County to serve older adults, persons with disabilities, families, caregivers, and veterans. The Resource Directory is available at the Frederick Senior Center, 1440 Taney Avenue, Frederick or online at www.FrederickCountyMd.gov/DAI.

Other resources

The Resource and Service Navigation team, part of the Frederick County Division of Aging and Independence, also provides help through the State Health Assistance Program (SHIP), which can help individuals and families understand Medicare benefits, bills, and Medicare rights. They can also assist individuals and families with Maryland Access Point (MAPS). This is a trusted source of information and assistance for Frederick County residents who want to plan for their immediate and future needs.

SOAR, Supporting Older Adults Through Resources, Inc., is a private Frederick County organization that provides support to individuals over 65 who meet their income and asset criteria. SOAR’s ongoing programs include Food and More bi-weekly grocery shopping and delivery for homebound seniors, St. Joseph’s Food Bank delivery to homebound seniors, transportation services, medical

Senior Center Happenings

By JEAN DOYLE

The Summer Session began in July and goes through September. You can still register for a program or activity online by credit card at the estore: <http://frederickcountymd-gov.3cartstores.com>. Or by check at any 50+ Community Center. To register for free programs, email: VirtualSeniorCenter@FrederickCountyMD.gov.

Trips in August

Friday, August 8 — Maryland’s Best Ice Cream Trail. Visit MooCow Creamery in Middletown, Glamourview Creamery in Walkersville, and Happy Cow Creamery in Union Bridge. The registration date was July 25, but if you missed out on the registration and would really like to go, call and see if there are any openings or cancellations.

Thursday, August 14 — Washington County Museum of Fine Arts. The WCMFA is recognized as one of the finest small museums in the United States. One of its major exhibits, “Frida Kahlo: Picturing an Icon,” provides a rare and moving insight into the personal life of one of the 20th century’s most iconic artists. Time: Leaving from Frederick Senior Center, 8:45 a.m. to approximately 3:30 p.m.; Leaving from Middletown Senior Center, 9:15 a.m. to approximately 3 p.m. Cost: from Frederick \$25 per person; from Middletown \$20 per person. Register by Friday, August 1. Bring money for lunch.

Upcoming Trips

Wednesday, October 1 — Toby’s Dinner Theater. Featuring the hits of the Bee Gees! Time: 9:30 a.m. to approximately 4:30 p.m. Cost: \$105 per person, including a buffet lunch. Leave from Frederick Senior Center. Register by Friday, Sept. 5. These trips fill up quickly, so register early.

Save the Date

Wednesday, October 15 — Day Trip to the Harriet Tubman Underground Railroad Historical National Park, Church Creek, Md. Registration will open Friday, Sept. 12.

Special Events at the Brunswick Senior Center

Friday, August 1 — Veteran’s Coffee Social. First Friday of the month: Penny’s Diner, 620 Souder Road, 10–11 a.m., Free, Drop-in.

Tuesdays at Brunswick Senior Center — Lunch Bunch at Noon. Voluntary contributions toward the meal cost are appreciated. Make reservation at least 3 days in advance.

Tuesday, August 5 — Blood Pressure Checks and Safety Presentations. Time: 11 a.m. August topic is “Distracted Driving & Safe Driving Practices.”

Thursday, August 7 — Lunch Out with Friends. Potomac Street Grill, pre-register and bring money for lunch.

Thursday, August 14 — Monthly Dinner Dance. 2–5 p.m. at the Brunswick Eagles, 401 Central Ave., \$12 per person. Paid reservation one week in advance. Call 301-834-8115.

Thursday, August 21 — Bingo Fun at the Brunswick Eagles. Free bingo followed by lunch. Cost \$7 for lunch, register by August 13 at 301-834-8115. Hosted by the Brunswick Senior Center.

Thursday, August 28 — Weis Market Nutritional Talks. Time: 12:30 p.m., Topic is “All about Seafood,” presented by Christina Pelletier, MS,RDN,LDN Regional Dietician, Weis Markets.

Don’t forget all the many and varied ongoing activities and programs at the Brunswick Senior Center. Call 301-834-8115 for more information or stop by the Senior Center at 12 East A Street. ■

equipment center, and holiday meal delivery. SOAR can be contacted at email: info@soar-frederick.org, website: www.soarfrederick.org, phone: 240-575-9665.

BEACON

Locally, citizens of Brunswick and the surrounding area can access some services through BEACON, Brunswick Ecumenical Assistance Committee on Needs. BEACON is made up of the Brunswick Food Bank and the Emergency Relief Fund. They help individuals with re-

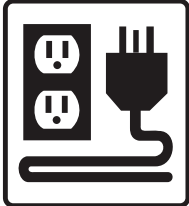
ferrals to the Food Bank, and can help with paying electric bills, water bills, and rents.

Shirley Shores is the Treasurer of BEACON and the co-administrator, along with Faye Williams, of the Emergency Relief Fund. Shores said that Beacon has people who will listen to needs and problems. They try to give people whatever they need, while working with limited resources. They do have a cap of 18 months on providing assistance.

BEACON receives its funding from local individuals, local

organizations, and the City of Brunswick. BEACON’s assistance is not limited to senior citizens and is available to any local resident in need. BEACON can also assist individuals in finding other support programs and resources.

There is assistance and support available, but navigating the systems to access these services can be daunting. Contacting the Division of Aging and Independence is a good starting point, as well as making plans before a crisis hits. ■



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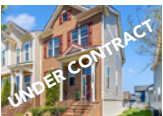


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CALL HUEY TO GET THE JOB DONE!

Brunswick Community Festival
Good Fun for a Good Cause in August

It's festival season in Frederick County, and the Brunswick Community Festival is right around the corner on August 22 and 23 from 4:30-9 p.m. at the Burkittsville Ruritan Club, 500 E. Main Street, Burkittsville.

For the last 45 years, our community has come together for two nights of family fun, great food, live music and a baked goods auction to raise funds for Brunswick High FFA (Future Farmers of America). Admission and parking are free!

The event will again feature classic activities both nights, including a kiddie pedal-tractor course, petting zoo, pony rides, face-painting, inflatables, truck and tractors on display, games and activities (including butter-making), and a honey bee and other agricultural exhibits. There will be a silent auction both nights that ends Satur-



day night, featuring handmade items.

Sally Arnold, proud chair of the planning committee since 2020, added "Come out to the event to have a good time, support a good cause and be a part of the community!"

Friday Schedule

Friday night features live music with classic hits by East of Antietam at 6 p.m. and a

mini-tractor pull at 7 p.m. Baked goods and household craft entries (from both youth and adults) will be accepted Friday night from 4 to 7 p.m. as well as Saturday morning. All entries receive a ribbon, and blue/red ribbon entries receive a cash prize! Received entries will be displayed at the event and will need to be picked up Saturday evening. For entry rules, check the Festival website at the link below.

Saturday Schedule

On Saturday night the fun continues with a pie eating contest at 5:30 and our famous cake auction at 6:30. Music on Saturday night will be via a DJ. The Silent Auction will end at 8 p.m. (To donate auction items, email BrunswickCommunity123@gmail.com). Entries will continue being accepted Saturday morning from 9 to 11 a.m., and baked goods will be sold at the main event, the Cake & Baked Goods Auction at 6:30 p.m.

All proceeds of this auction go to the Brunswick High School FFA Scholarship Fund, so come support our local youth and watch as cakes, pies, and piles of cookies go to the highest bidders. Or enter your best cake or pie, and see how high bids go to support this cause.

For more information, visit bit.ly/BrunCommFest or search "Brunswick Community Festival" on Facebook. ■

Brunswick Area Business Expo Returning

By ABBIE RICKETTS

The Greater Brunswick Area Chamber of Commerce has announced the return of the popular Greater Brunswick Area Business Expo. After a successful run of 10 years, followed by a shut-down during the COVID pandemic, the GBACC Board said it has listened to members' requests and decided to hold the event again.

November 6
at the Fire Hall

This year's EXPO will be held at the Brunswick Volunteer Fire Hall on November 6 from 5-8 p.m. Early online exhibitor registration will open August 14. The EXPO is open to all businesses and non-profit organizations, in-

cluding both GBACC members and non-members.

Check www.gbacc.net and the Facebook page of Greater Brunswick Area Chamber of Commerce for news and updates. Sign up for GBACC's weekly newsletter by going to the website and simply filling in the short form. For more information about joining GBACC or about the EXPO, contact admin@gbacc.net. To join GBACC, submit the online form with payment of membership dues.

Membership picnic
to be rescheduled

GBACC's June membership picnic was postponed due to excessive heat, but has been rescheduled for August 13 from 6 to 8 p.m. ■

National Night Out in Brunswick

By DIANE ELLIS

The City of Brunswick will host its annual "National Night Out" on Tuesday, August 5, from 6-8 p.m. at the Brunswick Swimming Pool, 99 Cummings Drive. All residents of Brunswick are invited to meet their local police and city officials.

This is a nationwide event that originated in 1984 and focuses on building community and strengthening relationships with local law enforcement.

The Brunswick Police Department is planning activities that include a face painter and a K9 demonstration. They will serve up hamburgers, hot dogs and ice cream.

The City website describes this event as "an opportunity to meet your neighbors, connect with first responders, and celebrate the spirit of community together. It's a night of unity and fun!"

BNJ Travels!



Alex and Nico Doyle, granddaughters of BNJ writer Jean Doyle, traveled with her to Italy and brought the Brunswick News-Journal to the Piazza dell'Anfiteatro in Lucca, Italy.



Judy Wolf of Knoxville in front of the Atomic Bomb Dome in Hiroshima, Japan, site of the first atomic bomb explosion on August 6, 1945.

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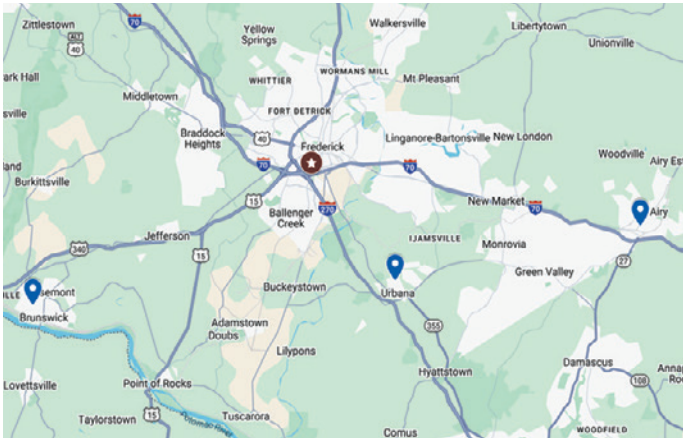
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LOCAL NEWS

MARC Rail Plan Offers Long-Range Improvements for Brunswick

BY MARK ROHNER

An ambitious plan to expand the MARC commuter rail service includes \$150 million in improvements to Brunswick’s rail yard and station, including a pedestrian bridge over the tracks.

The plan would begin to address Brunswick’s long-standing concern about blockages at the city’s only rail crossing. But when it comes to increasing passenger service, Brunswick continues to ride in the caboose. The city would not see any significant improvement in service until sometime after 2040.

All of that assumes the state can find funding to expand the system in the first place. The MARC Growth and Transformation Plan, released in late June, envisages capital expenditures of more than \$13.7 billion, roughly double the investment needed just to keep the current system operating.

The plan describes how Maryland could transform a commuter railroad into “a regional rail network that is frequent and runs all day and all week to better serve existing, changing, and new travel markets,” said Holly Arnold, administrator of the Maryland Transit Administration.

Eventually, MARC service could be extended into western Maryland, Delaware, and Virginia, with connecting bus service to Hagerstown. Trains on all three MARC lines would run all day seven days a week, service that is now only offered between Washington and Baltimore on the Penn Line.

Funding is a big question as Governor Wes Moore’s administration is dealing with a \$3.3 billion budget shortfall for the current fiscal year. Another hurdle: Any increase in passenger service would require the cooperation of CSX Transportation

and Amtrak. CSX controls the track on the Brunswick and Camden lines, while Amtrak owns the track used by the Penn Line.

Plans for Brunswick

Proposed improvements at Brunswick include an overpass for pedestrians, bicycles and lightweight emergency vehicles. The project would add a center island platform for the station as well as a new or expanded yard and maintenance facility. The plan envisages these improvements being built in 2031-2040.

The plan says the project would “improve pedestrian and passenger circulation at the Brunswick Station, a new center island platform and related track will improve railroad fluidity, and the newer expanded yard provides additional fleet storage and maintenance capacity.”

However, other communities are ahead of Brunswick in line for service improvements. Currently, MARC offers six weekday departures from Brunswick, with the first train leaving at 4:50 a.m. and the last at 7:45 a.m. Six returning trains arrive in Brunswick from 4:51 p.m. to 8:47 p.m., with an additional train running on Fridays.

The first phase of the plan, for the years 2026–2030, calls for hourly service between Brunswick and Washington Union Station during peak hours (5 a.m. to 10 a.m. and 3 p.m. to 9 p.m.). This is little different from current service levels. Beyond Brunswick, the three West Virginia stations — Harpers Ferry, Duffields and Martinsburg — would continue to be served by three trains in each direction daily.

“Running additional trains beyond the current frequencies operating today will require capital investments agreed to with CSX to expand track capacity,” said Veronica Battisti, senior director of communications and marketing for the Maryland Transit Administration, in an email. These



DIANE ELLIS

improvements are included in later phases of the plan, she said.

She pointed out that the first phase of the plan does include Brunswick Line improvements including “establishing a new bus service connecting Hagerstown with MARC trains at the Monocacy station, and operating some trains through Washington to continue to and from Baltimore on the Camden Line.” Those improvements, though, don’t affect service in Brunswick.

Long-range improvements

Other than the station improvements, there’s not much for

Brunswick in the next phase of the plan, either. Stations farther down the Brunswick Line, from Frederick to Union Station, could gain two trains a day during off-peak hours sometime during the 2026-2030 period. They could see weekend service begin in 2031-2040. Similar improvements are projected for the Penn and Camden lines over the next 15 years.

