

Emmitsburg NEWS-JOURNAL

EXULTING THE IMPORTANCE OF IDEAS AND INFORMATION —EDWARD R. MURROW

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Who do you want to be? Be that person! **Page 42**

Mount Saint Mary's set to graduate 508

The Emmitsburg News-Journal is proud to recognize five writers and editors who will be graduating this month and going on to do great things. Mount St. Mary's University will celebrate its 208th Commencement Ceremony on Sunday, May 15, to honor all graduating undergraduate and graduate students, four of whom have utilized their talents for the News-Journal.

Lydia Olsen has written for the News-Journal for all four years of her college career, and has held positions as a Four Years at the Mount writer, creative writer and assistant editor. She was also a leader in Office of Social Justice at the Mount, as well as a Veterinarian Assistant at Catoctin Vet Clinic in Thurmont. The psychology major will be joining the Jesuit Volunteer Corps North West, to be a Transitions Specialist in Seattle, Washington.

"This position will allow me to serve individuals with serious or terminal illness prior to their need for hospice care," she stated.

The News-Journal's sports writer, Brian Vogelgesang, will be graduat-

ing with a degree in philosophy and hopes to find a job in sports public relations in Pennsylvania. He has been contributing to the News-Journal for the past year, worked at the Center for Student Diversity and Office of Social Justice at the Mount, and interned for Special Olympics Maryland.

Katie Powell, this year's senior Four Years at the Mount writer and editor, will be graduating with a health science degree and has applied graduate programs in gerontology and occupational therapy. She will be working as an Activities Assistant in a nursing home this fall.

"The Emmitsburg News-Journal has pushed me outside my comfort zone in order to help me find my voice," she stated. "Writing articles each month on topics I am passionate about has helped me remember why I love writing. Driving out to cover spontaneous news stories has helped grow my confidence, and is an experience I will always cherish."

Jules Mastromatteo has been the English editor for the past year, and will graduate with an English degree. During her time at the Mount,



Among those graduating this year at the Mount are the News-Journal's English Editor, Jules Mastromatteo, Creative Writer, Lydia Olsen, and Assistant Editor, Katie Powell.

she helped start the Women's Club Basketball team, worked as an 89.9 WMTB radio show host and was a student worker for the English department. Though she is unsure about her exact plans after graduation, she wants to "do something extraordinary."

Last but not least, our local sports writer, Michael Donahue, will be graduating from high school and going on to study engineering at the University of Maryland - College Park. He began writing for the News-Journal in July 2014 and has his first arti-

cle, on an Emmitsburg youth baseball team, hanging in his room.

"Practically a child, I was given an opportunity many will never have," he stated. "This opportunity to write for my town's newspaper is something I will cherish and carry with me for the rest of my life."

Congratulations to all members of the Class of 2016, and the best of luck to you! The News-Journal is a much better paper because of your hard efforts and dedication to excellence.

Extension Office celebrates 100th anniversary

After the recent budget crisis that threatened the closure of the Adams County Extension Office was resolved, the local Penn State Extension office can now celebrate its 100 anniversary!

The idea of an Extension office in Adams County was brought up on April 11, 1916 at a meeting held at the Courthouse by the county superintendent of schools. F. P. Weaver, from State College spoke to a small group of farmers about the Farm Bureau work. On May 13th a constitution was adopted and the officers were elected.

One year later Hiram Hershey started as the Adams County Agent, and served as such until 1919. After his resignation, the position of county agent stood vacant for 9 months. Many that had questioned the worth of the county agent idea in the beginning stages then realized the major contributions made to the county farmers and pushed for a replacement. In 1920 Paul Hoffman accepted the job and during Mr. Hoffman's time as county agent, the program continued to grow stronger and even expanded to youth work.

A lot developed over the next six years. The 1st 4-H Beef club began in 1925 and 4-H youth clothing groups were formed starting in 1928. In 1927 the first woman representative was elected to the Exec-

utive Board as well as a committee made up of seven women to work with her. They had an interest in nutrition and health, clothing, home furnishing and the Girl's club.

During World War II, Extension actively did what was necessary to help the county residents. From sugar rationing and substitution recommendations in 1942, to having 4-H girls fill in on household duties if a brother left for the service, Extension was there.

In 1945, Senior extension, designated for 18-28 year olds, was developed. The age requirement was adjusted in 1957 to include those up to 35 years of age, whether single or married. This served as a base for training 4-H leaders and community leaders. The group unfortunately also dissolved in 1965, replaced by a group of all boys with a common goal – college.

It was during this time that horses started being replaced with tractors. Tomatoes, peas, sweet corn, and beans were in high demand by local processors. Merle Hartman, county agent, introduced packaged bees for pollination and also assisted 66 landowners in constructing farm ponds.

With an ever growing 4-H program, new animal clubs made their way to Adams County, these including a Dairy Club, Swine Club, Beef Club and many more. In 1976, the 4-H Embryology program started in

elementary school classrooms.

Due to Extension programs, the Adams County Beekeepers Association formed with 75 members. With heavy demand on bee renting, averaging \$18 per colony for pollination, beekeepers had a big increase in enterprise. This was largely due to the 1,398,193 commercial fruit trees in the county.

Landscaping and general gardening questions continued to be a growing interest for Adams County residents. Daily phone calls, walk-in visitors and home visits were received, and in 1990 The Master Gardeners graduated its first class of three men and one woman. Today there are over 48 active Master Gardeners!

Many of these programs are still thriving today, and can their success



Whether it is helping apple growers or native bees, the Adams County Extension Office is always up to the job.

will be celebrated on May 15th from 1:30 – 3:30 at the Adams County Agricultural and Natural Resources Center. There will be an official program at 2:30-3 with cake and ice cream from the Penn State Creamery after the program. Those attending are asked to bring lawn chairs and many family activities are planned. Come out and celebrate with us!

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EMMITSBURG NEWS

Trail grant accepted

The Emmitsburg Town Council voted to “co-sponsor” a \$30,000 state grant to the Trail Conservancy. The Trail Conservancy is a non-profit organization that assists communities in developing natural surface trails. It has been involved with Emmitsburg’s trail efforts for many years and is headed by Austin Steo of Emmitsburg.

The ‘co-sponsor’ vote was taken to meet the terms of the State grant which requires that the Conservancy secure an appropriate government agency to serve as a co-sponsor. While it is considered a co-sponsor – as in past grants, none of the \$30,000 will actually enter the town’s coffers. Instead, the Conservancy will be responsible for overseeing the proper expenditure of the funds.

Emmitsburg, for its part, will be responsible for verify that all trail development and construction meet town codes – much in the same way it handles any contractor operating on Town property. While there will be a cost to the town to provide oversight, it will represent just a fraction of the overall cost of the planned

expansion of the popular trail program.

The grant also requires at Trail Conservancy to match 20% of the grant, which the Conservancy does through its contribution of volunteer labor. According to Town Council President, and trail advocate, Tim O’Donnell: “the Emmitsburg’s Multi User Trail Program is an ongoing effort which has been bolstered by over 1,000 hours of volunteer work completed by Town residents, scouts, church groups, schools, businesses, mountain bikers, hikers, trail runners, hunters, Mount faculty & students.”

The Rainbow Lake Multi User Trail Program was initially proposed in 2004 with the goal of creating some 20 to 25 miles worth of trails that will be accessible to mountain bikers and pedestrians. Work on the trail began in 2011 and the trail was officially opened in June of last year.

The Conservancy actually received a \$40,000 grant for work on the Multi User Trail Program, but \$10,000 was dedicated in the Conservancy grant proposal

towards development of a parking lot and additional signage for the trails. Unfortunately, the Conservancy’s estimate was the parking area and signage was low, which might have resulted in the Town occurring a cost to complete those project – something that goes against the overall goal of O’Donnell who wishes to complete the trails at no cost to the Emmitsburg tax payers. So the town council opted just to accept that portion of the grant related to trail development.

While acknowledging that trails are important in the sense that they bring people who are using the trails such as cyclists, hikers and members of the hunting and fishing community to the town to spend money within the town thereby supporting town businesses, Commissioner Joe Ritz noted that placing a parking lot on the mountain to accommodate trail users when the town can’t seem to get a parking lot in town where public parking is already an issue seemed wrong. Ritz called on his fellow Board members to consider the placement of a parking lot within the town itself to accommodate the public.

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Senior Advisors:

- Eric Glass, Taney Corporation
- Dan Reaver, Emmitsburg Glass
- Bo and Jean Cadle, Former Publishers of the Emmitsburg Dispatch
- Kathryn Franke, MSM Class of 2013, MBA Class of 2015

Executive Editor: Michael Hillman, editor@emmitsburg.com

Managing Editor: Angela Smith, MSM Class of 2015, MBA Class of 2017

Assistant Editor: Lydia Olsen, MSM Class of 2016

English Editor: Julianna Mastromatteo, MSM Class of 2016

News Reporters: Danielle Ryan, Sarah Harrington, MSM Class of 2014

Advertising: Sharon Graham, advertising@emmitsburg.com

Graphic Design and layout: Brian Barth, timebombstudios.com

Photographer: John Zuke

Letters to the Editor, notice of upcoming events, news stories, and interesting and creative articles are welcome and may be submitted via regular U.S. Mail to P.O. box 543, Emmitsburg, MD 21727, or by email to editor@emmitsburg.com.

Emmitsburg Area News Briefs...

During the April 4th Emmitsburg Town meeting, several items were discussed by the Board of Commissioners. On the agenda were items including an easement related to Flat Run Bridge replacement, a demonstration of the utilization of town Geographic Infor-

mation System and its capabilities, and the consideration of a tobacco use policy 16-02.

The Flat Run Bridge replacement is intended to begin late this summer. After State engineers analyzed the bridge project, they realized that the required grading of land along the

state right of way leading up to the bridge would also require sloping approximately 250 square feet of town property. To reduce contracting and legal complications from having to work on land owned by two entities the state asked the town sell the land in question for \$250 to the state. After completion of the bridge replacement project the state would cede the land back to the town. The motion to sell the land was passed 5-0 by the town council.

In other issues, Christian Bruchman, a staff scientist from Ad-

vanced Land and Water was present at the meeting and briefed the Board about the establishment of Geographic Information System (GIS). Bruchman has been working with and training town staff members on establishing and integrating GIS for Emmitsburg. Bruchman recently installed all the necessary software, advised staff on the equipment, and had begun the training process to familiarize staff on the technology.

Bruchman mentioned many important uses for GIS within Emmitsburg and how this technology will benefit the community. The utilization of GIS technology will allow

staff members with extensive knowledge of pipelines, location of water sources, underground systems etc. to move that knowledge over to a digital recording system. GIS technology will be very useful for planning and zoning purposes as it allows the ease of making graphics and maps for locations of potential buildings, parking lots etc.. Within the town of Emmitsburg, GIS technology can not only pull up the location of pipes, but it can also pull up information on the last maintenance of pipes, water flow through the pipes etc. GIS provides a digital record keeping system for a variety of data, and provides an outlet for the public to view the data.

Bruchman noted that GIS is a multi-step system of technology and is always growing, so it will therefore be a project that takes years to fully develop. Staff members will continue training with the consultants from Advanced Land and Water.

The Commissioners also voted unanimously to prohibit the use of tobacco and tobacco products in town government buildings and town vehicles.

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FAIRFIELD/CARROLL VALLEY NEWS

School District considers budget priorities

At their April 4th meeting, the Fairfield Area School District discussed their 2016/2017 budget priorities. The meeting began with a presentation Ms. Dean, the business manager of Fairfield Area School District, which covered the projected revenue analysis of the 2016/2017 school year, which is currently estimated to be \$16,626,825.

Dean noted that the projected school district expenditures are \$16,910,918, leaving a projected deficit, which does not include capital improvements or technology of \$284,093. The deficit will have to be closed by either reducing expenditures or increasing revenue.

Significant expenditure assumptions include: a significant reduction in projected spe-

cial education costs, a salary increase of 2%, a medical benefit increase of 4.4% and Public School Employees' Retirement System increase of 16.2%.

Dean noted that during the current school year, several capital expenditures have already been completed. These include: the installation of an elementary school playground, carpet replacement in the elementary school, an elementary school cable run, the utilization of an everyday math curriculum, and the purchasing of IP video cameras for the school(s). Other projects that were projected to be completed for this school year include: an upgrade to the auditorium sound system and lighting, the replacement of the east and west school entrance doors, an elementary and middle school

mobile lab/cart and the replacement of the high school gymnasium wall mats. Dean hopes that these projects will be completed by the end of this school year.

Dean said that she would like to see a preliminary budget completed by mid-May and a final budget completed by mid-June.

May 31st marks the deadline for the school districts to adopt the 2016/2017 proposed final budget. June 10, marks the deadline to make the proposed final budget available for public review. June 20 marks the deadline to offer public notice of its intent to adopt the final budget. Finally, June 30 is the deadline for the district to adopt the final budget.

The Board adopted a resolution last November stating it

would not raise taxes above what is known as the Act 1 Index. The property tax limitation ceiling is mandated by the Pennsylvania Special Session Act 1 of 2006 that provides a formula called the Act 1 Index which determines the maximum school districts in Pennsylvania can raise taxes without voter approval.

The current Fairfield school district property tax rate is \$9.6898 per \$1,000 of a property's assessed value, which for the medium property assessed at \$220,900 results in a \$2,140 school tax bill. The maximum school property tax rate allowed this year without voter approval is \$9.9708, which if implemented, would result in a tax increase of \$62/year for a median assessed property. However, even if the school board

opted to close the projected deficit by raising the tax rate to the maximum allowed, it would only raise \$200,000 in additional revenue, leaving a remaining deficit of \$84,000.

Following Dean's presentation, member of the school board used the meeting to raise their priorities of the school district. Some of these include: a water heater replacement, a replacement to the chiller control panel, security upgrades within the school, a replacement of the divider wall in the elementary school, and the potential replacement of the elementary school roof. School board members also discussed other potential school improvements that are not necessarily a priority, but board members would like to see them completed. These include painting the gymnasium walls and maintenance to the school outdoor track.

Hamiltonban Township receives DCNR grant

The Hamiltonban Township and Fairfield Borough Joint Parks and Recreation Commission received a Community Conservation Partnerships Program (C2P2) grant from the Pennsylvania Department of Conservation and Natural Resources in the amount of \$53,000 for a Community Park. This grant was submitted in 2015, and has now been awarded to the Commission. The approval of this grant will allow the Parks and Recreation Committee to move forward with phase one of the Community Park project.

The \$53,000 DCNR grant will be matched by the township, totaling a monetary value of \$106,000 for phase one of the project. Funding for the grant comes from the Keystone Recreation, Park and Conser-

vation Fund (Key 93), the Environmental Stewardship Fund (Growing Greener 1), and federal funding sources. The Commission submitted an additional DCNR grant application on April 13th for phase two. This cost estimation for this phase is roughly \$86,000, split between the township and the grant, if received.

The C2P2 grant will be used for the first phase of a three acre handicap accessible/multigenerational neighborhood park located at 4020 Bullfrog Road in Hamiltonban Township. The projected outcome of the park includes a walking path, a play area, a pavilion and all-purpose playing field. Some special features being included within the park are senior exercise stations, play stations for physically challenged children

and cultural and heritage interpretative panels. The design of the park is geared toward meeting wellness goals for the entire community and community members of all ages.

DCNR is the primary source of state support for Pennsylvania recreation, parks, and conservation initiatives. Grant funding from DCNR assists hundreds of communities and organizations across Pennsylvania to plan, acquire, and develop recreation and park facilities as well as create trails and conserve open space.

"Pennsylvania's local parks, trails, and natural areas create many opportunities to be active outdoors. They define our communities and make them places where people want to live, work and play," said Lauren Imgr-

und, director of DCNR's Bureau of Recreation and Conservation. "Our grants help our local partners meet the vision they have for their communities and regions."

The community park was originally introduced in 2007 and phase one of the three phase project may finally begin now that funding has been received. Parks and Recreation Commis-

sion members are extremely excited to receive the grant and move forward with the park as planning for this project has involved years of work from dedicated volunteers in the community. Commission members are pleased to bring grant/tax money back to the citizens of Hamiltonban Township and Fairfield Borough to promote healthy exercise and recreation.

Hamiltonban Township News Briefs...

Summer Road Projects

Several summer road projects were discussed during the meeting, and the approval was sought to send the projects out to bid. Three "groups" of road projects were mentioned. Group one includes the seal coating of sections of Cold Springs Road and Baker Road. Group two includes seal coating sections of Old Waynesboro Road. Group three includes update and maintenance to Rye and Lightening Trails and (short-cut Route 16) Old Waynesboro Road to CP-2 roads. This category also includes pugmill paving on Cold Springs Road from Dug Lane to Moritz Road. These road projects are subject to change based upon funding and weather as the year proceeds. The Board voted to send this list of road proj-

ects out to bid. The Board voted to bid for 31,000 square yards of single application oil and chips surface treatment, 7,650 square yards double application oil and chips surface treatment, 6,400 square yards of seal coating and 1,620 tons coarse.

Hickory Bridge repair

Both Franklin Township and Hamiltonban Township's engineers are reviewing the design build proposal from Lobar Associates for the Hickory Bridge Road rehabilitation project planned for this summer. The proposal includes the design and construction of PennDOT approved bridge and approach guiderail. The repair of Hickory Bridge is estimated to take three months to complete, that of which includes the

design, planning and construction. The construction itself is only estimated to take about a month. The Board will review the engineer's proposal during their May meeting, and then the planning portion of the project may begin.

Small engine repair business

Mr. Jonathan Hahn was present at the meeting and requested the approval of a customary home occupancy permit for his small engine repair business. This home business, located on Iron Springs Road, Fairfield, would entail the repair of small engines contained in equipment such as lawn mowers, ATV's, chain saws etc.. There were no parking requirements on the permit, and it had already been approved by the Township Zoning Officer prior to the meeting. The Board approved the permit unanimously.



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THURMONT NEWS

Land purchased to expand park and parking

Thurmont has purchased a plot of land near the town's East End Park and another plot located near the town's Public Works Department. The town announced the purchases at a town meeting early in April.

Jim Humerick, the town's Chief Administrative Officer, explained at the same town meeting that the town purchased about 5 acres of land locat-

ed on off of Westview Drive near East End Park. This land was purchased to expand the park. The Mayor and Humerick signed a transaction agreement to purchase the land from the Thurmont Little League back in September 2014.

The process of buying the land began back during Commissioner Burns' term as Mayor. The details of the pur-

chase were finally finalized in April. The purchase price was \$53,878. According to Humerick the town used state funding to purchase the land. The town will be reimbursed for their purchase by the Program of Open Space, which is funded by the state.

"It's a good project," Humerick said. "And a win-win situation for the town and the Little League."

The town purchased the land located on 8 Frederick Road for \$57,543; Mayor Kinnaird said that this price was less than the asking price for the land. Kinnaird explained the town purchased the land to expand the parking area for the town's Public Works Department and the town's Food Bank. The buildings are in line with each other.

Currently there is a house on the property at 8 Frederick Road. Kinnaird reported that the town will demolish the house this year. Kinnaird said the estimated cost to demolish, remove the housing material, and prepare the property for the construction will be \$40,000. After the property has been demolished its footprint will be used for the additional parking.

Kinnaird thanked Humerick for his hard work on the project.

Trash collection contract renewed

Thurmont has awarded a two-year trash collection contract to the current town trash collector Key Sanitation of Dickerson.

In March, the town filed a Request For Proposal (RFP) to collect both curbside removal and bulk trash. The town received two bids from trash service companies, Key Sanitation and Republic Sanitation of Frederick.

Per the requirements of the RFP, Key Sanitation gave the town two proposals: a one-year rate for \$135,960 and a two-year rate for \$138,000/year. Republic Services bid \$192,960 for one year of service and \$196,819/year for two years of service.

The difference between the cost of a one-year contract and a two-year contract reflects the expected increase

in trash volume over the two years and the corresponding increase in disposal fees paid to the county landfill.

Jim Humerick, Chief Administrative Officer, stated at the March 29th town meeting that the town recommended accepting the bid from Key Sanitation. Key Sanitation's bid was the lower of the two, they are the town's current vendor and the town is

happy with the service they have provided thus far. Humerick commented that the company has proven their service within the town's specified timeframe and shown experience and efficiency relating to the scope of work.

Currently, the company is charging the town \$135,960 for one year. The company kept their new bid at their current charge. Last spring the town chose to extend its then existing two-year contract with Key Sanitation for a third year. The new contract, like the

old one, will be for two years with an optional one-year extension.

Commissioner Burns commented that the company has been great to work with and the relationship between the company and the town has also been great. Burns supported the recommendation to continue their work with the company. Commissioner Hamrick complimented the company on how professional they are, saying he has seen them pick up trash blowing from the curb on a windy day.

Police and water budget discussed

During the April town meeting, the Thurmont commissioners continued their work on the proposed budget for the 2017 fiscal year, focusing their discussion on the proposed budget for police department and public safety.

The Police Department is anticipating additional increases in some other costs as well. The department is anticipating an increase from \$27,766

in fiscal year 2016 to \$28,626 in fiscal year 2017 for communication expenses. In 2015 the budget for this item was \$21,000.

The anticipated increase for this year has made town officials question the amount that has been set aside for this item. Eyster explained that the department's communication expenses included cellphones for the officers and connections for their in-car radios

and computers.

In the fiscal year 2017 the department's expenses are expected to be \$1,063,930. This amount does not include funds set aside for bulletproof vests and in-car cameras. The department has set aside \$41,293 for those items.

In past years, the town has budgeted funds for public safety differently. In 2015 the town budget for public safety Police Department's portion for expenses related to Crossing Guards was \$7,046, in 2014 they budgeted \$1,899. In the upcoming fiscal year, the town is scheduled to spend \$17,038 public safety, an in-

crease to \$17,038 was noted but most of that will be allocated to salaries for two crossing guards. Linda Joyce, the town's chief financial officer, moved the expenses for crossing guards to the town's public safety section of the town's general fund.

In the past, the town has included crossing guards in the highway and streets section of the budget. According to Joyce, the relocation of these expenses might give a false impression that the costs for public safety had skyrocketed, but it hasn't. The town's Police Department handles Public Safety and thereby will be responsible for hiring the town's new crossing guards.

Town officials also took the time

to discuss the water fund for the upcoming fiscal year. The total revenue for the water is expected to be \$1,023,862; the expected expenses for the fund are \$756,680. This did not include \$126,000 for capital projects such as replacing a well pump which is expected to cost \$42,000, as well as \$40,000 to replace one of the water department's pick-up trucks.

Town officials are scheduled to vote on the final fiscal year 2017 budget in June.

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Memorial dedication ceremony Honoring Cpl. William Ferrell USMC

The communities of Thurmont and Emmitsburg will be hosting a memorial dedication ceremony for Cpl. William Kyle Ferrell, a young Marine stationed at Camp David who lost his life by a hit-and-run driver on September 29, 2015, when he stopped to assist a stranded motorist on Route 15 during a rain storm in Thurmont.

The dedication ceremony will be held June 11, at the Memorial Park, 116 East Main Street, Thurmont beginning at 11:30 a.m. Colors will be presented by the Color Guards of AMVETS Post 7 and the American Legion 168.

A dedication sign in memory of Kyle will be erected by the Maryland State Highway Administration under the Catocin Furnace Historic Trail bridge on Route 15.

Thurmont Mayor John Kinnaird will unveil and present a memorial stone in Kyle's honor. Commander Bob White, American Legion 168, will present a tree planting. A Day of Remembrance Plaque will be presented to the family by Commander Ed Superczynski, AMVETS Post 7, and a replica plaque of the bridge dedication sign will be presented to the family by Jack Collins of VFW 6658. A Bible, signed by all, will be presented to the family.

100 YEARS AGO THIS MONTH

May 1916

May 5

Movies

Tomorrow night at the town hall, Thurmont, Mary Pickford, the most popular motion picture star in the world, returns to the screen on the famous Players Paramount program, in a four-part modern and original film version of the century-old classic Cinderella.

Florence Reed, the celebrated emotional actress, whose amazing talents have been seen to advantage in such noted Broadway successes as Seven Days, and the Yellow Ticket, makes her first appearance and motion pictures in the screen adaptation of Henry Jones' world famous drama "The Dancing Girl." This will be shown at the town hall, on Wednesday.

To Interest Boys In Farming

In order to encourage the boys of Frederick County along agricultural lines, the Thurmont banks have donated 25 dollars each in prizes to the members of the boys agricultural club of Thurmont. This club is working in cooperation with the United States Department of Agriculture. The members who joined at this time were James Annan, Emmitsburg; Ronald Zentz, Lloyd Hauer, Harry Zentz, Granville Layman, Roger Smith, Roy English, of Thurmont; Wilber Miller, Detour; Lloyd Zimmerman, Graham.

J. Stewart Annan Elected Burgess

The annual election for Burgess for Emmitsburg, to serve one year, and a Commissioner to serve three years, was held in Firemen's Hall on Monday. An unusual amount of interest was manifest in the election and practically the entire register vote was cast. J. Stewart Annan, former County Commissioner, was elected Burgess, and Mr. John Rosensteel was elected Commissioner. Mr. Annan received 136 votes, Mr. Rosensteel 92. There were two tickets in the field the Citizens and the People's. Mr. Annan was on both tickets; the former ran Dr. Stone for Commissioner, the latter Mr. Rosensteel. Dr. Stone receives 65 votes.

Allegations that certain legal technicalities had not been observed in the advertising and date of holding the registration prior to the election, threatened a court decision in regard to the outcome. It was contended, first that the notice of registration was not published 10 days prior to the sitting, and second, that the date should have been Tuesday instead of Monday. In view of these allegations the judges use three ballot boxes one for the qualified voters, one for those whose names were put on the books on the day of the registration was held, and a third for those who claim they appeared at the registration place on the le-

gal day and found no one to register them. However, the account of the two extra boxes only serve to increase the majorities of the winners in the regular ballot boxes. The total number of voters was 136.

May 12

Gasoline Plow Demonstrated

On Saturday afternoon, Boyle Brothers gave a demonstration of the gasoline tractor, pulling a gang plow in the Annan Horner Bank field, opposite the Boyle Brothers warehouse. A number of farmers saw the demonstration and reported that they were very much pleased with the good results that were obtained from the experiment. Ralph Hollinger, 13 years old, and the grandson of Mr. John Hollinger, guided the machine for the exhibition and was in every way master of the situation.

Town Considers Oiling Streets

The town government has decided to call a public meeting, Monday evening, of the citizens to get an expression from them about oiling the streets. Burgess Annan said that he felt assured that the people of Emmitsburg want a clean town - clean morally as well as from a sanitary point of view. But nothing lasting and effective can be accomplished without the moral and practical support of every resident of the town. Annan said he was not infallible in judgment; therefore he depends upon suggestions from the people, suggestions made in good faith, on all matters pertaining to town welfare and promises to give courteous and careful consideration to the views of the taxpayers. This, in a few words, explains the policy of the present administration - a policy that, it would seem to any reasonable person, is fair and the essence of which is good government.

May 19

"Dry Forces" Launch Campaign

A largely attended conference of temperance workers met at the YMCA in Frederick on Monday afternoon, and fire the first gun of the campaign, in the interest of making Frederick County dry. The campaign will be conducted under the name of "United Dry Forces, of Frederick County." The following have been chosen on the committee for the Emmitsburg district: W. D. Colliflower and Paul Winchester.

Wet Forces Almost Launch Counter Campaign

Upon hearing that the "Dry Forces" have launched their campaign to rob men of their God given right to enjoy the fruits of John Barleycorn, the Former Former Boozers Association held a emer-

gency meeting at the Hotel Slagel's bar to map out a strategy to defeat the nefarious "dry forces." In order to ensure a large turnout, word was put out that the first round of drinks would be "on the house." Unfortunately for the Hotel Slagel, no one kept track of everyone's first round - and with free booze an option - no Boozer was willing to admit that he already had his first round. By the time the hotel felt everyone had been served, the Boozers were too soused to remember why they had been called together. Instead of developing their counter strategy, the Boozers retreated to the Square where they sang 'drinking' songs and added to the volume of water in the fountain.

Narrowly Escapes Stray Bullet

While working on the new Gellwicks Building, near Flat Run, Harry Bowling came within an ace of losing his life. A stray bullet, fired from a pistol in the hands of some unknown person struck his shirt perforating it in two places. Bowling heard the shot but could not tell from what direction it came. He considers himself for a fortunate in having made the escape, which was narrow indeed and had his body been in a different position, he would undoubtedly have been killed.

Tacks on Road Cause Havoc

Had they been caught red-handed in the act, a man who on Tuesday strewed tacks on the state road from Lewistown to Emmitsburg, would have been handled in no general matter, for the owners of automobiles that were damaged were up in arms over the dastardly trick and even now are determined to see that the men are "run down."

Among the local people that were victims of a practical joke included Albert Patterson, M. R. Sheets, Brook Boyle, and the Emmitsburg Motor Car Co. Mr. Boyle had four flat tires and two tires of the Emmitsburg Motor Car Co. were ruined.

On Wednesday the deputy sheriff investigated the matter and, it is understood, any view those who are alleged to have distributed the tacks. Their claim



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was that the whole thing was an accident and that they cleared the road way, rushing attacks into the side drain. This explanation has not met with favor locally and it is understood that a further investigation will be made.

May 26

Three Thrown From Wagon

While returning from work on Saturday evening, Messrs. Felix Stouter, David Hardman, and Charles Wagerman, who had been sawing shingles at Anderson's Field met with a painful accident. The three men were in a stick wagon, when the shaft came loose, frightening the horses and causing him to run away. The occupants were thrown out, inflicting on Hardman and Stouter cuts and bruises. Mr. Wagerman was knocked unconscious in his shoulder thrown out of place. The runaway horse was caught near Krietz's store.

Oiling Fund

The chairman of the committee for street oiling reported subscriptions amounting to over \$300 have been made to offset the cost of oiling the streets. The

committee, composed entirely of ladies, is making a very systematic canvas and all the members have been diligent in their efforts. They report that they have generally been graciously received and that with the exception of a very few people the town has responded and have expressed themselves as being in full accord with the idea.

Many who are not residents of Emmitsburg, but who motor or drive to town often, have also generously contributed to the fund. They have shown a very kindly spirit and, as they use the streets, are anxious to have them in good condition.

Boys Band to Give Concert

The Tresslet Orphan Home's band will pass through Emmitsburg, Saturday, June 10. At the noon hour this musical organization of 35 boys will give an open-air concert, to the general public. For several years this band has had a reputation for its musical ability. Wherever their music has been heard, it has been greatly appreciated by many persons.

To read past editions of 100 Year Ago this Month, visit the History section of Emmitsburg.net.



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Shows Like A Model!

FROM THE DESK OF . . .

County Councilman Kirby Delauter

It's budget time and as a Council we get a full 25 working days to review and approve a \$560 + - Million budget. That is 25 working days if you don't have any other full time job and could spend 10 - 12 hours daily on the review. The County Executive waited until the last day per the charter to give us her budget for review. As a Council, we have no accountant on staff; no budget officer and we're not even subcontracting out to get advice from anyone with a CPA to assist in review of the budget.

Last year I was the only Council member to produce a budget separate from the Executive. The only Council members to do our own review of the budget were Council Member Shreve and I. Council member Shreve could not get his questions answered from the Executive's staff and he simply ran out of time. I could not get answers as well, so we had to ad lib a few items. In case you didn't know, on the Council we get treated like third graders in time out by the Executive, her staff and Council President Otis.

