

THE TOWN COURIER

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Photo | Maryland Agricultural Education Foundation, Inc.

Karl Kidd (center) receives the Excellence in Teaching About Agriculture Award from The Maryland Agricultural Education Foundation, Inc. Kidd is a fifth-grade advanced academics teacher at Urbana at Sugarloaf Elementary.

Karl Kidd Receives Maryland's Agriculture Education Award

By IZZY LOWERY

Karl Kidd, a fifth-grade advanced academics teacher at Urbana at Sugarloaf Elementary, received the Excellence in Teaching About Agriculture Award from The Maryland Agricultural Education Foundation, Inc. in early January. The award recognizes a classroom teacher who demonstrates excellence in agricultural education.

Kidd began building his expertise in 2009 when he attended a workshop hosted by the Ag Ed Foundation called "Ag in the

Classroom." Since then, he has combined lessons from the program with those of his own creation to teach his students how agriculture affects them and their community.

"Students don't always realize how much agriculture is part of their lives," Kidd said. He encourages students to relate to agriculture through the things that they eat. "Food doesn't come from a grocery store—it comes from a farm somewhere," he tells them. He also highlights items you would not normally associate with

■ KARL KIDD Continued on page 11

Local Farmer Grows Hemp in Pilot Program

By KARI A. MARTINDALE

Local farmer Dawn Gordon acknowledged, "Hemp growing is not for the faint of heart." She is at the end of processing her first hemp crop.

Gordon grew her crop in 2019, the first growing season following the passage of House Bill 698. According to the Maryland Department of Agriculture (MDA), "(In the) Agricultural Act of 2014 (Farm Bill), the federal government opened the door to limited legal growth of industrial hemp as part of agricultural research pilot programs. During the 2018 legislative session, the (Maryland) General Assembly passed House Bill 698, which established an Industrial Hemp Pilot Program administered by (MDA)."

The history of hemp farming in America has fluctuated from legal and mandatory during colonial times, to illegal, to necessity during the government-sanctioned "Hemp for Victory" campaign when hemp supply from the Philippines was cut off by the Japanese during WWII, and then back to being enforced as legally inseparable from mari-



Photo | Submitted

Local farmer Dawn Gordon (L) has partnered with Jason Mecler (back) and Rob Collings (R) of Thriv Nutraceuticals to bring her CBD health and wellness products to market.

juana, i.e. illegal.

"(Bill 698)," explains MDA, "authorizes and facilitates the research of industrial hemp and any aspect of growing, cultivating, harvesting, processing, manufacturing, transporting, marketing, or selling industrial hemp for agricultural, industrial, or commercial purposes."

The Maryland Farm Bureau advises, "Even though regular production of industrial hemp is still illegal in Federal law, the 2014 Federal Farm Bill created a program that would legally allow the production of industrial hemp as a college/university research

project. Therefore, this new pilot program makes it legal to grow industrial hemp in coordination with a college/university research project."

Gordon partnered with Morgan State University. She had long been experiencing the health benefits of cannabidiol (CBD), particularly for Lyme disease. She was also an avid gardener, so when hemp farming became legal in Maryland, Gordon quickly developed a passion for growing it. "I took care of each and every plant as if it was an orchid," she said.

■ HEMP Continued on page 7

Urbana Girls' Track Uses Its Platform to Set an Example

By JENNIFER BEEKMAN

For two hours every Saturday morning in January, members of the Urbana High School girls' track and field team visited with residents at Pleasant View Nursing Home in Mt. Airy, keeping them company and listening to their life stories. With its recent success, the defending Class 4A state champion Hawks, who followed up their sixth consecutive Frederick County championship on Jan. 20 with another Central Maryland Conference title on Jan. 24, have a platform within Frederick County and Coach CJ Ecalono said it's important to emphasize the value of community involvement.

"When it comes to coaching, it's not all about numbers; we're teachers too," Ecalono said. "We're

teaching (our student-athletes) about life and how important it is to be involved in the community. Giving up their Saturday morning when they don't have a track meet or practice, I think that goes a long way. I want to continue doing this, maybe we go once or twice a month."

Engaging in such community-oriented activities only serves to strengthen the Hawks' deep bond, which then translates into trust, and success, on the track. Urbana, that set 11 personal records, won the county meet by a 104.5-point margin not just by winning eight of 13 events, but by placing at least two student-athletes in the top six of seven events; in three events, Urbana had three finish in scoring position. Senior Piper Jons was a



Photo | Urbana Athletics

The Urbana High School girls' indoor track and field team won the Central Maryland Conference Spires Division and the conference title on Jan. 24.

four-time winner, finishing first in the 55-meter and 300-meter dash races and anchoring the county

champion 800 and 1,600 relays. Junior Ella Auderset won the 500

■ TRACK Continued on page 19

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EDITOR'S NOTE

YEARS AGO, I read a Q&A in Oprah Magazine that stayed with me. Maria Shriver asked poet Mary Oliver about losing her life partner to cancer. Oliver said, "I had decided I would do one of two things when she died. I would buy a little cabin in the woods, and go inside with all my books and shut the door. Or I would unlock all the doors—we had always kept them locked; Molly liked that sense of safety—and see who I could meet in the world. And that's what I did. I haven't locked the door for five years. I have wonderful new friends."

*I remember thinking
that was the bravest thing.*

My husband, Martin, was diagnosed with stage 4 colon cancer on Aug. 19. We were shocked. He had felt fine in June and July, was working with Rights of Man Farm to grow CBD-rich industrial hemp and loving his journey into becoming more of a farmer.

I knew that my own brother had beat stage 4 colon cancer, that he was happily living with no evidence of disease. So I tried to reassure myself.

But this was signet ring cell cancer, something neither of us had ever heard of, very aggressive and only one percent of all colon cancers. As my brother-in-law said toward the end of Martin's illness, this was a wolf.

Martin died on Dec. 31 at home. He was with me and our two daughters when he passed away. He had only been on hospice for two days.

Mary Oliver's words came back. This is my small attempt to unlock the doors. We won't get over his loss.

I see him everywhere now, in our home and in every place we go. I see him especially in the trees. He loved the trees.

He spent his childhood and many years as an adult wandering through the woods on his family's farm in Urbana. He knew them so well that he could find his way in the dark.

When we were dating, he would im-

press me with the names of all the trees. Years later, he admitted that he made some of these up. As an odd little kid who would cry when friends broke branches off of trees, I loved that he was a "tree-man."

I introduced him to the poetry of Gerard Manley Hopkins, a 19th century Jesuit priest who saw God's spirit everywhere, "for Christ plays in ten thousand places" ("As kingfishers catch fire, dragonflies draw flame"). A Hopkins poem was part of our marriage ceremony; we buried a book of his poetry with Martin's wonderful dog, Montana; and Pastor Jonathan Davis read one of Hopkins' poems at Martin's memorial service on Jan. 7—"Glory be to God for dappled things" ("Pied Beauty"). The poem expresses joy in "All things counter, original, spare, strange," and that was Martin.

The illness was swift and terrible, and we are now wading through awful.

But there has been beauty, too.

I will be forever grateful for the kindness, love and support of so many people through these difficult months. And that has given me the courage to "unlock all the doors" when my natural inclination is to retreat to that cabin in the woods.

Words are not enough to express how truly wonderful everyone has been.

Martin's brother, sisters and sister-in-law, nieces and nephews let him know in countless ways that they were fighting right along with him. He was hospitalized five times, and they made many visits to Frederick Memorial Hospital; artwork by his great-nieces and -nephews decorated his rooms. Martin's brother and sister-in-law, a doctor and nurse practitioner, helped us to understand what was going on, listened to my panic and gave us a huge sense of security when we needed it most.

When the illness and effects of chemo soon made Martin unable to work, Doug and Dani Fink, Larry and Carol Myers of Rights of Man Farm continued to care for the hemp, bringing it to harvest and

processing it (a months' long endeavor).

The hemp harvest in early October was a sight to see and something that I'll never forget. Friends, family and members of the Southern Frederick County Rotary Club came out in force to help. After cutting down four acres of hemp and bringing it into the barn, the hemp all had to be attached to string and hung in the barn to dry. The harvest took days. Without the help of so many, it would have taken weeks.