During the 2030s, MARC also wants to extend peak service on the Brunswick Line beyond Union Station, running two trains as far as Alexandria. In theory this would make it possible for a commuter boarding in Brun-

wick to get to a job in Alexandria without changing trains.

Only after 2041 would Brunswick finally get off-peak and weekend service, with one train an hour seven days a week. Weekday service hours would be extended to 5 a.m. to midnight. Weekend service would operate 7 a.m. to 1 a.m.

This phase of the plan also envisions extending off-peak service beyond Martinsburg, the Brunswick line’s current West Virginia terminus, as far as Hancock and Cumberland. The plan also proposes extending Penn Line service as far as Wilmington, where MARC passengers could connect with the Philadelphia area’s SEPTA trains.

The plan foresees most of the residential growth along the Brunswick Line occurring around stations from Frederick into Montgomery County. All three MARC lines have seen significant ridership growth since the pandemic, and especially since January, after the Trump administration ordered more federal workers to return to the office. The Brunswick Line saw the highest growth, up 85 percent in 2025, compared with the Camden Line’s 66 percent and 52 percent on the Penn Line, according to the transit trade magazine METRO. ■



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B&O Railroad Park under Construction

By ELLIS BURRUSS

The B&O Railroad Park on East Potomac Street is Brunswick's newest park, and is likely to be completed through its first phase later this summer or early autumn, according to city officials. The park is on the site of the old YMCA building, which burned down in November, 1980.

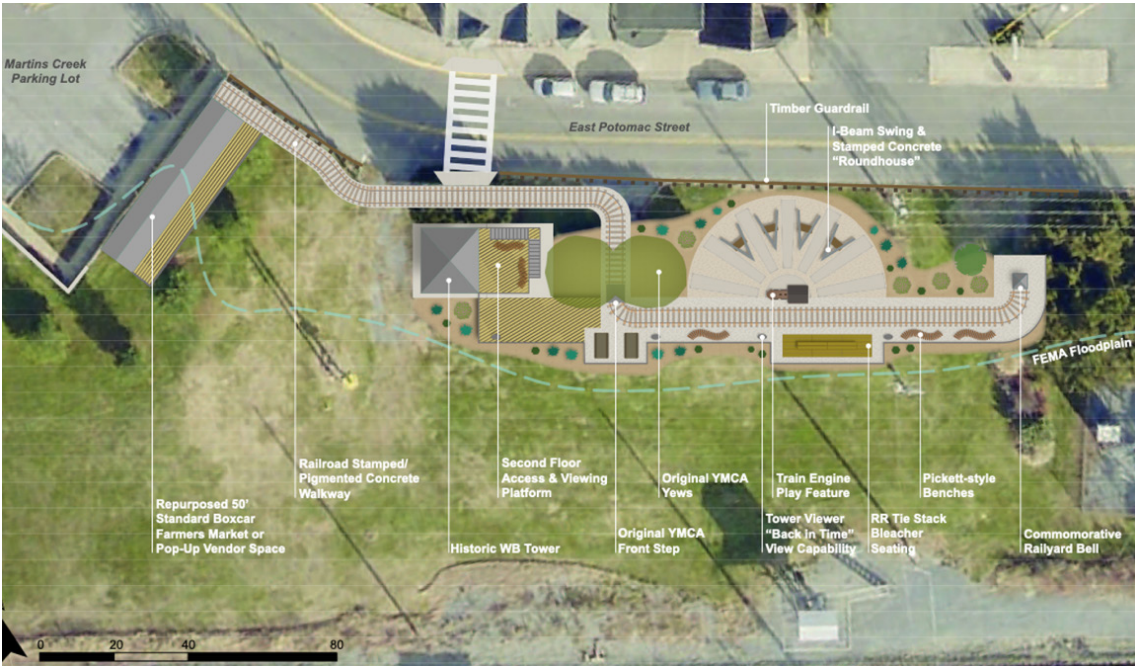
A feature of the park is the historic WB (West Brunswick) Tower, built in the early 1900s and moved from its original location in the railyard to the park in 2022. In a bygone era, the railroad yardmaster would direct the movement of trains in the yard from this tower.

Construction of the park is being done by Contour Construction. They are refurbishing the tower to make it safe and educational for the public. An observation deck is

being added to the tower to provide a platform so people can view the railyard.

Another integral part of the park is the memorial bell. Lisa Parsell of Contour Construction noted that "One of the unique elements is the restoration of the memorial bell, originally gifted to the city during Brunswick's Diamond Jubilee, marking 75 years of incorporation. It's a meaningful piece of the town's history..."

A sidewalk will lead from the Martin's Creek parking lot to the park and will be stamped to look like railroad tracks. Railroad tie bleacher seating is planned. A later phase of the project will include the placement of a repurposed boxcar that could be used for city events. Other amenities for the park are being planned, as funding allows. ■



B&O Park Rendering

New Non-Profit Forms to Preserve Knoxville African American Cemetery

In the July issue of the Brunswick News-Journal, Aaron Lennox wrote about the history of the Knoxville African American Cemetery, "A Hidden Historical Gem on South Mountain." A new non-profit organization is now raising funds to restore and protect the cemetery.

By ABBIE RICKETTS

Knoxville African American Cemetery in Frederick County, Maryland, is the final resting place of more than 130 African Americans, including veterans of the Civil War, World War I, World War II and beyond. Most of the graves are marked only by sim-



Official markers that will be installed for veterans laid to rest in Knoxville African American Cemetery.

ple fieldstones, and many have no markers at all. Their locations are known only in the fading memories of loved ones or the enduring memory of this sacred ground itself.

rest here in unmarked graves. Among them is Warren D. Garner (1840-1918), who served in the 4th Regiment of the United States Colored Infantry during the Civil War, fighting not only to preserve

a divided nation, but to secure his rightful place within it. Decades later, he would help safeguard the legacy of his community by signing the original 1893 deed to the Knoxville African American Cemetery as a trustee. Honoring his memory, and the memory of those who served alongside him, is a historic step in preserving this sacred ground and the stories it holds.

The VA provides the markers, but does not fund the materials or labor needed to install them. A newly formed non-profit, Friends and Family of Knoxville African American Cemetery, is raising

funds to help purchase concrete, gravel, tools and other supplies necessary to install these markers with the dignity they deserve.

A donation page can be found by using the QR code below, or going online to <https://www.gofundme.com/f/help-honor-veterans-in-knoxville-african-american-cemetery>.

Funding will also go toward needed clean-up and maintenance of the cemetery, helping to restore and protect this vital piece of African American cultural history. ■





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OPINION

PUBLISHER'S EDITORIAL

Flooding in Brunswick

"Despite the wide expanse over the large yard, the flood continued to rise with almost unbelievable rapidity, and continued until early Thursday morning, when the water attained a depth of about six feet over the tracks, and at some points the depth was greater.

The store-room, powerhouse, round house, offices, station, YMCA basement, etc. were flooded to a depth of about six feet, except in the basement of the Y where the depth was about 3½ feet in the washroom and bowling alleys. Early Thursday morning, when the flood reached its crest, the stream was overflowing East Potomac Street at Fourth Avenue and also covered Walnut Street."

That was March 18-19, 1936, as reported in the *Brunswick Blade-Times*. The 1936 flood is considered by local historians as the worst flood in Maryland history. Could it happen again? The recent catastrophe in Texas that took so many lives has flooding on the minds of many people — particularly if they live near a river.

Brunswick City held a community workshop on Thursday, July 24, at the City Park building. About 35 people attended to hear what the City of Brunswick and Dewberry Engineers are developing as a Comprehensive Stormwater Management and Flood Plan for Brunswick's Historic District and nearby areas.

The main purpose of the meeting was to gather information from citizens about local problems with stormwater flooding. The second workshop will be held in October to continue that discussion and review plans to mitigate storm flooding in the older, central sections of town.

There is nothing people can do locally to prevent the Potomac from rising. The more immediate danger is from flooding caused by very heavy rainfalls. It is gratifying to see that the City — particularly Public Works — is involving the community in taking this possibility seriously and acting on it. ■

How to send a Letter to the Editor

Letters intended for publication should be emailed to editor@brunsnews.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.

OPINION

Living with Nature Can Start with Small Steps

By JENNIFER MERRIMAN

In a world increasingly dominated by concrete, glass, and the hum of technology, there is a growing yearning for something more grounded, more elemental. Many find themselves longing for peace, deeper connection, and a renewed sense of purpose. One answer lies just outside our doors: it is the call to live with nature.

Nature does not hurry, yet everything is accomplished. This ancient wisdom reminds us that when we align our lives with nature's rhythms, we rediscover patience and balance. The simple act of walking barefoot on grass, observing the beauty of a flower, or watching clouds drift across the sky can anchor us in the present, dissolving anxiety and restoring clarity.

For millennia, humans lived in close partnership with their environment. Our ancestors understood the language of the seasons, the importance of respecting the land, and the cycles of birth and renewal that guided all life. Modern life's pressures and distractions have created a dangerous separation from these roots.

To live with nature is to remember who we are at our core. It's recognizing that we are not above the natural world but interwoven in the web of life. When we plant a seed or tend a garden, we experience the miracle of transformation and rewards of patient care. This connection grounds us, instilling a sense of responsibility for the world we inhabit.

Living with nature is not about escaping to the wilderness; it's about integrating natural principles into our daily lives. Each of us can become a steward of the environment, making choices that honor and preserve the balance of ecosystems—

- ◆ **Practice mindful consumption:** Choose products made sustainably, reduce waste, and recycle when possible. Even small steps – like using a reusable water bottle or composting kitchen scraps – add up over time.
- ◆ **Eat seasonal, locally grown food** to reduce the carbon footprint of transportation and support community farmers.
- ◆ **Bring nature into your home:** Grow houseplants, create a small herb garden, or decorate with natural materials. These touches not only beautify your space but purify the air and remind you of your connection to the earth.
- ◆ **Prioritize green spaces:** Advocate for parks, urban gardens, and tree planting in your community. Green spaces are essential for mental health, play, and biodiversity.

When we slow down and pay attention, we find inspiration all around us. The patterns of a spider's web, the symmetry of a snowflake, the migration of birds – these are wonders that prompt curiosity and awe. By nurturing a sense of wonder, we remain lifelong learners, open to growth and discovery.

You don't need to move to a remote cabin to begin this journey. Living with nature can start right where you are, with small changes—



Continued on page 11

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FREDERICK COUNTY NEWS

FROM THE COUNTY EXECUTIVE

August is a month of transitions, where we enjoy the final moments of summer vacations and prepare for the exciting opportunities that the new academic year brings. In this month's column, I am pleased to share updates and initiatives that reflect our commitment to fostering a vibrant and thriving community.

Limiting Data Center Development

Frederick County is recognized nationally as a leader for how we are regulating the data center industry. We've built strong protections for our residents into our laws, while allowing for investment and development that will create good-paying jobs and generate revenue for the county.

We have listened to our community and responded to concerns to ensure the data center industry does not sprawl across Frederick County like it has in Northern Virginia.

Last month, I released a proposed map that will significantly limit where data centers can be developed in Frederick County. This overlay map is part of a larger effort to regulate data center growth while preserving our quality of life and preventing urban sprawl.

Introduced as a comprehensive plan amendment, the map is based on three key factors:

- Data centers should be limited to the area around the Eastalco site, where infrastructure exists to support it.
- Data center development should be limited to less than 1% of the county's total landmass.
- For every new acre turned over to data center development, the County should preserve five acres of farmland.

This proposal is going through a



County Executive Jessica Fitzwater

public process, which began with a Planning Commission meeting on July 16. Next, the map is being sent to the Maryland Department of Planning for review and feedback. After the State review, the Planning Commission will have another opportunity to review the map and hear from the public. Next, the map will go to the County Council. The Council will have their own public hearing before bringing the map up for a vote.

This is a transparent process with ample opportunities for public input. We will remain transparent, accountable, and committed to our Livable Frederick Vision of creating a unique community where everyone can thrive.

To learn more and stay updated on the process, please visit www.FrederickCountyMD.gov/Data-Centers.

New Mobile Career Center

Frederick County Workforce Services recently celebrated the unveiling of a new Mobile Career Center to bring unemployment and workforce resources directly to people in underserved and rural areas of Frederick County. I am incredibly grateful to our congressional and community partners who have made this project possible.

FROM THE DESK OF CONGRESSWOMAN
APRIL MCCLAIN DELANEY

My fellow Marylander,

Over the past several weeks and months, I've heard from so many of you—parents, health care workers, farmers and local leaders—who are deeply concerned about what the Administration and Majority's big budget bill will mean for your families and communities. I brought your stories with me to the House floor, to committee hearings, and into conversations with my colleagues on both sides of the aisle. I worked hard to make sure your voices were heard. I know this moment feels uncertain

With the House Majority's big budget bill now passed, many of us are asking: What happens next? The truth is—we don't yet know the full impact, but what we do know is deeply troubling.

This bill inflicts the **largest cuts to Medicaid and SNAP in our nation's history**. In our district, that will mean fewer meals on the ta-



Congresswoman
April McClain Delaney

ble, less access to care, and even higher costs for working families. It risks **raising the deficit by \$3.8 trillion**, according to the Congressional Budget Office, while gutting the very programs that help families make ends meet. And all of this is to extend tax cuts that disproportionately **benefit the wealthiest Americans**.

I've visited food pantries like

Manna Food Center, community centers like Upcounty Hub, and regional leaders at Tri-County Council in Cumberland—and I've heard the same thing again and again: people are already stretched thin. These cuts will only push them closer to the brink.

At Family Healthcare of Hagerstown, I learned that over 60% of patients rely on Medicaid. If these funds disappear, preventive care vanishes, emergency room visits surge, and rural hospitals face closure or deep cuts. According to the National Rural Health Association, rural hospitals will lose 21 cents of every Medicaid dollar. That means fewer doctors, fewer nurses, and fewer places to turn when you need help most.

And while some middle-class Americans may see a slight bump in their paychecks, the truth is we will pay for it in other, more painful ways—a ballooning national debt, higher medical bills, and increased pressure on the public services we all rely on.