Here's an example. If I have a question of staff on any issue, even a constituent issue that is directed to me. Here's the process. I contact my assistant, she contacts our Chief of Staff, he contacts the County Executive's Chief Admin Officer, he contacts the County Executive Gardner, and she then decides whether or not I can have a conversation with the staff member. More often than not, the answer is No. Yes, this is the "Open and Transparent Government where everyone can be part of the process," per the mantra of Candidate Jan Gardner during her campaign. There is nothing open or transparent in this county government today, it is a complete politburo that targets businesses and individuals that disagree with their agenda.

The County Executive Gardner has in her budget a \$10.5 Million increase above MOE (Maintenance of Effort) for the FCPS. Keep in mind MOE is already an increase over last year's FCPS budget, so she is increas-

ing the increase by \$10.5 Million. Again, the interesting thing is, we have two FCPS employees that will vote on this budget and this increase that will fund their employer and funds their salaries. Yes, people that somehow with a straight face can vote on the budget that funds their employer and

"We have two FCPS employees that will vote on the county budget that will increase their salaries. These are the same people that voted to disallow my company to bid work in the county. That's pure hypocrisy."

ultimately their own salaries.

These are the same people that voted with the County Executive and Council President Otis to disallow my company to bid work in the county. Let me clarify the hypocrisy, if my company bids work in the county, I am guaranteed nothing, and if I happen to be low bid, we are

the best deal for the taxpayer. Now, the two FCPS employees that are also Council members, by voting on this \$10.5 Million increase of your money, they are "guaranteed" that their employer and possibly their own salaries will benefit. They see no issue with this. You can see now with this type of logic running our county, it's easy to see why trans gender bathrooms appear to be normal as we've thrown all morals and common sense out the window. We're back to the 60's mantra of "If it feels good do it".

More to come later on the budget, we just received it last Friday, so it's still kind of fresh off the press.

I am currently also working to do a leaseback program for building schools. Again, County Executive Gardner has been involved in County government for over 20 years. Early in her government career she voted to increase impact fees for schools 300%. It didn't solve the problem then and as she's increasing these fees

again today by as much as 60%, the math shows this same tired solution will not work. We have two local developers that have stepped up and agreed to forward fund bond issuances for two elementary schools.

While this is a wonderful and noble thing, it is not a long-term solution. I find it ironic that the very people the county Executive demonizes on a daily basis, are the very people pulling her out of the fire by stepping up to put their money up front for schools and to help solve the problem, short term.

My leaseback program (still in the working stages) should end the school debate once and for all. We can build schools privately and lease them back thus giving both predictability and more bang for the taxpayer buck in the process. My plan will allow long term planning for schools and as long as we elect fiscally responsible adults into future office, we should never have an issue building future schools. I still have a lot to do on this program but preliminarily it appears it could be a long-term answer to what has been an ongoing problem in this county for decades.

A+B = Expensive

Justin Kiska

Every election year you are guaranteed to hear at least one candidate say, "The children are our future." If you are anything like former State Delegate Anita Stup or me, you cringe when you hear that because it comes off as nothing more than an empty platitude. Even if it is true, but I think we can all agree on that. During any election year, the issue of education is usually pretty high on people's list of important topics, especially when it comes to local and state elections. That has certainly been the case here in Frederick County.

After the election is when offi-

cials get to the nuts and bolts of the matter, the dollars and cents. The Board of Education puts together its budget asking for "X." The state and county then turn around, never fully funding the request, and give the Board of Education a total of "X" minus "Y." One of the largest line items in the school system's budget is always for the construction and maintenance of school facilities.

Currently, the Frederick County Board of Education has a list of schools that are either going through a renovation, slated for a renovation, or need to be built. All these projects are spread out on a timeline that stretches years into the future.

Most recently, there was a fierce debate over the construction of a new elementary school. While several are need-

ed throughout the county to alleviate overcrowding, there was only enough funding to start construction of one so it could be opened for the 2018-2019 school year. The decision had to be made to build either Sugarloaf Elementary in Urbana or Butterfly Ridge Elementary in the Hillcrest area of Frederick City. Hillcrest and Urbana are currently operating well over capacity at 140% and 130%, respectively, so it is clear that a second school in both areas is imperative. But which community was going to get a new school first?

In the end, it was announced last month that BOTH school were going to be constructed and ready to open in August 2018. It took a lot of work by a lot of people to make that happen.

Hang on, Hillcrest! Hang on, Urbana! The cavalry is on the way.

What about the other schools that

are overcrowded or in need of repair? When will they be rescued, so-to-speak? The short answer, when the School Board has the money.

An interesting idea has been floated recently. Would it make sense for private sector companies to build schools and lease them back to the Board of Education? It's an interesting idea. It certainly means additional schools could come online much sooner, alleviating the problem of overcrowding in a more timely fashion. At this point, all options should be considered, even if it means finding out the idea won't work. So I commend the County Council for creating a panel to look into the feasibility of the idea.

I would like to propose another idea that would allow more, much needed schools to be built more quickly. Don't build schools that look like ed-

ucational palaces. There was a time when children went to school in a one room schoolhouse. Obviously, I'm not saying we need to go back to those days, but there is no need for a school - elementary, middle, or high - to have a grand staircase or open three-story atrium. If schools weren't as extravagant as some have become, they wouldn't cost nearly as much to build.

I would venture to guess that the vast majority of people reading this column right now did not go to a school that had marble floors, chandeliers, or walls that were made up of nothing but windows looking out on a courtyard that could rival some of those found in the palaces of France and England. We still received an education.

I recently drive by what I thought was a new shopping mall under construction, NOT in Frederick County, when I asked the person I was with if he knew what stores were opening there. His response, "That's not a mall. It's going to be a school."

Some of the new school designs, while absolutely gorgeous, are completely over-the-top and unnecessary. Would I like to have gone to a high school in a building like that, instead of one built in the 70's when they used very few windows and partition walls, of course. But I received a very good education all the same without walking into a grand foyer every morning.

Should more tax dollars go towards education need? Yes. But shouldn't the schools system do its part and scale back and be a little more realistic and fiscally responsible when it comes to school construction and help by cutting costs? Education palaces don't make children smarter . . . and they are our future, after all.

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GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

County Executive Jan Gardner

Budgeting with a Purpose - It's that time of year again!

Let's start with some good news! Frederick County's economy is strong. Over the past year, Frederick County businesses have added over 3,200 new jobs, unemployment is hovering around 4% well below state and national averages, and Frederick County's production of goods and services has exceeded a whopping \$11 billion!

Sometime people think the budget is a boring topic. But, the budget is actually the most important task we do together. How we allocate limited tax dollars reflects our community's values and priorities.

Our community values fiscal responsibility and citizens expect the county to be good stewards of county tax dollars. The proposed budget ensures that we live within our means while investing in our future prosperity. And, the proposed budget is budgeting for a purpose – to ensure great schools, a safe community, and a high quality of life.

Last year, my first budget addressed the \$10.4 million deficit created by the prior administration when they depleted reserve funds and spent this one-time money on ongoing expenses. This year, my second budget begins to restore reserves by setting aside \$2.5 million for this purpose as well as shifting fuel savings into the fleet reserve. Restoring reserves and longstanding conservative budget policies makes sure we are prepared for the next "rainy day".

The proposed FY17 budget is fiscally responsible. It is developed without any increases in county property tax rates or income tax rates. While tax rates remain unchanged, there is no doubt that you will hear accusations of tax increases because assessments and incomes have gone up. Building a budget on current tax rates is exactly what Governor Hogan did with the state budget and what surrounding counties and municipal governments are doing as well. No one has accused Governor Hogan of raising taxes

because he built a budget on current tax rates.

Budgeting with a purpose ensures exceptional schools. We know that quality education lifts our students, their families, and ensures our long-term economic prosperity. The number one thing we hear from our businesses and employers is a need for a well-educated and trained workforce. This begins in our K-12 public schools.

After years of flat funding, the proposed budget allocated \$10.5 million to Frederick County Public Schools above maintenance of effort to make progress to ensure the best teachers and staff in our schools, and to provide programs and curriculum to ensure our students are prepared for jobs or for higher education. This is a modest 2% increase in the school system budget. The budget also provides \$500,000 in one-time funding to upgrade school technology, which is essential to keep pace with rapid changes in the field.

Budgeting with a purpose ensures safe communities. One of

the fundamental responsibilities of local government is to ensure the safety of its citizens. The proposed budget provides over \$5 million to support our public safety agencies including the Sheriff's Office, Fire and EMS, and 9-1-1 Communications. The budget supports Sheriff Jenkins' top priority to pay his deputies and corrections staff. The majority of new positions in the budget are in public safety with the addition of deputies, firefighters, 9-1-1 call takers, and an emergency planner.

Education and public safety combined make up approximately 75% of the county budget reflecting the community priorities.

Budgeting with a purpose ensures our high quality of life. The majority of the remaining 25% of the proposed budget is allocated to provide county employees with a well-deserved merit or step pay increase. County employees are dedicated and hard-working and consistently deliver top-notch services to the citizens of Frederick County. As the economy recovers, it is appropriate to recognize the people on the front lines that maintain our roads,

handle our trash, make sure that water and sewer is always available, drive our transit busses, and keep our community safe and our quality of life high.

The budget ensures seniors get services they need through Meals on Wheels and Senior Care, expands operating hours of our three main libraries to 9 p.m. in the evening on weekdays including the Thurmont Regional Library, and meets state and federal mandates.

Budgeting with a purpose ensures we maintain and expand our infrastructure to meet community needs. The capital budget provides funds to complete the Frederick High School project, to build a new Walkersville Branch library, and to reconstruct several roads and bridges around the county.

Citizens can be assured that the county budget is fiscally sound, protects our investments, and makes progress to ensure great schools, safe communities and a high quality of life without raising tax rates. Frederick County will continue to be a wonderful place to live, work, and raise a family. Our best days are ahead.

PUBLIC NOTICE

Volunteer Opportunities for Frederick County Citizens to Serve on Frederick County Boards and Commissions

The Frederick County Executive is soliciting applications from interested persons to volunteer their time to serve on the following boards and commissions.

Adult Public Guardianship Review Board

- Meets quarterly (Mar., June, Sept., and Dec.) on the first Monday at 1:00 p.m.
- Seeking the following: 1) a person with a disability; and 2) a psychiatrist.

Advisory Plumbing Board

- Daytime meetings are scheduled when necessary.
- Seeking general public representatives.

Business and Industry Cabinet

- Meets the fourth Thursday of each month at 4:00 p.m.
- Seeking individuals with experience in the following areas: major employer, agriculture, minority business, retail, manufacturing, and construction.

Commission For Women

- Meets the second Tuesday of each month (except July) at 7:00 p.m.
- Seeking individuals with marketing, legislative or community outreach experience. For more

information visit www.FrederickCountyMD.gov/fccfw.

Companion Animal Welfare Advisory Committee

- Meets at least quarterly on the second Monday at 7:00 p.m.
- Seeking general public representatives with a broad range of companion animal related experience.

Containment Laboratory Community Advisory Committee

- Meets quarterly (Jan., Apr., July, and Oct.) on the second Tuesday at 7:00 p.m.
- Seeking individuals to fill the following categories: 1) private-sector health field; and 2) general public representatives (one to serve as an alternate).
- Applicants should be aware this is a working committee, and that considerable commitment of time will be required for orientation and reading relevant materials to stay current on matters relevant to the Committee's mission. While the Committee meets quarterly, most of the Committee's work occurs between meetings. Additional meetings may be scheduled. Members will be asked to volunteer to take their turn in preparing materials, information for the public,

reports or minutes. Every effort is made to choose projects realistically, but applicants should know that the committee has neither a budget nor staff. For more information visit www.cityoffrederick.com/CLCAC.

Insurance Committee

- Daytime meetings are scheduled when necessary.
- Seeking persons with experience with commercial property and casualty management, insurance company experience or underwriting or reinsurance expertise.

Loan Guarantee Committee

- Daytime meetings are scheduled when necessary.
- Seeking local bank representatives.
- The Loan Guarantee Committee oversees the administration of the Frederick County Small Business Loan Guarantee (FCSBLG) and establishes policy guidelines for the FCSBLG. The Loan Guarantee Committee also liaisons with the Frederick County Executive to report on fund balances and achievements. The Loan Guarantee Committee participates in the preparation of recommendations to the

County Executive for additional funding for the FCSBLG, review of Maryland Department of Commerce grant applications and any other issues relevant to the operation of the FCSBLG. The Loan Guarantee Committee serves as the approval authority for the loan guarantee application.

Solid Waste Advisory Committee

- Meets the first Wednesday of each month at 6:30 p.m.
- Seeking a civic organization representative.

Substance Abuse Council

- Meets the third Monday of each month at 5:00 p.m.
- Seeking the following: 1) a substance abuse prevention provider; and 2) a recipient of addictions treatment services.

Transportation Services Advisory Council

- Meets the third Friday of every other month (Jan., Mar., May, July, Sept., and Nov.) at 8:00 a.m.
- Seeking individuals to fill the following categories: 1) business; 2) community agency; and 3) general public. For more information visit www.FrederickCountyMD.gov/transit.

Workforce Development Board

- Meets the second Friday during the months of Feb., Apr., June, Sept., Nov., and Dec. at 8:15 a.m.
- Seeking business representatives. For more information visit www.frederickWORKS.com.

Persons having a desire to serve in this capacity must be residents and registered voters of Frederick County. To apply please send a letter of interest and a current resume by regular mail or e-mail (no facsimiles) to the attention of:

Mrs. Joyce M. Grossnickle
Office of the County Executive
12 East Church Street -
Frederick, Maryland 21701
301-600-1102 - fcbboards@FrederickCountyMD.gov

Remember to include current contact information in the documentation submitted, i.e. home, work, and cell telephone numbers, home mailing address, and e-mail address.

The deadline date to apply for these Frederick County boards and commissions is **4 p.m. on Friday, May 13, 2016.**

Frederick County Government does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in employment or the provision of services.

FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

There are a number of important dates in May. The Adams County Chiefs of Police Association will host Adams County Fallen Officers Memorial Service on Friday, May 6th at 10 a.m. at the Adams County 9-1-1 Center. May 8th is Mother's Day – a day we should all remember those “mom moments” that made us who we are today. The Adams County Extension 100th Anniversary Celebration is being held on May 15th from 1:30 to 3:30 pm at the Adams County Agricultural and Natural Resources Center. The afternoon will be filled with family oriented activities. Armed Forces Day is May 21st and Fairfield Fire & EMS is holding their EMS Open House on May 22nd from 1 to 4 pm. Memorial Day is May 30th

As the weather warms up more people, young and old, will be bicycling and walking on our trails. This might be a good time to take a look at our Pennsylvania laws regarding both. In

Chapter 35, Section 3510 of the Pennsylvania Consolidated Statutes book, there is a law that requires all bicyclists age 12 and under to wear a properly fitted bicycle helmet every time they ride their bicycle. As a matter of fact, it is recommended that all bicyclists wear a safety helmet when riding a bicycle. Please note that a bicycle is considered a vehicle and therefore when riding on a roadway must be operated in the same direction as required of other vehicles on the roadway.

All bicyclists are required to use hand arm signals while on the road. Section 3507 mandates that bicyclists, who ride after dark, install reflective devices or lights on their bicycle. We know that pedestrians have the “right of way”. But what are your responsibilities/duties regarding walking on our trails? Well, Section 3544 states that where a sidewalk is provided and its use is practicable, it is unlawful for any pedestrian to walk along

and upon an adjacent roadway. Where a sidewalk is not available, any pedestrian walking along and upon a highway shall walk only on a shoulder as far as practicable from the edge of the roadway. Where neither a sidewalk nor a shoulder is available, any pedestrian walking along and upon a highway shall walk as near as practicable to an outside edge of the roadway and, if on a two-way roadway, shall walk only on the left side of the roadway. Bottom-line, please follow these laws. They are for you and your family's safety on the road. For us drivers, slow down when in the Valley. Watch out for the unexpected whether it comes to people walking, jogging or bicycling on our beautiful trails.

As summer approaches, we need to pay attention to the Smokey Bear Fire Danger sign in the Carroll Valley Commons that faces Fairfield Road (Route 116). Chief Bill Jacobs from the Fairfield Fire & EMS Company is

the Fire Warden for our regional area. One of his responsibilities is to determine the fire danger level and post his decision on the Smokey Bear sign for the public to see. Base on the posted level, homeowners and builders may choose to postpone burning leaves or a debris pile. Are you aware of the Fire Danger Rating System?

If not, here is a short explanation of each fire level warning. Low means that fuels do not ignite easily from small embers. Fires in the open, dry grasslands may burn easily a few hours after a rain. Moderate means that fires can start from most accidental causes, but the number of fire starts is usually pretty low. If a fire does start in an open, dry grassland, it will burn and spread quickly on windy days. High means fires can start easily from most causes and small fuels (such as grasses and needles) will ignite readily. When the fire danger is Very High fires will start easily from most causes and will spread rapidly and have a quick increase in intensity, right after ignition. Extreme means fires of all types start quickly and burn

intensely. Small fires become big fires much faster than at the “very high” level. These fires are very difficult to fight. The next time you pass by, notice the level and if you are planning to set a fire, remember what the level meant. Next month, we will review the open burning ordinance.

The Fairfield Area Historical Society held its “kickoff” program on Wednesday, April 20, with the program topic of “Schools of Fairfield Area's Past.” Approximately 100 people were in attendance. To join the Society, go to www.fairfieldareahistorical-society.org. To see the evening pictures, go to www.ronspictures.net or Facebook.com/MayorRonHarris.

The May Borough meetings are: Planning Commission (Monday – May 2nd); Borough Council (Tuesday – May 10th); and Parks & Recreation Committee (Wednesday – May 25th). The Borough Office will be closed on Monday, May 30th – Memorial Day. If you have any questions, contact me at MayorRonHarris@comcast.net or 301-606-2021

State Senator Richard Alloway

It is with great dismay that I express my displeasure with Governor Tom Wolf's recent decision that haphaz-

ardly cut nearly \$1 million from local schools.

The budget approved by lawmakers

last month included an additional \$200 million in education funding that was supposed to be driven out to school districts based on a new formula that was developed by a bipartisan group of lawmakers who worked cooperatively on the issue for more than a year. That process included numerous public hearings and input from teachers, school administrators, students, parents and other education advocates.

Under the newly developed Basic Education Funding Formula, schools in the 33rd Senatorial District were supposed to receive nearly \$3.4 million in additional dollars from the state.

Governor Wolf vetoed the bipartisan funding formula and created his own formula, which trimmed total funding to local school districts by nearly \$1 million. The governor's arbitrary formula was not approved by the legislature, was not subject to public input or review and possibly violated state law.

The new formula was put in place specifically to take the politics out of the school funding process and ensure any new money devoted to our schools is based on the real factors that drive the cost of education. It is extremely disappointing that Governor Wolf has turned his back on this bipartisan agreement and injected a fresh dose of partisanship into the process. It

is beyond unacceptable that the governor's actions place the interests of his favored political allies above the needs of our local students.

Some of the biggest cuts to local schools under the governor's arbitrary funding scheme are:

Conewago Valley School District in Adams County, which saw nearly 55 percent of its new funding eliminated, from \$371,695 to \$172,767.

Gettysburg Area School District in Adams County, which received a \$90,625 cut from the \$260,013 it was supposed to receive.

Shippensburg Area School District in Cumberland County, which receives \$207,807 less than the \$394,681 that was promised under the legislative formula.

Waynesboro School District in Franklin County, which saw \$23,794 cut from its \$357,485 in new state funding.

Hanover Public School District in York County, which will receive just \$103,908 in new funding instead of the \$262,719 in new funding approved by lawmakers.

South Western School District in York County, which saw its additional state funding cut by more than 50 percent from \$289,440 to \$125,947.

The budget approved by lawmakers was supposed to send an additional \$44 million to Philadelphia schools. Governor Wolf's new formula nearly doubled this amount to \$76 million at the expense of school districts across the state, including most schools in Adams, Cumberland, Franklin and York counties.

Our schools have suffered enough thanks to the funding crisis the governor created and maintained throughout most of the 2015-16 school year. Our local students shouldn't have to suffer again just because they live in a region that didn't support the governor's election campaign. Throughout the budget process, I fought to provide more money for our schools and relieve the crushing financial pressures facing school districts, and I will continue to fight to make sure our students and teachers have the resources they need.

REAL ESTATE SALES

A brand new real estate operation with offices in Blue Ridge Summit and Washington D.C. wishes to add two salespersons in Adams and Frederick counties each specializing in the sale of land, farms and estates. Experience necessary with some track record. Good commissions, profit sharing and decision participation.

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GOVERNMENT—NORTH OF THE MASON-DIXON LINE

County Commissioner Marty Qually

An amazing thing happens this year in Adams County, our local Penn State Extension (PSE) office celebrates its 100th anniversary. The celebration will be held May 15, from 1:30 – 3:30 p.m. at the Adams County Agricultural and Natural Resources Center rain or shine. The afternoon will be filled with family oriented activities so bring your lawn chair and visit with friends and neighbors.

A formal program is scheduled from 2:30 – 3 p.m. where County Commissioners and elected officials will briefly discuss the importance of our Extension programs. If you do not know what programs the Extension office provides, you really should attend. PSE isn't just for farmers any more. While starting out as purely focused on farm projects, our PSE office has evolved into a more holistic agency including classes to help home gardeners, to keep older women stronger, promote healthy eating, and even assist our community in improving local broadband awareness. Penn State Extension has something for everyone and is a vital part of our community so please join me in helping them celebrate 100 years of success.

A great example of their role in supporting our community is their quick reaction to the potentially devastating frosts that hit our orchards this April. Following a very warm March, multiple cold nights in April almost resulted in the loss of our peach, apple, cherry, plum, and pear crops. Penn State Extension scientist Dr. Tara Baugher and Fruit Research and Extension Center director Dr. Jim Schupp knew they needed to analyze the damage and begin to educate the fruit growers as

to the next step.

After a few days of analysis they were able to alleviate many of the fruit growers' concerns, and were confident that most orchards would not see significant apple or peach crop loss. Throughout the year these scientists work to find ways to improve our orchards, but in this case, their hard work in defining the damage went a long way to reducing the stress that each orchard family was experiencing. While our April frosts seem to only be a concern for the orchard families, these families and their employees represent a significant portion of our economy.

Without the confidence that their crops will come in, they would cut back on hiring new employees, expanding their business, or on a personal level commit to hiring a painter, plumber, or electrician to work on their house or reduce the times they go out to local restaurants. In Adams County Penn State Extension helps us all to understand that we are connected to each other and that the more educated we become the better we become.

For years now PSE has been focusing on issues that challenge local communities throughout Pennsylvania, and as each community is different, so too are the programs and initiatives of each Extension office. In Adams County they have been in the forefront of helping new residents understand the issues of developing housing next to farms and how better community planning can help both farms and residential subdivisions coexist.

Often I discuss in my column the importance of improving our broadband capacity and quality in Adams County.

While people may think that this idea or the subsequent formation of Adams County Connect, was started by some group of IT geeks, it originated with Penn State Extension. They also noticed that the lack of truly high speed internet was affecting all aspects of our community.

If it seems out of place for Penn State Extension being a leader in promoting better broadband, that is just the beginning.

Have you been eager to eat a Mediterranean Diet, but are not sure where to start? Penn State Extension has a workshop to help you design and put the Mediterranean diet and lifestyle into practice in your own life. That doesn't sound like the 4H programs or other farm images that we envision from Penn State Extension.

Or the Strong Women/Growing Stronger program, which is a safe, effective strength training And nutrition program for individuals who have been active or sedentary for the past few years and are interested in improving their health. They also offer courses on canning foods, home gardening, food safety and more.

While my point is becoming redundant by now, this evolution in education and branching out into Nonfarm fields is keeping PSE not just relevant in today's rapidly changing world, but is keeping them integral to our success. If you want to learn more about their programs visit their website for more information, www.extension.psu.edu/adams.

I have had the honor to serve on the board of Penn State Extension for four years now and it is clear to me that they have come a long way in 100 years.

Please take the time to join us on May 15 at the Adams County Agricultural and Natural Resources Center on Old Harrisburg road just outside of Gettysburg to celebrate their successes and learn more about what this great organization has planned for the next 100 years.

As a County Commissioner I spend much of my time attending events and learning about important parts of our community. My job then becomes to help others "con-

nect the dots" and show them how often seemingly disparate groups actually have vital connections to one another. One of the ways in which I attempt to get the word out about different events and meetings I attend is through my professional Facebook page. To learn more about the issues facing our wonderful and complex community please join me on Facebook at Marty Qually Adams County Commissioner. And as always if you have any questions or concerns, do not hesitate to contact me at 717-339-6514 or marty@martyuqally.com.

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THE PASTOR'S DESK

Thirty years after the psychiatric unit

Pastor Bob Hunter
Thurmont United Methodist
Church

The plan to write this article on recovering from mental health issues was made a few months ago. But it was only a few weeks ago that the tragedy of suicide struck our community twice in one week. This May is thirty years since the beginning of my recovery from a diagnosis of acute anxiety and long-term undiagnosed clinical depression back in 1986. It is my hope that my journey will help you to learn more about what depression and anxiety are, and that there is hope for everyone!

Too often we read the circumstances about a person's battle with depression and/or anxiety and say to ourselves, "That's not me!" For that reason, I'm not going to share the issues that brought me to my stay in the psych unit. What really matters is not so much the "how" as much as the "why" we finally break down. People have issues, and how we manage with them make a lot of difference. This would seem obvious, right? But depression and anxiety are not that simple.

In 1986, I was in a great marriage, with two kids; eight and six years old. We didn't want our kids raised in daycare, so I was the stay at home parent; working part time jobs in between. We attended a great church. We had friends. We lived in a great neighborhood. Things were great on the outside. But on the inside; I was angry, addicted to overeating, struggled with over-spending, and who I

was supposed to be in life. I was thirty-six years old, so my midlife crisis was a part of this too. I had two "hot-button" issues that I blamed other people for. I felt that I had to prove that I was worth something, which led to my becoming a jack of all trades and a master of none. This process began almost nine years prior to May, 1986.

Then it happened. Late in April of 1986 I had indigestion. I took an AlkaSeltzer, and laid down. I had a pain in my chest, and I thought I was having a heart attack. I was in the emergency room from seven in the morning until four that afternoon. It was a case of acute gastritis, and my heart was very healthy. However, the next four weeks would be the most frightening of my life...and I couldn't figure out why!

I was terrified all the time. I was convinced that I was going to drop dead from a heart attack. I spoke a mile a minute, shaking like crazy. My teeth chattered and my knees knocked together. I couldn't sleep. After four weeks of sleep deprivation and terror, I was getting to the point where it had to stop. I called my doctor again, telling him that the sleep meds did nothing. He referred me to a psychiatrist, who gave me an anxiety medication, but the next day I imagined killing myself to get the terror to stop. I called the doctor, and was admitted to a psych unit.

I wasn't prepared for what would happen. I'd never spent a night in a hospital before. I thought there would be a few days-worth of meds, a hospital gown in a single room, and I'd be

done. In our first private session, the psychiatrist told me to describe how I felt. I said, "I'm buried alive in coffin six feet down, with about a half-hour's worth of oxygen...and NO ONE KNOWS I'M DOWN HERE!" He calmly said, "I know you're there. Your wife knows you're there. We have a backhoe. We'll be with you in a few minutes." That was the beginning of my recovery.

In oversimplified terms; depression usually manifests itself slowly. The sufferer sees less and less options, or solutions, to life's problems. Some sufferers even get to the point to where they believe that taking their own life will be better for everyone involved. It's not about self-pity. It's the only solution they see as viable. There is a chemical imbalance in the brain. In my case, that was what long-term meant. The imbalance wasn't permanent; praise God! But wasn't going to improve without medication and resolution of my issues.

In oversimplified; anxiety is basically our "Fight or Flight" system getting triggered when it doesn't need to be. If we perceive danger, or if it's real; our adrenal glands send out adrenalin to our body to deal with the danger. If we are sitting there, the adrenalin causes the shakes, knee-knocking, and teeth-chattering, to name a few symptoms.

I learned my lessons quickly. I was willing to do anything to get the anxiety to stop. I was told by my psychiatrist that medicine without resolving issues doesn't work. It only helps rebalance the brain to the point of being able to cope and talk, so to speak. One of my two main issues, after finally having the courage to say it out loud, was utter nonsense: a "demon" with no reality to it. The second issue was going to take a lot of work on my part. I did, and it's been resolved for many years now. After two years, I was no longer taking an antidepressant. After three years, I was no longer regularly taking anti-anxiety medication.

In the thirty years since my stay at the psych unit, I have completed my undergraduate degree, and



my master's degree. I am a professional in two fields. After a life-long call from God, I finally said "Yes" in 1991 to go into ordained ministry. I have been ordained twice since then, and am about to complete my twenty-fourth year as a pastor. I have remained married to my high school sweetheart. We will celebrate our thirty-ninth anniversary this August. I have lost seventy unhealthy pounds. I have a long way to go, but God is with me!

Get your Bible and read I Kings, Chapter 19. You'll read how Elijah had major anxiety trouble, hid in a cave where he couldn't see options (depression), and how God told him to come out and see what he couldn't while hid in the cave! Elijah listened to God, and recovered!

Depression and anxiety are absolutely treatable "in the natural." Just

think what God can do! Let's not blame the sufferers for being weak, or lacking moral fiber, or having a low character. Let's not "condemn to Hell" those who lose their struggle and take their own life. Sadly, I have presided over two such funerals. God knows the person who is in such a mental state. God is merciful! In the meantime, let's not allow the possibility of embarrassment to stop us from approaching people we are concerned about. Get help. Call your doctors. Get referrals. I know it's an old cliché, but if "I did it, by the grace of God, you can too!"

I will accept any calls from anyone who wants to speak with me. I will not be your therapist, but I'll be honored to help you get started on the road to recovery.

For the love of Jesus, Pastor Bob

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BOOK OF DAYS

James Audubon



One of those enthusiasts who devote themselves to one prodigious task, of a respectable, but not remunerative nature, and persevere in it till it, or their life, is finished. He was born of French parents, in the then French colony of Louisiana, in North America, and received a good education at Paris. Settled afterwards by his father on a farm near Philadelphia, he married, engaged in trade, and occasionally cultivated a taste for drawing. Gradually, a love of natural history, and an intense relish for the enjoyment of forest life, led him away from commercial pursuits; and before he was thirty, we find him in Florida, with his drawing materials, thinking of nothing but how he might capture and sketch the numerous beautiful birds of his native country. At that time, there was a similar enthusiast in the same field, the quondam Scotch pedlar and poet, Alexander Wilson. They met, compared drawings, and felt a mutual respect. Wilson, however, saw in young Audubon's efforts the promise of a success beyond his own.

Years of this kind of life passed over. The stock of drawings increased, notwithstanding the loss at one time of two hundred, containing a thousand subjects, and in time the resolution of publishing was formed. He estimated that the task would occupy him fifteen more years, and he had not one subscriber; but, notwithstanding the painful remonstrances of friends, he persevered.

In 1830, he published his first volume, with ninety-nine birds, and one hundred plates. His birds were life-size and colour. The kings of England and France placed their names at the head of his subscription list. He was made a fellow of the Royal Society of London, and member of the Natural History Society of Paris.

In 1834, the second volume of the birds of America was published, and then Audubon went to explore the State of Maine, the shores of the Bay of Fundy, the Gulf of St Lawrence, and the Bay of Labrador. In the autumn of 1834, the second volume of Ornithological Biography was published in Edinburgh. People subscribed for the birds of America, with a view to posterity, as men plant trees. Audubon mentions a noble-man in London, who re-

marked, when subscribing, I may not live to see the work finished, but my children will.