I am so thankful for my own family and friends who took care of us so well. I made many SOS calls and sent so many alarming emails and texts. Each time, I knew how distressing it would be for them to hear what I had to say. They all loved Martin.

And listening must have been the hard part; in these situations, there is not much anyone can say. But in being there, they saved my life.


Through it all, the paper kept publishing three issues a month—one in Urbana and two in Gaithersburg. This was because of the wonderful people who create this paper—the writers and photographers, news editor, sales reps, designers and printer. They stepped in and let me lean on them, both professionally and personally. I was and am a mess, but thanks to these people we kept publishing.

The day that we celebrated Martin's

life, Tuesday, Jan. 7, I knew again that I could never thank everyone enough for their help, kindness and support—Martin's real estate partner, Dawn Gordon, who opened Fingerboard Country Inn for visiting family to stay and welcomed everyone there for a reception following the service; the Southern Frederick County Rotary for taking care of food and drink at that reception; and Joe Richardson for providing the bagpiper who played so beautifully at Zion Church in Urbana and at the burial.

I was especially thankful for Pastor Jonathan Davis, the father of our younger daughter's friend, who didn't hesitate to help us when we needed him. Pastor Davis led a beautiful service, but I am most grateful for his gentle presence and the comfort that I know he gave our daughters during an awful time.

Martin would have been so thankful for all of this. He would have loved seeing family members who came from all over—Switzerland, Texas, Arizona, North Carolina, Georgia, Vermont and Virginia—and would have been so grateful for the countless friends and colleagues who took time off from work on a Tuesday to be there for us.

It still feels like he is in the next room, but in my heart I know he is walking through a beautiful forest with his parents and other family members and friends who have made the journey home. 



*Photo | Joel Caplan
Bagpiper Jannie Thompson plays at the gravesite.*

NOSHELF REQUIRED

Your Public Library

February is the month for love, and we love our library! This month I'd like to point out a couple of resources that you may enjoy. If you love movies but feel like you've seen everything popular out there, check out Kanopy! Kanopy video streaming service is a collection of independent and foreign films, documentaries, educational films, must-see classics and popular movies. This also includes the Great Courses and selections from the Criterion Collection, which is a collection of classic and contem-



BY TARA
LEBERZ

porary cinema from around the world. Kanopy works on all devices and supports apps for Roku, iOS and Android and you can stream up to 10 videos every month.

Looking for something for your kids to watch? There is also Kanopy Kids! Kanopy Kids offers programming to inspire young minds and spark creativity. You'll find classic movies like "Pinocchio" and "Anne of Green Gables," television shows like "Daniel Tiger" and "Sesame Street," and fun nonfiction shows on science and math. There are also read-along books that you can watch together and enjoy. Watching videos in Kanopy Kids does not count against your 10 monthly Kanopy play credits. You can watch an unlimited number of videos in Kanopy Kids.

We have a number of fun programs coming up this month. None of our programs require registration; please drop in and check them out.

All ages:

- Feb. 2 from 1 to 3 p.m.: We're holding one of our biggest programs of the year! Our Lunar New Year program celebrates the Year of the Rat with FCPL and the Asian American Center of Frederick. Festivities for all ages will include stories, crafts, traditional games and music!

For adults:

- Feb. 15 from 1 to 2:30 p.m.: The Maryland Writers' Association is holding a

Cabin Fever Reliever program. Writer Jeff Reynolds talks about the art of storytelling, New England style.

- Feb. 22 from 2 to 3 p.m.: Realtor Mary Garnett Ratchford presents "Major Renovations v. Cosmetic Fixes." Join us to find out what to do if you want to sell your home. Before you renovate, explore what you must do and what you can forgo. Learn what appraisers look for and the renovation pitfalls to avoid.

For teens (grades 6-12):

- Feb. 10 from 4 to 5 p.m.: Writing club for grades 6-12. Practice brainstorming

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EYEON ART

Nostalgic Collectibles Inspire Art Career

Sometimes one passion spawns another. Artist Robert Cantor has parlayed his playful trove of close to 900 figurative pencil sharpeners into a collection of nostalgic and personal oil paintings. On view through February at the Delaplaine Satellite Gallery at the Urbana Regional Library, "Tacky Treasures" takes us through a look at the ephemera—pencil sharpeners, salt and pepper shakers, metal banks and miscellaneous figures—that are collectibles crafted from a kind of gypsum or plaster and produced primarily in China in the '60s and '70s. Some come in sets like the 300 he has of the Lark or Giraffe brands. The subjects run the gamut from cartoon characters, functional items, animals and folks with comical expressions. "I have a fond spot for collecting odd, kitschy things," he said.

Cantor's hobby evolved over 35 years. He started buying souvenir pencil sharpeners on business trips as they seemed a useful and fun collectible. His first one was of the Golden Gate Bridge.

His interest in painting the figures was awakened after seeing an exhibit at the National Gallery of Art on the Index of American Design, a Depression-era program to archive folk art, furniture, quilts



BY MARYLOU BONO



Images | Robert Cantor

Robert Cantor's "Tacky Treasures" exhibit at the Urbana Regional Library—including "Fast Rooster" (top, L), "Gourd Heads" (top, R), "Pigs Night Out" (bottom, R) and "Santa and Monkey" (bottom, L)—is on view through February.

and tools. Commercial artists submitted illustrations of the items—"They were watercolor drawings, realistic and technically done but with an artistic sensibility, on white background." As he saw more and then was inspired by color perspectives at an impressionist show at the Phillips Collection, he set to painting.

The figures were originally sourced from souvenir gift shops, toy stores, antique shops and later eBay. He sought small expressive examples—"I like painting something that looks back at you!"

A computer programmer for 25 years, his interest in commercial art developed into fine art 15 years ago as he segued into retirement and began to paint more. "The paintings in this show are done in a highly polished, photorealistic style," Cantor said.

"I'm now experimenting with a less detailed style, not as exacting and employing more spontaneity. I paint the same subjects and also flowers, just not as rigid."

The artist begins with a detailed monochromatic underpainting followed by many glazes of transparent color. Waiting for each step to dry means each painting takes up to several months to complete. Working in oil and primarily on panel, he reserves linen for his interpretations of well-known works at the National Gallery of Art: "Daisy in the Doggies' Den" is based on Rubens' "Daniel in the Lions' Den," "The Feast of the Dogs" is based on Bellini and Titian's "The Feast of the Gods" and "Fast Rooster" is based on Winslow Homer's "Breezing Up (A Fair Wind)."

Cantor has participated in three solo shows at the Delaplaine. One featured black-and-white family snapshots from the '50s and '60s as background with his figures substituted for his brothers.

His current exhibit's title, "Tacky Treasures," was suggested by his wife. They both enjoy collecting and have an annual Tacky Party where friends bring their kitschy items for judging and prizes. Cantor is drawn to the shiny surface, hand-painted details and nostalgic quality of the collectibles. "I'm attracted to the nostalgia. They have some things to say about our consumer culture," he said.

You can view some of Cantor's collection here: www.bobcantor.com/fun/favorites/collection.htm.

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Writers Celebrate First Anniversary of Frederick Chapter

By KARI A. MARTINDALE

The Frederick Chapter of Maryland Writers' Association (MWA) celebrated its first year as an official chapter on Jan. 26. The chapter began with 12 members and has grown to approximately 78 members. Meetings are held on the third Saturday of each month at Urbana Regional Library.

MWA, which was founded in 1989, welcomes writers in every genre and at every stage of their careers, from pre-published to traditionally and independently published. Some MWA members have been published for decades, while others are just starting out.

Chapter Secretary Nora Azzi enjoys "fellowship with other writers who understand my struggles." She particularly appreciated January's presentation, "Plotting for Pantzers," by author Jeanne Adams.

On Feb. 15, Jeff Reynolds will be discussing traditional storytelling in "Cabin Fever Reliever," inspired by "a mid-winter event held in different parts of the country, where a local community comes together to sing, share stories, do skits, etc. I went to a few in Maine as a young adult, (and they) were always fun." Reynolds took on the position of treasurer when MWA Frederick was formed. His story "Rabbit" was published in Daily Science Fiction in November 2019, qualifying him for membership in Science Fiction Writers of America; a second story is expected to be published this spring.