One of the most painful impacts of this bill is on families with children. Before these cuts, expanded child tax benefits provided critical support that helped lift millions of children out of poverty nationwide, including many here in our district. But under this new law, about one in four children in our community will no longer qualify for the full amount of that support, according to the IRS, pushing more families into poverty at a time when affordable living should be a priority.

As we work to understand just how these cuts will affect our state budget and community organizations, federal agencies themselves are also being hit with cuts—making it harder for families to get help or even clear information.

So yes—I'm worried. But I haven't lost hope.

I'm working hand-in-hand with state and local partners to protect what we can and fill in the gaps. We're doing everything possible to make sure no child goes hungry, no family goes without health care, and everyone has a future they can count on.

To that end, I'll be bringing together community members, nonprofits, business leaders, and other stakeholders this fall for listening sessions. These discussions will help us identify concrete steps to close the growing gaps in funding and support for families across our district.

And I want you to know this: my office is here for you. If you're navigating a federal agency, trying to access benefits, or looking for help in your community—we'll be by your side every step of the way. Last week, I hosted a town hall with Attorney General Anthony Brown and Comptroller Brooke Lierman on many issues, but especially how our state is working to get ahead of the big budget bill's devastating cuts.

We may not know exactly what's coming, but I do know this: you are not alone. We're in this together, and I'll keep fighting with everything I've got.

And, of course, please feel free to call my office if you have any questions. You can reach out on my website, mcclaindelaney.house.gov, or call 301-926-0300. ■

Living with Nature CONTINUED

Continued from page 10

- ◆ **Spend time outside daily**, even if it's just a walk around your neighborhood or sitting quietly under a tree.
- ◆ **Observe and respect local wildlife**: Learn the names of birds, plants, and insects in your area. Each has a role in the ecosystem.
- ◆ **Limit screen time in favor of outdoor activities**. Unplugging restores focus and creativity.
- ◆ **Travel mindfully**, seeking out natural spaces, parks, and reserves rather than crowded, commercialized attractions.
- ◆ **Volunteer** for projects such as tree planting or habitat restoration, to give back to the land.
- ◆ **Create rituals that honor nature's cycles**: Celebrate the solstices, harvests, and full moons with gratitude and intention.

Nature has the power to unite people across backgrounds and beliefs. Community gardens, outdoor events, and conservation projects bring together neighbors and strangers alike. By working together to protect and enjoy natural spaces, we build stronger, more resilient communities. Sharing time outdoors — whether hiking, birdwatching,

or picnicking — cultivates bonds that endure. In shared experiences, we rediscover our connectedness, not only with each other but all living things.

To live with nature is to choose a life of balance, gratitude, and joy. It is an act of courage and hope, a commitment to leave the world better than we found it. As we align ourselves with the natural world's rhythms, we rediscover our deepest selves and our place in life.

Let this be a gentle reminder: step outside, open your senses, and let the living world rekindle your sense of wonder. Plant a seed, watch it grow, and remember that, like the earth itself, you contain the potential for renewal and transformation.

To learn more, check out Douglas W. Tallamy, a professor of Entomology and Wildlife Ecology at the University of Delaware whose books include *Bringing Nature Home*, *Nature's Best Hope*, *The Nature of Oaks*, and *How Can I Help: Saving Nature with Your Yard*. His research provides insight into how small but intentional steps can lead to living with nature. ■

Jennifer Merriman writes from Jefferson and is a Master Naturalist.

The state-of-the-art Mobile Career Center includes six computer-equipped workstations with internet access (including an ADA-accessible station), one dedicated staff workstation, a printer and scanner, and an outdoor awning and presentation screen for use at community events and workshops.

Once fully launched, the Mobile Career Center will travel across Frederick County, providing job search help, resume support, interview coaching, career planning, digital skills training, and workforce outreach at job fairs and community events.

While Frederick County boasts one of the lowest unemployment rates in the state at around 2.6%, we know that many people still face barriers to employment — particularly those without reliable transportation or internet access. The Mobile Career Center will help close those gaps.

Funding for the Mobile Career Center came from a federal Community Project Funding appropriation and from the American Rescue Plan Act. The proposal was strengthened by letters of support from local nonprofit and community-based partners.

Frederick County Workforce Services is finalizing plans to officially launch the Mobile Career Center in communities around the County. For more information and updates, visit www.FrederickWorks.com.

Celebrating Transit Services of Frederick County

I am proud to share that Transit Services of Frederick County is celebrating a record-breaking year, serving over 928,650 riders during Fiscal Year 2025, from July 1, 2024, through June 30, 2025.

This record reflects the agency's dedication to accessible, community-centered transportation, driven by innovation and a fresh new look. While fare-free service has played a key role in increasing ridership, Transit also attributes this success to expanded outreach and refreshed marketing efforts.

Over the past year, Transit launched a full rebrand designed to modernize its image and strengthen its relationship with riders. The rebrand introduced updated visuals, refreshed messaging, and community-driven campaigns to keep Transit top of mind as a practical and enjoyable way to get around Frederick County, from Emmitsburg to Brunswick.

Looking ahead to Fiscal Year 2026, Transit Services of Frederick County remains dedicated to connecting more people, more opportunities, and more communities. Building on the success of this milestone year, Transit will continue working to create a transit system that is accessible, reliable and reflective of the needs of the Frederick County community. ■

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LOCAL NEWS

Unemployed? Consider Joining a Job Search Council

By JANE CLIFFORD

What is a Job Search Council?

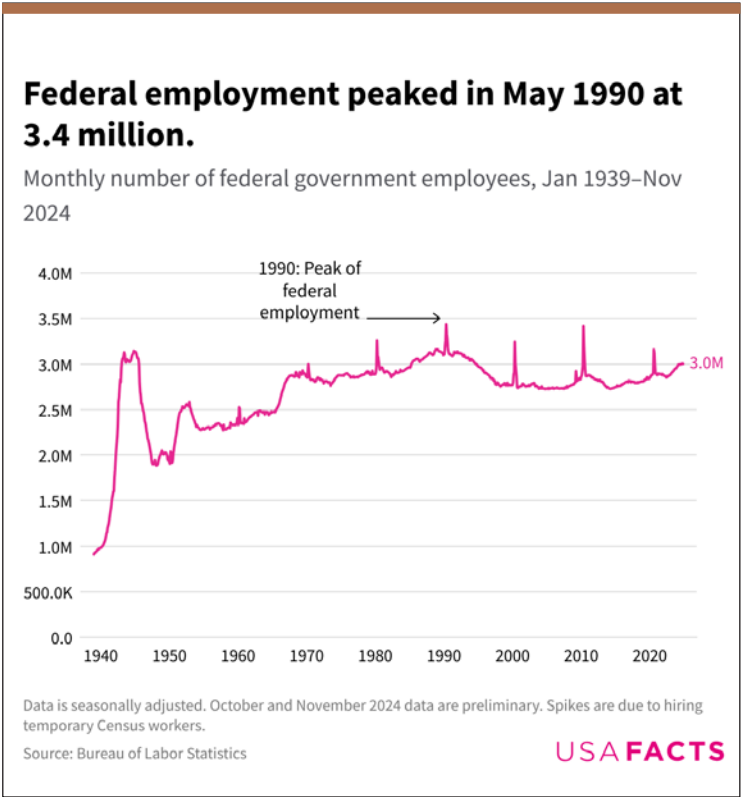
A Job Search Council (JSC) is a peer-led support group where job seekers come together to navigate the job market. Rather than searching alone — which can be an isolating and sometimes daunting task — job seekers meet over Zoom to share resources, provide feedback, and offer mutual encouragement (or at the very least, commiseration).

The JSC approach uses the power of community to accelerate the process of searching for a job, and also helps individuals better understand their strengths and market fit. The goal is not just to land any job, but to find a good one, and to avoid making hasty decisions out of desperation that will inevitably lead to unhappiness and quick turnover. Job searching can deflate confidence and feel discouraging, but in the company of five like-minded individuals, it can become a source of hope, motivation, accountability, and even opportunity.

Why now?

A JSC can be particularly useful for professionals considering a career pivot, something increasingly common amid recent federal layoffs and a hiring freeze across government agencies. In the DMV region, the ripple effects are already being felt.

Last month, the U.S. Agency for International Development laid off the remainder of



its 10,000-strong workforce as it officially closed its doors. Soon after, the State Department announced layoffs of 1,300 employees. Then came the Supreme Court ruling that enabled a 40% reduction in force at the Department of Education. The Federal Emergency Management Agency, known as FEMA, is also on the chopping block, with President Trump promising to phase out the disaster response agency after hurricane season.

As of July, federal job loss estimates vary: the Department of Labor reports the federal government has cut 59,000 jobs since January, while CNN places the number closer to 51,000. These figures exclude the thousands of federal contractors affected by budget reductions, as well as the civil servants who will leave service voluntarily this fall under delayed resignation offers. The full scope of the impact may take months to fully understand.

Debunking the “Bloated Government” Myth

Some justify the cuts as long-overdue efforts to reduce a bloated federal workforce. The data tells a different story. According to USAFacts, the federal government ranks as the 15th largest U.S. employer — well behind corporations like Walmart, Amazon and McDonald’s.

Historically, the size of the civil service has remained steady since 1970. As of November 2024, the federal government employed approximately 3 million workers — fewer than during President Reagan’s second term. Temporary hiring during census years explain most fluctuations in the data. Over the past 50 years, the number of federal workers has grown by just 6%, while the U.S. population has increased by 57%. (Source: AFGE)

Local Impact

Frederick and Loudoun

counties reported unemployment rates of 2.6% and 3.0% respectively in April (Source: USA FACTS), but those numbers are expected to rise. Federal job losses inevitably ripple out to private contractors and local economies.

Meanwhile, layoffs aren’t limited to the public sector. Tech giants like Microsoft and Meta have also made significant cuts in recent months, driven largely by the rise of artificial intelligence (AI) and automation. A World Economic Forum survey conducted in January 2025 found that 41% of businesses anticipate AI-related job cuts in the next five years.

For Me, It’s Personal

I lost my job as a USAID contractor in April, along with most of my colleagues and so many of my peers in the now-defunct industry of foreign aid. Overnight, my entire professional network was laid off in a shocking — though not entirely surprising — turn of events.

These days, when I log on to LinkedIn, I am met with a flood of “open to work posts,” messages from former colleagues looking to re-connect and rebuild their networks, and, thankfully, some good advice. One former coworker recommended I join a JSC after his own success landing a great job with an environmental nonprofit.

I am still in the middle of the 2–3 month JSC process, but already, it’s been a game changer for my confidence and motivation. My JSC includes five other mid-career professionals from different industries — academia, retail, UX design and biomedical research. We live in different parts of the country, but we’ve committed to working together until we all find jobs. Now that is solidarity.

We started as strangers, and now we’re part of a team and a community. And in these uncertain times, community can be a lifeline. ■

Back to School

It’s that time of year again. Families are stocking up on new clothes and school supplies. But before you run out to get tech for your school age children, consider some of these thoughts.

Don’t rush

Know your school district and grade level rules for computers and phones and other technical devices. Frederick County recently implemented new standards for all grade levels.

You can read the details on their website: www.fcps.org. Navigate to “For Families & Students,” then to “Student Code of Conduct” and search for “Acceptable Personal Mobile Device Guidelines.” Other schools likely have similar standards.

Computers

Once you know what is allowable for your student, the next question is what do they need for instruction. Many schools use Chromebooks, which are supplied to the student. For upper grades, the Chromebook is designed to go home with the student to complete assignments. Chromebooks are a great cost-saving laptop but require internet connectivity for most uses.

For lower grades, it is unlikely anything more than a basic home computer or a school-distributed Chromebook would be needed. The lower grades are a good place to begin touch typing instruction. It will pay great dividends later and there are many web courses available.

Beginning around fifth grade, more flexibility of applications may be needed. By the time a child gets to high school, check on the ACT and SAT web sites for computer requirements to run practice tests, as the requirements vary significantly.

For the college bound student, computer requirements will be given by the school and department. Remember these recommendations are a starting point. Before you buy anything think whether it can last four or more years before it needs to be replaced. Storage is cheap and you should not have less than 1T of computer storage. Don’t forget backups and check your home insurance policy in case a device goes missing. The school store may have discounts, and most retailers run educational discounts too.

Tablets

Tablets are terrific devices for taking notes and are superior to paper notebooks. But there is a cost factor and a learning curve. Software such as Apple’s Notes, Microsoft’s OneNote, GoodNotes and Notability give the student a wide array of ways to take notes and to use notes as learning aids. A laptop can double as a device for note taking and some have detachable screens to use as standalone tablets.

High school students might benefit from tablets for note taking, but it’s unlikely to be useful before high school.

Other devices

I’ve not included phones, watches, etc. as required devices, but in many cases your student is going to need these. My advice is to lock down whatever device you get and enable parental controls when you can. Good luck in school this year.



Some suggested computers and tablets:

Grades K to 5

Nothing that the school does not supply. Phone optional and not recommended. Cost zero.

Grades 6 to 8

A school Chromebook. A basic phone and limit screen time. A home desktop computer or entry level laptop. Cost zero to \$800.

Grades 9 to 12 — computer and phone

A school Chromebook. A mid-level Android or Apple phone. Microsoft 13” laptop \$1,000 to \$1,500 for example: Microsoft Surface, Dell XPS 13, Asus Zenbook S 13/14 32G memory (Windows loves memory) cpu 8-10 core 1T storage 2T removable backup drive (strongly recommended) \$100 desktop monitor (optional) \$200 keyboard \$75 mouse \$35 or

Apple 13” laptop \$1,300 Macbook air 10 core 24G memory 1T storage (MacOS loves storage) 2T removable backup drive (strongly recommended) \$100 desktop monitor (optional) \$200 keyboard \$125 for Apple mouse \$100 for Apple

Grades 9 to 12 — tablet

Entry level and a pencil Amazon Fire \$100 Microsoft Surface \$300 Apple iPad Air \$900 (hard to recommend at high school due to cost)

College — computer

Use the college’s recommendation or the high school suggestions as a starting point Do not get Apple unless the college supports it Get more memory Get more storage, recommend 2T as a minimum 2T removable backup drive (strongly recommended) \$100 desktop monitor (optional) \$200 keyboard \$125 mouse \$100

College — mid-function tablet

larger physical size is not necessarily better stylus or pencil app for note taking \$50 Amazon Fire \$300 Microsoft Surface \$800 (might be included in some laptops) Apple iPad Air \$1,000+ (in some ways superior but costly) ■

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.