The naturalist, though a man of faith, hope, and endurance, seems to have been afflicted by this remark. 'I thought—what if I should not live to finish my work?' But he comforted himself by his reliance on Providence. After the publication of his third volume, the United States government gave him the use of an exploring vessel, and he went to the coast of Florida and Texas. Three years after this, the fourth volume of his engravings, and the fifth of his descriptions, were published. He had now 435 plates, and 1,165 figures, from the eagle to the humming-bird, with many land and sea views.

Audubon never cultivated the graces of style. He wrote to be understood. His descriptions are clear and simple. He describes the mocking-bird with the heart of a poet, and the eye of a naturalist. His description of a hurricane proves that he never ceased to be a careful and accurate observer in the most agitating circumstances.

Audubon died at his home, near New York, on the 27th January, 1851.

Flitting-Day May 25

The 25th of May is a great day in Scotland, being that on which, for the most part, people change their residences. For some unexplained reason the Scotch generally lease their houses by the year, and are thus at every twelve-months end able to shift their place of abode. Whether the restless disposition has arisen from the short leases, or the short leases have been a result of the restless disposition, is immaterial.

It happens accordingly, that at every Candlemas a Scotch family gets an opportunity of considering whether it will, in the language of the country, sit or flit. The landlord or his agent calls to learn the decision on this point; and if 'flit' is the resolution, he takes measures by advertising to obtain a new tenant. The two or three days following upon the Purification, therefore, become distinguished by a feathering of the streets with boards projected from the win-

dows, intimating 'A House to Let.' Then comes on a most lively excitement for individuals proposing to remove; you see them going about for weeks, inspecting the numerous houses offered to them. Considerations of position, accommodation, and rent, afford scope for endless speculation.

The gentleman deliberates about the rent—whether it will suit his means. The lady has her own anxious thoughts about new furniture that may be required, and how far old carpets can be made to suit the new premises. At length the pleasing dream is over—they have taken the house, and the only thing that remains to be done is to 'flit.'

Intensely longed for, the 25th of May comes at last. The departing tenant knows he must vacate his house before twelve o'clock; consequently, he has to arrange for a quick transportation of his household goods that forenoon. What he is to the new tenant, the tenant of the house he is going to occupy is to him. He dreads—hates—to be pushed; but on the other hand he must push, lest his penates be left shelterless on the street. There is ac-

cordingly all that morning a packing up, a sending off, a pushing in—upholstery meeting upholstery in deadly contention; streets encumbered with card-tables and arm-chairs in the most awkward irreligion to their proper circumstances; articles even more sacredly domestic exposed to every idle passer-by—a straw-and-ropiness everywhere. In the humbler class of streets, the show of poor old furniture is piteous to look upon, more especially if Jove has chosen to make it a dropping morning. Each leaves his house dishevelled and dirty-marks of torn down brackets and departed pictures on the walls, floors loaded with unaccountable rubbish—all the beauties and attractions that were so witching at Candlemas now strangely obscured. But there is no time for cleaning, and in each must plunge, with all his goods and all his family, settle as they may.

There is only a rude bivouac for the first twenty-four hours, with meals more confused and savage than the roughest picnic. And yet, such is the charm of novelty, that a 'flitting' is seldom spoken of as a time or occasion of serious discomfort. Nor are the drawbacks of the new dwell-

ing much insisted on, however obvious. On the contrary, the tendency is to apologize for every less agreeable feature to view hopefully the effect of a little cleaning here, a coat of size there; to trust that something will make that thorough draft in the lobby tolerable, and compensate for the absence of a sink in the back-kitchen. Jack does not think much of the lowness of the ceiling of the bedroom assigned to him, and Charlotte Louisa has the best hopes of the suitability of the drawing-room for a dancing-party.

A few months generally serve to dispel much of this illusion, and show all the disadvantages of the new mansion in a sufficiently strong light. So when Candlemas next comes round, our tenant has probably become dissatisfied, and anxious for another change. If considerations of prudence stand in the way, the family must be content to stay where they are for another year or two. If able to encounter another change, they will undertake it, only perhaps to find new, though different discomforts, and long for other changes.


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COMMENTARY

Words from Winterbilt

Spring and the election

Shannon Bohrer

The election season is in full bloom and the spring flowers and vegetables have been planted and the fruit trees have buds. Spring in an election year is just a little different than non-election years; in that one receives telephone calls and mail from people you don't know - asking for your support. The news reporting seems focused on the candidates and the experts tell us early and often who is winning, who will win and why. But they are usually wrong. This year, the weather has been warmer than normal. The question we may wish to ask this year is; is the warmer weather related to global warming, or is it related to the political rhetoric?

Speaking of fruits and vegetables, the crop of candidates can be difficult to understand. While initially we started with over 85 candidates for president, the field has narrowed to just a few, some of which were not expected to blossom. Normally, in any contest you would expect the most qualified to rise to the top. This may not be a normal contest, unless you are abnormal, which might be prevalent this year. That is one of the great things about this country, you have the freedom to express your opinion and it is not illegal to have a different opinion. I could

say more, but I won't.

The leader in the republican field; Donald Trump, has taken home the prize of best in show before the nomination process. In fact, because this candidate is leading in the republican field, there have been backroom conversations of how to stop him. When have you ever heard of a political candidate being so successful and at the same time the party wants another candidate? If you plant bean seeds, you expect to grow beans. And to many that is just what happened. The party has planted and operated on fear, opposition to the other party, a dysfunctional government and not working with the current president for so long that many of their constituents believe it all. Don't trust the government, don't trust the press, but trust me. And Donald Trump is not just parroting the party lines; he amplifies it, telling everyone that he is the only savior that can save us. Remember - he is the smartest person in the race and he is only non-political candidate.

So what we are growing this season should not have been so unexpected, since the issues have been repeatedly planted for years. If you plant distrust of government, distrust of the press and distrust everything normal, eventually it might grow. It is possible to use too much fertilizer and stunt the plant, but sometimes

the fertilizer works so well that it can grow too much. In the current case the party leaders have been trying to trim the growth, but have not been successful. Possible it is related to the planting of not trusting the system. After all, when politicians tell you not to trust the government, are they not telling you not to believe them?

Just how bad this growing season is, or will be, has been the topic of numerous subject matter experts that have all been wrong. However, on the plus side, the Trump consumers are happy. They really believe that their candidate can deliver everything he has promised. I don't think it possible, but then I am not an expert. Since Trump is the president and only member of the "Inflationary Persona Society" he will tell you that he can fix anything. Maybe, if he could fix anything, the party would not be upset with his positions! Of course the subject matter experts believe that if he is nominated as the party candidate, he will lose the election. Given the current record of the subject matter experts, should not give one confidence in their predictions.

Just how determined the Republican Party is to replace Donald Trump can be measured by the different strategies and plans that have been put forth. We have the "support the other candidate plan", we have the "brokered convention plan" and we have the "third party candi-

date plan."

The "support the other candidate plan" is interesting and really poor. It has been said that the Republican Party needs a candidate they can work with, at least have some control over. The other candidate they have chosen is Ted Cruz. One senator said that if Ted Cruz was murdered in the senate and the trial was held in the senate, there could not be a conviction. Ted Cruz has repeatedly said he will not compromise, he is proud that he does not play well with others? And this is the candidate they prefer over Trump? Of course supporting the other candidate might be code for not letting Trump obtain the number of delegates required for the nomination process, if that makes sense.

The "brokered convention plan" is almost as good, but not quite as poor as the "support the other candidate plan." Unless there is a disturbance in the force, the leading candidate will have the required delegates for the nomination. But, let's say there is a disturbance and the leading candidate is short of delegates. He would still be the leading candidate with the most delegates that most the people have voted for. To nominate someone else would be telling everyone that votes for him, their votes don't count. That cannot be good.

Of course the "third party candidate plan" could also be described as the "guaranteed to split the vote plan." According to the "experts" the third party candidate would be someone that most of the party members could support. The problem with

the expert(s) is that the most of the party members have already chosen. I don't think they would leave their candidate, the person they voted for. And that's the problem. If the majority of persons vote for one candidate and then that party select someone else as their candidate, the party is really not listening to or working for the majority of their members.

Related to the issue of not listing to the voters is the fact that the Republican Party has said they will not confirm the President's nominee for the Supreme Court. Instead the Senate is saying the people should decide, meaning after the election the next president should make the appointment. And yet, the people already did decide when President Obama was elected for his second term. Of course if a brokered convention elevates someone that did not receive the most votes, then the party is saying - we know better... we should decide, not the voters? The only thing consistent with these position(s) is the inconsistency.

The Republican Party has planted their garden and is now trying to stop the growth. Maybe the party should pay attention to what they plant. As was once said; "We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box." What is the lesson?

To read past editions of Words from Winterbilt, visit the Authors section of Emmitsburg.net.

Common Cents

EEZ in the Law of the Sea

Ralph Murphy

Concerns regarding both maritime, commercial interests as well as defense issues have recently drawn attention to US Navy operations in the South China Sea. Encounters, including intercept and harassment by Chinese Naval units and fishing boats of the USNS Victorious (AGOS-19) and USNS Impeccable (AGOS-23), were based on varied interpretation of legal control in maritime areas. The issue draws focus on the difference between a "territorial water" that is 12 nautical miles (22.2 kms, 13.8 miles) from shore and the more contentious Exclusive Economic Zone (EEZ) that is defined as 200 nautical miles from shore. It overlaps and passes the territorial waters. Sovereign control of the EEZ is the agreed upon domain of the contiguous nation. An EEZ is less clearly defined and poorly enforced than are territorial waters. It affords very similar sovereign control as to mining and shipping rights if not checked. This can and has led to real problems and conflicts.

The South China Sea issue is further complicated by the lack of an accord between regional powers as to the actual, national owner-

ship of many of the islands. Fighting has occurred between China and Vietnam in the Spratly Island group. Also, Malaysia, Taiwan and the Philippines are contesting ownership of the Paracel Islands that are in the area. At stake is national ownership of potentially extensive natural resources to include minerals and maritime wealth. Coastal nations control them if the EEZ can be afforded the legal access to guard the region. Whoever establishes ownership of the islands also controls the territorial waters and the EEZ surrounding them.

US trade in shipping is said to account for over \$1.2 trillion in the broad, South China Sea region, and the US Navy is concerned with its safety. International law as a field of social discipline is still evolving. It is poorly articulated as stemming from "customs, consistent state practices, and treaties". It is not well-enforced nor grounded as to codes or even binding precedents. When a concern cannot be settled between competing nations as with the maritime standards, it can be sent to The Hague or the United Nations legal affiliate - the International Court of Justice (ICJ). This court can issue an "advisory opinion", but it is not binding unless the conflicting groups

agree. The laws, which are enforced by the ICJ and Security Council, rarely deal with maritime concerns, but rather include state crimes of aggression. Even those can be contended under the present system.

There have been a series of conventions, at the UN's prompting, since 1958 concerning the Law of the Sea. Almost all signatories to the last round - the United Nations Conference on the Law of the Sea (UNCLOS 3) of 1982, agreed that the territorial waters of total state control should extend no further than 12 nautical miles from shore. A few want to control less water space and 5 developing nations to include Peru and Somalia want the EEZ as their territory. Again, the laws are almost unenforceable unless major powers such as United States' economic and defense forces use associated leverage or the former colonial powers use their cultural influence. That leaves the concerned nations to self-police the law.

The US Navy is a case in point as to the difficulty and perplexities in dealing with a standard that can either go for or against you when promoting EEZ control. Naval officials contended they were enforcing legal resolve in navigating within 12 miles of declared Chinese islands and victimized in 2009, and 2011 incidents

both at sea and associated air space above the regions. When Chinese craft drifted to within 80 miles of the Philippines the Navy stated that subsequent action taken was for treaty defense as permitted by UNCLOS. But, that related to the EEZ beyond the 12-mile territorial waters. The law has to be "nailed down" to avoid confusion and further avoid violence.

As the EEZ evolved - attempts again were made in 1958, 1960 and 1982 through the United Nations Law of the Sea conventions and there is now relative harmony with the accord. But, arbitrary, often self-serving enforcement continues as it is still so vague as to legal norms. At present coastal states have "control of all economic resources within its EEZ including fishing, marine life, oil exploration, and any pollution of those resources". It amounts to state maritime, water control as the rule evolved and that can even extend to the shipping and air traffic as well. In one accord the states "cannot prohibit passage or loitering above, on, or under the surface of the sea." But, the text then says that this applies only if the event is not subject to those "within the laws and regulations adopted by the coastal state." In conflict then - the coastal state can therefore write its own laws to cover the EEZ - effectively neutralizing the treaty's legal mandate.

Ideally, the system could return to the 12 nautical mile, sovereign

control widely adopted about the time of the 1945 Truman proclamation. Prior to that most states had 3 mile territorial waters but the 12 miles appears reasonable, as developed - with increased defense needs and access to regional maritime wealth with improved technology. If two maritime waters overlap within the 12 miles there could be a mid point at each border as is now enforced, but any jurisdiction beyond the 12 miles would have to be administered by an effective UN just to the treaty role as regards international waters. The self-policing at present presumes a working standard - even a moral plane that almost no state now projects - although many probably did - until recently.

If the laws are predictably codified they can be better worked with. US altercations with powers in the Far East can be avoided or better justified with a shared legal standard. At the present time the international law relevant to the accords is inconsistently applied and poorly developed. Conflicts have been minor to date, but could become more dangerous as nations deploy maritime, nuclear weapons systems in contentious areas, and the rules of engagement remain vague. Major incidents could occur if the rights and duties for the EEZ regions are not better defined.

To read past editions of Common Cents, visit the Authors section of Emmitsburg.net.

The American Mind

Sanders, Trump and the politics of distraction

William Hillman

What do the Tea Party and Occupy Wall Street having in common? The answer is - almost everything, except maybe solutions. The Tea Party grew out of the disillusionment of the Wall Street bailout when Washington fell over itself throwing billions of dollars at big international banks who had all but destroyed the American economy. On the other side of the spectrum, Occupy Wall Street grew out of the disillusionment of the Wall Street bailout when Washington fell over itself throwing billions of dollars at big international banks who had all but destroyed the American economy.

The chosen candidate of Occupy Wall Street is Bernie Sanders and the chosen candidate of the Tea Party is Donald Trump. Like Occupy Wall Street and the Tea Party, Trump and Sanders have far more in common than the media would like you to believe. Both of these unlikely candidates have been propelled onto the national stage and become legitimate presidential contenders by massive disillusionment and outright contempt for the ruling elite.

Unfortunately for the Sanders supporters, it was pre-determined that he could never be the democratic nominee. It doesn't matter how well he does in the primaries - the Democrat's selection system is designed to favor the candidate ordained by the party elite. The Republicans, on the other hand, only wish they could deny Trump as easily as the Democrats can deny Sanders. The Republicans are going to have

to rely on good old-fashioned horse trading and back room deals to get their ordained candidate on the podium. The fear that Trump could be the Republican nominee, the expected mass suicide of party leadership, has forced the GOP to weld shut all the windows on the top floor of their DC headquarters.

Imagine, for a moment, the day after both conventions are over, after Hillary has taken her position as the democratic nominee and some unknown candidate has received the anointment of the Republican establishment, there is a press conference. At this press conference, stands Donald Trump and Bernie Sanders. Both Trump and Sanders address their supporters and say we may not agree with each other on everything. We certainly don't agree with each other on the solution to this country's problems, but the one thing we can all agree on is that those who currently control this country are more concerned with the interest of their Wall Street donors than the needs of the citizens.

I believe if those two forces ever came together it would be a perfect storm. Maybe this is why the ruling class is always ginning up issues to keep these groups knocking heads.

Are we really fighting over bathrooms?

File this under ginned-up pointless distractions. In North Carolina, there's an epic battle going on as to who can use what bathrooms. The city of Charlotte recently passed an ordinance that provided protections based on sexual orientation, gender expression, and gender identity,

including letting transgender people use the public bathrooms that correspond with their gender identity, not gender at birth, prohibiting schools, restaurants, and public buildings from stopping cross gender use of restrooms. The state government responded by passing the ordinance and the governor signed a law that required all persons to show a birth certificate before using a public restroom. This is just all a bunch of silliness. It's government trying to legislate stupidity and bad manners out of society. Personally, I think it was an effort to distract the chattering class and once again insert a wedge in the American public.

I have a suggestion for a bathroom law. Require people to be considerate and use common sense. We have all been in restaurants where the woman's room is occupied, and up walks a little girl doing the potty dance. The man waiting for the men's room will step aside and insist that the little girl and her mother use the men's room. It's called being considerate. If little Johnny thinks he's a girl and is afraid or uncomfortable using the boy's room and wants to use the girl's room, that's between him and his parents, and no one should give it any mind other than to make sure that the girls also do not feel uncomfortable.

On the other side of the argument, if some creep sees a hot chick going into the bathroom and declares that, for the moment, he "identifies as a woman", somebody should be able to stop him without worrying about being charged with some civil right's law.



My suggestion for a law concerning bathrooms follows: one, be considerate; two, use common sense.

Once again this is all distraction. I did a quick search on the Internet going back to the last two weeks and I can't find a single incident of a news report where some cross gender person was prevented from using the bathroom or some creep used the gender confusion excuse to follow women into a bathroom. I can, however, find hundreds of stories concerning layoffs, drug overdose, the expanding opium epidemic, and the skyrocketing crime rate and murder rate in the cities.

In political news.

The burning question everyone wants to know is: will the Republican Party allow Donald Trump to be its candidate and can Donald Trump win enough delegates? He's been accused of being too radical and unhinged. But that might all have come to an end the last week. As I write this, his campaign has undergone a complete change in tact. He has a new campaign manager, a new team of speech writers, and teleprompters have appeared at his rallies. In the last three days we've seen a more controlled and refined candidate.

Politics often makes strange bed-

fellows and who's in bed with whom often changes. Back in January, Ted Cruz and Donald Trump looked like the dynamic duo. Neither would say a bad word about the other and on the debate stages they seemed to defend each other and become quite chummy. Now they act as mortal enemies.

Enter John Kasich. Governor Kasich has no mathematical way of winning the nomination. So why stay in it? His small collection of delegates might just be what Ted Cruz needs to legitimize a brokered convention. Cruz will need a running mate. Since he is seen as and outsider, to pick a VP candidate like Kasich would add legitimacy to his candidacy and deliver establishment money as well as the states Ohio and Pennsylvania to Cruz in the general election. The "water-cooler" chatter in the campaign offices says that backroom negotiations between the two camps are already happening. But before you get excited or upset about this possibility, there still a long time before the convention and bedmates may very well change again. (As this paper is going to press, both Kasich and Cruz campaigns have issued press releases confirm their collusion.)

To read past editions of *The American Mind*, visit the Authors section of Emmitsburg.net.

Down Under

How to get saved

Lindsay Coker

Melbourne, Australia

The aim of science is not to open the door to infinite wisdom, but to set a limit to infinite error
—Bertolt Brecht, *The Life of Galileo*, 1939

Well, I was going to write about the Panama revelations and the fallout that will happen, but got so sick of gloom and doom that it became time for something a bit more uplifting. Besides I didn't understand it, anymore than any of you. Those bad guys have harnessed a few savants to obscure the obscure. Give me quantum any day. Mind you, there's so much doom out there that the placard carriers are having a field day, and even the gloom deniers are anything but happy. Anyway you already have enough drama and angst to cope with. I can't trump that. So here's the news that may have been lost in cloud zero.

Science will not solve climate change, not that it's a problem for

solving. It's not a problem at all, just a condition that cannot be reversed quickly or easily. Nothing except nature will actually fix it, and then not for a few hundred years, but that's better than the doomsayer's thousands. But by golly science is trying. Scientists do not throw their lab coats in the air and declare it's too hard, they go off at tangents, get a piece of DNA from the problem and apply for grants. Modern research does not take holistic views - that's the realm of philosophy - because they have learned that many hands make light work, even if that ethereal stuff in schizoid, never knowing if it's a wave or a particle, but they know they can get it to work if they keep trying. Edison did.

So, a bit at a time, they have come up with strategies to save the planet, just like Hollywood says they will. Firstly, they invented carbon capture. Oh. Sorry, that was engineers about 50 years ago, and they're not really scientists because they insist on dealing with things you can touch or feel, but

carbon can be pumped underground and kept in chains without food or exercise, and they can claim it as scientific because no one else will know. Secondly, It can also be utilized by plants. That was discovered a couple of hundred years ago, but as it was a scientific one, that's near enough, so they have been going around telling everyone to plant more trees. Except that they don't speak much Spanish or Indonesian, so the clearing in South America and Indonesia is increasing faster than a Macdonald's waistline, and it will not be long before the Amazon jungle will be saying sayonara as it hitches a ride on the melting ice caps. Besides, not many scientists are in politics, and the green groups have made big drums to beat out the rhythm. Even they are no match for the business of politics or the politics of business, and here in Australia, where there is a thousand acres of desert scrub for every citizen, we cannot wait to make a forest a future novelty in a zoological garden.

Then thirdly there's a wonderful new bug, (well, it's only a few million years old), one that's better than the clandestine kind because it doesn't need power, which lives in the ocean. Down a ways,

for sure, near a vent in the floor, but it actually uses carbon dioxide for food. A bit like plants, expect it has no light for photosynthesis, so it uses enzymes. This is the most recent find, one that has promise, meaning scientists are getting a dose of confidence. This bug can convert the gas to a solid, releasing oxygen. Wow! Surely that's proof of science saving us again.

And there's more technology that scientists think of as science that promises even more exciting ideas. Oh, well, here's the gloom. Sorry, couldn't put it off. There are about 10 billion tons of carbon dioxide emitted annually. All the science mentioned above could account for removing less than 0.1% even if they were operative, which none are. What we produced used to be stored in the oceans as well as the forests, but as the oceans warm they can absorb less as we ramp up the output. It's not the only greenhouse gas: Nitrogen dioxide and methane are in the mix, and I frankly don't want it served up as food and air to my grandkids, but it will be.

Science is powerless to change that, and only governments have a hope; but haven't yet got a dose of the scary reality. Commerce has always been in the way, and we

will never give up the status quo in favour of a future dynamo. Unless we are forced to.

Science the wunderkind will continue producing gee whiz things, and we will be so far ahead in communications, virtual reality and robotics that we will gladly accept redundancy as a race. Science it merely a human construct after all, and although it is engaging and awe inspiring, it's just as happy to make a world fit for the next race as it is for us.

And we can surely ask it to ready us for the new world - help us splice our DNA to produce gills, allow our skin to selectively sequester carbon, acid proof our internals, allow us to survive on half the oxygen. That's how we'll be saved. The human race is safe from extinction, just as the dinosaurs were - they became lizards.

You may think your elections are rigged, out of kilter, that there's nowhere sensible to go, and whoever gets to be president will possibly have your best interests at heart. It's not hard to sympathise, but I'm just glad we can still wave from the deck of the Titanic at the icebergs.

To read past editions of *Down Under*, visit the Authors section of Emmitsburg.net.

THE (retired) ECOLOGIST

Appreciating Spring...

Bill Meredith

"Every year, back comes Spring, with nasty little birds yapping their fool heads off and the ground all mucked up with plants."

—Dorothy Parker.

"Spring has again returned. The Earth is like a child that knows many poems, many, o so many . . . For the hardship of such long learning she receives the prize."

—Rainer Maria Rilke, "Sonnets to Orpheus," XXI.

By the time you read this, May will be here, and I don't know if I'm ready for it. I enjoyed April, and I feel a little guilty about it, for most of the rest of the world had little to enjoy. In the past two weeks there were major earthquakes in Japan and Ecuador, more refugees drowned in the Mediterranean, floods in Texas, severe droughts in Venezuela and Africa, suicide bombings in Afghanistan, economic chaos in Brazil, Zika virus lurking on our southern border... to say nothing of the foreboding political campaigns in our country. But here in Emmitsburg, spring has been as normal as it gets.

I guess there are two ways to look at it. I know some people who would agree with Dorothy Parker. She was a city girl, which may explain but doesn't excuse her misanthropic point of view. She was probably sitting at the Algonquin Round Table with drinks in both hands, trading barbs with Robert Benchley and James Thurber, and she wouldn't

have known how to tell a pigeon from an English sparrow. On the other hand, Rainer Rilke had one of the most melancholy faces I've ever seen, but such a way with words! What could have inspired him to compare the earth in springtime to a child who knows poems? When I read that I remembered my grand-daughter when she was just the size of Cindy Lou Who, who was no more than two. My son told her to say her poem for me, and she stood up on a kitchen chair and recited,

"I eat my peas with honey; I've done so all my life. It makes the peas taste funny, But they don't roll off my knife."

That was nearly 30 years ago, and I no longer remember what season that was or what the weather was like; but there in the kitchen that day the sun was shining and it was spring.

This winter was mild, and a lot of the small birds didn't come as far south as usual; there were no tree sparrows, pine siskins or red-breasted nuthatches at my feeder. And now, spring migrants are showing up a few days early; in mid-April my wife surprised me by spotting a towhee and a brown thrasher in the yard, although she didn't know what they were. Killdeer, meadowlarks, tree swallows and red-winged blackbirds are on the golf course, and none of them are yapping; they are singing on key, and a few of them announce their names in English, like the phoebes and chickadees. The chimney swifts arrived on sched-

ule after flying all the way from Argentina, non-stop, and they don't even seem tired. After all, it's spring.

We who are older can still enjoy most of the Spring-child's poems, but some of them become a bit wistful. About 40 species of warblers are known to migrate through this area, and over the years, with the help of friends, I have seen 36 of them. This year, I see a flash of blue or yellow in the treetops, and occasionally catch a whispered phrase of song; but I can no longer see or hear well enough to identify them.

It has been a good season for watching plants. I've seen Spring Beauties, Dutchman's Breeches, Dog-tooth Violets and Bluebells in all of their usual habitats where the deer population is not too excessive; but in many other places they are becoming rare because of deer and competition by alien species such as garlic mustard and English Ivy. And their "usual habitats" are becoming smaller as residential and economic developments expand.

It used to be that as you walked in the woods or drove along country roads you would see small trees covered with pink or white flowers in the understory beneath the taller trees. The pink ones were Redbud, and they are still abundant; deer do not eat them, and they are so tough that they even take root in the bare, rocky soil along new roads. Some of the white ones were Dogwoods; they are becoming scarce because of a fungus disease. The other white ones, which had smaller lacy flowers, were called Shadbush or Serviceberry. In the old days, when you saw the first shadbush blooming you would hurry home and hitch up the horses, load the wife and kids into the wagon with enough food for a week, and head off east for the Shenandoah River. When you got there, the shad would be running, and everyone would fish until the barrels in the wagon were filled with shad and roe, packed securely in salt. I don't think many people do that any more. The shad still run, but



in much smaller numbers; and the shadbush trees are becoming rare. There are many reasons; overgrazing by deer, fewer woodlots as developments expand, competition by invasive plants, and so on. Last week I found a shadbush along a stream while I was looking for an errant golf ball, and for a moment the sun came out a little brighter and I thought of going home and loading up the wagon....

All over my yard there are flowers no one planted; violets, veronicas, shepherd's purse, ground ivy, and chickweed are so small many eyes don't even see them. Celadine, dandelions and garlic mustard are aliens and rightly called weeds, but they are performing a useful function; my friend, Jerome, who is 18 months old, can point to them and say "flower" and he knows some of them are "lellow." Spring is a great time to learn, and I won't be surprised if he knows some poems before long.

As April slipped away, it took with it another Earth Day. Rilke's verse tells us that the earth learns long, hard lessons from the poems of passing seasons. Age reminds me of this. I used to be able to notice birds and flowers along the roads as I

drove, without endangering life and limb. I drive less now; with traffic more crowded, noisier and faster, it is no longer safe to look at things. Recently I went to Frederick, and was appalled by the amount of construction along the road. When we came to this area in 1957, there were either woodlands or well-tended family farms all along Route 15, and in the distance you could see a healthy forest covering the mountains. Now, there are a few large farms, and they are rapidly being replaced by developments as heavy machinery removes or destroys what was once productive soil. If you dare to take your eyes off the road long enough to glance at the mountain, you see large areas where the trees have been killed by gypsy moths. So I did not enjoy the trip; instead, I thought of Rilke's metaphor and the lessons the world has learned. The earth has gone through five episodes of extinction, those hard lessons Rilke spoke of; and ecologists are trying to tell deaf ears and blind eyes that another hard lesson is coming.

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IN THE COUNTRY

“Bee” Informed

Tim Iverson
Naturalist

Recently in Maryland both the House of Delegates and state Senate passed legislation that would ban the sale and use of a class of pesticides known as neonicotinoids. Maryland is the first and only state to pass such legislation, but it still awaits Governor Hogan's pen for either approval or veto. As of this writing he has not indicated whether or not he will sign the bill. The legislation saw wide bipartisan support and could withstand a potential gubernatorial veto to be enacted. While the bill assuredly sailed through both chambers opposition was voiced with healthy skepticism over the merits of such a ban.

Most of the bill's focus highlights the duress suffered by honeybees. When the issue is raised it includes statistics like, “40% of Honeybee colonies were lost between April 2014 to April 2015.” While, that is both alarming and true neonics (as they're frequently called) affect other pollinators as well. These insects include bumble bees, leafcutter bees, butterflies, etc. Most research has focused exclusively on honeybees. Because this is where most of the data falls and the limited focus prevents a comprehensive picture on pollinators as a whole. As a result of the bias, honeybees are mostly what is reported on and almost all we hear about.

Neonicotinoids are a class of pesticide that was widely introduced in the 1990's. It was introduced as an alternative to organophosphate (an insecticide) which is highly toxic to humans. Neonics are safe for human use and consumption. This type of pesticide provides protection from a wide variety of pests and is generally applied to a seed or seedling, as opposed to a fully mature plant. A report from the Maryland General Assembly was drafted detailing pollinator health and the effects of neonicotinoids. An excerpt succinctly describes what they are and how they work, “Neonicotinoids are a synthetic form of nicotine. Neonicotinoids target the same nervous system receptors as nicotine, causing nervous system stimulation at low concentrations, but overstimulation, paralysis, and death at higher concentrations.”

Over the past few years neonics have been under intense scrutiny and examination as a potential factor in declining bee populations. Most research scientists agree that a host of factors are creating the perfect storm that is crippling bee populations. However, the link between this type of pesticide and the affect it has on pollinators is beginning to be understood. Pollinators are intricately interwoven into our food system and economy. Simply, their importance can't be overstated. Pollinators are directly responsible for 85% of flowering plants, 35% of global food production, add more than \$24 billion to the

US economy, and provide \$26 million worth of pollination services in Maryland alone.

Consensus amongst the scientific and natural resources community is that pollinators are being exposed and real harm is occurring as a result. This is where consensus ends. Despite sensationalist newspaper headlines there is no significant data or statistical link that shows exposure leads to colony collapse disorder or drops in pollinator populations overall. An interview excerpt with Professor Charles Godfrey (an Oxford entomologist) in an October 2015 Guardian article reads,

“There is a pretty good consensus that pollinators foraging in agricultural landscapes, where neonicotinoids are used, will get exposed... There is [also] a pretty strong consensus that, at the levels they are likely to encounter in the field, there will be some effects, possibly on their longevity or their foraging...That is pretty much established...But Godfrey said that pollinator populations might be able to compensate for the premature deaths of individuals, so that the overall number did not decline over time. ‘The really big and difficult question we need to know is, are these sub-lethal effects compensated for by the buffering one gets in natural populations or are they forcing down populations of pollinators?’”