MWA Frederick members are looking

forward to upcoming presentations such as "From Shy to Sold: Querying, Proposing, and Getting Your Book Published" by visiting author Ally Machate on April 18 and "Polishing Your Manuscript" by Linda Rondeau on June 20.

Rondeau, vice president of the chapter, has been writing for almost 20 years but said, "I still have much to learn. I learn from helping new authors." In the past year, Rondeau was promoted from a general editor (at Elk Lake Publishing) to senior acquisitions editor. "The responsibility for supervising other editors and determining the fate of submissions has proven to be a challenge. As I work with aspiring authors in groups such as MWA, I am sensitive to the hard work and hope (that) authors put into their manuscripts."

In its first year, the chapter hosted a mix of speakers and events. Author Lakita Wilson visited to talk about the role of social media. At one presentation, members learned about giving and receiving critique and dealing with rejections; at another, they learned about self-publishing. During a website share meeting, members gave one another feedback on their author websites and internet presence.

Alanna Cohen has been attending meetings since the chapter formed. "I never realized there were so many writers in our community, and feeling a part of a community of writers has been energizing. ... Through the conversations I've had through members of the MWA meetings, I've learned a lot about the process of publishing, querying

and promoting your work." Cohen recently won a Twitter contest to have the first few pages of her book read.

Chapter member and local beat poet Rod Deacey presented a poetry workshop in July; his accomplishments over the year include being awarded the 2019 Carl R. Butler Individual Artist Grant Award for Literature from the Frederick Arts Council, and independently publishing "neo-beatery ballads: New Beat Poetry."

Members of MWA Frederick are working on a wide range of projects. Author Burton Clark helped to start the Frederick chapter. His first book, "I Can't Save You But I'll Die Trying: The American Fire Culture" was published in 2016 (Premium Press America), but he is especially proud to be in the process of publishing his great-grandmother's poetry.

The chapter will have a booth at the Frederick Festival of the Arts on June 5 to 7, when members will hold signings, readings, workshops and other activities. The chapter hosted an open mic night at Sky Stage in 2019 and plans to do so again in 2020.

In February, the chapter will be announcing a writing contest for Frederick County high school students. MWA members with experience in publishing, teaching and evaluation will be judging, and the prizes for the top three submissions will be a \$50 award for the top submission overall, and \$25 each for the top submissions in the three genres of fiction, nonfiction and poetry.

MWA Frederick will not meet in March. For more, visit www.marylandwriters.org.

■ NO SHELF REQUIRED

from page 3

tips and edit with peers. All forms of writing welcome. Contribute to our library Zine!

- Feb. 14 from 1 to 4 p.m.: We're holding a Tainted Love Escape Room for teens in grades 6-12. Join us for an anti-Valentine's Day event and attempt to escape the clutches of deranged love!

For kids:

- Feb. 16 from 2 to 3 p.m.: R.E.A.D.® with Wags for Hope. Kids of all ages can read to Reading Education Assistance Dogs.
- Feb. 26 from 4:30 to 5:30 p.m. for grades K-5: The make-IT place: Sphero Battle Bots. Work with a team to build your battle shell and prepare your Sphero robot for the Battle Bots tournament of champions!

Please drop in to visit us. We're at 9020 Amelung St., adjacent to the Giant shopping center. If you have any questions, feel free to call at 301.600.7004 or visit our website at www.fcpl.org. We look forward to seeing you!

Editor's note: Tara Lebherz is the branch administrator of the Urbana Regional Library.

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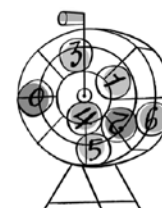
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Mount Airy Teen Arrested in Drug Raid Admits Responsibility for 2019 Urbana Shootout

By JACK TOOMEY

Frederick County narcotics detectives recently conducted an investigation into a large-scale drug dealing operation that was being conducted out of a house in Mount Airy. On Jan. 7, a SWAT team descended on the house in the 12500 block of Lee Hill Drive in Mount Airy armed with a search warrant. A SWAT team and detectives entered the house and found five people present; however, the target of the investigation, Carter A. Longcor, escaped by climbing out of a basement window. While detectives searched the house, other officers searched the area and eventually found Longcor hiding in a house about five miles away.

Inside the house, police found a quantity of psychedelic mushrooms, prescription painkillers, and two larger bags of marijuana that were found in a toilet. Police surmised that Longcor had attempted to dispose of the marijuana, which weighed 102 grams.

Also found were a digital scale, plastic baggies, and a heat-sealing machine that led police to believe that a drug-packaging operation was going on at the residence.

Along with the drugs, police found a .22 caliber rifle, another rifle with the stock sawed off and the serial number obliterated, and also a 9mm pistol. During questioning, Longcor admitted that he was responsible for firing gunshots on the streets



Photo | Frederick County Sheriff's Office

of Urbana on Feb. 12, 2019; no one was reported to be wounded.

Longcor was charged as an adult with a variety of crimes including Possession of Drugs With the Intent to Distribute and Firearms offenses. The State's Attorney's Office indicated that additional charges may be placed relating to the 2019 Urbana shootout.

Longcor later appeared before Judge Eric Schaffer, who denied bond for Longcor and ordered him held in detention. Judge Schaffer did allow Longcor to be held in a juvenile holding facility for the time being.

POLICEBLOTTER

COMPILED BY JACK TOOMEY

1.19.2020

Police and fire personnel responded to an area on Pheasant Road in Green Valley to examine a device that was believed to be an explosive. At first police urged residents to shelter in their basements, but upon examination the device was determined to be harmless.

1.23.2020

David Glenn Hundley of Ijamsville was arrested and charged with First Degree Child Abuse after an examination of his

two-month-old child. Authorities said that the child suffered injuries that could not have been suffered by illness but by an external force.

October to December 2019

The Urbana Dash In, 3359 Urbana Pike, was one of nine establishments cited for alcohol violations by the Frederick County Health Department.

See more
community news at:
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BUSINESS

New Green K9 Furrociiously Local

By KARI A. MARTINDALE

Grooming, day care and birthday parties are just a few of the activities going on at the Green K9, located at Urban Green, where owner Marni Lewis hopes to create a community.

"I want to change the way people see pet stores," she said. "More people come in the store with their dog than without. It's a destination for you and your dog."

The store offers pet foods that are not highly processed, including local products. Lewis also features the work of local artisans in her shop, including pet artists like Sherry Kendall and Rebecca Scott. She is selling locally grown paw balm and is bringing on a line of bandanas made by a local high school student. "I'm still open to bringing in other local artisans," she said. "I'm looking for artisan handmade collars and leashes."

"Soon there are not going to be any more single-unit pet stores—just chains," said Lewis. "I call this a 'pet specialty' shop." With online shopping and box stores, said



Photo | Submitted
Local Instagram dog influencer Ginger Devine celebrates her birthday at the Green K9 in Urbana.

Lewis, "you lose that personal connection, that neighborhood feel or (personalized) education, because the owner isn't there. I want to give people a reason to come."

To compete with online sales, the Green K9 will soon begin to offer curbside pickup. "We're an outfitter," Lewis added. "With an online store, you can't try on

collars—especially Martingale (training) collars. We can help (customers) fit them."

Lewis said that many people think that only dogs that are under 40 pounds are able to use the shop's services, but 40 pounds is the maximum for day care. "Grooming and self-wash are for any size," said Lewis. "Everyone is gaga over the self-wash," she continued, "as well as the treat bar for the dogs and the cappuccino bar for the humans."

Victoria Danner has been with the Green K9 since its opening in early November. "I enjoy watching it grow," she said. "(We just held) a birthday party. ... It was a lot of fun!" Local Instagram dog influencer Ginger Devine, a shih tzu that regularly visits day care, celebrated her second birthday playing with her puppy friends. "They had treats (and) they all played—it was like a normal kid's birthday party."