Local Raw

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GARDENING, AGRICULTURE

There's Still Life Out There in August

BY MARIANNE WILLBURN

Where do you and your garden stand right now? Let me take a wild guess.

The spring flush of puppy love is gone, obviously. That was so yesterday. I'm betting your excitement over a summer romance is also over. These things never last.

In fact, with the first volunteer pumpkins starting to ripen on the compost pile, I'm willing to bet that you're just riding out the next month and a half until you can pull out the cider and start fantasizing over next year's love affair. Am I correct?

It's so tempting to give up in late August. Even in an unseasonably cooler month, there is a certain level of exhaustion that begins to color one's perspective after the 10th basketful of zucchini makes its way to the counter in as many days.

We find the shortest possible route to discharge our duties — whether it's watering the deck planters or feeding the chickens — studiously averting our eyes from jobs we could quickly hit (a few deadheads here, a pulled weed there), and finding reasons for doing so (no gloves, wrong shoes, faint certainty of ground wasp nest in general vicinity).

We're tired. Some of us have been living this life since February

and we've got the sunburn, rose scars, and doxycycline prescriptions to prove it. Real people are on vacation right now, aren't they? Normal people. Sane people.

In short, we don't so much find ourselves bounding outside each morning, as being bound by duty to do. And many of us will not wake from this summer stupor until brisk autumn mornings recharge the batteries and warn of frigid January too close for comfort.

By then it might be a little too late to tart up the garden for autumn parties — too late to coax a salad out of mesclun neglected in early September. We'll wish heartily we'd just girded our loins and plunged in when we had the chance.

So, let's gird them. To have a beautiful, productive garden in autumn is one of life's better pleasures, and to look like you had it together all season is one of life's guilty pleasures.

To that end, here are a just a few easy jobs to attack this month for maximum benefit. Give yourself a certain amount of time to work on one (preferably in the early morning), and stop when the clock runs out.

- **Get your mums and asters staked.** They're probably right on the edge of flopping and a few well-placed stakes now will allow



- **Rinse your cherry tomatoes and throw them in the freezer** in a Ziploc bag. You can take a handful and add to a winter pasta sauce. Although the skins can be a little tougher this way, they are not unpalatable. I use mine all winter and spring and love the taste they bring to dishes.
- **Keep picking those beans** — even if you don't eat them. You may be tired of them, but chances are you won't be in another month, when they could still be producing for you. If you let those pods go to seed now, they'll consider their job done and quit.
- **Groom your patio and deck containers.** If you have used a good smattering of subtropicals and tropicals like canna, elephant ear, caladium, curcuma and bananas for luscious August foliage, this is going to be an easy job.
- **Vegetable seedlings** of plants like kale and lettuce are starting to show up in the stores for fall planting — **buy a couple six-packs and you'll be weeks ahead of the curve.** If you actually get them into the ground, you'll be ahead of me.

One last thing. The garden is more than just tasks and to-dos, harvests and have-tos. I hope you won't forget to get out in the evenings when the heat is turned down so you can enjoy your outside world — work-free. For all its imperfections, the garden's got the sofa beat any day of the week. ■

Marianne is the co-host of The Garden Mixer Podcast, a contributing editor at GardenRant.com, and gardens from Lovettsville, VA.

Bountiful Year for Local Gardens

By DIANE ELLIS

The warm weather and higher than normal rainfall in the Brunswick area is producing lush gardens and an abundance of produce. Bob Ward of East A Street picked his first tomato of the season on June 29. Wayne Hawes of 9th Avenue reports picking his first "Early Girl" tomato on Father's Day, June 15. Hawes is also growing gigantic "Big Zac" and "Kellogg" tomatoes in his backyard garden. The plants are over 7 feet tall.

The Ward household moved their green beans and tomato plants onto their patio this year. "I grew them in a planter on the patio to keep the deer and groundhogs from eating them all (which they did last year)," Ward said.

Send a photo (in high resolution) of your best summer produce to dianellis@comcast.net for the September issue. Please include your name, your location and a brief description of your produce. ■



Bob Ward with his patio tomato plants.



Sunflowers in an A Street garden.



Wayne Hawes stands next to his very tall lima beans.



Bob Ward with his freshly picked green beans in July.

- the foliage to recover by the time they bloom in just a couple weeks. Two strong bamboo stakes and a cobweb of twine low down is all you need.
- **Dead-head your workhorse annuals** — particularly zinnia, basil, lantana, cosmos and marigolds who will give their all until the very end. That means a great deal to a summer-tired garden. Grab a trug before you go out there so you don't have to add "pick up the spent blooms" to the list.
 - **Remove dead and damaged foliage in the garden, also called 'debrowning.'** Japanese beetles

have been busy creating lacework. You'd be surprised how much better things look when brown isn't your garden's trending color.

- **Got tomatoes? Hunt for hornworms** so you have tomatoes tomorrow. Look for large, segmented green poop on the leaves and surrounding earth and move up from there with your eyes. If you can't bear to touch their disgusting bodies, get your winter gloves on. There are cheap blue light flashlights available online that instantly spot them if you can see the damage but just can't get your eyes to focus. Take them out after dark.

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IN THE KITCHEN

Watch Out For ICE, the Cubed Form

By JEAN TOLEMAN

It's been a hot summer so far. Will we have a record number of days above 90 degrees this year? We recently opened a professional journal with a cold drink in hand, and this headline hit us: "Study looks at A-Fib linked to cold foods, beverages." Really? Now we can't even enjoy iced tea without fear of stroke or heart attack? Sure, we want to do everything we can to stay healthy — but take away our ice cream? No way!

Okay, let's not panic. The study was a survey of people with cold ingestion-triggered symptomatic A-fib, also known as "cold drink heart." Yes, there is such a thing as CDH. According to the Journal of Cardiovascular Electrophysiology, of those surveyed, 51% reported their A-fib episodes occurred only after consuming cold food or drink. Avoiding cold stuff eliminated the A-fib episodes with 100% effectiveness.

There is some good news. Behavioral changes reduce the symptoms—don't use a straw, avoid rapid gulping, and warm things in your mouth before swallowing.

So, people with CDH may want to avoid iced and cold foods, but are there other health concerns with iced intake? Some studies have shown iced drinks worsen symptoms of certain esophageal disorders and trigger headaches. Some people's teeth hurt when consuming hot or cold foods. Heavy consumption of iced drinks can erode tooth enamel, which increases the sensitivity. Other symptoms



can include blood vessel constriction, which temporarily slows digestion; coughing and wheezing, worsening respiratory problems like asthma; and reducing artery elasticity, increasing the risk of plaque buildup and hypertension.

For people with no health issues, these slight symptoms are of no real concern. But those with impaired body functions may want to consider consuming fewer icy drinks and foods.

Is concern with cold intake a new idea?

In traditional Indian medicine (Ayurvedic), cold water is considered unhealthy. Since the core temperature of our bodies is around 98.6 degrees F, Ayurvedic practitioners believe the body needs to expend extra energy to restore this temperature after consuming cold drinks. Cold decreases "the fire" or Agni of the digestive system.

To an extent this has been proven true. Dr. Brian Weiner, a gastroenterologist at Scripps Mercy Hospital in San Diego, calculated it takes about five calories of energy to melt an ounce of ice you have consumed (health.clevelandclinic.org). That is why some view the consumption of iced beverages as a weight loss tool.

In Chinese medicine, accord-

ing to Dr. Samantha Francis, D.Ac., L.Ac., owner of Five Dances Wellness Center in Brunswick, cold water disrupts the balance in the body. "When the climate is at an extreme (like this hot summer), Chinese medicine teaches that external pathogens can invade the body and cause pain. Taking in extreme cold can worsen this, upsetting the balance of the body," Francis said. "Of course, 5000 years ago there was no option for iced foods and beverages."

Are there benefits to consuming iced foods and drinks?

Some research has shown that athletes who drank cold tap water stopped sweating before the fluid was completely absorbed by the body. Persons working outside on hot days may benefit from this body-chilling effect.

Latin, African, and Northern European people generally prefer room temperature water, more as a cultural preference than a health practice. But here in the United States, cold beverages and foods are a part of our everyday lives.

Staying hydrated, especially when it is hot outside, is really the most important thing. On hot summer days, iced vs. hot probably does not matter for most of us. What matters is that you drink. Long term, though, once the heat has abated, you may want to consider decreasing your icy intake to keep your body humming along smoothly. ■

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

Natural Sugars and Added Sugars — What's the Difference?

By CHRISTINA PELLETIER

Carbohydrates are our bodies preferred source of energy. When carbohydrates are consumed, if not in their simplest form already, they are broken down into the simple sugars of glucose, fructose or galactose. While carbohydrates and sugar are often avoided or eliminated completely, your body relies on glucose to optimally fuel every biological process from thinking to blinking to breathing to sleeping. When discussing food, there are two main types of sugar — naturally occurring and added sugars.

Natural sugars are inherently found in nutrient-dense foods such as fruits, vegetables, grains, beans and dairy. These foods also contain beneficial nutrients including vitamins and minerals as well as fiber, protein and fat which help slow the absorption of sugar in the body. This slower absorption may also aid in blood sugar management.

Added sugars are sweeteners that are added for flavor during cooking, baking or processing. Common sources of added sugar include agave, coconut sugar, honey, malt, maple syrup, molasses, fructose, and other ingredients that end in "-ose." Most foods with added sugars are low in fiber, protein and fat. Too much added sugar may cause tooth decay, weight gain, and may increase the risk for developing heart disease, diabetes and cognitive problems. The 2020–2025 Dietary Guidelines for Americans recommends that no more than 10% of total daily calories consumed should be from added sugar.

The nutrition facts label can be

a tremendous resource to help make informed choices about what foods you choose to consume. Total carbohydrates includes dietary fiber, total sugars, added sugars, and other types of carbohydrates that the product includes which may not be listed. Total sugars include both the naturally occurring sugars and added sugars.

In 2020, the Food and Drug Administration updated the nutrition facts label to include added sugars as a subline of total sugars. Total sugars minus added sugars equals the amount of naturally occurring sugars in the product. Looking on the right side of the nutrition facts label, a percent daily value (%DV) is listed in addition to grams for most nutrients. When the percent daily value is around 5% or less per serving, the product is low in that nutrient. When the percent daily value is around 20% or more, the product is high in that nutrient. Keep in mind that the numbers listed on the nutrition facts label are per serving. This guideline can be used to compare products or bring awareness to how much added sugar is being consumed in a day.

It can be easy to fill up on foods with added sugar, leaving little to no room for nutrient-dense foods. As with many nutrition topics, awareness is key and often the first step to disease prevention or improvement.

Contact Christina Pelletier at christina.pelletier@weismarkets.com with any questions about further navigating added sugars or nutrition.

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

How cold is it?

Ice water from the refrigerator is around 41 degrees F.

Cold tap water is around 60 degrees F.

Room temperature water is around 78 degrees F.

Join Us !!

Porch Sitters
of Brunswick

Wednesday, August 13, 2025

We talk and carry on friendly and often intriguing discussions -- sharing ideas, thoughts, places, people, and historical events (NO politics, though!)

No RSVP - Just show up and join the fun!!

10:00am at the
Brunswick City Park Building
655 E. Potomac Street

Sponsored by the
Brunswick Area Rec. Council

Be There !!

Brunswick Community Festival
August 22 and August 23, 2025
4:00 to 9:00 P.M.

Burkittsville Ruritan Club
500 E. Main St., Burkittsville, MD

Family Fun For Everyone!

No admission fee (some activities such as pony rides/inflatables require a modest payment to the vendor).

Burkittsville Ruritan Club will be selling their delicious carnival-style food, including burgers, hots, & fries; roast beef & country ham sandwiches, plus hand-dipped ice cream from 4:30 - 9:00.

St. Paul's Lutheran Church will be selling a limited number of their famous apple dumplings. Get 'em while you can!

General Activities - Both Nights: Petting zoo, pony rides, & inflatables; games, activities, displays and demonstrations; trucks, tractors, fire trucks and the ever-popular pedal-tractor track. Enjoy the wonderful photo backdrop, browse through the entries, and bid on silent auction items while you're with us!

Friday Special Activities: The band East of Antietam will be playing sets from 6 to 7 and from 8 to 9 P.M.

The Mini-Tractor Pedal Pull for the youngsters will be held at 7 P.M.

Saturday Special Activities: The pie eating contest will begin at 5:30 P.M.

Cake Auction starts at **6:30 P.M.**

Silent Auction closes at 8:00 P.M. (Email us if you'd like to donate an item/items to the silent auction.)

Proceeds from the Cake and Silent Auctions support the Brunswick FFA Alumni Scholarship Fund.

Community Show Entries: Accepted Friday from 4 to 7 P.M. and on Saturday from 9 to 11 A.M. We urge everyone to get creative and start working on those entries! Baked goods will go inside the Ruritan. Farm/garden/craft entries will be accepted at the tent. For entry details, visit: <https://bit.ly/BrunsComFest>

Further information can be found on the event's online homepage: <https://bit.ly/BrunsComFest> (or scan the QR code)

Follow Brunswick Community Festival on Facebook

Questions? Email BrunswickCommunity123@gmail.com

2025 Brunswick Community Festival Sponsors

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John T. Williams Funeral Home

Lovettsville Town News

By ABBIE RICKETTS

Alma Cedillo is serving as the Summer Administrative Intern. Alma is a business and economics student at Emory University in Atlanta, Ga., and a resident of Brunswick, Md. She will serve as the Summer Administrative Intern through August 15.