It's around this point in the argument that opinions begin to differ and voices raise. The Xerces Society (an insect conservation organi-

zation) released a comprehensive report on the issue in 2012. Echoing the scientific community at large they summarize the resounding data that at levels used in agricultural settings the amount of neonicotinoids pollinators are exposed to is unlikely to cause premature death by itself alone. However, long term exposure of these sub-lethal levels is enough to cause serious detrimental effects on pollinator health. Sharp cognitive declines affecting communication, memory, learning, along with impaired fine motor skills such as foraging are all associated with long term exposure to low and moderate levels. Home use seems to be of the biggest immediate concern to pollinators. In home applications levels are found to be at or near toxic levels because of over application. The Xerces Society highlights that in some surveys over 120 times the recommended application dose had been used.

During hearings on the proposed bill the Maryland Department of Agriculture opposed the passage of the bill. Overall, consensus seems to be murky on just how much of an effect these pesticides have on pollinators. The MD Department of Agriculture testified that here in Maryland there are no documented cases of neonics harming Maryland bees and offered a US Department of Agriculture survey indicating that no neonics were found in Maryland pollen samples.

Arguments can be made in favor or opposition of why the legislation may or may not be necessary or government overreach. What you cannot argue is the data we currently have, and it resound-



After years of debate, during which billions upon billions of bees needlessly died, governments have finally started to ban the pesticide that is killing them. Hopefully it's not too late. After years of debate, during which billions upon billions of bees needlessly died, the government has finally started to ban the pesticide that is killing them. Hopefully it's not too late.

ingly declares that neonicotinoids are negatively impacting pollinator health. If the legislation is adopted into law legal suits and appeals are likely in tow and eventually a replacement will be found and used that may have similar effects of pollinators anyway.

By planting native plants in home gardens, which is where the most immediate lethality is found, homeowners and gardeners can sidestep the issue entirely. Native plants require no fertilizer or pesticide. As a result, they protect both pollinators and a homeowner's budget. These plants have evolved

to live right here in our local ecosystems and require little attention for survival. They have grown accustomed to weather and climatic patterns and have natural defenses against predators and disease. The Maryland Native Plant Society (www.mdflora.org) and the US Fish & Wildlife Service (www.fws.gov/chesapeakebay) offer resources on native plants for our region and locations where they can be found for purchase.

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REAL SCIENCE

Gravitational waves

Michael Rosenthal

February 2016 was a landmark month for astrophysicists. Scientists from LIGO, the Laser Interferometer Gravitational-Wave Observatory, a worldwide team of scientists, along with a group of scientists from Europe known as the Virgo Collaboration, published a report in Physical Review Letters with more than 1000 authors, that they had heard and recorded the sound of two black holes colliding a billion light-years away. This fact confirmed the last prediction of Albert Einstein's General Theory of Relativity.

The fact, esoteric to the non-scientist, is the first direct physical evidence of gravitational waves, the ripples in the fabric of space-time that Albert Einstein predicted a century ago. The piece of experimental data of which we are speaking is that power 50 times greater than the output of all the stars in the universe combined vibrated a pair of L-shaped antennas in Washington State and Louisiana last September 14. Spending on this project has been 1.1 billion dollars over the decades of its existence, awaiting a result.

In 1915 Einstein said that matter and energy distort the geometry of the universe, producing gravity. A disturbance in the cosmos could cause space-time to stretch, collapse, and jiggle like a mattress shaking when a sleeper rolls over, producing ripples of gravity, i.e. gravitational waves.

There have been some false starts toward achieving this result. In 1969, physicist Joseph Weber at The University of Maryland claimed to have detected gravitational waves, but his result could not be duplicated, an essential for scientists to prove a proposal. In 1978, Joseph H. Tay-

lor Jr. and Russell A. Hulse at the University of Massachusetts Amherst discovered a pair of neutron stars that they proposed, from experimental observation, was radiating gravitational waves. Hulse and Taylor were awarded the Nobel Prize in Physics in 1993.

Further progress was slow, and agreement among the scientists was not obtained until a consolidation of several teams of researchers occurred in 1987. The current experimentation began in 2000 and ran for ten years. In the last five years, the entire system in its two locations was rebuilt to increase its sensitivity. The LIGO antennas are L shaped, with perpendicular arms 2.5 miles long. Inside each arm, enclosed in steel and concrete, is a vacuum chamber containing 2.5 million gallons of empty space. At the end of each arm are mirrors hanging by glass threads. The lasers can then detect changes in the length of one of those arms as small as one ten-thousandth the diameter of a proton (that's really small!), as a gravitational wave sweeps through.

Unless the reader has a background in astrophysics, this highly acclaimed experiment seems so far away from everyday life that its importance seems vague. To scientists trying to understand the nature of the universe, however, this is one of science's greatest achievements.

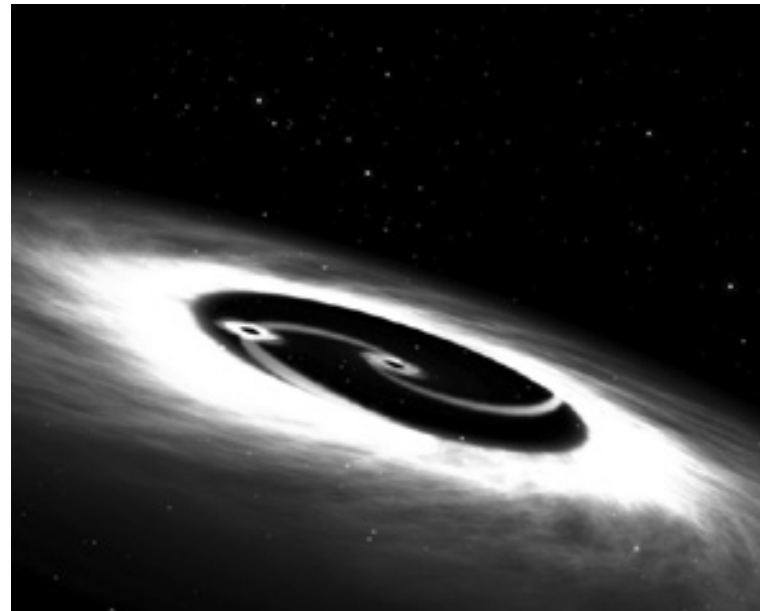
Would you like to learn more about this accomplishment? There have been understandable articles in major newspapers, including The Washington Post and The New York Times, as well, of course in many scientific publications. An online search will turn up many reports of this experiment at varying levels of scientific complexity.

On a lighter and more amusing

note, I have two Albert Einstein related stories to convey, more for amusement than for an understanding of physics. Both occurred during my years as a chemistry faculty member at Bard College in the Hudson Valley of New York.

One day, sitting in my office, a visitor was brought to my door by a college staff member. The visitor was the famed film director, Otto Preminger, visiting the Bard campus seeking a shooting site for a new film. I had in my office a dart board, and next to it was a photo of Albert Einstein, whom I revered as one of the greatest scientists of all time. Preminger saw it and suggested that I shouldn't be using Albert as a dart board! I explained that I never would have done such a thing. Was he joking? I'll never know. He did not pick Bard College as his movie site.

Some years later, Bard College hired Dr. Abraham Gelbart, a distinguished retired mathematician and science administrator from Yeshiva University in New York, to join the faculty in a limited post-retirement capacity. As I was Chair of the Science Division, Abe and I became colleagues, and we and our spouses became good friends. Abe and I jointly created a Distinguished Scientist Lecture Series, for which we obtained National Science Foundation funding, which brought many Nobel laureate scientists to campus to speak, possibly because a number of them were personal friends of Abe's. It was a wonderful experience for all of us, students and faculty alike, at Bard. Among other professional activities, Abe told me that he had worked at The Institute For Advanced Study in Princeton, New Jersey, where "he assisted Albert Einstein with his mathematics." Meet-



Scientists suspect that the last few minutes before two black holes merge emit more energy in the form of gravitational waves than a single star emits over billions of years.

ing those scientists, many of whom were Nobel Prize winners, was a uniquely remarkable experience for us in the Bard College community. In the course of their visits we knew them as people, brilliant people, but with the same range of personalities as other humans. Some were certainly more likable than others! What a wonderful opportunity it was for our students to be exposed to so much scientific genius!

We've written about a number of energy sources in previous columns, addressing their advantages and disadvantages. This now gives me added incentive to look at the energy source report that comes with my monthly electric bill from Potomac Edison. My latest report states that coal and nuclear are the leading sources of my electricity here in Emmitsburg, with coal providing 36.58% and nuclear 35.77% of our electricity. Next in line is gas with 22.98%. Oil produces a miniscule 0.28%, and non-renewable fuel cells 0.03%. This adds up to 95.64%. Renewable energy sources, which include captured methane gas, hydroelectric, solar, solid waste, wind, wood or other biomass, adds up to 4.36%. Also listed on the report are air emissions, which report low levels of sulfur dioxide and ni-

trogen oxides (that's good!), which contribute to acid rain. But there was a sizable amount of carbon dioxide, the greenhouse gas that certainly (in my mind) contributes to climate change. The Potomac Edison report states "CO2 is a "greenhouse gas," which may contribute to global climate change."

To close, let's follow up on the impact of the Flint, Michigan water crisis, which I wrote about in March. Since then, an increased consciousness has brought to light many more cases of drinking water contaminated by lead, which was leached from lead pipes. A New York Times editorial in March reported on high levels of lead in the Newark, New Jersey, public schools, existing for years. Higher than safe lead levels have also been detected in school districts in Washington, D.C., Seattle, and Los Angeles; bottled water has been used in schools in Baltimore and Camden, New Jersey. Older school buildings often have lead pipes. It makes me wonder about the 1940s house in which I grew up and my grade school drinking fountain in Youngstown, Ohio!

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The Comparison Chart assumes coverage for bodily injury (\$100,000/\$300,000), Property Damage (\$50,000), Basic Personal Injury Protection, Uninsured & Underinsured Motorists Bodily Injury (\$100,000/\$300,000), \$50,000 Deductible Materials Property Damage, Deductible of \$100 on Comprehensive claims, \$250 on Collision claims. Some rates may vary due to ZIP code. All rates are shown to work less than 15 miles each way, with annual mileage of 12,000 miles. All cars are equipped with 4-wheel anti-lock brakes, dual airbags and passive seat-belt system. Accident Credit, Extra Expense Drive or similar discounts and Multi-car discounts are applied to all comparisons. Additional eligibility criteria applies by company. Chart based on information compiled from the most recent rates made available by Goodland MapPRO Comparative Rating Software as of 03/03/2015. Rates apply to new policies and may not include all ZIP codes in a given territory. This comparison uses our Member State Insurance Company Superior SE Auto Product.

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Small's Taneytown Auto Parts Store

Jack Deatherage, Jr.

Several years ago, the tractor Marty had borrowed from the family farm blew a hydraulic pressure hose while we were moving logs. I got an on-the-spot mini-course in tractor repair. My biggest concern was where I'd have to drive Marty to get a new steel corded pressure hose. The only tractor dealers I knew of were near Frederick, or as many miles north into Pennsylvania. I didn't think Marty would wait for me to go online and order a new hose.

"Take me to Small's in Taneytown." Marty said as he wrapped the dripping hose in a rag and headed for my van.

"Small's is still in business?" I remembered they'd had a shop in Emmitsburg a decade or so ago. "Where in Taneytown? I've never seen the shop, or a sign for that matter."

"Do you know where Franklin Street is off of Maryland 140?"

"Sure. It's the left just before the Exxon station."

"Small's is on Franklin."

The sign on the building says TANEYTOWN AUTO PARTS. I was a little confused until it occurred to me the older families in the area have personal relationships with the family owned businesses that seem to have been around forever. I doubt Marty even knew the shop's business name. He knew the family, the dad, the kids. They were parts dealers as Marty was a farmer and once-upon-a-time amateur car racer.

We enter the building and someone calls out, "Well Marty Wivell! Haven't seen you in years. How have you been? How's the family? Sorry to hear about your dad." (I've never been greeted like that in a big box store. Marty's among friends in this place.)

The Small family owns and operates the business just as they have since 1964 when Jim Small opened the shop on East Baltimore Street (MD 140) in Taneytown. The shop moved into an old cannery on Franklin Street sometime in the 1970s. Which was around the time I first heard of the Small family through motorheads, amateur drag and sprint car racers, and farmer friends of mine who had gone to Mother Seton School in Emmitsburg with Jim Small's kids.

It seemed every weekend someone I knew was heading over to Small's for a rebuilt starter, or generator, or something car or truck related. Less frequently someone would

announce Small's was doing a valve job or a complete engine overhaul for them. Occasionally, one of the Small clan would turn up in a local drinking establishment and we'd sit and sip, catching up on what-all we had gotten into (mostly trouble) since we'd last seen each other.

After the Small's closed shop in Emmitsburg I lost track of them and figured the national brand auto parts stores had finally done them in. Heck, I've driven through Taneytown a thousand times and know where the other parts stores are because I can see the shops, or their signs from the highway. I asked Pat Small (he's working the counter whenever I stop in) why the shop doesn't have a sign out along MD 140.

"We don't own property along Baltimore Street. We've talked to property owners that do about leasing us sign space, but town signage regulations have prevented that so far."

"So how do people find you?"

Pat smiles. "Most of our customers have been with us for years. They know where we are." But the smile fades as he admits business isn't what it used to be.

"There was a time when customers were lined up waiting to be served. Farmers, shade tree mechanics, local garage owners, race car owners. Times have changed. Competition with chain stores, fewer farmers, fewer vehicles people can work on themselves. That has really hurt us, the newer high tech cars and trucks."

Jeremy Lescalleet also works the counter when he isn't putting inventory on the shelves or pulling requested parts from the stacks behind the counter. He grins, "It isn't so bad that they can't employ me. But the number of people coming in every day has dropped over the years I've worked here."

The phone rings several times as I nose about the racks of tools (I'm fascinated by tools, especially the ones I don't know how to use, which is most of them.) I hear Jeremy taking an order over the phone. He hangs up and disappears into the stacks of small parts behind the counter. Pat answers the next phone call and quotes some prices before hanging up.

"It's almost always the same. 'Can you come down on price a bit? So and so has the same thing for less than you're asking.'" Pat shakes his head. "We operate on tight margins. That's why we no longer sponsor rac-



Don't let the name fool you! If you're looking for old time customer service where your name is always remembered, then Small's is the place for for you.

ers. There's no profit in it for a shop as small as ours."

(Pulitzer time) "So, why should people who don't know your family do business with you?"

"Good question." Pat thinks a bit. "We're pretty close to the national brand franchise stores and the corporate stores in pricing. Sometimes we're a bit lower."

He gets serious. "We're also your neighbors. We live, work and shop in the area. We care about the community and do our best to make sure we take care of anyone that walks through our door. Customer service is what we do here. I think we do it better than our competition."

I point to jars of honey on the counter. "I don't see that in the other stores."

Pat and Jeremy laugh. "That's Dad's hobby. We've been teasing him about it for years."

I buy a jar. (I know how to use honey! I've got a mead recipe in mind.) I'm also thinking there is a lot of stuff I occasionally need in this store besides bearings, hypoid gear oil and belts for the factory machines. Leather work gloves, bundles of cleaning rags, cleaning fluids (we use windshield cleaning fluid to clean the black powder muzzle-loaders at the youth hunter pro-

gram), various tools I can adapt to the factory's needs. I realize I could spend hours just nosing through the stock I can see. (On my fourth visit I notice a key rack and cutter, welding helmets and gear, and everything needed to assemble a log chain and I still haven't seen the machine shop, or much of the stacks behind the counter!)

As I'm leaving the shop I notice the orange and white trucks along one edge to the lot. Ducking back into the shop I ask if they have gotten into leasing or are the trucks on someone else's property?

"We started leasing U-Hauls two years ago."

"Are you making any money at it?"

(Another Pulitzer question. I'm on a roll.)

Pat laughs. "We are, now that we've figured out what we're doing."

There's another thing about a family owned business, diversity. Where else around here can I rent a U-Haul, buy a jar of honey, factory tools and machine parts, and touch-up paint for my car all in one stop?

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PETS

No pets allowed

Jennifer Vanderau
Cumberland Valley
Animal Shelter

The place was perfect. It had the quaintest little kitchen and spacious living room. Two bedrooms and a full bath. She could definitely see herself renting it for years and setting up a home.

There was one small problem. No pets allowed.

Give up her babies? Live there without her cat and dog? No way. Back to the classifieds.

The first few times this happened, she became frustrated and angry. Didn't landlords know how attached people can be to animals? Didn't they realize how much animals can help us cope and give us love?

Then she had lunch with a friend, who happened to rent out a few properties to tenants and the story she heard was stomach-turning.

The landlord had rented out one of his units to a group of college students and allowed them to have a dog. Over Thanksgiving break – which usually lasts about a week – none of the group of roommates wanted to take the dog home with them. Their solution? Throw an entire bag of dog food into the bowl, fill a huge spaghetti pot with water, put a baby gate up at the door to the living room and throw some newspaper onto the carpet.

Can you even imagine the odor when they returned? Not to mention the utter mess. What about the dog, who'd been left on his own without anyone – human or animal?

It cost the landlord thousands of dollars to fix that apartment. And while he was fixing it, the apartment couldn't be rented, which cost him even more money.

Suddenly the “no pets allowed” picture became quite clear to her.

I've heard stories like this all the time with other landlords that faced the same problems. Against

their better judgment, they took a chance and allowed tenants to own animals. The result? Thousands of dollars in repair bills that took months to fix. Months that they didn't have rental income because the apartment wasn't fit to live in.

I know that there are a lot of frustrated people out there, searching for apartments that allow pets. Many of them are quick to point an accusing finger at the landlords for their “no pets” rules, when in truth, the blame should be placed at the feet of irresponsible pet owners.

Understand that a dog or a cat left unattended, that's never been trained where to go to the bathroom or never cleaned up after can do some major damage to an apartment. Just because there's carpet on the floor doesn't mean that urine stains won't seep through into the floorboards.

I've actually been shown through some apartments that reeked so much of cat and dog urine, I couldn't spend three minutes there, let alone an entire year.

I realize that the responsible pet owners who read this won't be able to conceive of it. People who love their pets and go so far as to treat them like children cannot understand how anyone can pen a dog up in a living room alone for a week.

But it does happen. Trust me, irresponsible pet owners are out there. And some of the stories would shock you.

Now, imagine for a moment, you are a landlord who owns a nice-sized apartment building in downtown that you just spent tens of thousands of dollars remodeling because of dog and cat stains. Would you allow the next tenants to own pets? Would you really be willing to take the chance again on someone who “promised” they'd be good pet owners?

The bottom line here is that landlords are business people and business people who have been

burned badly once generally don't tend to make the same mistake again.

Some landlords have made an effort to meet tenants half way. Some charge a pet deposit up front or ask for a monthly fee to keep an animal. Even that, in my mind, can be a risk, since the cost of repairing an apartment damaged by a pet can be much higher than the monthly fee.

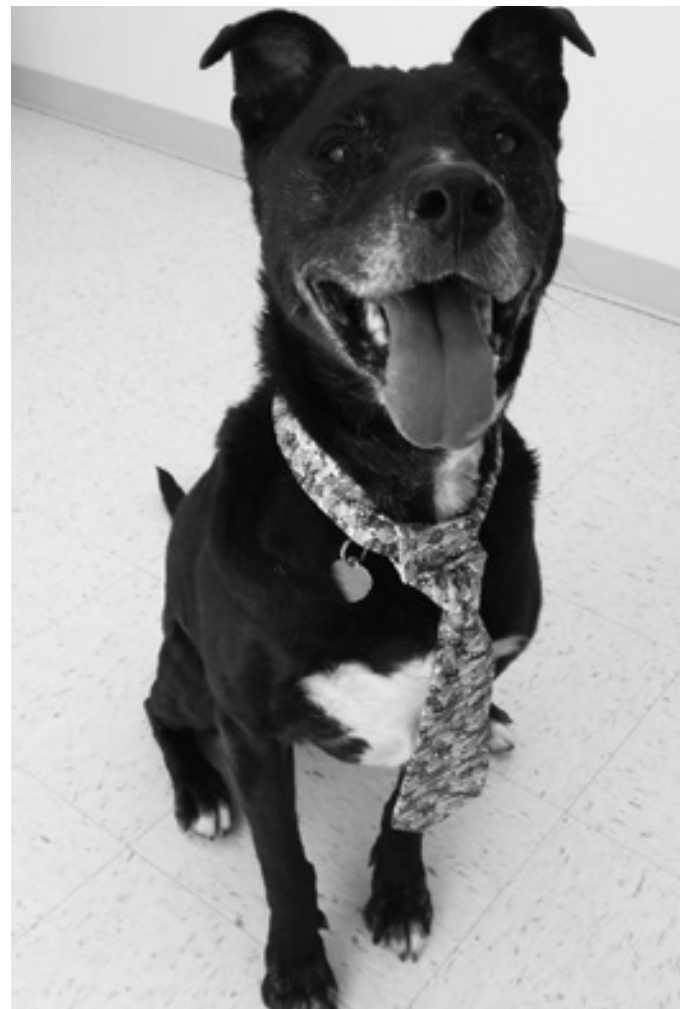
Believe me, I know this is tough for responsible pet owners who live in apartments that don't allow pets or have a monthly fee to keep a pet. I know a lot of people who miss the companionship animals provide because they can't have them or can't afford them – and I know a lot of our animals at the shelter don't get adopted because of that.

But, please, don't drop the blame at the landlord's door.

Keep looking – pet friendly apartments are out there. Just don't get upset when a landlord tells you no. There's usually a very costly reason behind that no.

It would be great to live in a world where everyone cared for animals and we could all share our lives with them. But, until we teach those irresponsible few that you have to clean up cat urine right away and you can't let a dog alone in an apartment for a week, I'm afraid we'll have to save our money for a down payment of a house of our own – where we can have as many pets as we want.

Jennifer Vanderau is the Director of Communications for the Cumberland Valley Animal Shelter in Chambersburg, Pa., and can be reached at cvascomm@cvas-pets.org. The shelter accepts both monetary and pet supply donations. For more information, call the shelter at 717-263-5791 or visit the website www.cvas-pets.org. CVAS also operates thrift stores in Chambersburg and Shippensburg, Pa. Help support the animals at the shelter by donating to or shopping at the stores.



Ratchet is the sweetest boy. He was transferred from another shelter in March and came to us with a sad story. Ratchet spent four years in the shelter, was adopted, spent four years in a home, then when the owners got a new puppy, they brought Ratchet back to the shelter. He's a ten-year-old lab mix who still likes to play but also is quite the snuggler - he loves belly rubs! Because of his age, he would probably do best in a home with children older than eight. Can you give Ratchet his third chance at a forever home?



Avalon is a petite, little one-year-old girl with beautiful green eyes, who came into the shelter as a stray. She loves attention and is always at the front of her cage, waiting to talk to visitors. Avalon will make a great companion for someone.

Before humans die, they write their last Will & Testament, give their home & all they have, to those they leave behind. If, with my paws, I could do the same, this is what I'd ask...

To a poor and lonely stray I'd give:

- My happy home.
- My bowl & cozy bed, soft pillows and all my toys.
- The lap, which I loved so much.
- The hand that stroked my fur & the sweet voice which spoke my name.

I'd Will to the sad, scared shelter dog, the place I had in my human's loving heart, of which there seemed no bounds.

So, when I die, please do not say, "I will never have a pet again, for the loss and pain is more than I can stand."

Instead, go find an unloved dog, one whose life has held no joy or hope and give MY place to HIM.

This is the only thing I can give...
The love I left behind.

-- Author Unknown

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Reportable diseases

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Walkersville Vet Clinic

Contagious diseases are a source of panic for many people. My grandparents remember the days of polio. My mother remembers seeing children with often-fatal strains of meningitis that are now prevented by childhood vaccines. Infectious diseases remain a problem for people, as well as for animals. State governments do their best to help prevent the spread of contagious diseases. Certain contagious diseases are reportable in the state of Maryland.

Veterinarians must report any of the listed diseases to the state veterinarian within 48 hours of their first knowledge of the disease. While all states have lists of diseases that are reportable, the lists are not the same for each state. Reporting certain diseases, such as rabies, which is contagious and has human and animal health risk, makes sense. Other reportable diseases such as Equine Protozoal Myeloencephalitis (EPM) and Potomac Horse Fever have less obvious reasons for being reportable. Those diseases are not directly communicable and do not have a direct human health risk. Equine Strangles, however, is not reportable in the state of Maryland, despite being extremely contagious.

When a veterinarian is suspicious of a reportable disease, the veterinarian is required by law to notify the state, even if the owner of the horse wishes to keep the disease completely hidden. Some owners do not want the stigma of having their barn quarantined, whereas other owners are hesitant to have government officials involved in anything.

Sometimes vets can be met with hostility by the owner when they are simply trying to do their job and follow state law. I have had to explain to several clients that I am required to report certain diseases to the state and risk fines as well as losing my veterinary license if I don't comply. While they may still be angry at the situation, usually I can redirect their anger away from myself and towards the government.

I was recently called out to a farm to examine a horse. The owner told me that "Wobbles" had been lame for a week and now was colicing. Prior to this episode Wobbles had been a healthy horse and had only been seen by the vet about once per year over the last few years for routine coggins testing and his rabies vaccine. When I arrived at the farm, I noted that the horse was not lame or colicing but was in fact displaying signs consistent with neurologic disease.

Wobbles was unsteady on his feet, had muscle tremors and fasciculations/twitches on his entire body. He was also hypersensitive to touch, moving abruptly away from me when I gently stroked him with my fingertip. I was happy that Wobbles was up to date on rabies vaccine, and that his history was not consistent with rabies. Equine neurologic diseases are reportable in the state of Maryland. I explained to the owner that I was going to have to collect blood and nasal swab samples to submit to the state lab and notify the state veterinarian.

The owner was immediately upset by my discussion of sending samples to the state laboratory. He told me that he was willing to pay extra money if I could just send the tests to a different lab and not involve the government. He told

me that Animal Control had been called multiple times on him and he didn't want any government officials snooping around his farm. All of the animals at the farm with Wobbles were healthy. None of them were thin and you could tell that they had been receiving regular hoof care.

While there was adequate shelter and hay, there was no grass in the field. I could quickly see why passer-bys who did not understand animal nutrition might call Animal Control and why Animal Control would investigate and find the care of the animals acceptable. Despite the fact that Animal Control always determined that Wobbles' owner was taking good care of the animals, he did not want to have government officials on his farm.

After explaining to Wobbles' owner that I had no choice but to report his horse's condition to the state vet, I also told him that in the cases I had reported in the past, no one from the state actually came to the farm. Past cases had been managed with a phone conversation and they were happy to test samples that I provided and did not need an official to inspect the premises or the horse. I also told him that if he did not let me take blood samples and nasal swabs from his horse, I was still required to notify the state veterinarian and then they would come to his farm to collect samples.

Wobbles' owner seemed satisfied with that answer and consented to have me pull the samples. I told the owner that the state would test Wobbles for equine herpes virus for free but that the diseases I was most suspicious of (Encephalitis causing viruses or EPM) would likely not be free tests. As Wobbles wasn't seen until a Friday afternoon, the test results would take a little time to get back. Treatment for encephalitis was started immediately while the tests were pending.

The state lab ran the test for equine herpes virus which came back negative. That meant the farm was not placed under quarantine and no state officials came



Despite being extremely contagious, Equine Strangles is not reportable in the state of Maryland.



to the farm. Wobbles continued to improve with the medication, and recovered. His owner was greatly relieved that Wobbles recovered, and that he did not have to involve the government in the care of his animals.

Contagious disease causes a lot of anxieties for owners and veterinarians. Vaccines and good animal care prevent many, but not all, contagious diseases. When gov-

ernment involvement is necessary, there are no alternative to that involvement. The threat of government involvement can sometimes lead people to make bad choices for the health of their animals. Luckily in this case, Wobbles was tested and treated appropriately.

To read other articles by Dr. Brokaw visit the Authors section of emmitsburg.net.

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THE MASTER GARDENER

What's in a garden?

Mary Ann "Melissa" Ryan
High Priestess of Aristaeus
Adams County Master Gardener

A Master Gardener asked me the other day what I did in my spare time. She is retired now, and was telling me about some of the things she's been doing, like the organizations she belongs to, the traveling she and her husband have been doing, and so on. I hesitated momentarily. Ten years ago I would have said I kept myself busy with my kids' activities and gardening. But now the girls are grown, one in college, the other finished college and working – both making their own decisions, choices, schedules and lives.

So the question remained. My answer? Still gardening. Although I've always had a love for gardening – it's always been a part of my life – I think I look at gardening differently than I did 15 years ago. I used to concentrate on the chores of gardening – getting stuff done, like weeding, watering, planting, harvesting. My garden was tidier than it is now, certainly not because I had more time, but because my focus was different. My time today is still just as limited as before. It seems work keeps getting in the way of my gardening hobby, but my focus, my concentration, is more for the enjoyment of nature than the chores.

As I was drinking my coffee before work, I was looking over our pollinator garden. All the stems from last year's perennials are still there, and new growth has begun to sprout. Ten years ago, I would have looked at this garden and been driven to get into that garden and clean it up, mulch it and move on. However, my feeling on this garden now is appreciation for the diversity of the plant material, the colors of the old and the new, and the bird activity that flutters around the sticks that remain from last year's plant material.

As a gardener, there are many plants that I enjoy in the gardens. However, in this particular garden, I have focused on native plants, mostly herbaceous, that have been a great refuge, food source and nesting site for many birds, insects, butterflies and bees. Some of these plants include *Heliopsis helianthoides* (perennial sunflower), *Liatriis spicata* (spiked gayfeather), *Pyncnanthemum muticum* (mountain mint), *Phlox subulata* (creeping phlox), *Baptisia australis* and *Amsonia hubrichtii* (blue star). My garden is in full sun, therefore all the plants discussed are full sun lovers.

Heliopsis helianthoides is a great tall yellow perennial. It does tend to reseed, so in a more managed garden it can be a problem

and will need a little more maintenance. It blooms in the summer and looks great with the *liatriis*. *Heliopsis* is a daisy like flower that is about 2" – 3" across and the plant reaches almost three feet! Bees cover the flowers when in bloom and often butterflies are fluttering around and resting on the daisy-like flower.

Liatriis spicata has a purple spike with fuzzy flowers. The cool thing about this flower is that unlike most spikes that bloom from the bottom up, the *liatriis* blooms from the top down. Many bees visit these plants. Blooming in the summer, they have color for about a month. The plant gets a least 24" tall and likes well drained soils.

Pyncnanthemum muticum has proven to be the best perennial to attract pollinators. This plant is in the mint family, so the tiny flowers are tubular, like other mints and blooms in the summer. The flowers are pale lavender to white. Although not a showy flower, the action that takes place around this plant due to the butterflies, moths, bees and other insects is well worth a spot in the garden. The foliage is a medium green, giving some contrast to some of the dark green foliage of many perennials.

Phlox subulata is a spring bloomer, peaking in April – May.



Bees carry an important role in our world. The tiny insect that works so tirelessly and quietly around us supports human development on Earth. Without them, the development of life on Earth, as we know it now, would have been much different and the conditions for human development may not have existed. Bees are the crown jewel of pollinators.

This is a low grower, one to plant in the foreground of the bed. White, pink, purple are the colors this plant can be found. It's often used in rock gardens because it drapes over hard surfaces, softening edges. It gives that early spring color in the full sun when not many other plants are blooming.