Future activities at the shop include a Paint Your Pet's Portrait class on March 14, and a doggy yoga day. For more, visit greenk9urbana.com.

■ HEMP

from page 1

In a 2013 article, Forbes noted, "Hemp is not a panacea for our social, economic, and environmental woes—no single crop can do that. However ... with focused and sustained research and development, hemp could spur dramatic positive ecological and economic benefits. For instance, renewable, fast-growing hemp is a substitute for many unsustainable products like non-organic cotton ... and many plastic products."

The three primary commodities are hemp seed, which MDA says could serve as a protein source for livestock and for soybean oil; fiber, which "can be refined to be used for textiles and clothing, as well as used in building materials such as insulation, car paneling, and the fibrous material in concrete block and walls;" and the cannabidiol (CBD) used to produce medicinal products.

A customer does not need a medical marijuana card to purchase CBD. According to "Hemp and Marijuana: Myths & Realities," written by David P. West, Ph.D., "The THC levels in industrial hemp are so low that no one could get high from smoking it. Moreover, hemp contains a relatively high percentage of another cannabinoid, CBD, that actually blocks the marijuana high. Hemp, it turns out, is not only not marijuana; it could be called 'antimarijuana.'"

Gordon has partnered with THriv Nutraceuticals, a local manufacturer and distributor of hemp-based CBD health and wellness products and sister of Kannavis dispensary. "They sell my flower," she said, and "their knowledge in CBD is far above mine. My background and desire was to grow the plant."



According to MDA, "(If) industrial hemp tests higher than the 0.3% permitted for THC content, (then) by definition, the plants are no longer industrial hemp (and the) crop must be destroyed." Gordon said her plants went through a lot of testing to make sure that they remained in compliance.

In September 2019, Forbes reported that hemp farming had quadrupled in the US over one year. However, one month later they reported, "American Hemp Dreams Are Being Crushed by These 5 Challenges ... Poor first year yields make it difficult for farmers to be profitable, growing hemp is more labor-intensive than traditional crops, some of the hemp seed being sold for CBD-rich plants is a rip off, thieves are stealing hemp plants thinking it is marijuana, and too much hemp is being produced with no new markets for farmers to unload it."

Gordon agrees: "It's a labor-intensive, full-time job. If (someone) thinks they can just grow hemp and sell it, they'll get a rude awakening. (It is) not for the faint of heart physically, or with the amount of business knowledge you need."

When Gordon began hemp farming for the 2019 season, she purchased about 5,000 seeds at about \$1-2 per seed. Then, she said, "I had to install an irrigation system and two 5,000-gallon water storage tanks, and have them filled every 10 days because we were under drought conditions."

She noted, "I had a lot of hiccups along the way." The tornado that hit the area in late May tore through her farm. "That slowed production. Then a flash flood came through, wiping out nearly all the seedlings." It was not until the last weekend of July that Gordon had all of her seeds planted, one month behind schedule.

Gordon planted all of her seeds by hand. "You sit on the back of the tractor," she explained. "It has a water wheel. I'd bend down, plant the seed by hand, and cover it with dirt."

Seeds were planted four feet apart. "Then I hand-watered and hand-fertilized all 5,000 plants. It would take a week. At the end of the week, I'd get to the last row, and then it was back to the first row." After harvest, it took Gordon two months to buck the flowers (remove the buds) off of the stems by hand.

Because hemp farming has been illegal, most manufacturers have been importing hemp seed, oil, and fiber from Canada, Europe and China; the majority of hemp products are still coming from outside of the US. MDA says that the market for hemp in Maryland remains unknown.

"You have to have a business plan of what you're going to do from seed to sale," Gordon said. She has been selling her hemp wholesale for about a month, and she is now beginning to sell her Fingerboard Farm Market products e-commerce at www.fingerboardfarm.market.

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Photo | Submitted

Attorneys Rada and Manny Machin will open the full-service Machin Law Firm on Feb. 3 in the Turning Point shopping center.

Law Firm Opens at Turning Point

Two Urbana residents, husband and wife Manuel “Manny” Machin, Esq. and Rada Machin, Esq., are opening the second and primary location of The Machin Law Firm, LLC at 8923 Fingerboard Road on Monday, Feb. 3.

The Machin family moved to Urbana in 2018 and started establishing their personal and professional roots as soon as they arrived in Frederick County. “Our new Urbana office will be the epicenter of our operations,” said Rada Machin. “We want to make an impact on our community in a positive way.”

The Machins started their firm in 2016 in Rockville, Maryland. Machin Law is a full-service law firm offering legal representation in family law, business law, estate planning, DUI/traffic, personal injury and immigration.

The boutique firm is trying to change the narrative around lawyering. “We understand that clients come to us for legal advice, and sometimes, at the worst parts of their lives,” said Manny Machin. “It is our job to navigate muddy legal waters and counsel them through both the good and the bad of their case.”

To learn more visit machinlawfirm.com.

Urbana Pharmacy Holds Grand Opening

Tola Dara, Urbana resident, pharmacist and owner of Urbana Pharmacy, celebrated with a grand opening on Jan. 25. The 3420 Worthington Boulevard, Suite B

compounding pharmacy opened its doors at the end of November.

Kite Pharma Anticipates 2022 Completion

Kite Pharma, a California-based biopharmaceutical company that develops innovative cancer immunotherapies, has been constructing a new biologics manufacturing facility on a 20-acre site in the Urbana Corporate Center. This facility will continue Kite’s work on a cutting-edge treatment for cancer called CART therapy, which uses bioengineering to retrain a patient’s infection-fighting white blood cells to destroy cancer cells. According to a company spokesperson, construction should be complete by 2022.

Pumpnickel + Rye Opens Deli Case

Customers can now purchase deli salads and meats by the pound at Pumpnickel + Rye, 3538 Urbana Pike. The deli is the creation of sister-owners Amy Nesbit, executive chef, and Megan Hook, general manager.

Comus Inn Temporarily Closed

The Comus Inn, 23900 Old Hundred Road, is under new ownership and temporarily closed for renovations. According to their website, the inn will be a “family-friendly, community-driven, agritourist destination for both dining & play!” Launch of the new inn will be summer 2020. For more information, visit www.thecomusinn.com.

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EDUCATION

Music Matters in Urbana

By Kari A. Martindale

When Urbana High School sophomore Gabriella Papillo was brainstorming projects to earn her Girl Scout Gold Award, she decided to raise awareness for something she loved: participation in orchestra. Papillo herself plays the cello. “I’ve been in orchestra since sixth grade,” she said, “(and) I’ve noticed a lot of kids quitting during middle school. People don’t understand the importance of (band and orchestra.)”

Papillo wanted to create and present a fun program to give third through fifth graders more information about the benefits of being in an orchestra. She spoke with band instructors at Urbana High School, Urbana Middle School, and Windsor Knolls Middle School about her idea, and received enthusiastic support.

“Orchestra provides such a non-judgmental social community,” said Papillo, “and (is connected to high) grades and test scores as well as (strong) memory. (Music is used) for Alzheimer’s treatment!”

Papillo wanted to transfer her own excitement for orchestra to the children who would soon enter middle school. She named her program Music Matters: The Importance and Benefit of Continuing Orchestra.

In May 2019, Papillo pulled together a



Students in third through fifth grades attended Music Matters: The Importance and Benefit of Continuing Orchestra on Jan. 12 at Urbana High School. The program was created by UHS sophomore Gabriella Papillo.

core team to help her plan the event. She and her team planned stations through which children could rotate. “I wanted the stations to be fun, so we came up with some games,” she said.

Eight months later, on Jan. 12, Papillo, her team and additional volunteers held two sessions in the Urbana High School auditorium; each session lasted two hours. Papillo invited primarily orchestra students from the area’s elementary schools: Green Valley, Kemptown, Urbana and Centerville. The three band directors were on hand to answer questions for parents and students.

One station included a video of interviews with Urbana Middle School Orchestra members as well as one of the Urbana High School Chamber Orchestra rehearsing. There was also musical trivia, a game of hangman and a demonstration of how to hold a bow and keep a steady hand. Papillo explained, “You hold a pencil and put a poker chip on top and hold it steady.”