In partnership with the Civil War Trails organization and the Lovettsville Historical Society, two updated Civil War Trails signs were installed on July 7, 2025 — one in the Squirkle and one near Between the Hills. A third new sign, titled Winter Camps, will be installed at the Town’s Municipal Complex. Town staff is working with the Historical Society to plan a dedication ceremony for the new sign in September.

The town has been awarded \$25,000 from the Loudoun County RTOT Grant to support a comprehensive marketing strategy for the 29th Annual Lovettsville Oktoberfest.

The town received a \$1,100 Creative Communities Partnership Grant from the Virginia Commission for the Arts. The Town will match the grant amount, and the following local organizations will each receive \$550 in funding: Blue Ridge Thunder Cloggers, Western Loudoun Art and Studio Tour, Joshua’s Hands, and Celtic Rhythm School of Dance.

The Commerce and Business and Development Committee had a design created for a tri-fold brochure to promote tourism in Lovettsville. The brochure is nearing the printing stage. ■

Loudoun County Sheriff’s Office News
From the Town of Lovettsville website

Internet Safety Presentation

Join the Loudoun County Sheriff’s Office on Wednesday, August 6th from 6:30–7:30 p.m. in the Town of Lovettsville Town Chambers for an important and informative Internet Safety Presentation for parents and caregivers.

This internet safety session will cover:

- ◆ How to protect children from online predators and unsafe digital interactions
- ◆ How to start and maintain age-appropriate conversations about online safety
- ◆ What steps to take and who to contact if an online incident occurs
- ◆ What local resources are available to help and support your family

Loudoun County Sheriff’s Office’s goal is to help parents feel informed and empowered, armed with the knowledge and tools needed to support children and navigate the digital world safely. Adults only, due to the nature of the content.

Kickball with a Cop

Join the Loudoun County Sheriff’s Office for Kickball with a Cop and bring the whole family out for an evening of laughs, teamwork, and friendly competition with your local Deputies!

Monday, August 18 6:30 – 8:00 p.m.
Declan’s Field at the Lovettsville Game Club
16 South Berlin Pike, Lovettsville

If your child would like to participate in the kickball game, please sign up using the SignUp Genius link so the Town of Lovettsville and the Loudoun County Sheriff’s Office can plan accordingly. <https://www.signupgenius.com/go/10C0B4BAEAA2BA4F9C61-57515045-kickball>

Lovettsville Historical Society

Upcoming Lectures

Sunday, July 13, 2025 — Seminar: “Lovettsville Recalled — Then and Now”

Sunday, August 17, 2025 — “The Lovettsville Historic District: An Overview,” Maral Kalbian

All lectures are being held in-person at the St. James United Church of Christ, 10 East Broad Way in Lovettsville. We are no longer live-streaming via Zoom. Questions: events@Lovettsville-HistoricalSociety.org.

Hours of Operation

We are located in the former Potterfield Butcher Store, next to

Town Hall, at 4 East Pennsylvania Avenue in Old Town Lovettsville. Open to visitors on Saturdays from 1:00 to 4:00 p.m.

Other times are available upon appointment. Groups welcome. Call 540-822-9194, or write to: info@LovettsvilleHistoricalSociety.org. ■

LOVETTSTVILLE REPORTERS WANTED!

The Brunswick News-Journal is looking for writers to cover:

Lovettsville News

General news reporting and feature writing
Town government news

These are volunteer positions.
You can work on your own time.

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Write: Editor@BrunsNews.com or call: 240-409-7476



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TRAVEL, ARTS, CULTURE

The Knoxville Cottage Garden of Siloé Oliveira

How an abandoned property was turned into an oasis and recorded for lessons in artful gardening

By JEAN TOLEMAN

Drive west on Potomac Street into Knoxville. At the stop sign, look slightly left and you will see what looks like a cottage garden full of flowers. In the spring you would have seen a yard filled with tulips. Now there are roses, lilies and dahlias, a mass of color and shape.

Over the past six years this once sterile yard and abandoned house have been transformed into an Impressionist's canvas. This is the creative work of Siloé Oliveira, an artist and animator who bought the property in Knoxville about ten years ago.

Oliveira created a video journal of his garden called "Suburban Homestead" that chronicles his work and gardening methods in a series of entertaining and insightful demonstrations that have become popular viewing on YouTube and Instagram.

Growing up in Brazil

Oliveira spent his youth in Sao Paulo, Brazil, where he said his world was mostly filled with concrete buildings. "I grew up in a very ugly place. I think the visual information I saw imprinted in me in a way that I wanted to create places that were the opposite from that," Oliveira said. In the grey man-made environment, a book on gardening, a grandfather who pattered with plants, and a mother who had a few African violets brought a spark of the beauty of "green" and "earth" into his consciousness and it settled in him, like a seed. Reading gardening books and watching BBC gardening shows, Oliveira acquired enough knowledge to want to start to try a garden of



Siloé Oliveira in front of his house in Knoxville.

his own.

Once Oliveira's family moved to the suburbs of Baltimore, he had the chance to let this seed grow. He was a teen by then and soon would be studying at the Maryland Institute College of Art (MICA). His love of art and gardening began to flourish. Combining his graphic design and video studies with gardening, Oliveira started the blog Suburban Homestead, sharing what he was learning about gardening in a fun, creative way. Over the years, he has created over 200 videos which share his philosophy of how to build environments that resonate the importance of place with the human factor.

Creating the videos

"I had been gardening seriously for about seven years before my first video," Oliveira said. "I wanted to include information on permaculture and sustainability in an artistic and fun way. I think the reason my videos are viewed by so many is because

you want to watch them more than once." His videos are creative, joyful and full of gardening and re-use information. He encourages gardening in a way that has minimal negative impact on the environment. He includes tips on reuse of materials, use of natural materials, recycling and repurposing. There doesn't seem to be anything that Oliveira can't find a use for.

This philosophy has also been true for the rehabbing of his house. Built in 1917, the house had been empty for several years before Oliveira bought it. "It had good bones and still had much of the original woodworking," he said. "I don't like demolition, so I have kept as much of the original house as I could." The house is filled with what many would have discarded to the landfill – broken furniture that he has repaired, items originally used for one thing, now finding new life as something else. Somehow it all blends into a warm, welcoming space.

A house, a yard should emit a "sense of place and belonging, that is what I try to create and to share," Oliveira stated, "Suburban Homestead gives me a platform where I can share my passion and then hear the comments people offer. I have gotten feedback from viewers around the world," Oliveira said.

Building gardens with an aesthetic design

The Knoxville property provides Oliveira with a large yard on a south facing hill. "Unlike the yard in Baltimore which was north facing, plants here just explode and grow," he said. The gardens have been built with an aesthetic design and sensibili-

ty. This includes the enclosures he uses in the spring to protect plants from the cold and to keep out animals.

An important aspect to Oliveira's passion, whether in the garden, the house or his life, is showing people the beauty in all the stages of life. "In the garden, this is especially true, as age makes a garden really shine," Oliveira said. He indicated now that his garden is about six years old it has just started to reach that stage.

His front yard is full of flowers with a few fruit trees and ornamental bushes. The side yard has the vegetable gardens with tomatoes, peppers, cucumbers and greens. "I grow things that don't attract deer or hogs because once

There is still space for continuing his garden play. "I want to increase the cottage flower garden border on the south side of the house and maybe do a forest, native species garden in the back." He indicated he is still working toward achieving a full season garden, "which means I keep sowing in new plants up until July. I am still learning how to rotate crops and mix the ornamentals and the vegetables into a united space," he said.

Watching one of the Suburban Homestead episodes or admiring Oliveira's garden when driving past, one can't keep from smiling. There is a playfulness that radiates from his creations. Here is a person who sees the beauty



Enclosed garden beds built to keep out deer and groundhogs, but with style.

they find you it is impossible to get rid of them." An old shed in his side yard has been rehabbed into a quaint, magical looking English garden shed. It is almost hidden under an overflowing trumpet creeper.

and value in everything and he is showing us how we can also bring beauty and playfulness into our spaces and world.

Oliveira's videos can be viewed at www.youtube.com/suburbanhomestead. ■

OFF THE SHELF

Escape from L.A. Futuristic novel speaks to present

Parable of the Sower (1993)

By Octavia E. Butler

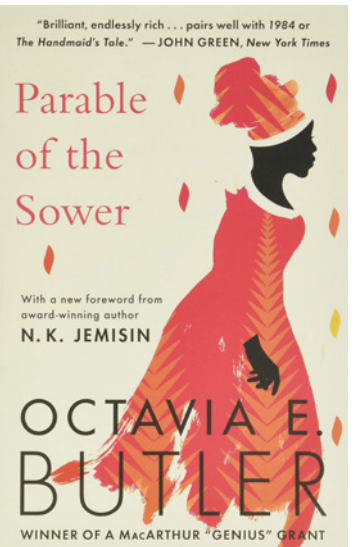
Reviewed by LAURA DVORAK

The novel's protagonist, 15-year-old Lauren Olamina, is a keen observer, clear-eyed thinker and writer. She also is a physical empath, sensitive to the pain and illnesses of others.

Lauren's diary begins in 2024 and tells of a world gone sideways. She lives with her Baptist minister father and family inside a compound in Los Angeles. Increasingly, the dangers inflicted by forces outside the compound—unvaccinated humans who contract measles, feral dogs, partakers of drugs produced in the East Coast that incite pyromania—impinge on Lauren's secure world.

Adults seem in denial of the escalating downward spiral and believe the halcyon days will return. Lauren strongly disagrees and develops a plan to travel north where there is perhaps potable water, a degree of safety and job opportunity.

During three years of travel she pens her life philosophy as Earthseed, a religion that



speaks to holistic ways of survival and growth. More akin to the second law of thermodynamics than King James verse, Earthseed's god is change: use, shape, adapt or yield to that force.

Parable of the Sower is a tale focused on contemplating where we are as a society, considering how we want to restore equilibrium and how we can adapt to situations that defy restoration. It is about rolling up our sleeves to do the hard work and using brain power to get our future right. ■



The 1917 house that Oliveira rehabbed.

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TRAVEL, ARTS, CULTURE

The Heartbeat of the C&O Canal
Art, Food, Museums and Small-Town Charm

By ABBIE RICKETTS

Nestled between the Potomac River and the rolling hills of Maryland, West Virginia and Virginia lies a ribbon of history known as the Chesapeake & Ohio Canal. The C&O Canal is more than a path through time — it's lined with a string of vibrant towns, each filled with art, food, history and character. From Cumberland to Poolesville, these canal towns form a tapestry of Americana where the past meets present in the most charming ways.

The Canal Towns Partnership, a coalition of eleven towns residing in six counties across two states unites the towns in promoting heritage tourism and economic development. Each town is accessible by bicycle on the towpath or by car from major highways that pass nearby. The partnership serves Cumberland to Poolesville.

Cumberland's Creative Rebirth

In the west, the canal ends in Cumberland, a city once shaped by railroads and industry. Experiencing a creative rebirth, today its historic downtown is an artist's retreat. Galleries line the downtown streets, filled with oil landscapes of the Appalachians and sculptures made from salvaged rail iron. At the Cumberland Arts District, studios hum with artists and crafters, many of whom are inspired by the mountainous terrain and storied canal. Cumberland is alive with theater performances and concerts.

Just steps from the canal terminus, one of Cumberland's many thriving eateries, the Queen City Creamery, tempts visitors with handcrafted custard and the scent of espresso. Locals linger there, sharing stories of the old B&O Railroad days. Nearby, the Allegheny Museum brings to life Cumberland's industrial and cultural evolution, housing everything from canal boat replicas to Civil War artifacts.

Paw Paw — The Hidden Gem

East of Cumberland lies the quiet town of Paw Paw, West Virginia, known for its legendary Paw Paw Tunnel—a 3,100-foot engineering marvel that once saved canal traffic days of travel. Today, the tunnel attracts hikers and pho-



Downtown Cumberland

tographers seeking solitude and photographic beauty.

Sitting on the banks of the Potomac River, Paw Paw's charm is simple and authentic with mountain music on porches, great cheeseburgers at the gas station, new eateries, and the Paw Paw Festival, begun in 2024 to celebrate Paw Paw's heritage. A mural was recently completed on a long retaining wall in the center of town. Paw Paw boasts many historic buildings including an E. Francis Baldwin designed train station. Snuggled next to the Greenridge State Forest with its grand unrivaled vistas adds to the town's charm.

Hancock and the Art of Tranquility

Tranquility waits downriver in Hancock, a quiet, narrow town cradled between the Potomac River and a major freeway. In the Hancock Town Hall Gallery, local photographers and plein air painters display works that capture the changing seasons along the canal's towpath. Explore places like Off 70 Studio or check out the Hancock Arts Council for information about local art events.

At the iconic Blue Goose Fruit Market and Bakery, inside a large rustic barn, you'll find fresh baked pies, jams, jellies, clothing and gifts. At Buddy Lou's on Main Street, the eclectic menu is extensive and a section of the building is chock full of antiques and collectibles. There's always someone strumming a guitar out back, and hikers from the towpath often stop just to listen.

Williamsport — Canal Town Reborn

Farther downstream is Williamsport, where the C&O Canal is mostly intact. Here, you can walk along the Conococheague Aqueduct, watch a lift lock in action, and see a recreated canal boat float through the historic basin.

Sweet Notes Bakery is a cozy stop for delicious baked goods. Just down the street, Ruth's Market offers sandwiches and other deli items. And every summer, Williamsport's Canal Days Festival brings the 19th century back with music, crafts and costumed interpreters. It's a town where the canal isn't just remembered, it's relived.

Downtown Williamsport has enjoyed a renaissance of new shops, eateries and businesses.

Sharpsburg — Picture of Courage and Community

A few miles east is Sharpsburg, forever linked to the Battle of Antietam. But beyond its somber history lies a blossoming arts and food culture. The Antietam Art Gallery features landscapes of local fields still shaped by cannons and time. The Sharpsburgh Museum of History is open daily with a remarkable collection of historic relics and art.