Another spring bloomer is *Amsonia hubrichtii*. The pale blue flowers are star shapes and bloom after the creeping phlox, typically

in mid-May. It will reach about 18" and has a fine foliage, great for contrast with some of the broader leafed perennials of the summer. A really cool attribute of this perennial is its yellow – bronze fall color. This particular plant has as much of a fall show as it does when in bloom in spring.

Probably one of my favorite perennials is the *Baptisia*. *Baptisia* has pea shaped leaves, get up to 4' tall, depending on the cultivar, and bloom in the spring. The straight species – *Baptisia australis* – is a blue flower that blooms as a very long spike, as much as 18". The pea-like flowers apparently are welcoming to bees as I've seen many on this plant. It has a long taproot, so not the easiest plant to move; be sure to plant it in its forever home. There are many cultivars of this plant, ranging in colors of yellow, blue and bi-color.

If you are looking for a perennial with contrasting color, you may want to try *Penstemon digitalis* 'Husker's Red'. This nifty plant has deep red foliage, something typically not found in many full sun perennials. The white flowers are loosely attached to a stem, in a spike-like form. They are tubular and attract many bees. The foliage reaches about 8 inches and the flowers reach about 18 inches. This particular plant should be placed in the foreground since it flowers in the spring and just the deep red foliage is left for the rest of the season.

When choosing plants keep in mind not just if you like them, but will the bees, birds and butterflies enjoy them too? As we view our gardens, we need to be aware of all the things that are affected by what we do and how we do it. Enjoy all parts of your garden, from the weeds to the flowers, from the bees to the birds!

To read other gardening articles, visit the Gardening section of Emmitsburg.net.

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THE MASTER GARDENER

Small Town Gardener Garden Decks!

Marianne Willburn

The spring reclamation of patios and decks has begun across the Mid-Atlantic and New England. And, unlike our brother gardeners in sunnier climes, this will involve something more extensive than changing the cushions to reflect a seasonal change from warm to warmer.

Our outside rooms – be they patio, deck, balcony or front porch stoop – are more than just a place to temporarily set the trash or dry children’s sneakers. They are a natural extension of the living and entertaining spaces inside our homes, and thinking of them as such can significantly increase our enjoyment of the months ahead.

If you’ve been averting your eyes from shabby corners piled high with leaves, half-filled pots, faded furniture and (like me) forty-two pairs of children’s dirty socks, the time to re-claim your space is now. Once you’ve put the socks in a pile and set a match to them, here’s a five-step battle plan to help your summer entertaining dreams come true.

Clean! An unfortunate, but extremely necessary first step in the process. Beg, borrow or steal a pressure washer and commit yourself to an afternoon of wet tee-shirts and immense satisfaction (and not just for onlookers). I have started the season only to find that the soap pump on mine has croaked – but it’s amazing what a high-powered jet of water can do to a year’s worth of dirt and algae growth.

When you’ve finished the patio, porch or deck, pull out the furniture and keep spraying. And when you’ve finished that, don’t forget the cobwebs, spider-poop and general nastiness coating your home’s siding. But be careful here – as much as I like to put my children on most cleaning jobs, the last thing I need is water seeping through window casings or flooding my foundation through the efforts of an over-zealous teenager.

This is one job I do myself. Maintain! Is a board coming loose on the deck? Does the water no longer bead on the expensive teak table? Did you hold your breath the last time your grandmother sat on that rickety chair you haven’t repaired? Maintenance is a tedious job, but this is the time to do it. Assess your tasks, make a list and you’ll be surprised how quickly you can breeze through it once you’ve got all the tools in one place. This year I needed to waterproof most of the wooden furniture, re-spray the iron table and replace a couple flame guards on the BBQ. Seeing these jobs done then inspired my husband to replace three rotted boards on the deck, which will no doubt make my homeowner’s insurance agent jump for joy.

Arrange! Now we start to have fun. With a clean playing surface and safer furniture, the job of arranging everything will start to bring the season into focus. This step is critical – but particularly so if you are on a budget. We all buy things on impulse, but if you know what you have, where something is going, or what you definitely don’t have room for, you are more likely to be prudent when faced with thousands of gut-bending temptations at the nursery.

Set up your seating area and allow a bit of room around the furniture for movement. If there isn’t any, cut down on something. Put your pots in place, and for Heaven’s sake don’t put them in straight lines – think in terms of triangles instead. Only have small pots? Put them in groups and use some bricks or overturned pots to create more levels. Jot down a couple notes on what type of plants you’ll need (sun or shade), and consider bringing out some of those hardworking houseplants to flesh things out, save you money, and give them a vacation in the fresh air.

Light! Nothing says summer like lights twinkling away on a warm evening. Strung lights can get expensive, but a cheap and beautiful solution is to raid the Christmas boxes in the attic for white lights. Use them to illuminate a large plant, wrap deck railings, or create a magical, quiet spot in the corner of the garden. Alternatively, sell one of your children and buy several strings of the gorgeous industrial-look lights so popular at the moment. If surly teenagers fetched any kind of real money, I’d win awards for the lighting schemes I’d like to implement out there.

Play! With surfaces cleaned, furniture and lighting arranged, and pots ready to be filled, the job of decorating is pure joy. Trust yourself here, but if you’re still unsure of your container planting prowess, ask for help at an independent garden center where they love their plants and want you to be thrilled with your choices. Remember to access your light situation and plant accordingly, and perhaps think about a few beautiful herbs and vegetables to add a bit of useful whimsy to your pots.

Once you’ve got your plants sorted, you can have fun with a few accessories such as lanterns, old crates, pitchers or ironwork trellises. And don’t pay top dollar – visit a yard sale or two and re-purpose a two-dollar find instead.

Spending this time now will pay off handsomely in the months ahead, and give you piece of mind when it comes to stewardship of the space and accessories you already own. There’s nothing like relaxing at the end of the day in your own private Eden – so get out there and take it back before the season gets away from you.



There is no better indication of the health of one’s garden than the number of bees that frequent it. So get rid of all those nasty pesticides and non-native invasive plants and make your garden a bee haven - you’ll never regret it.



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COMMUNITY NOTES

Crouse Ford celebrates 75 years

Danielle Ryan
Emmitsburg News-Journal

Crouse Ford, located at 11 Antrim Blvd, is celebrating their 75th anniversary and grand re-opening on May 6 and May 7! What began as a small welding and repair business catered to local farmers has grown into the Ford dealership that it is today. Owned and operated by three generations, Crouse Ford has always remained a family business.

Crouse Ford began as a small business founded by George W. Crouse. George was one of fourteen children, eleven of those siblings being brothers. All the Crouse siblings attended Mud College, a one-room school located in the Littletown Area that still stands and is maintained by the Adams County Historical Society today. In 1931, at the age of 18, George opened the original business, Crouse's Auto Service.

At 18, George possessed the skills of a welder and received a \$500 loan from his older brother. He began his business by renting the Key Highway Garage on York Street in Taneytown. In the early days, busi-

ness included the sale of necessities to motorists, welding and repairs to equipment and machinery of local businesses and farmers. The specialty of the business was painting top and body works and removing chains and steel tires for farmers.

In 1933, George moved his operation to the Central Garage near the square in Taneytown. This relocation provided room for complete vehicle service and the sale of new 1935 Fords as an associate dealer. The purchase of one of the first Marquette electric welders in Carroll County was used as a service for the farmers to cut off the steel wheels of tractors and then weld on a new steel rim for pneumatic tires. During this time, prices were much different. The price of labor was only \$1.50 per hour, gasoline only cost 17 cents per gallon, chassis lube was priced at \$1.25, 1 quart of oil only cost 25 cents, and a bottle of coke was only 5 cents!

Prices weren't the only aspects that differed from our modern day life. During the earlier days of the business, Taneytown looked different in many ways, but in many ways remained similar to its present

day self. A movie theater once resided in town, as well as a bakery and drug store. Many "mom and pop" stores lined the streets. The area was primarily rural, so the business catered mainly to local farmers. Today, there is no longer a movie theater, and many of the smaller businesses have migrated to the east side of town and most of the larger companies/businesses such as Flowserve and EVAPCO remained on the west side of town.

Tom Crouse, third generation Crouse family member, mentioned the change in population within Taneytown. "The graduating classes of the local schools back in the 1950's consisted of 40 to 50 kids. Today these schools have graduating classes that contain 200 kids!" Both Tom and Kenneth Crouse (Tom Crouse's father and son of George W. Crouse) mentioned the

change in technology. In the early days of the business, the new vehicle models were all unveiled in the fall of each year. It was more of an event and showing to the public because this was the first time they were able to see the new inventory. Today, new vehicles, upgrades and improvements to vehicles are released throughout the year. The public is able to see everything online before it even hits the dealership lot.

However, the change in technology never stopped the business from continuing to grow and change. "Crouse Auto Sales and Service" was established after a move to 418 East Baltimore Street in 1940. The Ford franchise agreement was later signed on March 28, 1941 as Crouse Motor Sales. In 1947 the purchase of two adjacent lots provided a proper display of new and used vehicles. Then in

1964 a building at 441 East Baltimore Street was purchased for use as a sales office and showroom. During these years the business ran smoothly as a family operation with two sons, Kenneth and George, who were incorporated with their father in October 1963 as Crouse Ford Sales, Inc. During this time, the business included the renting and leasing of vehicles, in addition to the sale and trading of vehicles.

In November 1982, the business was ravaged by a fire that destroyed the body shop and half of the service department. The County consistently brought up the idea of closing the business after the fire, believing it was the best option, but the family wouldn't have it. The most prevalent issue within the aftermath of the fire was that there was no place to service the cars. The family scrambled, and with the help



Crouse Ford founder, George W. Crouse, standing next to a gas pump.



Standing in front of an oil painting of George W. Crouse, who established his automotive service business in 1931 and became a Ford franchise in April 1941, the Crouse family received recognition from Ford Motor Co. for the 75th anniversary of Crouse Ford Sales, Inc. Taneytown.w

Pictured above left to right are David Crouse, Sandra Crouse, Michael Crouse, Lisa Vigneault - Ford Washington Regional Manager, Kenneth Crouse - Crouse Ford President, Doris Crouse, Thomas Crouse, and Sharon Crouse. Also present were members of the Ford Parts and Service Division and Ford Motor Credit Company.

Crouse employs 40 persons and offers new and pre-owned vehicle sales, parts, service, paint, and body repairs. An Open House event is scheduled for May 6 and May 7 to celebrate the completion of the Ford Trust Mark Renovation and the 75th franchise anniversary.

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COMMUNITY NOTES

of surrounding businesses was temporarily able to use the rear of the sales office at 441 East Baltimore St. for emergency service and repair. In time, a building on FSK Highway was leased from David Hess and was used as a service facility for the next several years.

Both Tom and Kenneth mentioned that the fire at the dealership was a terrible event but the business survived. "In times of trouble," Kenneth stated, "you really have to scramble to make things work and keep the business alive."

In 1979, Kenneth and George Crouse purchased an eight-acre site from Ellsworth and Genevieve Feeser on Antrim Blvd in order to build a new dealership. In December 1984, a new modern Ford dealership including sales, parts and service and a body shop was completed, and in February of the following year the grand opening was held. Tom Crouse remembers how many friends, family and customers showed up to the grand opening in support of the dealership. There were hundreds of people present, and they all loved the new building and new location at 11 Antrim Boulevard.

Another monumental moment within the 75 years of Crouse Ford was the purchasing of Cox Ford

in Hampstead. The purchase and lease agreement on their building was negotiated December 1999 for the purpose of operating a satellite dealership. This location gave the company a better opportunity to serve more of Carroll County for several years until closing in February 2007.

In 2004, third generation members of the George W. and Pauline Crouse family, David, Michael, Thomas and Sharon were added to the Ford franchise agreement.

Operations of the dealership continue to be successful with high levels of customer satisfaction and owner loyalty as the dealer grows its customer base in the twenty-first century. Crouse Ford currently employs 39 people and are proud to say they have a low turnover rate for their employees, because employees love working for Crouse Ford. The Crouse family even has an "Honor Roll" plaque displayed in their showroom that includes the names of 27 retirees who have served the company for many years.

Tom Crouse said that many retired employees still come into the dealership to visit because friendships are built in this dealership. Customers have declared how much they love coming into the dealership and being able to see



George W. Crouse, founder of Crouse Ford, standing next to a 1946 Ford.

friendly, familiar faces. It's one of the many reasons customers love buying and servicing their vehicles here. Staff members are friendly and accommodating and wish to make the customers feel comfortable and satisfied.

The Crouse family and community was saddened by the accidental death of George B. Crouse on April 2, 2008 and truly miss his leadership, loyalty and support to the business. Georges' sons, Mi-

chael and David, continue as Service Manager and General Sales Manager.

In addition to maintaining the family business, the Crouse family is very dedicated to the community they serve. They support local youth sports teams, schools, churches and organized fundraisers. Whenever there is a community breakfast, Crouse provides a free ticket for every employee.

Tom mentioned the fundraiser they do every year with Francis Scott Key called Drive One For Your School. The school gets \$20 per test drive, meaning that every time a parent comes to the event and test-drives a Ford vehicle, \$20 goes back to the school. Being active within the community is something that is very important to the family, and it shows how much the community of Taneytown means to the family.

Crouse Ford is continuing to grow and make necessary changes to their business in order to ensure the highest satisfaction of their customers. Most recently, in June 2015, a Ford supported renovation project began in order to achieve a better customer experience. A 400 square foot custom-

er lounge was added along with a WIFI system, updated restrooms, and modern furniture throughout the showroom. The exterior was enhanced with aluminum architectural panels, a 29 foot tall entry tower, showroom vestibule and LED lit signage.

When asked to describe what Crouse Ford may look like in another 25 years for their 100th anniversary, Tom mentioned that he hoped there would be a continuation of a growing number of happy, satisfied customers and employees and more new and improved vehicles on the lot. He predicts that there may be a shift to the use of more electric-powered vehicles in the future. The family hopes that they can continue servicing our great community for generations of customers to come.

We encourage all our readers to come out and celebrate with the Crouse family on May 6 and 7 at Crouse Ford! True community service is valued - 75 years of service is unheard of and worth a community wide celebration!

To read other articles by Danielle, visit the Authors section of Emmitsburg.net



Crouse Ford Punt Pass and Kick Program - an event for local children. Photo from the early 1960s.

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HEALTH NOTES

A positive outlook on Parkinson's

Kelsey Felice-Shupe
Frederick Memorial Hospital

George Callan can often be found walking through Frederick Memorial Hospital with a smile on his face and a friendly greeting to offer. As a Software Solutions and Training Specialist at FMH, George has the right mindset for helping others. Whether it's related to computer needs and software issues, or more personal topics like coping with a life-changing diagnosis, George tries to maintain a positive attitude.

In 2010, George started to notice changes during daily walks; "I've always liked to go for a walk, inside or outside, depending on the weather. During my walks I started noticing that my left foot and left side were becoming weak. It felt like my foot would drop." Concerned about becoming stranded away from home, George stopped going for walks outside and started looking for answers.

Each doctor George visited sent him to another specialist, ranging from a rheumatologist to a neurosurgeon. After hearing the name of a local neurologist several times, George decided that would be his next step.

"Within ten minutes of meeting Dr. Ernest Clevinger, and discussing my symptoms, I was diagnosed."

After almost a year of looking for answers, George was diagnosed with Parkinson's disease (PD) in August of 2011. The very next day, he shared the news with his co-workers – just minutes after their staff meeting had been interrupted by the 5.8-magnitude earthquake that hit the East Coast. He states, "My news wasn't quite as earth-shaking as the quake, but I was able to ask my colleagues to help me watch for symptoms and signs that my meds might need to be adjusted. My friends and coworkers have been amazingly supportive."

Interested in learning how other colleagues were dealing with PD

and its effects on their lives and work, George invited others to share their experiences with him, hoping their insights could help him as he looks to the future. "Some of my coworkers either had relatives or knew people with PD and it was helpful to hear about their experiences. To be surrounded by very supportive and encouraging people made a world of difference to me in the beginning."

According to the Michael J. Fox Foundation, Parkinson's disease was first characterized extensively by an English doctor, James Parkinson, in 1817. Today, we understand Parkinson's disease to be a disorder of the central nervous system that results from the loss of cells in various parts of the brain, including a region called the substantia nigra. The substantia nigra cells produce dopamine, a chemical messenger responsible for transmitting signals within the brain that allow for coordination of movement. Loss of dopamine causes neurons to

fire without normal control, leaving patients less able to direct or control their movement. Parkinson's disease is one of several diseases categorized by clinicians as movement disorders.

Common symptoms of Parkinson's disease include:

- Tremor or Shaking
- Small Handwriting
- Loss of Smell
- Trouble Sleeping
- Trouble Moving or Walking
- Constipation
- A Soft or Low Voice
- Masked Face or Serious Facial Expression
- Dizziness or Fainting
- Stopping or Hunching Over

According to the National Parkinson's Disease Foundation, there is no "one way" to diagnose Parkinson's disease. There are no readily available lab tests, screenings, or scans that could confirm a PD diagnosis. If an individual displays at least four of the main



George Callan, who was diagnosed with Parkinson's disease in 2011, works as a Software Solutions and Training Specialist at FMH.

motor symptoms (shaking/tremor, slowness of movement, stiffness, and trouble with balance), a combination of screenings and diagnostic testing will confirm a Parkinson's diagnosis. For George, he learned that "once you start taking medication for PD, if symptoms subside, then you most likely have Parkinson's disease."

After his diagnosis, George's doctors were able to teach him some self-assessment tests, as well as ways to recognize some of his own symptoms. And while he's currently on his third PD specialist (the first two having left the area), George stresses the importance of seeing the right medical professionals, "a good neurologist is really the key to diagnosis, treatment, and medication selection and management."

Once treatment began, George relied on his support systems, at home and at work, to tell him if the medicines were working. Using a helpful checklist found online at the National Parkinson Foundation website, George was able to tell others what to look out for. "I asked coworkers to alert me if they noticed symptoms. If you see symptoms early on in the disease, the medications aren't working. I'm not always aware of the symptoms taking place so I needed their help."

The cause of Parkinson's disease is unknown. Researchers believe that a combination of genetic and environmental factors can play a role in the development of the disease. However, the biggest risk factor for Parkinson's disease is advancing age, affecting 1 in 100 people over the age of 60, with men at a somewhat higher risk than women. To learn more about Parkinson's disease, risk factors, diagnosis, and much more; visit www.michaeljfox.org and www.parkinson.org for the most up-to-date information.

Today, almost 5 years after his diagnosis, George still maintains a positive outlook on life. Acknowledging his faith in Christ to be his greatest source of encouragement, George adds "Be an encourager. The more you can encourage others the more you'll encourage yourself. Offer a smile, say hello, and continue to encourage others." While he still encounters peaks and valleys relating to his disease, George recognizes his limitations and works around them; "I'm a glass half-full kind of guy, I guess."

Internal Medicine Associates proudly welcomes Dr. Bianca Udugampola-Stewart and Dr. Yassin Mohamed to our practice.

There have been many exciting changes at Internal Medicine Associates in the past year. We are pleased to announce that we are now part of Monocacy Health Partners, associated with Frederick Memorial Hospital. As a result, our practice name has changed to Monocacy Health Partners Internal Medicine Associates.

We also recognized the need to add more practitioners to our busy practice and are proud to welcome two new physicians.

Dr. Bianca Udugampola-Stewart is Board Certified in Internal Medicine. She worked at FMH as a hospitalist for seven years and specializes in wellness and preventive medicine, obesity medicine, and weight loss.



Bianca Udugampola-Stewart, MD

Dr. Yassin Mohamed is Board Certified in Internal Medicine and has been a primary care Internal Medicine provider for more than 10 years. Dr. Mohamed has a particular interest in diabetes, osteoarthritis and men's health issues.



Yassin Mohamed, MD

For more information or to make an appointment at MHP Internal Medicine Associates, call 301-662-8119.



PICTURED L-R: Bianca Udugampola-Stewart, MD, Robert L. Kaufmann, MD, Katherine Buki, MD, A. Austin Pearre Jr., MD, and Yassin Mohamed, MD

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61st Annual Apple Blossom Festival

Winter is over and the flowers are blooming. The peepers are singing and the sun is shining. Trees are turning green and brightening up the mountain sides.

Another welcoming sign of spring is, of course, the apple blossoms! The fruit growers in the South Mountain Fruit Belt have been working quickly this spring. The sudden warm weather and then the chilly nights have caused growers to be slightly on edge, but we all know that Mother Nature will do what she will. And we'll roll with it each year. The apple blossoms are in full bloom – usually around the end of April or early May – and that's all the more reason to celebrate and welcome spring!

There's no better way to welcome spring than attending the 61st Annual Apple Blossom Festival at the South Mountain Fairgrounds on May 7th & 8th! It's the beginning of the 2016 agri-tourism season, and the PA Secretary of Agriculture Russell Redding will be there Saturday morning for an official kick-off!

Sunday May 8th is Mother's Day, and to celebrate, all moms who attend the festival on Sunday can stop by the apple sales booth for a free apple!

We'll have hard cider and wine tastings from local vendors. Each cidery/winery will have hard ciders and wine available for purchase and for you to enjoy once you are home.

New this year we will have many local farm markets offering tastings of their fruit-themed goodies. Come find great local foods from your favorite farm! Throughout the festival there are plenty of apple treats for you to enjoy until your heart is content! Enjoy apple slushies, apple sundaes, apple crisp, apple dumplings, apple bread, cider donuts and, of course, apple pie! You can also enjoy refreshing apple cider, and try samples of apple butter or purchase a jar to take home. We'll also have crispy and juicy local apples available to sample and to take home.

There are musical performances by the Klinger McFry Band (bluegrass) and Borderline (country). We'll have hay bales laid out that you can rest on, but feel free to bring a blanket to spread out on the lawn or your own chairs. There is plenty of space and the kiddos can boogie to the musical tunes all day long! On Sunday there will be performances in the auditorium by the Apple Core Band and the Biglerville Jazz Band. We'll have dance performances by the Carroll County Cloggers and the Gettysburg Dance Center.

The kids will have fun all day long with plenty of children's activities and entertainment. Bring them to the Kid's Health & Safety Tent (sponsored by Healthy Adams County) where they can plant seedlings, learn yoga, practice (or show off!) their hula hooping skills, and make a healthy snack. There will also be magic shows, puppet shows, pony rides, apple bobbing, a kiddie tractor pull on Sunday, and a petting zoo. Check out

the coloring contest at http://www.appleblossomfestival.info/ABF_Coloring_Contest.pdf and enter for fun prizes!

We also have Crunch Quest which is a scavenger hunt through the fairgrounds and kids will learn about the growth of an apple from bud to fruit. There are prizes given out to each child who completes Crunch Quest, plus a grand prize!

To really get into the heart of the South Mountain Fruit Belt, the family can enjoy an orchard tour with a fruit grower as their host. This is a wonderful opportunity to drive through the countryside, enjoy the scenery, and learn a bit about "Apple Country, USA!" For those interested in local history, a bus tour at 3:30 on each day will focus on Yellow Hill (Saturday) and Mary Jemison (Sunday).

There's loads to do to make it a wonderful and memorable day for the entire family at the 61st Annual Apple Blossom Festival! Visit our website for a complete schedule and coupon for \$1 off the price of admis-



Adams County Apple Blossom Festival is a great time for kids of all ages.

sion (only one per person!). Like us on Facebook for lots of apple blossom photos and updates about the festival.

To learn more about the Annual Apple Blossom Festival, visit www.AppleBlossomFestival.info



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WWI NEWS REPORTS FROM THE FRONT

The Irish rebellion ends

May 5

British Surrender in Mesopotamia

Maj. Gen. Charles Townshend, Commander of the British forces besieged at Kut-el-Amara, Mesopotamia by Turkish forces since last December, has surrendered to the Turks. The general destroyed all his guns and munitions before surrendering. Gen. Townshend surrendered to avoid starvation of his forces as they were only receiving small supplies of food by aero planes.

An official statement received Saturday from London showed that a last ditch effort to send supplies to the garrison had failed. A ship laden with supplies had been sent up the Tigris, but it grounded about 4 miles east of the city. Less than a score of miles away, on the banks of the Tigris below the city, is a relief army, which for months had been attempting to reach the besieged forces. A few weeks ago several victories were announced and hope ran high in England that the mission would succeed. Of late, however, the Turkish resistance has increased and, aided by floods, they have been able to hold the British in check.

No official figures have been given out as to the number of troops lost. Unofficially the number has been estimated as high as 50,000, but it was probably considerably smaller than this as this force has suffered heavy losses in severe battles with the Turks.

The expedition began on the Persian Gulf in November of 1914, and throughout 1915 worked its way up the Tigris. It was early December of last year at that Gen. Townshend's army was beaten in a battle 18 miles below Baghdad and retreated to Kut-el-Amara. Since that time it has been besieged by the Turkish army. Cut off from all communication with the outside world except by wireless. The British beat back many attacks by the Turks, and defended themselves so successful-

ly that the Turks at length deserted from their efforts to take the place by storm and decided to starve out the British.

Irish Uprising Ends

The official announcement was made on Monday that all the rebel leaders in Dublin have surrendered. The proclamation issued by provisional Irish President Patrick Pearse advising the surrender of all the rebel forces was as follows: "In order to prevent further slaughter of unarmed people, in hopes of saving the lives of our followers, who are surrounded and hopelessly outnumbered, the members of the Provisional Government have agreed to unconditional surrender, and the commanders of all units of the Republican forces will order followers to lay down their arms."

1,000 rebel prisoners were marched through Dublin on Wednesday under strong military escort. They included many in their teens and several women. It is said that several thousand more prisoners have been taken by the military across Ireland. The prisoners included a considerable number of people of high stations, including intellectuals identified mainly with the Irish literary movement.

Four of the eight Republican ringleaders were been tried by court-martial, found guilty, and shot Wednesday morning. Patrick Pearse, was among those shot. Another rebels found guilty and shot Wednesday morning was James Connolly, who was styled, General of the Irish Republican Army. Thomas Clark and Thomas McDonough were the two others executed.

Germany Replies to Submarine Warfare

The reply of Germany to the last note of the United States on the subject of submarine warfare was received today. It announces that orders has been issued to submarine commanders that "in accordance with the general principles of inter-



General Townshend inspects Indian troops under his command shortly before his surrender to the Turks at Kut-el-Amara in modern day Iraq.

national law, merchant vessels both within, and without the declared a naval war zone, shall not be sunk without warning, and without saving human lives unless the ship attempts to escape or offer resistance."

In regard to the general submarine issue and the relation of submarine warfare to neutral shipping, Germany noted she had always been willing to conduct its submarine warfare in accordance to this policy but had chosen not to because the United States was unable to obtain from Great Britain an agreement to conduct the blockade of Germany in such a manner that "thousands of innocent women and children will not be starved into submission."

The note declares that the German people regard the United States as having discriminated against Germany in that it has demanded, on pain of a break of relations, a suspension or material modification of submarine warfare, while merely protesting to Great Britain against the blockade methods of that country, designed to starve Germany into submission. Nevertheless, Germany says, it will go to the utmost limits of concession, out of friendship lasting 100 years.

England Offers Tangiers to Spain

According to reports, Great Britain has offered to Spain's possession of Tangiers if Spain will seize the German ships in Spanish ports and will consent to the closing of the Straits of Gibraltar to all neutral ships except those flying the Spanish flag.

May 12

Irish Rebels Tried

Major John McBride, the eighth leader of the Sinn Fein rebellion, has been shot following his conviction by field court martial. Major McBride fought throughout the Boer war against British rule with the Irish brigade. When the Boers finally surrendered he made his escape and took refuge in Paris, where he later married Miss Maud Gonne, known in home rule circles in Ireland as the Irish Joan of Arc. In 1905 Major delivered a series of lectures in the United States on Irish politics. McBride maintained his interest in Irish political affairs and was always identified with the extreme or separatist faction of the national party.

According to the British, justice is being dealt out to the Sinn Feiners on the pure facts provided by incontestable testimony regarding their active participation in the recent rebellion. Suspicion is not enough for court-martial to condemn any man and the killing of soldiers or the destruction of property does not enter the minds of the military judges. According to the British, there is no "Dragooning to death" of the rebels

As soon as a rebel falls into the hands of the authorities his identity is established and the evidence is recorded of the circumstances in which he is taken. The prisoner is then placed in confinement and a preliminary inquiry is held and lawyers drawn up the charges.

Before the prisoner is brought before the court the charge against him is read in full, in order that the accused may prepare to defend himself. The prisoner has no legal defender, but should he desire to call witnesses the court immediately calls them to testify in complete freedom. First comes testimony from the prosecution, after which the prisoner pleads in his defense if he wishes, or confesses his guilt.

The judges then considered the facts and deliver judgment. Should sentence of a rebel be the supreme penalty of death, as has been the case in a number of instances, the prisoner is asked whether there are any relatives or friends he would like to see. If so, they are immediately brought to his place of confinement. He also is permitted to have the services of a clergyman, who remains with him until just before the sentence is carried out. The following morning the condemned prisoner is shot.

German Note Hints at Peace

Careful attention is being paid to the portion of Germany's note outlining its new rules for submarine warfare that touches on peace. Some officials believe unusual significance should be attached to that part of the note because it was taken to indicate officially that recent speeches by the German Chancellor were intended as notices to the world that Germany was ready for peace on certain terms. The note says: "the German government, conscious of Germany's strength, twice within the last few months announced before the world its readiness to make peace on the basis of safeguarding Germany's vital interests, thus in-

dicating it is not Germany's fault if peace is still withheld from the nations of Europe."

Western Front Fighting Resumes

After 77 days of battle the Germans are making a new attack before Verdun with another formidable army. The current fighting seems to be the most determined effort yet made by the German army to break through and capture Verdun.

Heavy guns are pounding the defenses of the fortress and bombardments of unprecedented violence are being followed by attacks by great forces of men. After their initial success against Hill 304 however, the Germans have failed to make progress.

The latest assaults of the Germans have served to demonstrate the high pitch of efficiency to which the French have brought the use of machine guns. The 48-hour preliminary bombardment of the Germans is described by eyewitnesses as more severe than anything that heretofore has been experienced, and it is remarked that the Germans were justified in believing no human being could have lived in the zone subjected to the bombardment.

Nevertheless, the French are so adept at constructing underground shelters. When the German infantry steps from the trenches scores of well-placed machine guns opened concentrated fire, thinning the ranks of the attackers before the advance is fairly begun. French officers state that the losses of the Germans, in proportion to the number engaged, was as great as in any other section of the war. It is said that a Prussian division, which was engaged on Sunday, lost more than 50% of their men due to machine guns.

The Mexican Situation

On Wednesday Pres. Wilson called out the militia of Texas, Arizona and New Mexico to deal with the border situation. In addition, three regiments of regular infantry were ordered to the border. The total additional forces sent to the border is now approximately 7,000 men.

With the dispatch of the four additional regular regiments to the border practically the entire mobile army of the United States, with the exception of five troops of cavalry and a battalion of engineers, is either mobilized upon the border in



President of the Irish rebel government, Patrick Pearse, being marched to his execution.



After much internal debate, the US accepted Germany's assurance that modified her submarine warfare practices, and stepped back from a formal break in diplomatic relations.

Mexico or en route there. The remainder of the infantry and cavalry is on Foreign Service or in Alaska.

Russian Advisor Assassinated

Gregory Rasputin, the Russian monk who is reported to have exercised great influence over Emperor Nicholas, has been assassinated.

May 19

Effectiveness of the Aero Planes

As the great European struggle progresses the power and effectiveness of the aero plane has become more manifest by the increasingly conspicuous part they play in the fighting. This fact is indicated by the official statement issued in Berlin that during the month of April, 26 Allied machines were shot to the earth, while Berlin admits to losing 22.