Papillo thinks the program will help with retention. “A few students were on the fence about orchestra the next year, but (after the

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■ MUSIC MATTERS Continued on page 11

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Photo | Kari A. Martindale

Joe Dugan, internet safety specialist with the Maryland State Police Internet Crimes Against Children (ICAC) Task Force, addresses parents and older students on cyber safety at Windsor Knolls Middle School on Jan. 15.

WKMS 'Critical Convos' Program Highlights Cyber Safety

BY KARI A. MARTINDALE

As a part of the Windsor Knolls Middle School (WKMS) "Critical Convos" program, the PTSA hosted a "Kid & Teen Cell & Cyber Safety" presentation delivered by Joe Dugan, internet safety specialist with the Maryland State Police Internet Crimes Against Children (ICAC) Task Force on Jan. 15. Parents and children in fourth grade and up were invited.

During the presentation, Dugan reported that a quarter of children will be contacted by a predator online; one in five children will receive an inappropriate image; and 60 percent of children receive messages from a person they do not know, but only one-third of those children report it. "By age 11," he said, "half of children have been exposed to adult content." For boys, the percentage is higher.

Dugan explained that online predators do not fit the mold that parents picture. Many are in their mid-twenties and could be male or female. He described some of the predators' tactics. "No matter what you like, (the predator) is going to tell you he likes the same thing. They're con men. ... He's going to fill every need your child has." No matter how uncommon the child's interest or hobby, Dugan said, the predator is going to have the same one. They're also going to show that they identify with the child's feelings.

Dugan reported that 14 percent of the time that it is requested, a girl will take a picture and send it to the requestor. In some of those photos, girls expose themselves. Once a photo has been sent, he stressed, it is no longer in control of the sender. "Don't let others decide where your photo ends up," he tells kids.

Dugan told parents to set rules for internet use, and perhaps arrange a contract with the child. Children need to know that they can come to parents when they are uncomfortable, he stressed, but parents need to figure out what they'll do—before something happens. "The instinct is to take the phone, right?" he said.

ICAC advises, "If your knee-jerk reac-

tion is to take the device away, chances are, they probably will not come to you with a problem in the future. Try to come up with a plan of action that you and your child can agree upon."

Dugan reminded the children in the room, "As the child, you are the victim. ... Tell a parent, teacher or SRO (school resource officer)."

Dugan displayed some of the social networking apps that children are using and warned of direct-messaging capabilities in social media apps. He said that iFunny and Instagram contain inappropriate content. He noted that in addition to containing inappropriate content and direct messaging, TikTok is a China-based company "keeping a lot of stats on your child. The US is trying to get that stopped."

Dugan said that Kik was popular among middle schoolers a few years ago, but even kids realized there were too many predators. Whisper, he said, has been linked to human trafficking.

He also noted that people often think that photos sent over Snapchat no longer exist once they disappear, but that's not true. In fact, they can be saved. As Snapchat's website says, "You can always save something important (or hilarious) with one tap, or a screenshot."

The premise of the app Omegle is to make contact with strangers. The website description admits predator use: "When you use Omegle, we pick someone else at random and let you talk one-on-one. ... Predators have been known to use Omegle, so please be careful."

Likewise, ASKfm is based on anonymous contact and asking questions of one another. Its website description highlights the anonymity: "Ask questions to any friend— anonymously or not." They describe their app as "a safe environment where you can express yourself freely."

In addition to receiving photos through direct messages in their social media account, another way students might be exposed to inappropriate photos, Dugan reported, is through AirDrop on an iPhone.

■ CYBER SAFETY Continued on page 11

■ CYBER SAFETY

from page 10

A sender can look for nearby phones with bluetooth open and send unsolicited photos to those phones.

If your child receives an inappropriate photo, Dugan said, "delete and report it immediately. (Possession of child pornography) is illegal." If photographs of a child are found on a device, the police will confiscate all electronic devices from the home. If you plan to submit a message as evidence of a crime, ICAC advises to "refrain from using the device further, until it can be examined by the police. If possible, set the device to 'airplane mode.'"

One important app that parents aren't usually aware of, Dugan said, is an app hider that looks like a calculator; users hide photos on it. As it describes itself, "App Hider is the best app for hiding other apps. ... App Hider is also an excellent app cloner for you to access multiple accounts from one device. (It) can hide photos and videos and hide App Hider itself by turn (sic) itself into a Calculator." You can "import (an app) ... and then uninstall that app from your home system, (and) import your photos to (its) hidden gallery. ... The Calculator Vault is a real Calculator, and if you input the right password into the calculator (the app appears)."

According to WKMS PTSA President Whitney Cummins, parent

feedback from the session was overwhelmingly positive: "Ninety-two percent of parents (who responded) feel like they have the tools to continue the discussion at home."

Many parents expressed interest in an uncensored version of the talk for a parents-only audience, and the WKMS PTSA has quickly made that happen. Dugan will return to the WKMS cafeteria on Thursday, Jan. 30, 7 to 8:30 p.m. to give a "Parent-Informed Internet Safety and Cyber Security Presentation" that will be more explicit, upfront and raw; parents may want to leave children at home. All FCPS parents are invited.

Dugan reminded people that parental controls are available on phones and through the phone company: "They have parental protections built in. Find out what they are." ICAC recommends use of parental monitoring and website-blocking apps. Dugan mentioned one such service, Bark, that alerts parents to certain content.

An ICAC pamphlet provided additional resources for parents, including Protect Young Eyes (www.protectyouneyes.com), Netsmartz (www.netsmartz.org), and CyberWise: No Grownup Left Behind (www.cyberwise.org). Parents can also follow ICAC on Facebook at Maryland Internet Crimes Against Children Task Force and on Twitter @ICAC_MD. People can report internet crime tips to www.cybertipline.com

■ KARL KIDD

from page 1

agriculture, like how soybeans are found in crayons and CD coatings come from pigs.

"(Farmers) are more than just blue jeans and a straw hat," Kidd said. "They are meteorologists, geologists, environmentalists ... (they) are such a critical part of us being able to survive." He wants his students to have an appreciation for farmers, along with others who work in the STEM fields. "There are so many jobs out there that revolve around agriculture, so getting students to understand and see that there are so many things they could study to help make agriculture better (is important)."

Each year, Kidd leads school "Ag Days" that invite all students from grades pre-k to fifth to take part in hands-on learning through grade-level appropriate activities. Through the Frederick Farm Bureau, community members contribute to the students' learning by bringing in goats, chickens and sheep. Some community members provide additional ex-

periential learning like beekeeping and wool spinning.

Kidd also helps with the Mobile Science Lab presented by the Maryland Agricultural Education Foundation and coordinated by fourth-grade teacher Faith Humerick. The lab comes every year for a little over a week and teaches kids unique and informational lessons about agriculture. Last year, Kidd hosted the "One Million and Counting" celebration, commemorating the Mobile Science Lab's role in educating one million Maryland children so far.

Urbana Elementary Principal Tess Blumenthal complimented Kidd on his achievement. "Mr. Kidd is very deserving of this recognition," she said. "His passion for this topic is continually demonstrated through his integration of agriculture and environmental topics into curriculum."

Along with the award, Kidd received a \$500 stipend to put toward his classroom, as well as a trip to the National Ag in the Classroom Conference that will be held in June in Salt Lake City, Utah.

■ MUSIC MATTERS

from page 9

program, they) were excited about staying in orchestra next year. One kid was raving about the viola all day!"

Petr Skopek, director of band and orchestra at Windsor Knolls Middle School, said the workshop was very well thought-out. "Gabriella did a very nice job with the event, and her passion for music and getting young students involved with orchestra was clearly visible. ... I thought all the kids had a lot of fun and were

fully engaged in all the different modules of the workshop. They also had many wonderful questions for the panel and showed genuine interest and enthusiasm for playing an instrument and being part of an orchestra."

Papillo noted, "A lot of feedback from the parents was that the kids learned a lot, (the program) was run well, and they hope we'll do it again." She would like to see the event held on a more convenient day for students, or in the form of a field trip. "I hope that some aspects of the workshop could live on."