Nutters Ice Cream, beloved by hikers and locals alike, serves towering scoops of ice cream. Civil War-themed murals decorate side streets, and small-town pride shines here. For lunch and dinner fare, Captain Bender's serves up a diverse menu of food and drink. Catch the live entertainment on most weekends.

Shepherdstown's Storybook Side

Cross the river into Shepherdstown, West Virginia—a college town that feels like a European village. The Shepherdstown Opera House, one of the oldest of its kind, hosts indie films, folk concerts, and poetry slams. Down German Street, art spills onto

the sidewalks: painted benches, mosaics, murals, and hand-blown glass in shop windows.

Lost Dog Coffee is a coffee and tea café hosting a fine arts emporium with a splash of philosophy to boot. A few blocks away is O'Hurley's General Store where, on Thursday nights, Appalachian musicians jam with fiddles, dulcimers and banjos. Meandering through the town is the fabled Town Run, a small pretty stream that flows through yards and sometimes goes underground only to pop back up before it enters the Potomac River.

Harpers Ferry/Bolivar—Sister Spirits on the Hills

Where the canal meets the confluence of the Shenandoah and Potomac rivers stands Harpers Ferry, a living museum of American history. Historic cobblestone streets lead past Civil War museums, Black history exhibits and preserved storefronts from the 1800s. The John Brown Museum tells the story of rebellion and freedom, while the Appalachian Trail Conservancy Center connects hikers from Georgia to Maine.

Named after the legend of the young girl who ran screaming across the ridge with her clothes on fire, the "Screaming Jenny" is a popular sandwich with "hot" ingredients that lend themselves to the lore at Battle Grounds Bakery. With a view of the rivers surrounding this area, every vista could become a painting — and many end up that way in the

town's open-air art festivals.

In neighboring Bolivar, life is quieter but equally inspired. Bolivar-Harpers Ferry Public Library hosts rotating art exhibits and local history talks, and scenic overlooks above the rivers serve as favorite painting spots for plein air artists. Known for its eateries and watering holes, Bolivar is home to Kelly's Kitchen, a popular spot for both locals and visitors for its creative spin on vegetarian fare that is sure to please foodies.

Brunswick — Rails, Trails, and Renaissance

Just beyond Harpers Ferry is Brunswick—a town once powered by rails and now filled with creative energy. The Brunswick Heritage Museum spans three floors: one tells the canal story, another houses a giant HO-scale model of the B&O Railroad from Washington, D.C.'s Union Station going westward to Brunswick and Harpers Ferry. Art is blooming again in Brunswick with a new archway spanning the entrance into town from the railroad parking lot and C&O Canal, and a new art gallery opening along with a fast growing Brunswick Arts Council. At Beans in the Belfry, a café set in a restored church, people sip lattes beneath stained-glass windows while acoustic musicians play. On weekends, you might catch a plein air artist painting along the canal trail and riverfront.

Point of Rocks — The Crossroads

Named for the dramatic limestone cliffs that tower over the Potomac River, Point of Rocks is a photographer's dream. Its iconic train station is one of the most photographed rail landmarks in America.

While the town is small, its spirit is big. Known for its Art at the Point Festival held in September, the town draws many visi-

Continued on page 19

FILM REVIEW

Review 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.

August at Akiko's (2018)

Directed by Christopher Makoto Yogi
1 hr 15 minutes

A quirky black comedy, Delicatessen examines humanity at The Palace Theater in Hilo, Hawaii opened a century ago, screening Douglas Fairbank's The Son of Zorro. Today the Palace is an art house as motif in August at Akiko's, a place of refuge and remembrance for Alex Zhang Hungtai.

It was a place he frequented with family and he examines it with a new perspective. A 38-year-old jazz saxophonist, Alex has returned to the island after a long absence. American novelist Thomas Wolfe contended, "You can't go home again." But Alex is attempting to do just that.

As the film begins, Alex arrives at his grandparents' home to find it no longer exists. New construction is underway. He learns, belatedly, that his grandfather died in a car accident. Alex has no partner, no child and seems at odds with life. With his grandparents' place gone, he takes refuge at Akiko's, a Buddhist Bed and Breakfast. In his room, a placard asks guests "...leave only a presence, a feeling that for a moment you loved a place so deeply that both you and the place were transformed..." Slowly, the island ways of life are reintroduced and, with Akiko's guidance, Alex's journey toward inner peace begins.

They join in Japanese dancing, listen to taiko drumming, tune a 3-string shamisen, explore vast lava fields and honor ancestors while cleaning the burial site. Alex befriends Phoenix, a child who attempts to catch fly pets and likes playing tag. After sharing time with her, Alex tells Akiko he thinks being a parent would be nice. In his room, he studies the doctrine of Dongshan Liangjie, a Chan Buddhist monk: "...penetrate the sources and travel the pathways, embrace the territory and treasure the roads..." As Alex opens to new and revisits previously-known experiences, a sense arises: perhaps you can go home again. ■



Nutter's Ice Cream in Sharpsburg

ENVIRONMENT & SCIENCE

A Bee Swarm in My Beemobile

By DR. KATHY HEINSOHN, B.C.E.

What? A bee swarm in my car? Well, I guess there's a first for everything.

I'm a backyard hobbyist beekeeper, and so my vehicle is always the beemobile. I transport everything I need for my hives in the car, all the way from the front yard to the alley in the back of the house near the creek where the hives are located — because, frankly, I have a bad back and can't lug it all with me.

I haul my bee suit, my bucket filled with smoker and fuel, and my hive tool, needed to pry open the hive when the bees have sealed it up with sticky propolis. And I also cart extra supers (boxes) with the frames which the bees cover with wax and then fill with pollen or honey or the queen fills with eggs. I always have spare woodenware parts in the car for whatever I may find I need when I open each hive.

Because I manage my bees to prevent swarms from leaving my hives and potentially disturbing my neighbors, I religiously get into my hives at least every 14 days to knock down potential swarm cells that may be developing.

About swarm cells

Swarm cells are potential queens developing in a peanut-shaped cell usually hanging from the bottom of a frame in the hive. It takes 14 days at normal summer temperatures for a queen to develop in her swarm cell. If any of the potential queens actually do develop and emerge, then the hive will have two queens, and that's not allowed in nature.

The existing queen often stings and kills the newly emerged queen. Or, if the hive is big enough or in danger or sick in some way,



DR. KATHY HEINSOHN

A bee swarm in Dr. Kathy's car.

the existing queen will take half of the hive and leave in a swarm. She takes the older workers with her and leaves the new queen behind with the younger workers, eggs, larvae, and pupae.

This is when you may see a dark cloud of bees heading to a tree or other structure. It's like the cartoon pictures you've seen of hives. The sky above you darkens with thousands of buzzing bees headed in one direction after circling out of the hive!

The cluster of bees from a swarm may end up hanging in a tree or, heaven forbid, from your eave, porch, or swing set. The swarm is gentle, as the workers are all disoriented — they're used to being in the dark of the hive and just want

to be near their queen, so they cluster around her. (She's in the middle of the cluster.) They have also filled their honey stomachs with honey to carry from the old hive to the new location. They typically

will not sting as it's impossible to maneuver a stinger into position with a full honey stomach.

Scout worker bees from the edge of the cluster will head out to look for a new place to live. When they find it, they alert the swarm with a waggle dance that locates the new home with respect to the sun, then they all leave at once to fly to the new location. This usually happens within 24 to 48 hours after the bees left their old hive.

Thousands of bees in my car

So, imagine my surprise when I went to get into my car to take Franz, my dog, to the dog park and I discovered a bee swarm in my car! There were probably two to three thousand bees in it. Franz and I were NOT going to the dog park!

I had left my windows cracked due to the heat of the day, and the wooden spare parts in my car included frames with honey in them. A very enterprising scout bee had discovered this and went back to tell her cluster where to set up their new shop. The swarm was still happening when I discovered this.

I secured Franz at a safe distance, then gently opened my car doors to pull out my bee suit, veil and gloves. I had to shake bees off

all my protective clothing, then checked inside each piece to make sure no one was in there waiting for me. I suited up then proceeded, to the amazement of my neighbors, to pull the woodenware from my car and place it on a bench in my front garden. The queen must have been in there, because all the workers started to follow me from the car to the bench.

I put my windows all the way down and more bees exited. Then I got into the driver seat with my bee suit on and drove around the block twice with the air-conditioning on full blast and windows open to blow the last bees out. Onlookers did double-takes as I cruised by but, finally, there were just a couple of bees left in the car, and it was safe for Franz and me to finally go to the dog park.

I want to emphasize that the bees who swarmed into my car were not my girls! I had just opened my hives the day prior and knocked down all the swarm cells, so I am not sure where these girls came from. Is anyone out there missing some bees? ■

Dr. Kathy Heinsohn has a Ph.D. in Structural and Urban Pest Management from Purdue University and is a Board Certified Entomologist (B.C.E.) and local beekeeper.

News from Bird City Brunswick and the Green Team

By ABBIE RICKETTS

Kudzu infestation at River's Edge Trail

Bird City Brunswick/Green Team along with the City of Brunswick Utilities Department & Environmental Programs hosted a presentation, "Invasive Vegetation Management and Case Study on Kudzu" by Watershed Foresters Bob Schwartz and Tom Keenan of the Maryland Department of Natural Resources Forestry Service on June 18 at the Brunswick Library.

The primary interest of the presentation was in how the growing kudzu infestation at River's Edge Trail could be controlled before strangling vines heavily damage the recreation area off 13th Avenue.

Attendees learned that a larger growth area can be managed through mechanical means and application of herbicide. Previously the City brought in goats to graze but the cost was prohibitive for a long-term solution. Last winter, volunteers worked to cut the invasive weed down and dig it up but the task proved too labor intensive to be sustainable.

Carlo Alfano, local founder of



Native Garden Tour 2024

River's Edge Trail, and his trail helpers work to keep the vine at bay through cutting and trimming. City staff will work with the Department of Natural Resources Forestry Service and members of the Green Team/Bird City Committees to create a long-term plan to manage the kudzu.

Among other invasives that were discussed are some that may be unknown as invasives to the average person. Keenan and Schwartz displayed lists of plants banned from sale or sold with a warning label. At least two were once common stock at nurseries and can still be found

in local gardens.

Garden Potluck

A Garden Potluck was held on June 29 at Overlook Garden in Brunswick Crossing to celebrate Bird City's second year of growing produce for the Brunswick Food Bank. This year they added an herb garden.

Over 30 people attended and children were able to complete a nature scavenger hunt and sow seeds in the future pollinator garden. Ruppert Landscapers donated over 50 native plants.

Garden Tour in August

The 2nd annual Brunswick Natives and Pollinators Garden Tour happens on August 9 from 10 a.m.-1 p.m. Rain date is August 10. Five local Brunswick gardens will showcase native plants, shrubs and trees, along with pollinator annuals. There will be an opportunity for children to learn how to raise Monarch butterflies.

More detailed information about the garden tour as well as free tickets can be found on Eventbrite. For more information, or if you might like to include your garden, contact Barb Kemerer at bkemerer1@aol.com. ■

C&O Canal CONTINUED

Continued from page 18

tors. The nearby Lucketts Design House and Rocky Point Creamery attract D.C. weekenders seeking rustic charm and sweet escapes.

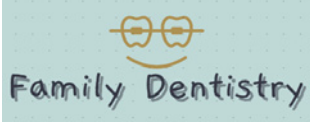
Poolesville — Rural Charm Meets Progressive Culture

Further along the trail, Poolesville sits just off the towpath, surrounded by farm country and vineyards. This town is alive with creative life. The Riverworks Art Center promotes gallery walks, plein air competitions, and a series of outdoor concerts throughout the warmer months.

Stop by Bassett's Restaurant for locally sourced dishes or sip a

flight of reds at Rocklands Farm Winery, where art shows and folk concerts happen often. The White's Ferry Grill is close by along the towpath. Known for serving delicious burgers and other fare, it's become a must stop for cyclists and hikers.

Each C&O Canal town has an intricate chapter of a story told by the 184.5-mile corridor where art, food and history entwine. The towpath may be the connective thread, but it's the people, the creativity, and the deep respect for place that bring the C&O Canal to life today. Visitors are sure to carry with them a sense of having stepped inside a story. ■



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LOCAL HISTORY

The *LATEST* from the *LAST*
C•E•N•T•U•R•Y

100 Years Ago
from *The Valley Register*
Compiled by
Julie Maynard

July 31, 1925.
**Brunswick Defeats
Middletown by 13-11**
**Protest By Middletown, How-
ever, on Decision of Umpire.**

Middletown suffered their third defeat of the season on Saturday afternoon last in Brunswick, when the Railroaders won out over the local outfit by 13-11. Middletown has protested the game, however, on a decision made by Umpire Gardner, the local officials claiming that Crone, in right field, caught a fly ball that was not called an out by the umpire, and that runners were allowed to score on the hit.

It is said that the umpire, because of the hilly condition of the Brunswick field, was unable to see the catch made in right field from his position behind the plate. President “Mike” Thompson’s decision on the protest has not as yet been made. ...

Boy Dies From Strange Malady.
Grafton, eight-year-old son of Mr. and Mrs. Clark O. Routzahn, near Burkittsville, passed away early Thursday evening, just as “The Register” was preparing to go to press. The child had been sickly for about a year and developed exceedingly bad tonsils. These were removed several weeks ago at the Frederick City Hospital, and the child seemed to stand the operation well. Last Sunday he attended Sunday School in Middletown and spoke to the teacher about feeling as if something was lodged in his throat. He became worse Monday and a doctor was summoned. The case proved baffling, and a consultation was held by three physicians over the strange illness of the lad. Everything possible was done for him, but he died as above stated. Particulars regarding the death and funeral will be given next week.

Caught Stealing Whiskey.
Louis Comillo, Brunswick, said to be an employee of the B. & O. Railroad, was held in \$1,000 bail for Federal court action at a hearing before U. S. Commissioner H. Noel Haller, in Frederick, charged with breaking into a freight car, while in inter-state commerce, and taking seven cases of whiskey. Comillo claims that two strangers, at the point of a gun, forced him to break the seal on a car and help remove the whisky.