Tuesday's fine weather favored aerial activity, and 27 combats in the

air took place. And a great deal of successful aerial photography was accomplished. An Albatross was attacked and shot down near the front. Another was driven down north of Verdun. A third, attacked by a German plane, was seen to turn upside down near the ground. The French reported one of its reconnaissance planes failed to return. It was seen to land under control in hostile territory. A French scout airplane is also missing.

Lt. Navarre brought down his 10th & 11th German airplanes. One crashed to the earth in the Argonne woods, the other fell within French lines and the two occupants were captured. Another German airplane was attacked by LT. Nungesser and crash down in the Bers forest. It was the fifth airplane brought down by this officer.

The American flyers who had been in the service of the French army for the past year and who were recent-

ly brought together to form a flotilla under the name of the Franco-American Flying Corps, took part in the expedition over the German line for the first time as a separate unit. They sustained particularly heavy shelling as they recrossed the front.

The plane piloted by Lt. William Thaw of Pittsburgh had part of its tail shot off, and the propeller was damaged by a shell, but Lt. Thaw brought it safely back to camp.

Cpl. Victor Chapman's machine was also hit and driven off of its course, returning so late to the base as to cause anxiety regarding Chapman's fate. Cpl. John McConnell of Carthage North Carolina was flying at a height of 12,000 feet, the German shells burst all around him, showing that the range of the German in the aircraft guns has been lengthened.

The flotilla started at daybreak and spent nearly 2 hours conducting reconnaissance under sustained fire, but encountered no German air machines, and no one was wounded. Altogether the flotilla is made up of seven Americans. Three more French American flotillas are to be organized from the 40 additional American volunteers now in training.

Austria Questions French Use of Submarines

According to Austrian news service, the Austrian steamer Dubrovnik and other Austrian vessels, including the hospital ship Electra, was sunk by a French submarine. The Dubrovnik had 19 passengers on-board, including several women and children, when she was torpedoed. Three bodies of women recovered and four members of the crew and four passengers are missing. The Dubrovnik was sunk by two torpedoes fired without warning by a French submarine.

The first torpedo hit the starboard side, and the ship immediately began sinking. As the passengers rushed to the lifeboats a second torpedo struck the ship, crushing the starboard lifeboat with those in it. 16 passengers were rescued from a second boat.

The French claim the ship was carrying ammunition, but the Austrians claim, as the ship could carry only 480 tons, she was not able to carry troops nor ammunition. Besides this, the distance of the submerged submarine from her was so great that it was impossible for it to discern the class of persons carried by the steamer.

The Austrians claimed that the firing of a second torpedo against the sinking steamer, with lifeboats afloat, must be qualified as intentional murder. The Austrians hold the Italian government equally responsible with the French government, since the fresh submarine was operating in Italian waters.

May 26

Fighting Continues on Verdun Front

The Germans are striving with every resource in their power to capture hill number 304 and Dead Man's

Hill. The purpose of the drive was to win back the famous Fort Douaumont, which was wrested from them by a brilliantly planned and executed offensive on Monday.

Without full possession of the Fort and the two hills the Germans could not hope to get anywhere nearer to the capture of Verdun. Driven to desperation by seeing so much of its work undone, the German command has hurled attack after attack against Fort Douaumont.

All day Tuesday the tide of war ebbed and flowed, inches of ground being won and lost at an appalling cost in men. Again and again after reducing trenches to crumbling heaps of ruins by artillery shells, German infantry advanced only to be caught and swept away by the hurricane of fire from French machine guns. When night fell the positions on both sides were unchanged.

On Wednesday however, the tide of battle turned in favor of the Germans who hurled fresh legions against the ruins of Fort Douaumont, and after a lavish expenditure of life, succeeded in recovering the fort and ground they had lost at the beginning of the week.

Austrian Claim Success Over Italians

In Tyrol the Austrians have followed up their successes by compelling Italian forces to evacuate the Col Santo. According to the official Austrian statement - 13,000 Italian prisoners have been captured and 107 guns have been taken.

This newest offensive by the Austrians is declared to be, like all the other offensive movements in this war, a further exhibition of the efficiency of properly handled artillery. The Austrians began their operations with an artillery barrage, which included numerous new guns of high efficiency.

The Austrian guns succeeded in silencing the Italian guns in the sectors where the offense that

was planned, and thus the infantry was able to begin work on Monday. Since then, bitter fighting has been continuous, but the latest official communications confirm that Austrian troops were able to push the Italians back across the border.

Russian Cavalry in Mesopotamia

A force of Russian cavalry has joined the British army on the Tigris in Mesopotamia after a bold and adventurous ride. How this important juncture was affected is still unknown, and the story will be awaited with intense interest. The supposition is that the cavalry came from the Russian army which is threatening Khanikan, but it still remains a puzzle where and how the Russians succeeded in crossing the Tigris river.

Their sudden appearance has raised the question whether the Russians have already cut the Baghdad railway at Mosul. In any case, the unexpected appearance of the body of cavalry is as great a surprise as was the first landing of Russian troops at Marseilles, and is another instance of the swift and stealthy movement of the Russian forces in Asia Minor.

Meanwhile, 4,000 German troops are expected at Baghdad in June, says the Times Bucharest correspondent. 12,000 Austrians already there. The Turks are weakening the defense of Constantinople, sending all possible reinforcements to Asia Minor and concentrating a large force at Marasha, three days march northeast of Alexandretta, in northern Syria, where they fear an attempted landing by the Allies. The Constantinople dispatch says that German Field Marshal von Sanders is also establishing a strong force of Turkish troops on Turkey's north east border to oppose the expected advance of the Russians.

To read past editions of WWI News Reports From the Front visit the Historical Society section of Emmitsburg.net.



May came and went without any real progress in the hunt for Pancho Villa. Mexico was growing tired of the American presence on their soil, but the US ignored their request to leave.



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HISTORY

Terror on the Monongahela River

John Miller
Emmitsburg Historical Society

Part Three

On the afternoon of July 9, 1755, Major General Edward Braddock and his British army were fighting the French and Indians near the Monongahela River. The scene was in complete disorder. The British never fought a battle in these conditions. They had no targets, nor could they see what was in their front. The colors were advanced in several places to separate the soldiers of the two regiments. Major General Braddock ordered his officers to rally their men, however the officers could not reform the men, and Maj. Gen. Braddock could not persuade them to advance. The Indians moved fast and remained hidden, using the forest to their advantage, which caused the soldiers to miss their targets.

The Indians had extended their lines from the front of the British advance and were bearing down on the rearguard. The British soldiers began firing wildly in the air and all around, loading faster and firing quickly, sending lead in every direction.

Realizing that their gunfire was slowing, the British officers began trying to organize their men into platoons. This would allow a more controlled volume of firing. Up until now, they were firing at anything that moved or at puffs of smoke. With only twenty four rounds of ammunition being issued earlier, every round needed to count. This helped the British soldiers with a more sustained firing. It also helped the men to move forward about twenty yards, before the column halted.

While Maj. Gen. Braddock tried to take control of the situation in the front, the Indians attacked the rearguard where Col. Halket was positioned.

Since the flankers moved in to help secure the wagons and their teams, the Indians were not checked. While the Col. Halket's command was stopped, many of the Indians began coming out of the woods and came upon the rear of his column. Colonel Halket rode toward the front of his position to size up the scene.

Colonel Halket arrived and began organizing his lines. He ordered his detachment into two ranks and deployed them on both sides of the narrow road. A 12-pounder cannon was deployed for his support. With artillery support, Col. Halket ordered his detachment to fire by platoons. As Col. Halket directed his men, Christopher Gist, a local trader and British guide, witnessed the moment when an Indian took aim and fired his gun, shooting Col. Halket. Christopher Gist, after reloading his rifle, fired back, shooting the Indian in the head. Lieutenant James Halket, ran to his father's side and he too, was shot and killed. His lifeless body fell upon the body of his father, where he died.

By 3:00 p.m., Lt. Col. Gage's vanguard was still desperately trying to hold. Many British soldiers were being shot down while in formation in the middle of the road. Many of the Virginian troops ran and ducked behind trees, fighting back with some success. At one point, they tried to launch an attack on the higher ground located on the British right flank. They deployed behind any natural breastwork they could find and were gaining ground.

The Virginians opened again with another volley. But with the smoky and natural conditions of the battlefield, the British thought that they were Indians attacking them, and the British opened fire. This ended the Virginia fight, as they lost more than half of their men. Shortly afterward, Lt. Col.

Gage's men heard the attacks from the rear and thought they were being surrounded. This created a wave of disorder and panic. No officer, at least none still left in the ranks, could restore order.

By 4:00 p.m., the British were running low on ammunition for their infantry and artillery. The British army was about at its breaking point. Major General Braddock and his staff tried to keep order within the ranks. Heavy smoke, screams, and gunfire didn't help with the situation. As the Indians attacked with great precision, they helped to secure the French victory. Major General Braddock tried desperately to gain a hand on the crumbling situation. He swung around his saber slapping the backs of his men to get them into line.

As Maj. Gen. Braddock maneuvered on the battlefield, he felt insulted by seeing so many colonial troops hiding behind trees and rocks. He had cursed one soldier as a coward and smacked him with his saber. This insulted the Colonials. At the same time, Colonel Washington had advised Maj. Gen. Braddock to use similar tactics, and asked for permission to detach two to three hundred men to fight in the same style as the Indians, but he refused. Maj. Gen. Braddock's fourth horse was shot from under him, and as he began mounting his fifth horse of the battle, a musket ball tore through his right arm and went into his lungs.

Major General Braddock's staff, including Colonel Washington and Lt. Col. Gage, attended to him. By this point, the order to retreat was given. With a lack of real leadership, mass panic began to ensue, but order was quickly restored. Major General Braddock was carried off the field and taken to the rear where the wagoners were hotly engaged.

Back at the rearguard, the wagoners knew the battle was lost. One by one, they began making their way to the river to get out of harm's way. Only 110 soldiers remained with the wagons. These were colonial provincials from South Carolina and Virginia militia. They were holding the passage open for the retreat.

As the British fell back to the trains, silence filled the air as the Indians prepared for their final assault. Then war cries came hurling from the wilderness and the British survivors began firing. Now, Colonel Washington, one of two officers in the field on the western side of the river, rallied the men for a few moments. The British soldiers retreated and it became every man for himself. Colonel Washington tried to rally as many men as he could without any success. Lieutenant Colonels Gage and Burton, both wounded, were trying to halt the column on the other side of the river.

By 5:00 p.m., the battle was over. The British troops were pouring through the Monongahela River. On the eastern side, the British formed a defensive line to cover the survivors fording the river. The Indians were still pursuing the British until they came to the river. After that, the Indians began going through the supplies that were left behind. The Battle of Monongahela was finally over. The British casualties were high. Of the 1,400 combatants, 456 soldiers were killed and 422 were wounded. Of 86 total officers, 26 were killed and 37 wounded. The French, Canadian and Indian losses were light. They had 30 men killed and 57 wounded.

The sight upon the battlefield was horrid. Many of the lifeless bodies and wounded men were scalped, as the Indians scavenged the battlefield for sou-

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HISTORY / OBITUARY



General Edward Braddock being carried away with his retreating army.

venirs from the bloody battle. Wagons were raided and supplies were taken. Although, Maj. Gen. Braddock ordered the camp followers to stay with Col. Dunbar, upwards to fifty did make the journey. Only five of these women made it back with their lives. Several of their lifeless bodies laid by the wagon train and many of were stripped of their clothing.

As Maj. Gen. Braddock was gasping for breath, he ordered Col. Washington to ride out to Col. Dunbar's camp and tell him to send wagons and supplies to their position, which would be Gist's Plantation. Colonel Washington realized that Col. Dunbar's camp was over fifty miles to the rear. He rode all night and reached the camp some twelve hours later. Being tired and fatigued, Col. Washington was forced to stay in the camp. Some of the survivors from the wagon trains came into Col. Dunbar's camp and brought news from the battlefield.

The British army retreated through the night and most of the day. Finally,

they made camp at Gist's Plantation, west of Great Meadows late on July 10. Supplies from Col. Dunbar arrived for the survivors of Braddock's army. Among the supplies were medical bandages for the wounded.

By July 11, the remnants of the British army arrived at Col. Dunbar's camp. The next day, Major General Braddock gave his last orders for the retreat to Fort Cumberland. The wounded Maj. Gen. Braddock then handed over command of the army to Col. Dunbar. Colonel Dunbar ordered all extra supplies to be destroyed including extra stores of ammunition and black powder. Wounded were loaded into the wagons.

The next morning, on July 13, the army got underway. Major General Braddock died that evening. Before he passed, he asked Col. Washington to oversee his burial. He gave Col. Washington his red sash as a keepsake. There, in the middle of the road west of Great Meadows, Col. Washington oversaw his burial as he was placed in the middle of the road. After a quick fu-

neral service, the dirt covered his grave and the retreating army on the way to Fort Cumberland marched over top of his grave to their camp a short distance away at Steep Bank.

On July 17, Col. Dunbar led the British army to Fort Cumberland. Remaining there for several days, Colonel Dunbar led the British regulars to Philadelphia, where he arrived in late August. The Colonial militia remained at Fort Cumberland for some time before leaving or deserting back into Maryland, Virginia and North Carolina. The frontier in Pennsylvania, Virginia and Maryland were now defenseless.

To learn more about our rich, local colonial history, visit the Historical Society section of emmitsburg.net.

Chata Ingram Carr

Chata Ingram Carr of Emmitsburg MD passed away April 20 2016 peacefully at her home surrounded by her daughters and grandchildren. She was preceded in death by her husband of more than 60 years, William H. Carr, and her son, William H. Carr Jr. Surviving are four daughters and two sons-in-law, Nancy and John Neighbours, Jenny and Bill Struble, Shelley Carr and Leslie DePaola, 11 grandchildren and three great-grandchildren.



Chata was a graduate of Davis and Elkins College where she met her husband. They came to Emmitsburg in 1955 to raise their family and establish a veterinary practice. Chata was a member of Emmitsburg Presbyterian Church and a committed volunteer in the community, serving the library,

Seton Center, adult literacy program, Community Council of Churches, Vacation Bible School and as sponsor for special needs care individuals. Chata loved her bridge club and book group gatherings, all her friends were dear to her.

A memorial service will be held Saturday April 30 at 1pm at the Emmitsburg Presbyterian Church 415 West Main Street



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Nature Centers for a birthday party with hands-on activities, games, stories, and of course, interactions with our live animal residents.

Your 2-hour party includes one hour for a naturalist-led program in the Nature Center, based on your se-

lected theme. Then, you'll have one hour for refreshments and activities, provided by the birthday family, either indoors or outdoors.

Party days & times vary by location. At Fountain Rock Park, parties are held on Saturdays, from 10 a.m. -

Noon or 2-4 p.m. At Catoctin Creek Park, parties are held Saturdays, from 11 a.m. - 1 pm or 2:30-4:30 p.m. and on Sundays, from 1:30-3:30 pm.

Birthday parties are \$170 for a maximum of 15 children and themes vary by location. Birthday Party themes at Fountain Rock Park include Animal Adventure, Fantasy Fun, Turtle Time and Nature's Treas-

ures. Catoctin Creek Park's birthday themes include Awesome Animals, Crafty Critters, Earth Explorers, Fairy Friends, Going Buggy and Slithering Snakes.

To schedule a nature birthday party, please call 301-600-1646. A 30-day notice is required. For more information on birthdays and the themes, please log on to www.recreator.com.

Free summer camp in Fairfield

Peace Camp is a free summer camp program offered by the Interfaith Center for Peace & Justice (the same people who bring you the Heritage Festival).

This year, camp is being held the first week after school ends (the week during which most local summer programs and day cares are actually

closed), June 6 to June 10th. Campers will meet from 9 am to 3 pm at Fairfield Mennonite Church.

The camp is open to children ages 6-12; Teens may apply as Junior Counselors.

This year's theme is Loving Our New Neighbors. Campers will learn about refugees throughout American

history including the Pilgrims, Amish, Chinese, Irish, European Jews, and Contemporary Africans. We'll look at the ways in which refugees sometimes make people uncomfortable because they look, dress, eat, play and pray differently.

Campers will:

- Learn basic phrases in: Chinese (Mandarin), Irish (Gael-

ic), and Hebrew

- Play actively! Learning Irish dance, Amish clapping games, Chinese Dragon game
- Make crafts including Purim noisemakers (Hebrew), Muslim prayer rugs, Chinese lanterns, Illuminated manuscripts
- Play with food! Learning how to use chopsticks, create Kosher meals, and eat with African Sponge bread

Donations are always welcome. If possible, we suggest a donation of \$35 per family (regardless of number of children) to help us cover costs. However, donations are completely optional. No child will be excluded from Peace Camp for financial reasons.

For more information, please contact Denise Weldon-Siviy (2016 co-director) at 717-357-2284 or email weldonsiviy@yahoo.com.

Strawberry Hill Adventures camp

"Adventurers" will explore more than 600 acres of forests and creeks at Strawberry Hill through fun and educational science-based programs, enjoy 2 afternoon free-swim sessions, and take a Field Trip Day! Register by week, or for the whole summer!

Our campers learn a lot - about the natural world and about themselves. Our fun environmental education programs meet state and federal academic standards for science and ecology, bridging an important summer

learning gap - without all the pressures of school.

Adventure Camp's enthusiastic and encouraging counselors help to gently nudge campers out of their comfort zones. This helps our campers increase independence and critical thinking skills while they get an introduction to new hobbies and adventures. We think camp is perfect for meeting new people and making new friends! In fact, our Adventurers come from all over Adams County, the surrounding areas, and beyond! By

the end of their time with us, your child will have gained more confidence to meet new people and tackle new challenges in other parts of their lives.

Strawberry Hill's nature-based adventure camps have become a hallmark of our Adams County community over the past quarter-century, and we are thrilled to have your family join in that legacy.

For more information visit www.strawberryhill.org.




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Grilling up the good life

Sharon Racine

The smell of summer manifests itself in the form of smoke from a charcoal grill. From May 'til September, I find myself inhaling the distinctly delicious aroma of charcoal smoke somewhere nearby at least once a day before the sun goes down. Then I invariably find myself getting jealous of those mystery grillers, picturing a spacious deck somewhere nearby filled with plates of burgers, coolers of beer, and a folding-chair circle of best friends.

The characters in my envious day-dream don't have an exact reason for their festivities, but I know from experience that as long as a grill is involved, you usually don't need a reason to party. These charcoal- (or propane-) powered contraptions are essentially a party in a box, both a reason to celebrate and a celebration unto themselves.

Looking back now, it's safe to say that most of my favorite college memories were formed around grills. When there was nothing else to do we grilled, and that activity in itself was reason enough to start a party. When we had an actual reason to celebrate, such as a football game or a gorgeous day or, eventually, graduation, we always went straight for the grill. Grilling with friends was (and still is) the ultimate source of good food, bad decisions, and great friends. It is one of the truest testaments to the good life.

For the early-morning champions: Happy fruit kabobs

Are you a professional early-morning tailgater, seasoned almost as well as the steaks that you grill? Then this recipe is for you: the perfect light side dish for that mostly-champagne AM mimosa.

Ingredients

8 12-inch wooden skewers
1/2 cup apple jelly
1 tablespoon lemon juice
1/8 teaspoon ground cinnamon

1/2 of a medium fresh pineapple, peeled and cored (about 9 ounces)

2 cups large fresh strawberries
1 nectarine, seeded and cut into wedges

1/2 of a 10-ounce loaf frozen pound cake, cut into 1-1/2-inch cubes

8 small firm kiwi fruit, peeled and cut in half crosswise

Instructions

Soak wooden skewers in water for 1 hour. In grill with cover, arrange preheated coals around drip pan for indirect grilling.

For sauce, combine apple jelly, lemon juice, and cinnamon in a saucepan. Cook over low heat, stirring occasionally until smooth and bubbly. Remove from heat and set aside.

Cut pineapple into 1/2 -inch pieces. Thread pineapple, strawberries, nectarine wedges, and cake cubes alternately onto skewers, placing kiwi halves on each end. Leave a little space (about 1/4 inch) between each piece so that all pieces cook evenly. Transfer kabobs to a baking sheet or tray for easy transport to the grill.

Place kabobs on grill rack over drip pan.

Cover grill and cook kabobs for 2 minutes. After 2 minutes, carefully turn skewers over.

Use a long-handled brush to sweep a portion of the sauce over the kabobs. Grill for an additional 1 to 2 minutes until heated through. Turn kabobs again and brush with sauce.

Remove kabobs from grill and serve on skewers. Makes 8 servings.

Recipe courtesy of Better Homes and Gardens.

For the mid-morning light eater: Pizza on the grill

Fact: pizza is just as good the morning after as it was the night before. For those of you who can't rise and shine to join the veterans and their fruit kabobs, try grilling a pizza as a simple and enjoyable 11AM appetizer in preparation for the day's festivities.

Ingredients

3 1/2 cups all-purpose flour, or as needed

1 envelope pizza crust yeast

1 tablespoon sugar

1 1/2 teaspoons salt

1 1/3 cups very warm water (120 degrees to 130 degrees F)*

1/3 cup oil

Additional flour for rolling

Additional oil for grilling

Pizza sauce

Other toppings as desired

Shredded mozzarella cheese

Instructions

Start charcoal fire or preheat gas grill to medium-high heat.

Combine 2 cups flour, undissolved yeast, sugar and salt in a large bowl. Add very warm water and oil; mix until well blended, about 1 minute. Gradually add enough flour to make a soft dough. Dough should form a ball and will be slightly sticky. Knead on a floured surface, adding additional flour if necessary, until smooth and elastic but not sticky, about 5 minutes.

Divide dough into 8 portions. Pat or roll dough on a well-floured counter into approximately 8-inch circles.

Brush both sides of crust with additional oil. Using hands, lift each crust carefully and place on grill. Cook for 3 to 4 minutes until bottom is lightly browned and top looks set. Using long handled tongs, remove crust from grill, grilled side up, to a platter or baking sheet.

Lightly add sauce and top the grilled side of each pizza crust (note: excess sauce or toppings makes the pizza hard to handle). Repeat with remaining pizzas.

Carefully slide each pizza onto the grill. Cook an additional 3 to 4 minutes until bottom of crust is browned and cheese is melted. Remove from grill and serve immediately.

Recipe courtesy of allrecipes.com, by Fleischman's Yeast.

For the white-meat traditionalist: Spicy turkey burgers

Okay burger ambassador, it's your time to shine. You might not get



out to the tailgate field until it's almost game time, but cook up these turkey burgers and your grill will be the most popular in no time. Better make extras!

Ingredients

1 lb ground turkey
1 Tbsp dark soy sauce
1-2 Tbsp sweet chili sauce
Zest and juice of 1 lemon
2 spring onions, finely chopped

Instructions

Mix the ground turkey, dark soy sauce, sweet chili sauce, spring

onions, lemon zest and juice with plenty of salt and fresh pepper until the ingredients are well-combined

Divide the mixture into four equal portions and shape into burgers

Cook on a preheated hot grill for 8 minutes on each side until cooked through. If cooking on a charcoal grill, cook burgers away from the direct heat of the coals for 6-8 minutes, turning frequently until just beginning to char. Makes 4 servings.

Recipe courtesy of 101 Low-Fat Feasts by Good Food Magazine.

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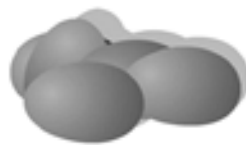
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SCHOOL AND LIBRARY NEWS

Advocacy works!

Katie Groth
Frederick County
Board of Education

In last month's article on public schools, I wrote about and stressed the importance of citizen advocacy in working for adequate funding of our public schools in Frederick County. I asked citizens to be in touch with their elected representatives, including school board members, and to let them know how important school funding is to you and to the communities in Frederick County. I asked you to come to hearings and I asked you to share your ideas with your neighbors, friends and families. Public education belongs to us, to the people in communities all over the United States of America. This is historic. Frankly, even with bumps and slides, we have an education system that is the envy of the world. (Please do not take seriously the claims made about the superiority of public education in places like Singapore and Finland. Those two countries simply cannot be compared to the United States of America. I have been to both countries and I know this.)

For many years under the previous Board of County Commissioners, FCPS was held to "maintenance of effort" funding for about six years. During this time, spending was held to the amount of previous years, so that in essence, we were trying to pay for schools in 2015 with 2008 dollars, even as legal mandates increased and costs of services continued to climb. This situation was clearly unsustainable. It culminated last year, in fact, when the Board of Education finally had to increase class size and cut 80 teaching positions. This left many schools, especially our smaller ones, in a desperate situation as they tried to offer their programs with fewer teachers and larger classes. On the high school level, the loss of one teacher meant that six different class sections could not be offered. This was devastating for our smaller high schools like Brunswick and Catoctin. Our decision hurt kids!

With the election of a new County Council in 2014, things began to look up for the public schools in Frederick County as well as for other public entities, such a fire and rescue, county parks and recreation and other essen-

tial services. The new Council began to take a different look at funding our priorities, and the new County Executive, Jan Gardner, led the search for ways to increase funding for these essential citizen services, including public schools (which include more than half of the county budget).

Throughout the winter months, the Board of Education and other branches of county government joined with members of the County Council and with the County Executive to work on ways to appropriate more dollars to these services.

Dr. Theresa Alban, Superintendent of Frederick County Schools, met regularly with County Executive Gardner to discuss the funding plan. The Board of Education voted to accept Dr. Alban's budget request to the County for an operating budget of \$27 million over maintenance of effort. This reflected real needs of the school system, in particular, counselors, school psychologists, support teachers; and also programs such as expansion of the Career-Technology Center. As always, an employee salary pool, that pot of money set aside in each year's budget for

employee raises, was included in the budget request. (Employee pay raises and benefits are subjects of negotiation with our school system bargaining groups. At this time, the negotiations are on-going.)

The capital budget, distinctly different from the operating budget described above is also negotiated with the County Executive and Council. This is a separate process with a different calendar. But the needs in the capital area are just as crucial as operations. The capital budget requests continue to include funds for the new Frederick High School as well as for both Sugarloaf and Butterfly Ridge elementary schools. These projects are already in process. The Executive and Council has sought the input from the school system about the list of priorities in the capital projects. Some projects include not only new construction, but also major maintenance and replacement projects, such as new playgrounds, replacement of aging boilers and HVAC systems. The list of priority projects is updated annually. The top priorities usually remain the top priorities, but a major repair or maintenance project could take precedence if it is judged to be serious in nature.

Everything came to fruition this last week. Many weeks of meetings, communication among boards, commu-

nity advocacy with parents and community leaders – all stakeholders in the community coming together to advocate for their local schools. The Council members listened. The County Executive listened. Folks sat down and sharpened their pencils and went to work to see what they could do to begin to bring FCPS back from the years of minimal funding during which time they began to languish. To her credit, County Executive Gardner was able to find funding to present her FY 2017 budget last Friday that included \$10.5 million over maintenance of effort for FCPS. This was a pleasant surprise. We had hoped for \$6 or \$7 million.

The last step now, is to advocate for the County Executive's budget with members of the County Council. They will have to approve the FY 2017 budget for it to become final. Obviously, we are asking citizens to step up once again to support the County Executive's recommended operating budget. You can do this by contacting your County Council representative and let them know how you feel about adequate funding for our public schools. They will have to finalize the budget late in May. This is a critical priority for our community. Don't forget, the 40,000 students in Frederick County Schools belong to all of us!

It's carnival time

Lynn Tayler
Mother Seton School

From November to April, my neighbors and I are like hibernating bears, tucked inside our warm homes, at most sparing a

wave as we run from the house to the car in the frigid air or helping each other dig out from under the occasional snow. But once the clock springs forward and the heavy coats are packed away, we emerge into the sunlight. The kids ride around on

their scooters and bikes, and put to use all that sidewalk chalk they received in their Easter baskets. The swings get put back up, and in place of howling wind, the sound of squeaky chains swaying back and forth reverberates through the

house. "Ah, the sound of Spring," my husband remarked, as he rummaged around for the WD-40.

With longer days and warmer temps, we take more walks and sit outside to read. (When we're not hustling to one of half a dozen sports practices.) This is when we catch up with neighbors. We regroup as a community, as our children all bounce from one yard to

the next, and share in Goodwill or landfill runs as spring cleaning commences.

At Mother Seton School, it's much the same. This is also a time of regrouping and renewing old acquaintances. While high schools and universities typically have homecomings for their alumni in the fall, we have our version in the

continued on next page

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U1L	11U1L	BB	6	410	350			\$39.81
U11R					350			\$39.81
U1R	10U1R	BB	6	365	300			\$34.62
22NF	322NF	BB	6	430	360	58		\$65.24
MARINE STARTING								
24	24M7	BB	12	1000	800	130		\$94.43
27	27M6	BB	12	1050	840	182		\$122.34
GROUP NO.	PART NO.	COLOR CODE	WARR. FREE MONTHS	CA@ 32° F	CCA@ 0° F	MINS@ 23 A	MINS@ 25 A	WHOLESALE
MARINE DUAL PURPOSE								
24	DP24	BB	12	685	550	140	120	\$85.11
27	DP27	BB	12	810	650	175	150	\$97.82
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SCHOOL AND LIBRARY NEWS

What's new at the library

Linda Frydl
Frederick County Public Library

Literacy Night: A very special night is being planned for children and their parents at the library. Families will enjoy a puppet show, meet the dogs from WAGS and have a chance to read a story to a live dog. Plus there will be 'make & take' crafts, games and an opportunity to learn about library services. This is a drop-in event, no need to register and promises to be an enjoyable evening of learning activities to strengthen literacy skills. All activities are free. Tuesday, May 3, 6 p.m. Call 301-600-6329 if you have questions.

Congratulations Sister Anne! The Emmitsburg Library Staff and the Friends of the Emmitsburg Branch Library would like to take this opportunity to congratulate

Sister Anne Marie Lamoureux as she celebrates 50 years as a Daughter of Charity this year. Sister Anne is the Vice President of the Friends and give of her time to support the library and our efforts to improve literacy in the community.

Summer Reading Challenge is ON! The Summer Reading Challenge, Get In The Game! Launches at all Frederick County Public Libraries on May 1st. Sign up online at www.fcpl.org/summer or stop by the library and find out more. The Challenge for all ages! Finishers will receive a book but everyone who signs up will be eligible for all kinds of prizes including tickets to many sporting and cultural events, wine tastings, gift cards and more.

Art in the Furnace: We'll see everyone down at 'Spring in the Village/ Art in the Furnace' on May

7 and 8. Stop by the library table to sign up for the Summer Reading Challenge and sign our special 'Declaration of Independence' with a real quill pen plus pick up a special Mother's Day 'make & take' craft for the kids.

Teen Program

Edible Play Dough: Is it food or is it play dough? We'll make two different kinds of edible play dough out of delicious ingredients like marshmallow fluff and peanut butter. Materials will be provided. Tuesday, May 10, 4:00pm. Register online at fcpl.org, or call 301-600-6331.

Children's Programs

Mother's Day Coaster Craft: Use sharpie markers to decorate a coaster with colorful artwork and create a one of a kind gift for mom. Satur-

day, May 7, 11 a.m. Register online at fcpl.org, or call 301-600-6331.

Through the Wardrobe: Narnia & WWII - Step into the world of Narnia and explore the historical events surrounding the chronicles and World War II history with Rose Hill Manor Park & Children's Museum. For grades 1-5. Thursday, May 12, 4:00pm. Register online at fcpl.org, or call 301-600-6331.