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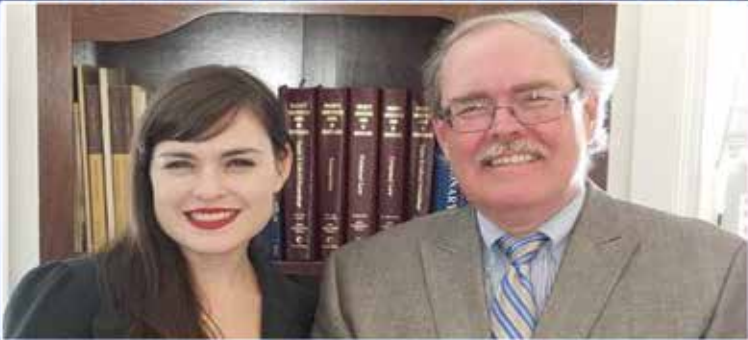


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ARTS

EYE ON ART



Photo | Marylou Bono

Tracey Ellis-Guss' "Butterflies" expresses the journey of friend Teresa Blickenstaff-Kitts from this life to the next.

A Photographic Gift Celebrates Friendship and Love

Capturing images is telling a story, but the essence of the story is heightened when the story is personal. Urbana High School art teacher Tracey Ellis-Guss' journey with her mentor and friend, Brunswick High School digital photography teacher Teresa Blickenstaff-Kitts, "started as a documentary, but I soon realized that it was more than that."

"An Enduring Spirit," a photography exhibit at the Delaplaine Arts Center on view through March 1, is Guss' final gift to her close friend "Blick" whom she met during her first teaching job at Brunswick. "She was a teacher at Brunswick High School for 20 years and taught digital photography. She was very well loved by the school and the community," Guss said.

Walking through the exhibit at the show's reception in early January, Guss elaborated, "She wanted me to photograph her when she began chemotherapy. She was losing weight and wanted to see what her body looked like. She had done this for her own husband when he went through chemotherapy." Blick was diagnosed with



BY MARYLOU BONO

Leiomyosarcoma, a cancer that attacks the soft tissues surrounding organs, in 2012 and passed away in December 2014. The project began during the last months of her life. "A small slice of time in a much larger life," Guss explained of their project that took place in three sessions over a five-month period. "A moment in a life when the spirit has been laid bare."

As a teacher, an artist and a photographer, Blick was curious about her body from a different perspective, which is how the process evolved. Guss approached it with an artist's curiosity. When they spoke of the photographic essay, it was not originally with the idea of creating a public show. Guss shot Polaroids of Blick nude except for a simple drape. "I focused on her back, since that was the area she was most interested in seeing. We played with the light and positioned to bring out the play of muscle and bone beneath the skin. After we finished and looked at the images, we recognized there was something more to them than just the changing of her body."

Images from the second session, which created the "Always Beautiful" portraits, were done using an old Polaroid camera and black-and-white film. "The previous

■ EYE ON ART Continued on page 14



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Photo | Linda Agar-Hendrix
Linda Agar-Hendrix's "Palouse Scene" captures the farming area of eastern Washington state.



Photo | Marylou Bono
Gary Carver's "Nuthatch Caper" features three nuthatches carved in mahogany on a piece of an old black locust fence post.



Photo | Marylou Bono
Ron Roos' "Into the Blue" leverages glazes to produce a cloud-like effect amongst the tree branches on the decorative bottle topped with a frosted glass globe stopper.

Local Artists Featured in FCAA Show

By MARYLOU BONO

Frederick County Art Association (FCAA), the single largest group of active artists in the Frederick area, was out in force on the First Saturday of the new year to open their member show at the Delaplaine. The non-profit is committed to encouraging artistic growth within its membership and promoting community interest and participation in the visual arts.

Prior to the reception, an informal talk featuring four FCAA members introduced the gathering to examples of the art in the show. Collagist and photographer Becky Carpenter described her work as a building up of texture, photographic transfer and mixed media prints. "I love using color and texture," she said. "It's a great way to transfer your photography into other media." Melinda Hala, Jen Ludke and Glenn Souders briefly discussed their work and approach to art.

Three residents of the Urbana community—Linda Agar-Hendrix, Gary Carver and Ron Roos—are FCAA members who participated in the show.

Agar-Hendrix's black-and-white photograph "Palouse Scene" depicts a farming area in eastern Washington state about an hour south of Spokane. "It is a huge wheat and legume-producing area. The crops in my photo are mostly wheat with windmills in the background," she revealed. The Ijamsville artist exhibits and travels extensively, photographing unusual aspects of topography and landscapes.

Ijamsville's Gary Carver specializes in bird carvings using vintage and repurposed woods with the rare wood of the historic American chestnut tree in particular. His exhibited "Nuthatch Caper" shows three nuthatches carved in mahogany on a piece of an old black locust fence post. "The fence post was given to me by a farmer in Carroll County who came to a talk on American chestnuts that I gave at a workshop for the Baltimore Forestry Board. He thought the post may have been American chestnut wood. I suspected that it was black locust (which was proved after testing)," Carver explained.

Urbana photographer and ceramicist Ron Roos showed two pieces of his distinctive stoneware with applied decals depicting historic Frederick County trees. "Into the Blue" features the use of glazes to produce a cloud-like effect amongst the tree branches on the decorative bottle topped with a frosted glass globe stopper. "The blue came about as I wanted to get more depth. I play with effects of mid-fire glazes stoneware."

For more information on the Frederick County Art Association, visit www.fcaamd.org.

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■ EYE ON ART

from page 12

ones had been in color, and I wanted to see more value, light and shadow.” They talked for several weeks in between shoots. “I felt the images spoke more to her spirit than her physical appearance, as if she was being stripped bare to her essence. I found a beautiful strength and vulnerability in the images. Blick agreed. We were onto something and began to talk about putting together a show.”

Photographs from the last photo shoot featured Guss’ daughter Alice, who was 15 then and had not seen Blick since she was a child. “They were magical together. They played and were funny and goofy. They came together as if they’d known each other forever. ... It was wonderful to watch. They looked like two sides of the same coin. Both skinny and long-limbed, one with long hair and one with no hair at all. The ‘Play Date’ triptych and ‘Two Souls Meet in a Room of Light’ are a reflection of this. This final shoot also gave me images that I have both physically and digitally manipulated to express Blick’s experience, as I interpreted, from our talks during that year.”

An expansive color tribute, “Butterflies” is both an awakening and a departure. “It was done using layers of photographs and textures—close to 100 in the piece. I went to a butterfly sanctuary to photograph butterflies and manipulated those shots into the piece. It was one of the last pieces I was able to complete and show her, and for me



Photo | Tracey Ellis-Guss

Tracey Ellis-Guss’ “The Beauty of Hands and Feet” is part of the photography exhibit “An Enduring Spirit,” at the Delaplaine Arts Center through March 1.

it has become the symbol of her transition from this life to the next.” The image has an ethereal quality as you watch and imagine the coming and going flight.

To sensitively portray such a fierce glimpse into another is a testament to both Guss’ love for her friend and depth as an artist. The portraits are emotional and raw, heightened by the luminosity and shadow of black and white. It simultaneously celebrates a human being and begins the process of grieving for a friend.

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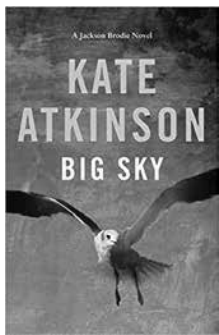
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FEATURES

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Two Sequels Worth the Wait

The authors of the two 2019 novels I consider here delayed producing sequels to their critically-acclaimed and commercially successful novels an unusually long time. "Olive, Again" is Elizabeth Strout's follow-up to her Pulitzer Prize-winning 2008 novel "Olive Kitteredge." "The Big Sky" is Kate Atkinson's fifth in her Jackson Brodie detective series that began with "Case Histories" (2007) and has been MIA since "Started Early, Took My Dog" (2011). Both Strout and Atkinson published multiple unrelated



BY ELLYN
WEXLER

novels in between.