August 7, 1925.
The stork left a baby girl at the home of Mr. and Mrs. Clarence Huffer, Broad Run, this valley.

**Knoxville A. M. E. Church ,
Rev. W. L. Snowden, Pastor.**
Petersville—Camp meeting will continue until Aug. 21. 11 a. m., sermon by the Rev. Roy Bowie; 2:30 p. m., sermon by Dr. E. T. Addison; 7:30 p.m., sermon by Mrs. Hammond, evangelist.

Brunswick—Sunday School, 10 a. m.; A. C. E. League, 7 p. m.; sermon by the pastor, 8 p. m.; subject, “A Doer As Well As A Listener”; Wednesday night, social hour. The Brunswick choir will sing at the Petersville camp meeting, Sunday afternoon.

WANTED—a quantity of good lard.—**VALLEY BAKING CO.**, Middletown, Md. 8-8-tf

FOUND—Maryland automobile License Tag Plate No.111-713. Finder can have same by calling at this office and paying for adv. 8-7-tf-21w

Back From Vacation.
*Down to a seaside place he went,
And came home quite a wreck.
The hotel peeled bills off his roll;
The sun, skin off his neck.*

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per 100 lbs \$5.95
Best brown Sugar,
per 100 lbs. \$5.45
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High Grade Fig Cakes, per lb. 14c
15c Ginger Snaps, per lb10c
HOGS, CALVES, LAMBS
and PRODUCE needed and
top market paid for same

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Locust Valley, Md.
Satisfaction Lowest Prices
August 14, 1925.

TAKEN BACK TO CIVILIZATION
A 14-year-old girl who for two months wandered as a wild woodland sprite, living on berries and water, was found in the woods near Hagerstown. The girl, Mary Berger, protested violently against being taken “back to civilization” when Deputy Sheriff Robert Bowers discovered her taking a bath in Antietam creek. She refused at first to come ashore until she became convinced that Bowers was prepared to lay in wait until she gave up.

**Mrs. Lizzie Bruner,
Aged 52 Years.**
Mrs. Lizzie Bruner, wife of George H. Bruner, of Burkittsville, died on July 2, of heart failure, after an illness of one week. She was buried from the African M. E. Church, on July 29, her pastor, Rev. Snowden, officiating. She is survived by her husband, four brothers, Frank, Wesley, Roy and George, and two sisters, Mrs. Hattie Spriggs and Miss Maggie Butler. Mrs. Butler was a woman of fine character. She was usually to be found in the homes where sickness and death had come. Hers was a life of helpful ministry. She will be missed alike by colored and white folks. She was a consistent member for many years of the A. M. E. Church. She was aged 52 years and 10 months.

August 21, 1925.
**Rev. M. L. Culler, D. D.,
Dies in Washington.**
BORN NEAR JEFFERSON.
Rev. Martin Luther Culler, D. D., who was born near Jefferson, , died in Washington D. C., Aug. 10, 1925, aged 85 years, 9 months, and 27 days. His parents were Daniel and Ann Mariah (Hargett) Culler. He was baptized in 1840 by Rev. Dorsey, and confirmed by Rev. Dorsey as a member of St. Paul’s Evangelical Lutheran Church, Jefferson, in 1857.

He was born in the famous Middletown Valley, which enjoys the unrivaled distinction of furnishing 49 Lutheran ministers to the Lutheran Church, many of whom were prominent in her service ... Dr. Culler was raised on the farm, and trained to habits of industry and thrift, which were useful to him through a long and busy life. His own words are: “As a child I was much impressed with the eloquence and earnestness of preachers, and thought what a grand thing it would be to preach the Gospel.” ...

He was prepared for college in a private school at Jefferson, conducted by Prof. David Sprecher, brother of Dr. Samuel Sprecher, long president of Wittenberg College. He graduated from Pennsylvania College in 1862 [and] Gettysburg Theological Seminary in 1864. Being in the Seminary at the time of the battle there, he spent a good part of that terrible three days in a neighboring cellar to escape the storm of shot and shell. Later he was present when Lincoln delivered his wonderful Gettysburg speech, so close that he

could almost touch the President with his hand, and heard every word of that wonderful address.

... In 1910 he retired from the work of the active pastorate, removing to Philadelphia, where he did supply work until 1913, when his wife died, and he felt that the time had come for a more quiet life. After that time, he made his home with his daughters, Mrs. W. S. Wood and Miss Nellie Culler, in Boston, Mass., and Washington, D. C. ...

He was married Oct. 26, 1865, to Miss Mary Jane Floyd, of Jefferson, to which union five children were born. ...

He peacefully fell asleep in Jesus on Monday evening, Aug. 10, in Washington city, and was buried in Fairview cemetery, Mercersburg, Pa., in the presence of many friends and former parishioners, on the afternoon of Aug. 12.

August 28, 1925.
Master Glenn Butts, son of Mr. and Mrs. C. J. Butts, of Locust Valley, had his tonsils and adenoids removed at the Frederick City Hospital, last Saturday.

The great-grandfather of Tom Mix, the movie star, translated the Bible into the Osage Indian dialect.

Mrs. C. J. Butts, of Locust Valley, was given a complete surprise on Monday evening last, Aug. 24, by her children, it being her 46th birthday. Refreshments were served, consisting of ice cream, cake and lemonade. ...

Narrow Escape From Fire.
The barn on the farm of Mrs. Harry Huffer, at Broad Road, this valley, had a narrow escape from being destroyed by fire one day this week. Mr. Harry Palmer, tenant on the farm, fortunately discovered a fire at the foot of the big straw stack, and by smothering it with quantities of wet straw, managed to put it out before it reached the stack, and of course, the barn would have also gone at the same time. No cause for the fire can be found.

**Fatally Injured in
Fall From Train.**
Grayson Schilling, aged about 35 years, Frederick, who sustained a fractured skull in a fall from the Baltimore and Ohio Railroad bridge over the Monocacy, at Frederick Junction, on Saturday night, Aug. 15, died at the Frederick City Hospital on Thursday of last week from hemorrhage of the brain.

**Mrs. Herman A. Albert,
Aged 32 Years.**
Mrs. May Albert, wife of Herman A. Albert, Brunswick, died at the Frederick County Hospital, Tuesday night last, following an operation for gall stones, aged 32 years. She was a member of the Reformed church, Brunswick. Besides her husband, she leaves one young daughter, Charlotte. The remains were taken to Strausburg, Va., where the funeral was held.

County Leads in Gold Fish.
Statistics compiled by John Dennee, agricultural statistician for Maryland, has revealed that Frederick county leads the entire world in the production annually of gold fish, and in fact, produces more than four-fifths of the nations’ yearly supply. Frederick county also ranks as the first agricultural county in the State, and as one of the finest in the nation.

*A girl can be gay in a little coupé,
In a taxicab she can be jolly,
But the girl worth while
Is the girl who can smile
When you take her home on a trolley.*

Save the Date!



Join us on Sunday, September 14
to celebrate Brunswick's
2025 Distinguished Citizens!

Frances Axline, Cathy Barnes, James Castle,
Kathy Crone, Bob and Jennifer Effler,
Bruce Funk, David House, Jerry Knight,
Mary McDonald, Bill Turney, Rick Weldon

Location: Brunswick Eagles Club
Time: 1:00 pm

To order tickets, visit
www.brunswickmd.gov/specialevents
and click on
“Distinguished Citizens Luncheon.”

Tickets must be reserved by September 5.

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Saturday August 16th - Pick-up 2-5 pm

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AMERICAN LEGION BASEBALL

Post 96 Baseball Wraps Up Season

By BILL CAULEY

Unlike last season, Brunswick's Steadman-Keenan Post 96's American Legion Baseball team made a remarkable comeback this season, following last year's turmoil which forced an early end to the year.

Brunswick did not qualify for the Department of Maryland Tournament this year, but was able to complete its season respectably. With Danny Renn at the helm as the team's new manager, as well as a new coaching staff and a mostly-new team, Brunswick made a run at winning the Western Maryland District championship, finishing third.

Among some of the team's accomplishments this year was taking the regular-season series from Frederick's Francis Scott Key Post 11, winning two of three games. It's been 58 years since Post 96's baseball squad accomplished that feat on its way to winning its one and only district

championship to date.

Brunswick split a doubleheader with Frederick on July 9, losing the completion of a suspended game, 6-5, then holding on for a 9-7 win in the regularly-scheduled game.

A defining moment for the team

In what may have been a defining moment in this team's schedule, Brunswick edged out Frederick at home, 3-2, on Tuesday, July 8.

In that game, Brunswick came back from a 2-0 deficit with a walk-off win in the bottom of the seventh inning. With one out and runners on second and third base, Justin Ricketts received an intentional walk from Frederick reliever Nathan Chappell, which loaded the bases.

Judah Purks dropped a short grounder between third base and home plate, which was fielded by Frederick's catcher. His throw to the pitcher, who was covering

home, was high and the pitcher could not handle it.

The ball rolled to the backstop, allowing two runs to score and ending the game.

"It all starts with our pitching and defense," Renn said after the game. "We got a complete game from our pitcher, Connor Carrillo, who has just been great all summer for us."

Carrillo had five strikeouts for Brunswick in the complete-game victory. "Mainly, my curveball was the pitch which was working the best," he said. "Sometimes, my change-up was working, but I wasn't really accurate with that."

Ricketts had an RBI double in the game for Brunswick.

Great things ahead for Brunswick Legion baseball

Now, some three generations later, the prospect of Brunswick making a return to the state Legion tournament seems to be getting stronger. Not bad for a program which, a little more than



Connor Carrillo pitched a complete game with five strikeouts on July 8.

a year ago, seemed like it would fall by the wayside once again.

When Renn, an experienced coach in the Brunswick Junior Orioles' baseball system, was asked if he would become the new manager, he accepted. Then came the task of recruiting an essentially new group of players.

Using his contacts through the Junior Orioles system, Renn was able to put together an 18-player roster, the maximum number allowed under American Legion Baseball rules. Heading into the final week of the regular season, this squad posted a 5-5 record.

Greater things are on the horizon for this Brunswick Legion baseball program. ■

Upcoming Running Events
at Othello Park and River's Edge

By KEVIN L. ROPP

Plan now to join the Brunswick and surrounding area running community for two local races — the Othello Park Labor Day 1K/5K on Monday, Sept. 1, and the River's Edge Endurance Challenge on Saturday, Sept. 27. Both events support our local schools.

Othello Park Labor Day 1K/5K

Labor Day celebrations begin with the 2nd annual Othello Park Labor Day 1K and 5K run (OPLD1/5) on Monday, Sept. 1. This event features a 1K fun run for participants of any ability and a 5K hybrid road and cross-country race that takes advantage of the paved paths and grassy equestrian trails at Othello Regional Park.

"Last year, in our very first year, we saw tremendous support from the area with some 115 runners participating in the inaugural Othello Park event," said race co-director and former BHS cross country standout Russ Adams. "We're really excited this year and hoping for an even better turnout to support our local schools."

Proceeds from this event, supported by the Brunswick Area



Runners at the starting line for the 2024 Othello Park Labor Day Run.

Recreation Council, benefit the Brunswick and Valley elementary school PTAs and the Brunswick High School track and field program.

River's Edge Endurance Challenge

Finish out September with one of the coolest running events around — the River's Edge Endurance Challenge (REEC) on Saturday, Sept. 27.

This year's event features a new 5K trail race along with the traditional 3-hour endurance run and 6-hour endurance challenge.

Here's what previous participants have said about REEC: "This race has a great vibe!"

"Fantastic event!" "This is my favorite race!" "I always look forward to REEC!" "Two thumbs way up for this event! It's my new favorite."

"There was so much energy and enthusiasm for this lovely, well-marked course full of switchbacks, banked turns, and those mogul hills mountain bikers like," said Frederick's Cari James, a participant in last year's 3-hour run. "If you like trail running minus snakes, bees, rock-hopping rivers, and getting lost, this would be a great race to try out!"

"Brunswick's River's Edge trails are outstanding — this is a perfect location for a trail race," said race planner Lee Zumbach.

"This year, we replaced our 5-mile race with a new 5K trail race to introduce even more runners to the joys of trail running, but we've kept our traditional 3-hour and 6-hour challenge events — how many loops can you do in 3 or 6 hours?"

REEC is put on each year by the BHS Athletic Boosters as a fundraiser for the track and field program. All registration fees and donations are used to purchase much needed equipment not otherwise funded by Frederick County Public Schools. To date, this event has allowed BHS to provide a brand-new storage shed for all track equipment, new pole vault mats and poles, new starting blocks, new shot puts and other equipment.

Sponsorship Opportunities

Both REEC and OPLD1/5 events feature finisher medals for all participants. In addition, all REEC participants receive race shirts and other sponsor give-

aways while OPLD1/5 participants may purchase race shirts for \$8 when registering.

"We're hoping for a huge turnout in support of our local schools," said Adams. "All proceeds from both events go right back into the schools to support programs and equipment. We've done our best to keep registration fees for the races affordable for all while still allowing us to raise much needed funds for these school programs."

And since both events are fundraisers for the local schools, all registration fees and donations are fully tax deductible.

Sponsorship opportunities are available for both events. Any local business interested in sponsoring either event, should reach out to Kevin Ropp at klropp@gmail.com.

Race Signup

For more information and to register for the OPLD1/5K, visit: <https://runsignup.com/Race/MD/Knoxville/OthelloPark-LaborDay1K5k>.

For more information and to register for REEC, visit: <https://runsignup.com/Race/MD/Brunswick/RiversEdgeEnduranceRace>. ■



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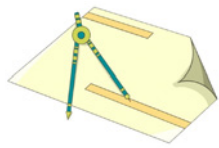
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SPORTS

Brunswick Railroaders Little League Season Winds Down

By BILL CAULEY

The 2025 Brunswick Railroaders Little League Baseball season is now in the history books.