Spring Into Science: Caterpillars and Butterflies: Children will observe real caterpillars in a butterfly house as they learn about the stages of a butterfly's life. Then they will make paper butterflies! Saturday, May 21, 11 a.m.. Register online at fcpl.org, or call 301-600-6331.

Fairytale Engineering: Children will work together in order to design a foolproof egg drop case for Humpty Dumpty and a sturdy bridge for

the Three Billy Goats Gruff. Thursday, May 26, 4 p.m. Register online at fcpl.org, or call 301-600-6331.

Beanstack - A New Early Literacy Resource: Frederick County Public Libraries is pleased to announce the addition of Beanstack, an exciting new resource that can help you find just the right book for your child from birth to age 8. If you've ever felt stuck trying to find just the right book for your child, or wondered if a book is the right reading level for your child, be sure to sign up for Beanstack! Each week Beanstack will send you a book recommendation based on your child's age, interest, and reading level. Each weekly e-mail includes a learning tip for the recommended book and information about programs going on at your local library. Visit fcpl.beanstack.org to sign up today.

All Frederick County Public Libraries will be closed Sunday, May 29, and Monday, May 30, for Memorial Day.

Blue Ridge Summit Free Library events

Monday - Lego and Wee Build Creation night!!! Let your imagination show it's genius! All ages welcome.

Wednesday - Coffee house "Coffee, Tea, and Thee" from 3-p.m. Mingle with the gang for puzzles, board games, coloring books, etc. Recipe exchange has started! Help us acquire recipes for our cookbook.

Thursday - Teen night. The community room is reserved for teen use from 3:30-5 p.m. Just hang out or play Wii, board games, do puzzles, eat snacks, watch movies, etc.!

Saturday - Join us at 11 a.m. for story hour and all of it's festivities! What could

be better than a great book, a good snack, and a fun craft

Movies!

The May 12th movie will be "Minions", rated G, and starts at 6 p.m. "Minions Stuart, Kevin and Bob are recruited by Scarlet Overkill, a super-villain who, alongside her inventor husband Herb, hatches a plot to take over the world."

May 26th we will be showing the movie "Star Trek". This movie is rated PG-13 and will start at 6 p.m. "The brash James T. Kirk tries to live up to his father's legacy with Commander Spock keeping him in check as a vengeful, time-traveling Romulan creates black holes to destroy the Federation one

planet at a time."

Special Events

Bill Hammann will be here on May 3rd from 5:30 - 7:30 p.m. This is a continuing education class. Get new patterns, your pictures mounted, individualized help with current projects, etc..... Class is styled for teens and adults.

May 10th- Kay and John Dearth from Shady Rest Apiaries will be visiting the library to teach us all about bees. "Kay Dearth (aka Polly Nator) is buzzing with information about pollinators and busy bee activities. She'll share the sweet facts about the process of gathering nectar and pollen as well as the different jobs the worker bees do within the hive. You'll want to listen careful-

ly as she talks about who "bee"longs in the hive. There are so many interesting facts to learn. You won't want to miss the buzz coming to your area." This is a free family friendly lecture, geared towards children and adults.

On May 18th at 6 p.m. the Maxwell Sipe Law Offices, LLC will be offering a free class on wills and estate planning. "Have you taken steps to care for your loved ones once you are no longer able to do so? What will happen with your property and belongings when you die? What happens if you are in need of care and unable to care for yourself? How will you be taken care of if you lose the ability to handle your own affairs?"

Estate planning is a process to decide and declare who will benefit and to

what extent; how you will care for loved ones when you are unable and how you are to be cared for when you are no longer able to care for yourself. Estate planning can also reduce taxes on the transfer of assets at death, preserving as much as possible for your loved ones. Your attorney can ensure that the estate is managed and distributed according to your decisions."

The May 31st Trail Time Tuesday (Appalachian Trail club will meet at 6 p.m. This month's meeting will be about the Mason-Dixon Appalachian Trail Outdoor Fest at Red Run Park, Rouserville PA, on June 18th. Learn what will be happening and how you can help. This club is a family friendly club and open to everyone.

continued from previous page

spring with the annual MSS Carnival. Old friends catch up in the Bingo tent, families come out to enjoy the rides and games (and cotton candy!), and our cherished alum pay a visit to their old school.

For 34 years, the carnival has been an integral part of our community, bringing together not only our newest families but those who help carry

on our legacy. Without the support of our alumni and their families, the carnival couldn't be as successful as it is. It also wouldn't be one of the cornerstones of our community. Terry Smith, our school secretary, has been a part of the carnival committee for over 20 years. Her children are MSS alumni, including daughter Donna Schisler, who is currently one of our Kindergarten teach-

ers. "The carnival always draws in a crowd from all over. We have several alumni and families who visit, from recently graduated students to parents of children who graduated decades ago," she told me. "The community spirit surrounding this event is such a blessing."

The other great thing about the carnival is how it allows our school to visibly demonstrate our part

in this community. We're like the neighbor you say hello to in passing most of the winter, but come spring, we're outside sharing a lemonade with you. (Or in this case, funnel cake?) If you are a regular visitor to the carnival, you may have come to know many of our steady volunteers, if not by name then at least by face. This year, when you come, why not stop and say hello?

The carnival may be an opportunity for our old friends to get reacquainted, but it can also be a time to spark a new friendship, to meet your neighbors and become a part of something bigger than just yourself. And isn't that really what community is about?

Hope to see you on the Ferris Wheel May 23- May 28 at the MSS Carnival!

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FOUR YEARS AT THE MOUNT

As the flowers grow once again and the days get longer and warmer, the Four Years at the Mount writers finish yet another great semester. We asked them to reflect upon their time as Mount students so far.

Freshman Year

Nineteen going on six

Michael Kenney Jr.
MSM Class of 2019

"Life is like riding a bicycle. To keep your balance, you must keep moving."

—Albert Einstein

As I reflect on my freshman year of college, I recognize a significant growth in my maturity, but in many ways, I have reconnected with the six year old version of myself. In particular, I have adjusted to college much as I learned to ride a bicycle. Let me explain what I mean...

Flashback and I'm six years old. It's a breezy July afternoon, and the wind takes me where it may. Time and time again, I fall and remount my bicycle. My dad stands by the curb as I falter because I insist on mastering the skill on my own. I try again, wobbling at first, but this time catching speed. I drive my legs rhythmically, faster and faster until the spokes spin into a constant blur. "Be careful, Michael!" My dad shouts as I gain distance from him. I'm going too fast to care. I squeal with euphoria and pump one arm

in the air, only to quickly clutch back onto the handlebar. "I did it, Dad! I'll take on the world!"

But reality sets in. I'm an adult now -- or at least I try to be. My dad and I stand on the back steps of my new dorm, Sheridan Hall. We inch towards his car, jabbing at smalltalk. "Well it's a beautiful day," my dad starts. "This will be such an adventure for you." He tells me that he is proud of me and wraps me in a tight bearhug. As I slink back towards the dorm, he turns around to say, "You better tell your R.A. about your lightbulb that's out." I nod, and he opens his car, "Oh and I put your notecards in that top drawer for you."

I wave and muster my cheeks into a smile. I know he's expressing the same concern and excitement he had for me when I learned to ride a bicycle. This time, however, I'm the one watching him drive off into the distance, and I realize that I will be taking on the world in a more independent way than ever before.

This year has reminded me that taking off the training wheels can be scary, but I only learn and grow

when I am outside of my comfort zone. As a homebody, moving nearly five hundred miles away to a school full of unrecognizable faces was a good first step. I began the year by going on a pre-orientation camping trip designed for freshmen to become involved in campus life and to meet like minded individuals. Although I had gone "glamping" once as a child, camping and the glories of nature were relatively foreign to me. The trip was absolutely liberating. We woke up early to cook a rustic breakfast and embark on a rock climbing, canoeing, and caving excursions. We stayed up late, running around in the open field or telling stories around the campfire. By boldly stepping outside of my comfort zone with seven other new students, I began the school year on a positive note and felt empowered to continue stretching my limits. Shortly after the trip, I ran and was elected class president, began my journey in Division 1 athletics, and heavily invested myself in my academic courses. Each new role presented thrilling new opportunities. I continue to look for ways to serve in these capacities to the best of my ability, meet new people, and engage in new activities.

As with riding a bicycle, adjust-

ing to my first year of college came with a fair share of trial and error. Inadvertently tie-dying my laundry taught me that whites and colors do not mix well. Oversleeping a class reminded me that I need to set multiple alarms on maximum volume in order to get up in the morning. Getting locked out of my dorm reminded me to never go anywhere without my room key. Nevertheless, these minor bumps and bruises have all been overcome with humor, resilience, and good company.

My family and faith have enabled me to steer a steady course. Unlike the stubborn little boy I once was who was so eager to independently master bicycle riding, I now appreciate the guidance I receive from my family and faith. Rather than perceiving it as a roadblock, my family has used our geographic distance as a platform to grow closer with daily phone calls, sporadic visits, and surprise packages in the mail. Additionally, the faith-based opportunities at the Mount, the second oldest Catholic university in the United States, have enabled me to thrive. I was fortunate to go on a pilgrimage to Philadelphia for Pope Francis' visit regarding the World Meeting of Families. Through my work at the National Shrine Grotto of our Lady of Lourdes, I have met

pilgrims from all over the world and continually witness the awe-inspiring beauty associated with Catholicism. Going to mass with my classmates has been a source of profound fellowship and inspiration. Meeting weekly with a Fellowship of Catholic University Students (FOCUS) missionary has been a further wealth of knowledge and guidance. Growing in my relationship with God and my family this year continually enlivens my journey and reminds me where I come from and where I seek to go.

My dad was absolutely right; this year has been such an adventure! My higher grade of independence, the outstanding Mount community, and the values that I have cultivated over the past nineteen years have enabled me to reconnect with the distinctive joy, vulnerability, and fearlessness I felt when I first mounted my bicycle at age six. As I round the bend towards sophomore year and foresee the towering responsibilities it holds, I believe more and more in the words I expressed as a fearless little boy, peddling fast towards the road ahead: "I did it, Dad! I'll take on the world!"

To read other articles by Michael, visit the Authors' section of Emmitsburg.net.

Sophomore Year

Time flies when you're having fun

Sarah Muir
MSM Class of 2018

Grace Kelly, who is one of my role models, once said, "I avoid looking back. I prefer good memories to regrets."

Unlike Princess Grace, I cannot help but look back; not at regrets though or mistakes (because let's face it, they are inevitable so there's no use crying over spilled milk), but rather, I look back on everything that has happened to bring me to

today. As a little kid, I remember being excited to grow up, thinking that every day dragged on and on. However, now I realize everything moves so fast, but we do not even notice what has passed us by until we turn around and see that, what'd ya know, you are an adult with responsibilities and life is still spread out before you.

Looking back, it seems to me that sophomore year started ages ago and yet it seems like only yesterday I was starting my first semester. Time is

funny in that way. Nonetheless, no matter how much time has flown by, I can comfortably say I have enjoyed my two years at the Mount. A lot has happened. A lot has changed and will continue to change. Within the next month and a half, my older sister, Katie will be married, which is weird to think of because she still acts like a child. I am so excited for her, but this happiness is tinged with a bit of melancholy because I know that even though she will be living close by, she will no longer be right down the hall when I need her.

That is not the only thing that has changed; I think I have too. I have grown a lot, met new people, got a job, and I like to tell myself I have gotten smarter.

Right now, I am learning to juggle school, work, and time for my writing. So far, I think I am doing okay. I still have a ways to go until I have this whole "time management" thing down, but I am getting there. My newest job is at this small shop in downtown Frederick called the Pasta Pallet that sells handmade, dried pasta. It is a fun job at a unique store and even though I have only been working there a month, I have been enjoying it. The job both keeps me occupied and fuels my bouts of creative recipe making.

I still enjoy learning at the collegiate level; still enjoy reading and writing (obviously). I have discovered that my current catchphrase is "so far so good," when I am asked (excessively in my opinion), "how is school going?" It has become an automatic answer and, if I am honest, it is not a lie. School is going well and I am enjoying what is left of my spring semester. I am eager for summer, even though I am positively dreading the heat and humidity that comes with living in Maryland. However, I find myself less eager for junior year. Allow me to explain why. Junior year is when it starts to sink in, the reality of the real world; the world of taxes and mortgages and loans looms in the all-too-near future.

My mother always talks about the difference between eager and anxious. Eager is defined as wanting to do or have something very much. It holds a positive connotation, a type of optimistic excitement. Anxiousness, on the other hand, is the wor-

ry, unease, or nervousness one experiences about an imminent event with an uncertain outcome. This being said, even though I am anxious due to the fact that time flies, I am excited for my classes next semester. Three out of five are geared towards my major (English, if you are curious) and these very same classes are taught by my favorite professors. I hope that by next year, I will have a draft of that book I sometimes mention (the creation of which is painfully slow). I am planning on going to London for a Study Abroad program next spring, and am so excited that even thinking about it makes me want to jump up and down and squeal like a schoolgirl. Even though I am apprehensive as to what the future holds, I am excited to continue to learn and grow alongside my family here at the Mount.

As you can see and have probably realized on your own, there is a balance to all this. With the sour anxiousness of a somewhat uncertain future comes the sweetness of all the exciting and wonderful things to happen. I know that the future isn't going to be all sunshine and rainbows, that it will be tough and at times, unfair; but I also know that there are so many beautiful things in the world and a whole heap of experiences just waiting to be felt. When I remember this, I find my previous uneasiness is forgotten and I am filled with a bright optimism.

To read other articles by Sarah, visit the Authors' section of Emmitsburg.net.

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Wednesday
"Special Delivery"

Thursday
"5.5 Men"

Friday
"Dixie Highway"

Saturday
"The C.B. Pickers"

ANOTHER YEAR UNDER THE BELT

Junior Year One year to go

Leeanne Leary
MSM Class of 2017

It certainly doesn't feel like the end of my junior year; it feels more like midway through sophomore year, or the more I think about it, maybe even midway through freshman orientation. One year from today, I will be three weeks away from commissioning as a Second Lieutenant, beginning a civilian career, and moving away from the Mount forever. As I try not to freak out about the reality of the next 365 days, and am forced to reflect on the past 365 – I can come up with three real categories that everything over the past year can fit (not so neatly) into: Conclusions, Fears, and Changes.

Conclusions

Okay, so there are a few conclusions I've come to since August, here they are:

My mother was right all along: my sanity is indeed more important than my grades.

I've never been a person to stress over school or spend much time on homework, but the rumors were right and junior year

proved to be my hardest year thus far. Between overloading credits, beginning Student Teaching Internship One, ROTC, and you know, life, it has been a constant stream of abnormal stress and an absurd sleep schedule. Interestingly enough, my class attendance reflects this clearly. I've certainly learned the importance of a personal day.

Fears

Between impending adulthood and a series of unfortunate events this past year, I've developed some very irrational fears

Fear of Parking Lots

Hear me out – I backed into a car while backing out of a parking spot in November and now every time I'm forced to drive through a tight parking lot, I cringe a little. Also, every time I'm forced to back out of a parking spot, I cringe a lot. I totaled a car during my sophomore year and have no fear of that road, icy conditions, etc., but those parking lots are terrifying.

Changes

Well, if you've followed my articles, you know that I had until May 1 to decide if I want to serve

out my commitment to the Army in the active component or in the National Guard or Reserves. For the first time in my life, I made a decision early and have chosen to enter the Reserves upon commissioning. Woohoo! The decision has been made – now, my life plans and goals have changed and are currently changing. I was under the impression until the decision that once the choice was made, a weight would be lifted off of my shoulders and a calm, purposeful life would commence. Oh, how wrong I was. Now that the decision has been made and my daily thought process has changed, it is time to figure out a life - how vast an idea that is to even type. I've learned a valuable lesson in all of this; before, with the prospect of active duty, I had a guaranteed career, paycheck, place to live, and immediate employment upon graduation. Now, as a result of a single email containing less than two sentences, I have none of that, and I don't believe I've ever felt happier in this entire process.

I'd now like to take a moment to go backwards and return to conclusions-

Conclusion 2

Through the accumulation of fears, rational and irrational, minor conclusions, and major changes, this year has provided me with

one ultimate conclusion.

I'm about to offer what is perhaps one of the most cliché sentences you'll hear in a long time, but I've come to the conclusion that embracing and appreciating life for what it is in every moment is ultimately crucial for any true level of happiness and contentment. I learned this through fears, changes, and conclusions.

Conclusions – in review

I think this one speaks for itself – embrace the insanity and stress as a chance to sit on the couch, watch Friends, and eat bowls and bowls of chocolate ice cream.

Fears – in review

Okay, so, I'm afraid of parking lots. I don't have a valid or logical response to this one – but I do know that had I not backed into another car, I might not be so cautious in parking lots, and if you have ever parked a vehicle you're aware this is certainly not a place where most people like to, or care to, pay attention. I'll embrace the dent for the cautious driving I never practiced before.

Changes – in review

So, I don't know what my life holds now and I'm willingly forgoing a career – I'm taking this opportunity to embrace the unknown and laugh a little every time somebody asks me what my future holds. It's allowing a new

appreciation for each day and each small decision.

Ultimately – I've learned this year to embrace each moment. In high school, I created a year-book with the theme It's your life; embrace it. The book revolved around embracing every little thing from the pains of pre-seasons to the bittersweet moment of graduation. Finally, almost four years later, I'm taking my 18 year old self's advice. Each moment this year held a new value – whether it was something as minuscule as driving through a parking lot or a career decision. Each new day offered an insight, or a stepping stone, or anything that I overlooked at the time. To mitigate a senior year of moments passing by with little to no recognition, the goal is to now embrace each moment for what it is and what it has to offer. So maybe I was a little too stressed, and maybe I took one too many personal days, possibly I could have made some decisions earlier, and I probably should learn to be a better driver, but when I take my last final and watch my friends walk across the stage, I'll be thanking junior year for the lessons and carrying my conclusions into my last year here in Emmitsburg.

To read other articles by Leanne, visit the Authors section of Emmitsburg.net.

Senior Year Four years in Maryland

Katie Powell
MSM Class of 2016

As my senior year is coming to a close, I am finding it hard to keep up with all of my work. Senioritis is setting in and it is making completing homework and other tasks pretty challenging. I feel like I want out—I don't want to go to classes and live in a residence hall. I don't want to eat dining hall food. I want a job where I earn money, not credits. And yet, amongst all these annoying little things about college life, I don't want to leave this place. The most important and life-changing four years I have ever experienced are about to come to a close and I want to document it for me, and for everyone.

I think the most important people I am talking to are the high school students who don't think they want to go to college. I know financial situations make it hard or impossible, and sometimes living on a college campus isn't ideal for everyone's needs. However, the experience of living away at college changed my world and I think if you are at all capable of working it out, it is something that you should do.

Do not believe everything that you see on Facebook. I know it seems glamorous to be Kylie Jenner and buy your own house at 18 and own your own business without getting a degree, irreversible under-eye bags, and huge piles of crippling debt. However, college graduates have something

that Kylie Jenner does not have, and I do not mean a diploma. It is something you can only get from braving college orientation in a town in which you are completely foreign. Something that you get when you hand in your first brutal mid-term exam. Something that you feel rise inside you after your first all-nighter, as you watch the sun rise outside of the library windows. It is something that is known as grit, a factor that has to do with self-confidence, fortitude, ambition, and persistence. Grit is an important attribute here at the Mount. If you do not arrive with it, your experience here will instill it within you.

Your degree says that you got a Bachelor's or Master's in some topic or another, but what it does not say is how you got there. When you enter college you are a child. When you are 17 or 18 years old, it feels like you are an adult, and even though you legally are, you have a lot to go through before I, or anyone, will consider you a grown up. The best way to do it is to go away to college. Why do I say that? Because college makes you fight. It makes you push yourself to the limit physically, mentally, and emotionally. It makes you look inside yourself and ask the tough questions: Am I good enough? Am I smart enough? Do I have what it takes? College rips you down; it exposes what you are made of. College makes you validate yourself to be successful.

There is a confidence that comes

with handing in your first ten-page paper. At the time it is disguised as a lack of sleep and the coffee jitters, but it will fade into a quiet confidence that you are where you are meant to be. You earn a sense of pride during your college years that is unique from any other experience.

"Act like you've been there" is the advice that my stepfather gave me when I went away to college. He did not tell me what that meant. It is a hard thing to do when you haven't been 'there,' and it is especially hard when you don't know where 'there' is. College teaches you what that means: it is the ability to be confident where you are. You learn what it means to look a daunting week in the face and think, "I got this," and to apply that to new situations like job interviews and social settings.

I have talked a great deal about the academic vigor that college cultivates, but there are entire sectors of college life that have no influence on one's GPA. Anyone who has lived away from home for college remembers the first time they did laundry at school. Maybe, like me, you ruined a favorite shirt because you didn't separate your lights and darks, or you put delicates on heavy wash. You probably remember all the junk you ate and soda you drank because your mom was not around to make you eat vegetables. As you go through college you learn how you function best. You figure out how much sleep is best for you, what foods you can eat, how much you need to exercise, and how to do your own laundry and take care of yourself. Without a parent telling you what you need to do, you find out what works best for you. It is invig-

orating to set your own schedule and know you can take care of yourself.

At the risk of being cliché, having a social life during college truly is an important aspect—take it from the girl who did the exact opposite her freshman year. I spent the entire year sitting in my room, watching Netflix and perfecting my Pinterest page. I had friends because my roommate had friends and because I was on the swim team, but I made little effort to reach out for my own people. I don't know what changed in me, but my third semester at the Mount, I became known. I started talking to people in my classes, going to activities with my school, and branching out and working with new groups, and I felt great. I enjoyed class and I did better in school. Forming those friendships makes you a happier person and helps you network. I have friends from across the country and around the world. Even though I never got the chance to study abroad, from my friends I have learned about different cultures and backgrounds. I have been able to recognize in what ways I am privileged, and in what ways I am not. I have learned what

it means that we are all fighting our own battles. I understand the way the world works much better than I did in high school. And I now know people from a "small town in Maryland you've never heard of" better than I could ever have imagined.

I tried to avoid the classic "stay in school" speech; I don't know if I succeeded. What I do know is that my college education was worth more than the credits I earned or the loans I accumulated. The stories I have from the friends I have made will last me a lifetime, and 40 years from now I know that I will still laugh at the time my friend burned popcorn and made the whole hall smell, or when my teammate melted a sweatshirt trying to heat it in the microwave. I will never again shrink my favorite dress in the dryer, but I will probably still burn my dinner to a crisp by forgetting it in the oven. My four years in Maryland have made me who I am. I am so different from who I was when I started here; and yet, I have never felt more myself.

To read other articles by Katie, visit the Authors section of Emmitsburg.net.

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FASHION

For the love of fashion

Valerie McPhail
MSM Class of 2015

Love is in the New York City air. What is typically consumed with a pungent odor of garbage, cigarette smoke and cutthroat competition has permeated the city with a spirit of spring fever. It's a feeling that is warming our souls with sunshine and bringing butterflies to our stomachs over the excitement for 70-degree weather. People seem to be in flowery spirits. It seems that timing could not have been more perfect — it's bridal fashion week. Now is the season to celebrate love on the

The sight of full-length gowns of lace and appliqué flowers transforms the month of April into a fashionable month for New York. New York Fashion Week: Bridal, a runway season ensues from April 14 through April 21, located on the piers along the West Side Highway of Manhattan. Highlights included collections from Oscar de la Renta, Carolina Herrera and Lela Rose. Designs of sweetheart, deep V-neck tank and sheered sleeves graced the catwalk. For their touch of elegance and eye for beauty, these designers are masters at crafting bridal gowns. All appearances on the runway depicted stylish sophistication of a typical bride at the ceremony of her wedding day.

Trendy was a term that beat out the traditional this season. As the influence from high fashion — an abundance of appliqué flowers fully bloomed on pleated Michael Kors dresses available in Bloomingdale's and on gorgeous Dolce and Gabbana gowns sold online at Net-a-porter trickle onto the arena of bridal fashion, we are seeing the traditional styles reinvented.

Top trends of the season include appliqué floral decorations and intricately bedazzled bodices and elaborate floral, poesy patterns. Many were the designs of full length trains and tulle puffs like princess gowns. Few sights involved a full veil or colors other than white as snow. Such sights were exotic endeavors of the

range in traditional bridal looks.

New styles included suits, a powerhouse look among the pretty dresses, as well as colors including pale pink, sorbet orange and nebulous gray. Legends of Romona Kevez showed a collection with traditional silhouettes, revealed in a pretty pink, just as Houghton offered pale colors of orange, gray and blue. Yet, lead designer, Katharine Polk has a different perspective to offer. She is ready to shake up the runway with mermaid cut dresses, peasant styled dresses with ruffles on skirts and sleeves, as well as wide-leg pants looks. Houghton designs are exciting and Polk's collection is ideal for the modern wedding.

Suits were rare and mostly limited to a single look found within a collection, allowing the outfit to speak with power and poise. Carolina Herrera's two-piece look was minimalist at its best. A matching white cigarette pleated pant with long-sleeved, pearl collared button down was elegant. As was Elie Saab's wide-leg pant paired with an elaborate long-sleeved appliqué covered top. The bridal suits of the season are best described by their poise and whispers of extreme delicacy.

What to wear to a wedding — the question never fails. Almost rooting itself as tough as a weed in confusion, picking an outfit for a wedding can be stressful. Even though such a predicament should never be the case. Weddings are times called for celebration. Therefore, have fun with it! May your dress shopping adventures be as fun as the bride's search to "saying yes to the dress." Although, when shopping, the occasional fashion rules apply. Follow these guidelines so you won't stick out like a sore thumb and be that one and only person that didn't get the memo:

Stay clear of the color white

Above all, remember the number one rule: do not wear white. Call it traditional or old-fashion but the rule still applies. Even in the day of modern day when wedding themes and destinations are planned in magical forests and beach getaways, stay away from

wearing white. This color is reserved for the bride. However, there is one exception to the rule, and that is only if it does not follow the dress code.

Follow the dress code

They call it the day of the bride. It is her day to be queen and so all the guests are called to follow her rules. Even though it be the case, there is never a need where such a situation should be restricting. Just as college themed parties were fun because they elicited creative judgment, creating an outfit for a wedding can be just the same. However, unlike those campus apartment ragers, be sure to dress with diplomacy and grace.

Tasteful before trendy

The biggest struggle of finding the right wedding attire remains in discerning the level of appropriateness. The best option carries a balance between the excitement of party dress and the ease of summer sundress. Evaluating your connection to the bride, or groom can inspire how you decide to dress. In any event, it is best to dress to the nines because when you look good, you are bound to feel good. Dressing in classic silhouettes surpass the attractiveness of cool, trendy styles that may later insinuate embarrassment down the road of review, in those moments when you look back at wedding pictures and remember.

Dress to impress

Gentlemen, if you're not going to a cocktail wedding party, don't wear a tuxedo. However, in any other circumstance please be conscious of dressing towards the formality of a tux. Your efforts will appear impressive and will never go unnoticed. I would encourage staying away from a typical button-down, khaki look. This uniform appears looking too much like Kentucky Derby attire. Plus, there are plenty of slick styles and cool prints in the world of suit and ties. They are worth exploring and enjoying.

The ways of renting a traditional suit or tuxedo have been re-evaluated. Retailers have also set up innovative ways to shop for formal events. For men, companies such as Black



Houghton's 2017 Bridal Collection brings modern styles to classic bridal looks. Ruffles, floral appliques and innovative silhouettes offered stylish selections for brides on their wedding day.

Tux and Rent the Runway for women are companies that allow customers to rent outfits— formal dresses, tuxes and suits for an allotted time. These websites make shopping easier. They organize their website by event and at most, provide inspiration for how you should look and be dressed as a wedding guest.

Additionally, they allow their customers to play with fashion. Aside from removing some of the stress that comes with shopping, the opportunity to experiment with different aesthetics, styles and modes of fashion would be my favorite attribute of these websites.

However, you cannot buy class. Never will the amount of money spent on clothing determine its style; Rather, it's possessed with a connection to the art of design. Therefore, the one problem I have with renting clothing is that I become attached. For just as poetry and paintings enable an artistic expression of the self, so does fashion. Although, these websites reuse clothing in the fashion of rent-

ing, I prefer to keep mine in a closet. This way, similar to a runway collection, the pieces of my wardrobe collectively provide an outward expression of my personal style.

It is bridal season, and it is an exciting time, indeed. Not only because my sister will be getting married in Miami later this summer, but also for reasons other than personal. It is times like these where I reflect and then realize that I am reaching a point in my life where all my loved ones — friends and family — are getting married, and so weddings are becoming more relevant in my life now more than ever. It is all part of being in my 20s, I guess... But aside from the case, I also believe that it is an exciting time for bridal fashion. After all, weddings are inevitable events of life and if fashion is an artistic response to life, then it cannot help but be affected by the times of modern ideas and expressions of sophistication.

To read other articles by Valerie, visit the Authors section of Emmitsburg.net.

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I am here now

Lydia Olsen
MSM Class of 2016

I wrote an article my freshman year after the completion of my very first semester of college here at the Mount. It began like this...

"Wow! My first semester of college is already over! I can't believe how fast time is going by. It seems like it was just the other day that I was at freshman orientation, about to begin my college career. I remember stepping onto the Mount campus with my mother by my side. Butterflies filled my stomach with the unknown lying ahead."

It's rather ironic to look back at the feelings I had when first arriving on campus four years ago. I was a mixture of nervous and excited. I knew that a lot lay ahead of me. Even from the start of my college career, the semesters seemed to fly past. Those butterflies that filled my stomach on that very first day I arrived with my mother to move into Pangborn Hall, will absolutely fill my stomach on graduation day. Similarly, I find myself once again aware of all that lies ahead of me. I guess that's how all great journeys begin.

In that same article I wrote freshman year, I discussed being present and this idea of "ad sum nunc," Latin for "I am here now." I challenged myself to live in the moment more often and to embrace the time that I had right then and there instead of being so focused on the past or the future. Isn't it strange how we often give others great advice but somehow forget to take it ourselves? I wrapped up this article by saying...

"I am excited for the opportunities, challenges and memories next semester will bring, but I am more focused on what is here and now. I have learned so much in my first semester of college. It is exhilarating to think that I have three and a half more years of learning, laughing and being present."

Though I find that my years here at the Mount have ended, that doesn't mean that my years of learning, laughing and being present have to end. In

fact, I expect that I will be doing these things for many more years to come, and hopefully for my whole life. It's important that I remember that graduation isn't an ending point, but rather is the starting point for so many new and exciting opportunities to enjoy and be joy through my presence and my compassion.

I am very excited for May 15 to roll around, but I am still not sure how it arrived so quickly. Time really does fly, which is another reason why living in the moment is so important. Luckily, my time at the Mount has been a beautiful adventure and it is filled with moments that I will always cherish. These past four years, I have been able to learn a lot, about academics, the world, and myself. It has been a time of great growth and personal development. I will forever be grateful to the beautiful individuals that I have had the honor to meet along my journey and I am so thankful for the role that they have each played within my life.

To My Graduating Class:

Look how far we have come! It has been a long journey that somehow moved so quickly. I am so glad to be sharing in our Mount experiences together. It has been a joy to watch you grow alongside me. I am happy to see all that we have accomplished and I am so excited to see all of the good that we go and do throughout the world. I hope we always remember our Mount community and the friendships that we have formed over these years.