Because much of the background information is integrated into their new works, the books can stand alone. Still, for those who delight in the 2019 novels as well as for those who enjoyed the previous ones way back when, I highly recommend reading—or re-reading—the originals to get the full flavor of the characters.

These disparate novels and novelists—Strout is from Maine and Atkinson is British—also have in common that the earlier books were adapted for television. "Olive Kitteredge" became a four-part HBO series in 2014, and the BBC made Atkinson's four Jackson Brodie detective novels into the six-episode "Case Histories" in 2011.

Strout's "Olive, Again" is more of the delightful same. Although delightful might not be the word many would use to describe Olive, somehow the character is lovable, and the books themselves are wonderful. Again in the same interlinked short-story format and pitch-perfect dialogue, the quirky inhabitants of the small coastal town of Crosby, Maine, are well-drawn in their struggles with a range of the sadder aspects of human life.

The quintessentially eccentric retired math teacher remains true to herself in the

new book. Older and perhaps marginally wiser, or more accepting, the somehow lovable Olive tends to be brutally honest, even rude, and is far from perfect in her roles as wife and mother—as she readily acknowledges. Here, Olive looks back on her life in an effort to come to terms with her disappointments in her family, her neighbors and herself.

She continues to make both humorous and poignant observations about the realities of aging. "When you get old, you become invisible. It's just the truth. And yet it's freeing in a way. ... You go through life and you think you are something. Not in a good way, and not in a bad way. But you think you are something, and then you see that you are no longer anything. To a waitress with a huge hind end, you've become invisible. And it's freeing."

In "The Big Sky," Atkinson's protagonist Jackson Brodie is older, too—and still flawed, sullen and self-deprecating yet endearing. As a private investigator in the northeastern U.K. seaside village where his ex and their teenage son live, he works mostly straightforward infidelity cases.

This is a typically lengthy Atkinson novel (400 pages to the 300 of "Olive, Again") filled with excellent writing, dry humor, a

timely issue (human trafficking) and a large enough cast of characters that it is occasionally hard to keep track; if you don't pay close attention—no skimming Atkinson's prose!—you might have to re-read previous pages. In addition, each chapter tends to change perspective, bringing not only a different character or voice, but also a different time in the story.

When Brodie takes on a client who thinks she is being followed, his job changes course toward complex and challenging. All the characters, disparate plots and subplots sort out to an ending that seems inevitable. There's often a heavy dose of coincidence, which according to Brodie (here and in previous books) "is just an explanation waiting to happen."

"Worlds were colliding all over the place," Brodie observed.

Without giving away anything more, the resolution of "The Big Sky" addresses a major theme in the real world: the relationship between justice and the law.

I enjoyed reading both these books, and hope neither author takes as long to write more about these wonderful characters. Still, the results were worth the wait.

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MIKE AT THE MOVIES

The Gentlemen (R) ★★★★★

If you ever wondered what a “director’s film” vs. an ordinary film is like, here is an example of a director’s film. Guy Ritchie has so much fun with this movie that it should not be allowed. He has a fantastic cast, led by Hugh Grant as the storyteller Fletcher. Yeah, I know that Matthew McConaughey is in most of the ads as the lead, but believe me, Grant walks away with the movie. Charlie Hunnam as Ray comes a close second, but the action stops with the magnificent Michelle Dockery as Rosalind Pearson. She is so stunning in the role that every time she appears it seems the movie stops to behold her, even when she’s spotted with a villain’s blood.

There’s a lot of blood in the movie as it is the story of one man’s large crop of marijuana desired by several other unscrupulous characters, the least attractive of which may be Dry Eye (Henry Golding). Hugh Grant is simply unbelievably good as Fletcher, the man who supposedly has all the answers and all the photos to prove what he says. As each villain takes a swipe at Mickey Pearson (McConaughey), it becomes apparent that nobody is apt to get to him, even though it appears that several of the bad guys have him dead to rights.

Aside from the complex story of a variety of gangs trying to get Mickey’s pot, there



BY MIKE
CUTHBERT

is the technique of part of the story told by Fletcher (who sometimes lies) and another part by real-time events. It is always made clear (eventually) which is which. Along with the switches in narrative form, there are amazing changes in scenery, point of view, situation and images. The only character who seems to be reliable is Mickey.

There are subplots—a notable kidnapping of Laura (Eliot Sumner), a heroin addict, and the antics of the gang who have a remarkable hip hop feature I won’t detail them here to confuse you further. Simply sit back and marvel at the genius of Ritchie and his cast and a real old-fashioned gangster romp.

The Turning (PG-13) ★

It takes a great job to make me appreciate horror films. When they are as hacked up and intentionally strange as this piece of junk, I appreciate them less.

Ostensibly a “modern take” on Henry James’ novella, “The Turn of the Screw,” this becomes a standard horror flick filled with lots of rooms in an Irish mansion, dark lighting, and suddenly appearing ghostlike figures. Finn Wolfhard is the villain of the piece. He gets tossed out of prep school for choking a fellow classmate. Brooklynn Prince as the young Flora could be a villain too, but the director lets her just be weird.

Weirdness dominates this attempt at scariness, but it fails to stir anything but boredom. Skip it and see almost anything else.

For more Mike at the Movies, visit
www.towncourier.com.

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By GRETA STAMBERG, DVM



Photo | Pam Schipper

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- **Preventative Management** – Once your pup has been cleared of those pesky parasites, we want to keep them parasite free in the future. There are a variety of options for monthly treatments for heartworm and intestinal parasites as well as a variety of options for preventing fleas and ticks. The best one depends on your puppy's lifestyle, your preferences and product safety. There is no one-size-fits-all approach to this. Your vet will help set you up for success and guide you to the best choice.
- **Vaccinations** – Many people think of puppy visits for "the shots" they need. They are very important, but no less important than all the other things. Administering them at the right time and frequency is critical to preventing po-

tentially fatal diseases. Certain "core" vaccines are necessary for all puppies. Other vaccines are given based on lifestyle and exposure. Boarding, grooming, daycare, outdoor activities and locations all impact vaccination choices. Your vet will guide you through these choices to get the perfect plan to keep your pup safe and healthy.

- **Spay/Neuter Surgery** – Sometime between six months and one year your puppy will need a surgery for spaying or neutering. The best time for this depends upon breed/size, behavior, other health conditions and your schedule. Your vet will advise you if any health conditions impact this timing and plan the best time for your puppy to have their surgery.

The goal is to keep your puppy healthy and allow you to develop a strong bond through appropriate socialization, training and behavior management. There's lots to cover in the handful of veterinary visits that are all key to successfully incorporating this four-legged family member into your life. Your vet is a great partner for happy puppy raising!

Editor's note: Greta Stamberg, DVM, is owner of Clarksburg Animal Hospital and an Urbana resident.

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SPORTS

New Helmets Instill Pride in Urbana Ice Hockey Heading Into Championship Season

By JENNIFER BEEKMAN

When it came time to choose his senior International Baccalaureate® project, Urbana High School multi-sport athlete Andrew Landry knew exactly what he wanted to do: Give back to the Hawks ice hockey program that's been such a huge part of his high school experience. Since ice hockey is not a Maryland Public Secondary Schools Athletic Association-sanctioned sport, school teams are funded only by athletes and their families. So, Landry joined forces with teammate and Hawks goalkeeper Brody Channell, and the two set out to organize a fundraiser—"Helmets for Hawks"—to help them purchase new custom helmets for Urbana ice hockey.

With the support of Skate Frederick, a few local restaurants, including Manhattan Pizza and Roy Rogers, and the launch of a GoFundMe page, Landry and Channell raised more than \$3,000 in the months leading up to the 2019-20 season. In addition to supplying their teammates with newly designed gear, Landry and Channell were able to donate \$500 to the USA Warriors Ice Hockey sled team.

USA Warriors Ice Hockey is a nonprofit organization that provides recreational, therapeutic and educational experiences through ice hockey for those wounded



Andrew Landry joined forces with teammate Brody Channell to fundraise for new custom helmets for Urbana ice hockey.

while serving in the United States Military.