Among the lists of accomplishments for this past season are the Nationals winning the Dave Fogle Classic, then finishing second in the Gregg Quedewit Tournament of Champions, and the Junior Little League All-Stars reaching the state tournament in Hurlock on Maryland's Eastern Shore (Dorchester County).

Brunswick won the District 2 Junior Little League Tournament of Champions, defeating Frederick Little League in the championship game, 8-3, on June 10 at Walnut Ridge Park in Frederick.

Brunswick's 10-12 all-star team fell a little short, reaching the semifinals of the District 2 Tournament before losing to Montgomery County Little League-Lower, 5-0, in the final elimination-round game on July 11 at Marvin E. Younkins Memorial Field. The squad, led by manager Cory Rhodes, opened district play with a 4-0 shutout at Frederick on July 5.

Moving on in the winners' bracket of the double-elimination tournament, Brunswick bested Thurmont, 8-3, at Thurmont's Leisner Field the next day. Things did not go as well in the winners' bracket final against Montgomery County-Upper on July 10.

In that game, MCLL-Upper used three home runs to power its way to an abbreviated, 15-5 win over Brunswick. Jaden Cuevas hit two home runs and drove in three runs for MCLL-Upper in this game.

Brunswick had taken a 1-0 lead in the top of the first inning on a two-run single from James Kraus, but Cuevas hit the first of his two homers in the bottom of the first, a two-run shot, to tie the score at 2. From there on, it was MCLL-Upper, which added four more runs in the third, three on a Dylan Holahan homer, then the fourth on Cuevas' solo shot.

MCLL added six more runs in the fourth, closing on the game early with three runs in the fifth. The best Brunswick could do, other than its two runs in the first, was scoring three runs in the fourth.

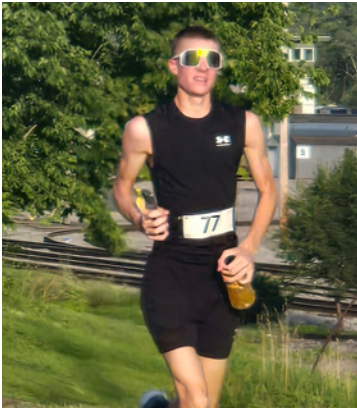
"Montgomery County-Upper was fundamentally sound, offensively and defensively," Rhodes said. "We got behind in the count a couple of times and their hitters made good swings. That's something that we've got to get better at."

Jack Rhodes had two hits for Brunswick. Coop Daugherty had a double.

In the loss to MCLL-Lower, which eliminated Brunswick from the tournament, there was just no getting around the tight defense of MCLL-Lower. First baseman Charlie Frank was solid in his performance for the winning team, being involved with 10 of MCLL-Lower's 18 putouts. He had six unassisted putouts against Brunswick and snagged a line drive in the top of the fourth.

"We hit the ball hard all day," Rhodes said. "That first baseman must have had about a million putouts. Nothing got by him. He played a great game."

Max Racosky had Brunswick's lone hit in the third, with two out. Heading into the future, Rhodes sees a bright future for his players. "These kids, they've got a lot of baseball ahead of them," he said. "Basically, this entire team will be back next year." ■



By LEE ZUMBACH

The Great Twilight Deadman's Hill Run took place in Brunswick on Saturday evening, June 21. It was a warm first day of summer and 39 enthusiastic runners ranging in age from 7 to 65 ran the 2-mile, mostly downhill course.

This is a unique point-to-point run that begins at the Brunswick Middle School parking lot and ends at Square Corner Park downtown, using the steady downhill road known locally as "Deadman's Hill."

The event is put on jointly by the Brunswick Area Recreation Council (BARC) and River's

Rickey Riley, a rising sophomore runner at Brunswick High School, is pushing the final ½ mile to place first in the Twilight Run with a 2 mile time of 11:07. Rickey's mom and sister also did the race to make it a family affair.

The Great Twilight Deadman's Hill Run



Caroline Teague, a rising senior at Brunswick High School, from Jefferson and an experienced cross country runner, placed first in the female category with a time of 16:25. Emmitt Otto is seen next to Caroline with about a ½ mile to go. He finished in 14:05.

Edge Endurance Committee. The history of the event goes back to 2006, when a similar event was done by Brunswick Main Street as part of First Friday events. Main Street dropped the event, so it was picked up by the

above-mentioned groups. Profits from the event are split between the two groups; both have the goal of supporting youth and physical activity in the area.

Another unique aspect of the event is that, while times are kept and posted, there are no awards. The fun reward at the end of the run is a delicious, on the spot ice cream sundae donated by Little Red Barn of Jefferson.

Because the course is mostly flat or downhill, the runner can get a fast time and avoid the stress of fighting gravity. The first runner to cross the line was 16-year-old Brunswick High Cross Country runner, Rickey Riley in 11:07, close to a 5:30 per mile pace. He was closely followed by Amos Desjardius and Scott Walton. On the female side, another Brunswick Cross Country runner, Caroline Teague, came in first with a time of 16:25. Amanda Kinnan and Calla Kinnan were next to finish for the ladies.

The sponsoring groups thank Little Red Barn for the delicious ice cream, Donna and Steve Intollbee for providing shuttle service from downtown up to the starting line, and the nine helpers who gave of their time to assist with the event. The main goal was to give runners a fun, yet challenging race. The entrance fee is very low and time spent with each other at the end with ice cream seemed well worth the effort. ■

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COMMUNITY INTEREST

Five Dances Opens
New Location



Five Dances Wellness Center celebrates the opening of its new location on S. Maryland Avenue. Owner Samantha Frances welcomed representatives from City Hall and the Frederick County Executive's office along with other local businesses to her new location.

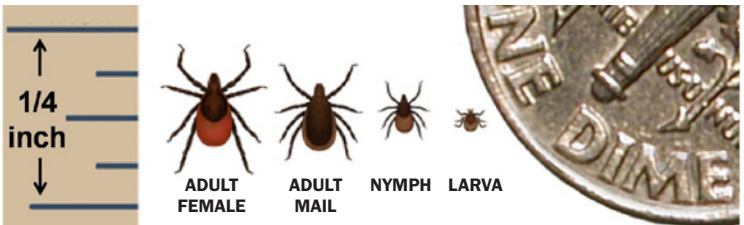
Appalachian Trail Hikers
at Risk for Lyme Disease

By ABBIE RICKETTS

Those seeking to hike this hot summer hope to find the air a bit cooler on the Appalachian Trail. As they travel on the trail in the Brunswick, Harpers Ferry, and Boonsboro areas and farther north towards Pen Mar and beyond, cooler air is just one of the pleasures hikers like to experience in the shady cool forests.

But those wooded areas harbor large populations of black legged ticks which carry Lyme disease. Maryland, West Virginia, Pennsylvania, and further north in states that host the Appalachian Trail have the highest number of Lyme disease incidents in the United States, according to multiple sources.

Right now, ticks are out and will be prevalent all summer and as late as November. The tiny in-



US CENTER FOR DISEASE CONTROL (CDC)

sects are the biggest threat to hikers' health and safety on the trail, even more so than bears or other wild animals or falls. Protecting against tick bites is imperative.

The Appalachian Trail Conservancy, headquartered in Harpers Ferry, recommends using Permethrin sprayed on clothing and gear. The Environmental Protection Agency reports that long term repeated use is unlikely to pose any significant health risk.

Always conduct a full body check after hiking. Pack a small compact mirror to check hard-to-reach places. Avoid sitting on logs or directly on the ground. Use a sit-upon sprayed with the Permethrin. When removing a tick use a tick key or tweezers

to make sure all of the tick is removed. Clean the area with an alcohol swab.

The Centers for Disease Control says "In general, CDC does not recommend taking antibiotics after tick bites to prevent tick borne diseases. However, in certain circumstances, a single dose of doxycycline after a tick bite may lower your risk of Lyme disease. Consider talking to your healthcare provider if you live in an area where Lyme disease is common."

Watch for symptoms for 30 days. Call your healthcare provider if you experience any of the following: rash, fever, fatigue, headache, muscle pain, or joint swelling and pain. ■

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AUGUST 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@BrunsNews.com.

Undertone—original music August 1, call for hours Smoketown Brewing 223 W. Potomac St. Stuffed Animal Sleepover: Back to School (drop off your animals) August 2, 10 am–4:30 pm Brunswick Library Craft Time: Solar Printing (adults) August 2, 2–4 pm Brunswick Library Ace Monroe Rock n Roll Band August 2, 6–8 pm (show at 7 pm) Tickets: https://upstairsatsmoketown.ticketspice.com/ace-monroe-wildcard?t=smoke Smoketown Brewing 223 W. Potomac St. Stuffed Animal Sleepover: Back to School (pick up your animal) August 3, 1–4:30 pm Brunswick Library Summer Explorers: Games & Puzzles (ages 5–10) August 5, 4:30–5:30 pm Brunswick Library National Night Out Sponsored by City of Brunswick August 5, 6–8 pm Brunswick Swimming Pool, 99 Cummings Dr. Comedy Hour—adults only August 6, 7:30 pm Smoketown Brewing 223 W. Potomac St. Teen Time: Miniature Bookcases (ages 11–16) August 7, 6 pm Brunswick Library Arm the Track — live rock August 8, 12–1 pm Smoketown Brewing 223 W. Potomac St.	Bingo Big Money \$60 per ticket August 8, Bingo at 7 pm, meal at 5:30 pm, doors open 5 pm Angie 249 772–7282 Brunswick Volunteer Fire Co., 1500 Volunteer Dr. 2nd Annual Brunswick Natives and Pollinators Garden Tour August 9, 10 am–1 pm (rain date August 10) Free tickets, garden tour information on Eventbrite Barb Kemerer: bkemerer1@aol.com to discuss including your garden for tour Celtic Harp Trio August 9, 10:30–11:30 am Brunswick Library Art Class: Digital Art (adults) August 10, 2–4 pm Brunswick Library Summer Explorers: Fort Building (ages 5–10) August 12, 4:30–5:30 pm Brunswick Library Teen Time: Artist Talk—Dynamic Character Drawing (ages 11–18) August 14, 6 pm Brunswick Library Meet a Police Officer: An Adaptive Adult Program August 15, 11 am–noon Brunswick Library High Street Communion — live rock n roll August 15, 12–1 pm Smoketown Brewing Drop-in LEGO Build (ages 5–10) August 16, 1–4 pm Brunswick Library	Finger-lickin’ Chicken Barbeque—\$18 per meal August 16, pick up 2–5 pm. Pre-order by Aug. 10: 667–701–9467 Jefferson Ruritan Center 4603B Lander Rd. The Fall Veggie Garden August 17, 2–3 pm Brunswick Library Summer Explorers: Build a Robot (ages 5–10) August 19, 4:30–5:30 pm Brunswick Library Ice Cream Social August 20, 5–7 pm Bethany Lutheran Church, 109 First Ave. Maryland Mayhem: Scoundrels, Spies and Sinners in the Free State August 20, 6–7 pm Brunswick Library Teen Time: Kitchen Chemistry (ages 11–18) August 21, 6 pm Brunswick Library Tween Time: Slime Lab (ages 8–13) August 21, 6–7 pm Brunswick Library Megan Jean Byrne — Live Music August 22, 12–1 pm Smoketown Brewing, 223 W. Potomac St. Read to a Dog (ages 0–10) August 23, 10:30–11:30 am Brunswick Library BINGO benefit for Brunswick Volunteer Ambulance & Rescue Auxiliary August 23, 4 pm doors open at 3 pm	Debbie for tickets: 301–471–7007 Brunswick Eagles Club 401 Central Ave. Paper–Piecing: A Jane Austen Craft August 24, 2–3:30 pm Brunswick Library Summer Explorers: National Dog Day (ages 5–10) August 26, 4:30–5:30 pm Brunswick Library Teen Time: School Survival Kit August 28, 6 pm Brunswick Library Live Music—Open Mic with Jacob Rockwell August 29, signups start at 5:30 pm Smoketown Brewing, 223 W. Potomac St. Bingo Bash — \$25 p/p August 30, 1 pm (game starts), doors open at 11 am Jefferson Ruritan Club, 4603B Lander Rd. FREE special Game Card with donation of non–perishable/ canned food item Highway Legends—Live Music August 30, 6–7 pm https://upstairsatsmoketown.ticketspice.com/highwaylegends?t=up Smoketown Brewing 223 W. Potomac St.	www.southmountainheritage.org 3 East Main St. Burkittsville Leechel Reynolds Charitable Fund Cruise—in SECOND SATURDAYS through October 9:30 am–12:30 pm Roy Roger’s parking area, Souder Road Conversation Class for English Language Learners SATURDAYS, 10:30–noon Brunswick Library 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 Summer Lunch Program (ages 0–18) MONDAYS–FRIDAYS 12:15 pm, days library is open Brunswick Library Baby Storytime MONDAYS, 10:30 am, ages 0–24 months with caregiver Brunswick Library Manly Movie Night MONDAYS, 7–9 pm, BYO drink Traveling Bros. Cigars 302 W. Potomac St. Free Coffee & More TUESDAYS, 8–10 am, weather permitting through Sept. Faith Assembly of God Church 3700 Burkittsville Rd.	Toddler Storytime TUESDAYS, 10:30 am, 2 year olds with caregiver Brunswick Library Shuffleboard & Cornhole – \$2 TUESDAYS, 4:30–6:00 pm Parks & Recreation, 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. Preschool Storytime WEDNESDAYS, 10:30 am 3–5 year olds with caregiver Brunswick Library Preschoolers School & STEM Skills WEDNESDAYS, 11:15 am 3–5 year old with caregiver Brunswick Library Valley Quilters, all ages/levels FIRST WEDNESDAY, 6:30 pm St. Paul Lutheran Church, Jefferson Peggy at valleyquiltersTLC@gmail.com Ladies’ Movie Night WEDNESDAYS, 7–9 pm BYO drinks Traveling Bros. Cigars 302 W. Potomac St. Musical Storytime THURSDAYS, 10:30 am ages 0–5 with caregiver Brunswick Library Games Club of Maryland THIRD SATURDAYS 12–7 pm Smoketown Brewing Station
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