"Coach Toby (Heusser) has taught us not only how to be better players but to be better people, both on and off the ice," Landry said. "His guidance inspired us to give back to our team and our community. ... (The USA Warriors) sacrificed their lives for our country, some of them are dealing with paralysis, so we can sacrifice our time to help give them a chance to do something they love."

Urbana's new custom-designed helmets, which are navy, gray and white and feature big hawk wings on either side, don't



Photo | Submitted

just look good. They've raised awareness for the sport and the program, and they have been a source of pride for the team, Landry said. So as the Urbana team (7-2-1) enters championship season, beginning with the Maryland Student Hockey League Monocacy Valley Conference tournament scheduled for Feb. 10-13, the Hawks not only look good, but feel good. And that is sure to translate onto the ice, Landry said.

Three of the four teams that qualified for the conference championship will earn a spot in the 16-team state tournament. Urbana has not missed the season-ending

competition in at least a decade but will look to improve on last year's disappointing first-round exit. And, if the Hawks abide by one of their mottos—hard work beats talent when talent is not working hard—they should have a good chance to make a deep run this postseason.

"If you have players who are working hard and are working together and want to do well, that leads to playoff wins," Heusser said. "Every player has their own role and if everyone can focus on their job, and accomplish that, you can win hockey games. If they're not, it could be the weak link that leads to a loss."

Heusser added that goaltending—which includes strong defense—can be the difference in a hockey game. Led by sophomore goalie Joseph Zibragos (87.9 percent save percentage), Channell (89.1 percent) and senior defender Tony Shi, Urbana has allowed an average of three goals per game. Meanwhile, the Hawks' offense, led by leading scorer Corey Heflin (12 goals, 14 assists), Chris Rerko (11,10), Tommy Coffey (nine, eight) and Landry (six, seven), has notched an average of nearly five goals per game.

"For us, I think it all starts with mental preparedness," Landry said. "When everyone contributes, and we play both sides of the rink, we can (beat anyone)."

New Assistant Coach Provides Urbana Wrestlers With Unique Opportunity

By JENNIFER BEEKMAN

Urbana High School wrestling coach Justin Krop recognized the name immediately, when it popped up in his Facebook messages. West Virginia native Ryan Diehl had been one of the most heavily recruited student-athletes out of high school and, over the last four years at the University of Maryland, had become one of the country's top Division I wrestlers.

"He wrestled against my brothers growing up, so when he moved to this area he

reached out to me on Facebook," Krop said. "I knew him as this stud wrestler and thought maybe he was going to run some camps or had some individual workouts that he was doing to make money on the side. But when he asked if I had room on my coaching staff, my jaw dropped."

Diehl, who was a top 10 finisher at the Big Ten Championships and an NCAA qualifier in 2017-18, has been a tremendous addition to the team, Krop said, bringing not only a wealth of knowledge about the sport but affirmation that greatness can be

achieved through conditioning, toughness and sound fundamentals.

"I've wrestled my whole life and my coaches have been a big part of my life, so I wanted to be able to give back," Diehl said. "I want to be able to impact someone's life (through wrestling) like my coaches did for me."

The opportunity to train with and wrestle against an athlete of Diehl's caliber is not something the Hawks take lightly. They know there is much to be gleaned from his experience and it's made for quite

productive practices.

"He wrestles with us a lot, which is great," said sophomore Anson Gentry, who is enjoying a breakout season. "He pushes us a lot, and he shows us new moves that we can bring to our level."

The addition of Diehl to the coaching staff also allows for flexibility during practice, Krop said. With Diehl working out the more experienced, higher echelon wrestlers, Krop can focus on strengthening the fundamentals of some of Urbana's

■ WRESTLING Continued on page 19

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■ TRACK

from page 1

and was part of all three winning relays, and senior Sara Jarman won the 1,600 and took second in the 3,200.

Versatile senior Oni Scott edged out her sister, Ezri, for the county high jump title and picked up fourth-place finishes in the 55 hurdles and shot put. Sophomores Karly and Emily McDonnell finished second and fourth, respectively, in the 800 and ran the first two legs of the 1,600 and 3,200 relays. Other top scorers included senior Lydia Robling, sophomores Macy Hines and Lyna Beraich and freshmen Ivy Coldren and Lula Masters.

"I've learned a lot about our lineup and realized that we have more than just (the elite) girls to rely on in running events; we have multiple girls who have stepped up and continue to contribute," Ecalono said. "We don't have to (exhaust) the elite girls in relays (at regionals); we can have them focus on their open events and qualifying for states."

Urbana used the CMC championship as a dry run for the Class 4A Central Region meet scheduled for Feb. 5, and the Hawks' depth and versatility shined once again. Urbana, which went into the competition with the mindset that it was the state championship qualifier, won five events and finished two student-athletes in the top eight of six. Seven of the Hawks' top scorers posted personal records.

Jons ran a personal-best (7.33 sec-

onds) to clinch the 55 dash title and ran the second leg of the winning 800 relay. Robling won the 300 in a personal-best time of 41.67 seconds; freshman Angeline Amefia finished fifth in the event with her own top performance (44.40). Karly and Emily McDonnell went second and fourth, respectively, in the 500 and anchored the winning 800 relay. Auderset posted a season-best time of 2 minutes, 23.68 seconds en route to her win in the 800; Jarman finished fifth in the event and led off the winning 3,200 relay. Coldren and Masters, the third leg of the 3,200 relay, ran personal bests to finish third in the 1,600 and 3,200, respectively, and Beraich finished fourth in the 3,200 with her best performance. Ezri and Oni Scott and Hines took first, second and fourth, respectively in the high jump, and sophomore Fiona Agyekum finished sixth in the shot put with a personal best throw of 31 feet, 10 inches; Oni Scott placed seventh. Hines led off the third-place 1,600 relay that also included Amefia, Caitlyn Hardy and Tessa Stanley.

"The girls know we have a special team, but our state is so good this year; it'll be a dogfight at regionals and an even bigger dogfight at states," Ecalono said. "But we're hitting on all cylinders and have the confidence; it's just important that we stay positive. At this point it's about pushing the right buttons, trusting me and trusting each other."

■ WRESTLING

from page 18

newer student-athletes. And, though Krop is also a former Division I wrestler (Liberty University), as the head coach, he needs to maintain a more authoritative presence, he said. Just a year out of college, Diehl brings an element of friendship. He's been someone the Hawks can confide in, and someone they can talk to about things he's experienced more recently—such as the college recruitment process.

"We usually start practice around 3:30, and he'll come in to (the training room) at 2:30 and hang out with us until practice," said senior co-captain Ben Steinhimer. "He's basically one of the guys."

Two-time state dual meet champion Urbana (6-3 record as of Jan. 27) hopes all the work put in will pay dividends come championship season, which kicks off with the Frederick County tournament in mid-February. The Hawks are seeking their first state title since 2018, second overall.

In addition to top postseason contenders Austin Rohn, who won county and regional titles a year ago before finishing fifth at states, and Colin Acton, a returning state championship qualifier who followed up his first county championship last year with a runner-up finish at regionals, Gentry has surfaced as someone to watch down the stretch. The 170-pounder, in only his

second year of wrestling, started off the season under the radar. But top four finishes at the prestigious Hub Cup tournament and the Damascus Holiday tournament have put him on the map.

"We had high expectations for him, but he's broken into the state rankings at a faster rate than most," Krop said. "He's willing to be uncomfortable to get better. He replied that he can close the gap (between him and more experienced wrestlers) through conditioning and physicality and that's been his biggest asset."

Added Diehl: "It's awesome to see (the guys) progress. It's fun to watch them grow. I remember my coaches talking about how they got to see me grow, and now I get to be a part of that from a different perspective, and it's awesome to watch."

In the spirit of leadership, Steinhimer has wrestled up a weight class this winter, setting an example to his younger teammates, Krop said, that sometimes being the best teammate might mean embracing a role that is not necessarily the most ideal. Still, Steinhimer has remained competitive at 138 pounds and said he's driven to pick up as many points as he can for the Hawks.

"Any time you can get a Division I wrestler in your (weight) room, it's a huge positive," Krop said. "The kids get to work out with him every day, and he (presents) them (with) a higher level of wrestling. He's been a huge addition to our team."



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