To My Professors:

I don't know how to thank you enough. Thank you for continuing to shape my world by increasing and deepening my knowledge in specific subjects and in the overall subject of life. It has been an honor to learn from each of you and to spend time soaking in the passion that you share in your teaching and example. Thank you for allowing me opportunities to learn more about the things that interest me and for supporting me on my journey, both as a student and as an individual. Your love for learning and teaching has

propelled me to work hard and pursue all that draws my interest.

To My Friends and Family:

I am so blessed to have each of you in my life. It is your support that has made everything in my life this far possible. I am forever grateful for the love that you shower me with. Thank you for always being able to see my potential and for working to help me achieve the best that I can become. You all had made everything in my life possible.

To My CORE Family:

Nearly everything I am is because of you. This leadership development program through the Office of Social Justice has completely changed my life. Thank you for opening my eyes and for giving me vision through a lens of justice. I am better because you all have helped me to dispel my own ignorance while allowing me room to grow with a group always willing to support me. I am so sure that you all are going to change the world... you already are. I hope that you believe in yourselves the way I believe in you. I am so thankful for your part in my journey because it has completely shaped my future paths and my actions.

To My Readers and the Greater Community:

I am so lucky to have had you on my journey. Being able to write for the Emmitsburg News-Journal has been such a joy in my college career. It has been amazing to be able to share my growth with each of you. I am honored to have had your interest and be better because of you. I will miss being able to share my joys, struggles, and life experiences with you through my writing but I am grateful that the paper will continue to allow Mount students the opportunity to share their personal stories throughout their college career.

My black gown hangs patiently in my closet. A black, blue, white, and yellow hood wraps itself around the gown identifying a Bachelor's in Science. My mortarboard black cap lays flat on my desk, the tassel with the "2016" keychain hangs from the edge freely. I nervously wait for the day



when I wake up early and dress myself in my full graduation attire. I look forward to gathering with my fellow students and walking across the stage. I cannot wait to turn my tassel to the other side of my cap and celebrate with my loved ones. I am excited to start this new chapter in my life but I know that there are so many things about the Mount that I will miss. I will miss the workers in Patriot Hall that are always filled with so much joy like Mr. Fred at the bakery and Cathy at the register. I will miss walking across campus and everyone waving and smiling at each other on a beautiful day. I'll miss the bells that seem to constantly ring and the quite rumble of the highway. I'll miss all the families with children dressed up for Sunday mass and the proximity to the Grotto. I guess it all hasn't really sunk in yet and I'm not ex-

actly sure when it will.

I ended that article I wrote freshman year with advice that I hope to remember to take, on graduation day and everyday.

"Don't be absent. Be present. Be excited for what is ahead and learn from the past but live today."

It is important that we remember where we have come from and that we set goals for where we are going. Yet, we must always remember to be here now because it is in this very moment that you are living and when I walk across the stage on May 15, I hope that I will remember to think "ad sum nunc," that I am here now, and not only is that something beautiful but it is definitely something to be proud of.

To read past articles by Lydia, visit the Authors section of Emmitsburg.net.




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ARTS

Putnam County Spelling Bee

The Way Off Broadway Dinner Theatre continues its 2016 Season with the musical comedy *The 25th Annual Putnam County Spelling Bee*, opening Friday, May 6th.

Spelling Bee centers on an eclectic group of six mid-pubescent vying for the spelling championship of a lifetime. While candidly disclosing hilarious and touching stories from their home life, the tweens spell their way through a series of [potentially made-up] words hoping to never hear the soul-crushing, pout-inducing, life un-affirming “ding” of the bell that signals a spelling mistake. Six spellers enter; one speller leaves! A riotous ride complete with audience participation, *The 25th Annual Putnam County Spelling Bee* is

an award-winning laugh extravaganza.

The show originally premiered Off Broadway at the Second Stage Theatre in January 2005, where it ran until it closed in March. The initial staging received praise from critics and was a box office success. Following its two-month engagement, the show transferred to Broadway and began performances at the Circle in the Square Theatre that April.

Unlike almost all other musicals, *Spelling Bee* enlists four audience members to join the cast for each performance, becoming contestants at the spelling bee themselves. With countless unscripted moments, hilarious over-the-top characters, and a spelling championship title on the line, *Spelling*

Bee is a laugh riot.

Way Off Broadway's ensemble cast includes Sarah Burton as Marcy Park, Marcia Franklin as Rona Lisa Peretti, Alex Levenson as Logainee Schwartz and grubenierre, Matthew Lincoln-Bugg as Mitch Mahoney, Michael Reid as Vice Principal Douglas Panch, Jordan B. Stocksdale as Leaf Conebear, Thomas Stratton as William Barfee, Joseph Waeyaert as Chip Tolentino, and Tori Weaver as Olive Ostrovsky.

The 25th Annual Putnam County Spelling Bee was conceived by Rebecca Feldman, and has music and lyrics by William Finn and a book by Rachel Sheinkin. *Way Off Broadway's* production is directed by the theatre's Executive Producer, Bill Kiska, with music direction by



Jordan B. Stocksdale, and choreography by Dee Buchanan.

The show will run from May 6th through June 25th with performances every Friday and Saturday evening

and matinees on the 1st, 3rd, and 5th Sunday of each month.

For more information on *Way Off Broadway* visit www.wayoffbroadway.com.

Summer plans for the kids?

Gettysburg Community Theatre will offer their 8th annual summer day camp program for students ages 4-16 this summer. Half-day camps Mondays - Fridays 9am - Noon and full-day camps Mondays-Fridays 9am - 4pm.

All students should dress comfortable and wear sneakers and plan to perform in a showcase at end of camp.

Half-day camp schedule

June 13-17: Picture Perfect - Picture

books help us dramatize our favorite characters and stories bringing them to life in a fun creative atmosphere while learning basic theatre arts concepts and cooperation skills.

June 20-24: Broadway Kids - Children explore singing and movement in this fun introduction to musical theatre with favorite songs from *The Wizard Of Oz*, *Cinderella*, and *The Sound Of Music*.

June 27-July 1: Treasure Trunk Theatre - Open the treasure trunk to discover the spark that inspires that

day's interactive adventure. The adventures build into a week-long story that we create as we act it out.

July 11-15: One Fish, Two Fish, Red Hen, Go Fish - Based on a children's book by Dr. Seuss and other stories such as "The Little Red Hen", students will enjoy acting out the many amazing creatures they find in their books while we reinforce literacy and the importance of following directions.

July 18-22: Theatre Under The Sea - Dive under the sea and use our bodies, voices and imaginations to become creatures, habitats and animals, both real and mythical. What treasures will unfold as we explore new depths of our creativity?

July 25-29: Enchanted Tea Party - Learn how to properly speak, walk, dance, wave and act like a prince or princess. Create your own special crown, bracelet or necklace. Practice proper etiquette at a royal tea party. Bring your own favorite costume to camp, or try on one of ours for your final showcase.

Full-day camp schedule

June 13-17: Broadway Bound Improv Explosion - Great for the beginning singer/actor and also for the in-

termediate singer/actor who wants to learn how to improve in their performance in the audition setting and explore the art of improvisation. Come play!

June 20-24: "Sing Out Louise!" Gypsy - Students will learn ballads, uptempos, and production ensemble numbers from shows such as *Singin' In The Rain*, *Shrek*, *South Pacific*, *My Fair Lady*, and *Gypsy*. *Gypsy* will be performed at GCT in September with students and adults. Students that wish to be cast in the GCT production of *Gypsy* must enroll in at least one week of "Gypsy" camps and then they will be invited to return and join the full cast of *Gypsy* closer to tech/dress week in mid-September.

June 27-July 1: Fundamentals Of Playwriting & Acting - While keeping it fun and light, young actors may use improvisation, as well as scripted and original material to focus on creating a character through their own writing.

July 11-15: Triple Talent Musical Theatre Camp - Theatre games will be used to teach and reinforce lessons in theatre terminology, vocal projection, articulation, and foundational acting skills while

improving teamwork and communication skills. Students may also learn basic knowledge of reading sheet music, as well as learning choreography for musical theatre production numbers.

July 18-22: "Let Me Entertain You!" Gypsy - Students will learn ballads, uptempos, and production ensemble numbers from shows such as *Pippin*, *Annie*, *Guys And Dolls*, *Shrek*, and *Gypsy*. *Gypsy* will be performed at GCT in September with students and adults. Students that wish to be cast in the GCT production of *Gypsy* must enroll in at least one week of "Gypsy" camps and then they will be invited to return and join the full cast of *Gypsy* closer to tech/dress week in mid-September.

Easy registration for classes/camps online at www.GettysburgCommunityTheatre.org or by calling 717-334-2692. All day camps are held at GCT.

GCT Mission Statement: To inspire creativity and confidence, provide cultural enrichment, and instill a love of the theatre arts in young and the young at heart through quality education, training and performing experiences in musical theatre.



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The Penguin Project

Jack Williams
MSM Class of 2017

I'm back from my stay abroad! And believe me, there are a number of different feelings and new perspectives associated with coming back home. Personally, the experience of returning to the United States was an exciting one, and I am eager to revisit my loved ones and my best of friends on campus.

One of the many perspectives you gain from traveling in different countries is a keener awareness of your environment. I have taken for granted, now that I have revisited Emmitsburg and the Mount, just how beautiful and warmly welcoming our little town is. Gazing in wonder at the architecture of the Louvre, the spiky castles of Frederick II and the beautiful layout of the Vatican makes you appreciate the simple beauty of our own homes and town buildings. The feeling which arises from this awareness is a new appreciation of this place we are lucky enough to call our home. It reminds me of what Marcel Proust wrote in *In Search of Lost Time*, "The real voyage of discovery consists in not seeking new landscapes, but in having new eyes." It's wonderful to be back, I hope all of you have had a wonderful past few months.

The last few editions spoke about upcoming theatre productions in our area. The Mount put on a praised production of *The Secret in the Wings*, and the last edition previewed the Totem Pole Playhouse's upcoming season. And, in kind, the Gettysburg Community Theatre's Penguin Project has also been preparing for their upcoming performance, *Seussical The Musical Jr.* this month. Each of these groups is different in some ways, but the Penguin Playhouse is noteworthy in its mission, a beautiful one which is certainly worth your interest.

The Totem Pole Playhouse gets its name from the totem pole outside of its theatre, but where does the Penguin Project get its name? Why penguins? The answer is tied to its mission. The performers, who are rightly called artists by the theatre, suffer from developmental disabilities. These artists include anyone who experience cognitive, learning, motor, hearing or visual impairments, genetic disorders and neurological disorders. Dr. Andrew Morgan, the founder of the Penguin Project, is a pediatrician who works with children who suffer from these disabilities. He called it "the Penguin Project" because, in his words, "Penguins are special needs birds, they cannot fly, but they thrive equally as well as any other bird in their own environment. Our penguins may not fly, but they soar on stage."

These artists can start working alongside their friends, starting at age 10 up until the age of 21, and work along with peer mentors who volunteer to help them soar on stage. These peer mentors themselves do not suffer from developmental disabilities, and assist the stars with the entire rehearsal process and while on stage.

They also know all of the lines, all of the songs, and where to place their partners throughout the production. But they do not make themselves known! Their partners are the stars of the show, and they willfully choose to "remain in the background."

As a psychology major and an art lover, this mission speaks to me very strongly and very personally. The sad prospect for far too many people with developmental disabilities is a schedule of treatments, and their only socially guaranteed option being the use of social services. The most robust psychological approach to helping those with these disabilities is called person-centered theory, and it's exactly what you would expect! It is based in appreciation, an appreciation for who a person is from wherever they are, despite a presence or lack of a disability. As the Penguin Project advocates very strongly, everyone has gifts, everyone has the capability to soar in the proper environment. They argue, "So like our other young artists, they have adapted to the challenges of their environment, and have not allowed their unique differences to interfere with their lives."

The Penguin Project began 12 years ago in Peoria, Illinois. It was a great success, expanding and then finding a home in Pennsylvania at the Gettysburg Community Theatre. Chad-Alan Carr, the Founding Executive/Artistic Director of the Gettysburg Community Theater could not speak more highly of the project. He's adamant about just how much of a help the Penguin Project is, "We're changing lives!" he says, "My favorite part is to see the compassionate bond that develops between the artists with special needs starring in the show and their peer mentors without special needs helping them along during what we call 'the process.'"

The process which Chad-Alan is speaking of is the creation of a special environment where the artists feel comfortable enough to showcase their special talents. These perform-

ers often feel one step behind others who lack their disability, which can make them feel less willing to try and stand out from the rest. This "comfort zone," as it's called, is designed to help every performer explore their creativity and their communication skills, their socialization, and ultimately their self-confidence. The process then creates "the product," a special show where, Carr explains, "families have the opportunity to watch their children succeed in ways they never thought possible. It's all about developing relationships and creating a very special family that extends well beyond the stage."

There are a number of repeat sponsors who help the Penguin Project keep their mission alive. The Gettysburg Community Theatre would like to especially thank UniqueSource, The Eagles of Gettysburg and The American Legion of Biglerville for continually supporting the group both financially and in spirit. If any of you are also interested in helping keep the Penguin Project afloat financially, and it's within your means, it would be greatly appreciated!

This year, the group will be performing *Seussical Jr.*, a play that ought to be familiar to some of us. It is a charming play, an interesting mixture of numerous books written by Dr. Seuss in a musical format. It has many of the major characters, including *The Cat in the Hat*, *Horton*, *Cindy Lou Who*, *Mayzie La-Bird*, and *The Grinch*. I will leave the more detailed points of the plot for the Penguin's to showcase, but it is a great, whimsical play which is another excellent addition to the long list of great plays being showcased in our area! *Seussical Jr.* will be performed in the Gettysburg High School Auditorium, located at 1130 Old Harrisburg Rd, on May 13 at 7 p.m. and on May 14 at 2 p.m.

To read other articles by Jack, visit the Authors section of emmitsburg.net, or emmitsburgartscene.word-press.com.



The Penguin Playhouse has a noteworthy mission, which is beautiful and worth your interest.

And in case you missed the last edition and the plays being showcased this summer at the Totem Pole Playhouse, there will be five plays put on this summer. *Lovesick Blues* will be performed May 17 – May 22, *Six Dance Lessons in Six Weeks* will be performed May 27 – June 12, *Forever Plaid* will run between June 17 – July 3, *One Slight Hitch* through July 8 – July 24, and *A Funny Thing Happened on the Way to the Forum* from July 29 – August 14. The Totem Pole Playhouse is located at 9555 Golf Course Road in Fayetteville, PA. If you'd like to call in with any questions about showtimes or ticket options, feel free to contact the Playhouse at (717) 352-2614. I hope everyone is ready for summer! There will be still be a lot of art-related activities going on and I will be sure to keep all of you in the loop about the best places and events to go and see.

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SPORTS

Strong home stand by Catoctin

Michael Donahue

As the season slowly turns to spring, the baseball season kicks off. From the youth level to the pros, the excitement has built and has now spilled out on the diamond; the same holds true at the high school level. After breaking off the rust throughout the first few games of the season, Catoctin had started off with a prosaic beginning to the season. When the Cougars hosted the Brunswick Railroaders, they had a solid, yet somewhat unpleasing 500 record.

To begin the game, Catoctin sent Zach Scott to the mound. His warm-up seemed seamless and fluid. Finally, when Conner Kean stepped to the batter's box and the buzz of the first pitch was in the air, Catoctin seemed prepared to battle against the Railroaders. The first pitch came in high and wide. Kean let the pitch pass him by, as it was called a ball. As the at-bat progressed, Zach Scott seemed to find the zone with more ease. With the last pitch of Kean's at bat, Kean stepped on a high pitch and sent the ball straight up and to deep left field. The ball seemed to sit in the sky for the longest time, until finally dropping for the first out of the ball game.

However, after a Brunswick runner got to first, Catoctin got into a bit of an early hole. Zach Scott walked the proceeding batter and he threw a wild pitch to allow both runners to move to second and third. With two outs, Connor McCormick stared back at the pitcher. However, Catoctin won this early battle when McCormick grounded out for the last out of the first.

When the Cougars stepped up to the plate for the first time, they looked

to excel where Brunswick had failed. When Sam Watkins came to the mound for Brunswick, he did not have the instant success Catoctin's defense had given their pitcher. In a two out hole, Catoctin had men on first and second. Weatherly sent a shallow two RBI double to straight center field. Now up 2-0, the next batter did the same as well as the batter who proceeded the second, giving Catoctin a 4-0 lead. However, Catoctin could not bring home the final runner when Watkins generated the final out.

To start the second, Brunswick got a man on first who advanced to second on a steal. Nick Beyer hit a single to deep right field which dropped beyond the outfielder. However, the throw was in time to keep the runners on the corners. However, Ryan Dinges followed Beyer's hit with a deep shot to left bringing in the man on third. Now with men on second and third, it looked as if Brunswick was about to rally. However, Zach Scott found his touch once again and got out of the jam with minimal damage after back to back strikeouts.

Now in the bottom of the second, Catoctin could not muster the offensive energy they possessed in the first. After one strikeout and two pop flies, Catoctin was three up and three down. The third, fourth, and fifth followed in similar fashion for both teams. In fact, the fourth inning saw the minimal amount of hitters, six, come to bat.

In the top of the sixth, Catoctin changed their pitch to finish off the game. Zach Scott left with nine strikeouts, two walks and one run given up. After a bit of a slow start, he really took off after getting out of the hole in the second. It was an excellent game and

an amazing set of skill demonstrated by Scott.

In the bottom of the sixth, Catoctin added insurance to their three run lead. They quickly got two men on first and second. Finally, Wetzel grabbed an RBI single to grab a 5-1 lead heading into the final inning.

Brunswick started the last inning with a long single, offense they needed if they were going to try and rally late. However, their next batter, Cody Wise, failed to muster any offense as he was sent back to the dugout after a strikeout. Yet, Brunswick was able to get another man on after an infield ground down the third base line was mishandled. Then, with the last out in the game up to bat, Catoctin shortstop, Michael Tylicki, made a diving catch on a liner that looked like it had strong promise to end the game and kill the rally.

Only a few days later, Catoctin hosted the Urbana Hawks on an amazing spring day. To start off the game, Tyler McKenzie headed to the mound for the Cougars. When the first batter came to settle himself in the box, the first pitch was high and outside. With the crack of the bat, the ball was smashed straight to the second basemen. The next batter didn't face much of a chance as McKenzie left the batter swinging with a three pitch strikeout. Finally, the last batter grounded out at first, giving Catoctin an extremely easy five pitch inning.

However, the Hawks responded with a defensive inning of their own. Catoctin's only offensive play was a hard grounder down the third base line for a single. Throughout the first, it was apparent both offenses started stagnant.

To start the second, Catoctin began the inning with a walk. With an immediate advantage to start the inning, the hopes were high for Catoctin. However, after the runner was picked off at second and the next batter, Zach Scott, was struck out, it appeared it would be another inning of stale offense.

Nevertheless, Catoctin rallied with two outs as the next three batters load-



Catoctin pitcher, Zach Scott, set up to throw yet another strike.



Sam Williams blasts in two runs with a key double early in the game.

ed the bases on back to back errors by Urbana. Finally, on a wild pitch, Brandon Thomson stole home to give Catoctin the lead. Urbana was able to get out of the hole with a final strikeout. However, the damage was done.

Encouraged by the offensive push to end the inning, Tyler McKenzie had a heroic, defensive stand by striking out each of the batters he saw in the third.

Now in the bottom half of the inning, Gooden hit a deep fly ball to right field where the ball was lost in the sun and dropped. At a slow trot, Gooden saw the ball hit the turf and picked up the pace, rounding first and easily making it into second. Brandon Thomson knocked Gooden in with an RBI double to the gap between first

and right field. To continue the offensive push, Weatherly had a perfect bunt down the third base line to move Thomson to third. Now, with runners on the corners, Catoctin was in prime position to score. On the next pitch, Weatherly took off for second. When the catcher threw to second, Thomson took off for home, scoring easily. To make matters worse, the throw was not even in time.

The following few innings, only a pitcher could love. Neither team got a batter on base and the offense was stale. This all changed in the top of the seventh when Urbana attempted to rally.

To kick off the inning, Hunter Quartucci got on for Urbana after they beat the throw on a strong grounder to the short stop. The proceeding batter, Tiy Lipscomb, also got on after finding the gap between short and third. However, Ryan Washabaugh, who looked flustered in the batter's box, grounded to first and Catoctin looked to turn the double. After catching the player headed to second, the throw going back to first was wild and allowed the batter to advance to second. Quartucci scored from second.

After a batter was sent back to the dugout after three strikes, a batter was walked and Washabaugh attempted to steal third. Yet, not only was the throw not in time, the throw was high and allowed the batter to make a run for home.

Now, only up by one, the Cougars seemed to be imploding. Tyler McKenzie, who had dominated the game from start to finish, was looking a tad shaky as he walked another batter. However, now with runners on the corners, McKenzie forced McIlmail into a groundout to end the game.

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MOUNT SPORTS

A beautiful tradition

Brian Vogelgesang
MSM Class of 2016

The relationship between Mount St. Mary's University and Special Olympics Maryland is one of tradition. For 28 years, Mount St. Mary's University has hosted the Fall Sports Fest where Special Olympic athletes compete in a variety of sports which include flag football, long distance running, power lifting, cycling, and tennis. Many of the athletes who participate, also compete all year round and showcase their hard work and talent at events like the Fall Sports Fest.

When considering tradition as a key aspect in the relationship between the Mount and Special Olympics Maryland, it is important to look at the history of Special Olympics. This sports organization was founded by Eunice Kennedy Shriver (the sister of President John F. Kennedy) in 1962 as a summer camp called Camp Shriver. The purpose of this camp was to provide people with intellectual disabilities with opportunities to participate in various sports. The camp quickly grew into a national phenomenon in 1968, when it was renamed Special Olympics. In 1969 the first competition was held at the University of Maryland. This completion only consisted of track and field, but today, Special Olympics offers 24 sports in which athletes can compete. It was at the 1968 national games, the Catholic organization called JAY-CEE spectated and soon brought Special Olympics to the state level in Maryland. Since then, Special Olympics has grown from about 200 athletes in 1970 to 7,311 athletes today. Many of these athletes have competed at the Mount.

Special Olympics Maryland's relationship with Mount St. Mary's began in 1988 when Tom Baily, a soccer official and coach in Maryland, approached the Mount St. Mary's collegiate soccer coach about using the Mount as a venue for the game. The Mount soon hosted a multi-team soccer tourney and wanted to do more for Special Olympics Maryland.

According to vice president of communications and brand management at Special Olympics Maryland, Jason Schriml, "Mount St. Mary's University helped propel Special Olympics Maryland's Fall Sports Fest to what it is today."

This sports festival showcases the great talent and hard work that the special Olympic athletes dedicate throughout the year. Jason Schriml, noted that the Fall Sports Fest lets "the athletes display sports skills and athletic ability to the next generation who will go into the workforce." The importance of the students seeing the abilities that people with intellectual disabilities possess is great. People with intellectual disabilities, or any disability for that matter, are constantly struck with the prejudic-

es and discriminations of ableism. Through the students gaining a better understanding of the people with intellectual disabilities, the issues of ableism are addressed. This unique opportunity has paved the way for many great relationships to be formed. Jason Schriml specifically commented on the relationship that legendary Mount coach, Jim Phelan had with the Fall Sports Fest. According to Jason Schriml, Jim Phelan was always involved in the Fall Sports Fest event. The athletes and coach Phelan always had a positive relationship.

The involvement that the Mount has in Special Olympics Maryland demonstrates many aspects of the Mount community in a positive way. These aspect include the Mount's commitment to Social Justice, along with its belief in forming ethical students through various means. Sports are a great example of one of these means.

Social Justice is a fair and just relationship between the individual and society. The support and advocacy for those with disabilities is provided in the events at Special Olympics Maryland and the Mount helps out with this cause as they volunteer at Special Olympic Maryland events. In addition to the Fall Sports Fest, the Office of Social Justice at Mount St. Mary's University also provides a shuttle to the Special Olympic Maryland State Basketball Tournament. This event, among others, reveals the love for social justice that Mount students cultivate as they journey through their college years.

Another aspect of the Mount

tradition is diversity. The interaction of the students and the athletes provides each with a good sense of diversity. Diversity is an important aspect of college life and society as whole. Events like the Fall Sports Fest give people the opportunity to learn about and experience diversity first hand. The beauty of the situation lies in the bonds that are created between everyone at the event. The aspects of diversity and social justice also point to the importance that sports play at Mount St. Mary's University.

Collegiate sports are big at any university but they especially play a huge role at Mount St. Mary's. The Catholic identity of the school calls for unity. Sports bring this aspect and also shine a light on social justice and diversity being a big part of Catholic identity. The Fall Sports Fest among other Special Olympics Maryland events helps the Mount grow in its own identity as a Catholic University.

The beauty of the situation is that the relationship between Mount St. Mary's University and Special Olympics Maryland has allowed for a mutually beneficial tradition to form. College students, who are for the most part, typically abled people, come together with those with intellectual disabilities in sport. This bond forms a powerful message that all people, regardless of difference in ability, deserve the opportunity to grow in and be a part of the community. This is the awesome reality that has come to be through this great tradition at the Mount.



The 28-year relationship between Mount St. Mary's University and Special Olympics Maryland is one of the Mount's proudest traditions.



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COMPLEMENTARY CORNER

What do you “see?”

Renee Lehman

Have you ever gone for a walk with a friend on the Gettysburg battlefield and stopped to look at a monument? In discussion about this monument, have you ever noticed a difference in what you both are “seeing?” How many times have you heard interviews of witnesses to a crime where the witnesses describe the situation differently? How can this be true? People are seeing the same object or event. The fact is that “We don’t see things as they are; we see them as we are.” (Talmudic origin)

As C.S. Lewis once wrote: “What you see and what you hear depends a great deal on where you are standing. It also depends on what sort of person you are.” And, as Robertson Davies wrote: “The eye sees only what the mind is prepared to comprehend.”

The MIND that is being spoken of is not just the mind that you think with or process information with. This MIND is, from a Traditional Chinese Medicine (TCM) perspective, the rational Mind. The rational Mind is behind much of what we “see” because it has desires and intentions. It creates thoughts (through our beliefs) which then create our emotions.

Merriam-Webster’s dictionary defines Belief as a conviction of

the truth of some statement or the reality of some being or phenomenon especially when based on examination of evidence. Our beliefs are usually deeply rooted in our culture and upbringing. Our beliefs can also be narrowly focused, based on our life experiences. And a belief, just because it has been handed down to us from our elders, is not necessarily true even though we think it is. Or more noticeably, a belief is not necessarily the only truth. Changing our minds means changing at least some aspect of our beliefs. And, changing our beliefs means changing our minds!

Each one of us needs to realize that we see things as we are! So, when something happens that creates upset in you or the world, can you move from where you are “standing” and “see” things differently? My Qi-gong mentor, Nan Lu, OMD, uses a great analogy to demonstrate moving from where you are “standing” to “see” things differently.

Imagine that you are on the first floor of a seven story building. Outside on the sidewalk is an object. Because you are level with the object on the sidewalk, you describe it using specific characteristics. Now, you move to the third floor of the building. You have changed your perspective of the object, and see it differently. It’s the same object from a different perspective, different description.



You could even be on the west side of the building, on the fifth floor, and not even see the object on the sidewalk (the object is on the east side of the building)! What a difference your “position” makes in viewing the object! The goal is to get to the roof of the building, so that you could walk all around the building and see the object from many vantage points.

This, from a TCM perspective, is like viewing things from the highest level, the spiritual level (on a body-mind-spirit continuum). On a spiritual level, everything happens for a reason, and everything happens for good. Can you see the good? As Wayne Dyer stated, “Change the way you look at things and the things you look at change.”

The second part of the C.S. Lewis quote written above deals with the idea that how you perceive the world is related to what kind of person you are, not only from where you are “standing.” Do you realize that there is “good” and “evil” within each one of us? Do you realize that what agitates us about someone else is actually a “shadow” within ourselves? That’s why it bothers us.

This wonderful Native American wisdom story demonstrates

that there is the possibility to develop “good” and “evil” characteristics within each of us.

An old Cherokee is teaching his grandson about life. “A fight is going on inside me,” he said to the boy. “It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.” He continued, “The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather,

“Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

Which Wolf Are You Feeding? We Always Have A Choice...

We always have a choice! We don’t like to think that a negative characteristic could actually be within us – that would be unacceptable! However, as C.G. Jung stated, “Everything that irritates us about others can lead us to an understanding of ourselves.”

When you take the time to understand how you think, how you feel, what your beliefs are, and if they need to be changed, you will change yourself. You will change how you think, how you feel, and change the actions you take in the world. You will then change your world, and the world around you will change. As Mahatma Gandhi said, “You must be the change you want to see in the world.” He also stated, “As human beings, our greatness lies not so much in being able to remake the world – that is the myth of the atomic age – as in being able to remake ourselves.”

The problem with changing the world around you without changing your inner world, is that you will still have your negative and self-sabotaging tendencies still intact. So, even in this new situation, you will not find what you hoped for! As Nan Lu, OMD has stated “Don’t buy new shoes to walk the same old path. Walk a new path. A path arising from inner growth.”

Renee Lehman is a licensed acupuncturist and physical therapist with over 25 years of health care experience. Her office is located at 249B York Street in Gettysburg. She can be reached at 717-752-5728.

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They taste great but they are not great for us. Carbohydrates and sugar are two of the foods we sometimes crave. The cravings are so hard to resist and so easy to fall victim to. The more carbs we eat the more our body wants and it becomes a vicious circle. Breaking the carbohydrate craving is one of the hardest temptations our body faces and while it can be done, it takes time, willpower and sometimes getting through a feeling of withdrawal.

I'm sure most people have heard about how you may feel if you give up caffeine. Believe it or not some people have similar reactions if they give up carbohydrates. Our body gets so use

to the sugar high and the feeling of a short lived energy boost then comes the crash and fatigue. When we feel the let down a few hours after eating a high carbohydrate food we feel the need to replenish it with another and the addiction continues.

Carbohydrates give our body a quick burst of energy but cannot sustain the energy we need to get through our day. Many people either don't eat breakfast or grab a doughnut, bagel or some other kind of carb as they are running out the door. By midmorning they are hitting the vending machine for a sweet bun or granola bar with a soda. Next comes lunch and many times that is something quick at their desk accompanied by another soda or coffee. Before you know it they are back at the vending machine

for a bag of chips and maybe an energy drink to get them through that afternoon slump. The next meal of the day is dinner and for many people that consists of a meal from the drive through because the kids have practice after school and there is simply not enough time to cook, eat and get them where they need to go.

I understand that today's busy lifestyle can make it very hard to eat healthy in order to fight obesity and other health issues. Sometimes it is not until after we or a member of our family is faced with a condition that affects our health that we get serious about figuring out a way to eat well, get the exercise we need and still accomplish all the daily demands. I'm not saying go cold turkey on giving up the carbs and sugar. That can sometimes be detrimental in achieving our goals. Start out by making one small change a week and after a few weeks you will see it is easier than you thought it would be. You will begin to feel better from not having the energy crashes and



you may even begin to lose a little weight.

That is one of the great side effects of cutting carbs and sugar out of your diet. Processed foods are filled with carbs and sugar and are America's biggest enemy when it comes to weight gain. Do a little research and you will be surprised how making a few changes at a time will benefit your weight, mood, energy level and overall health.

A little food planning and preparation time once or twice a week will also help when trying

to eat healthier. Having healthy snacks already cut up and in baggies, ready to grab as you go out the door makes it easier to make good choices. Start slowly and stick to it and you will be eating and feeling better before you know it. Talk to friends and family members about their little tricks to making these changes or give me a call at 717-334-6009 for more information and tips on where to look for support and ideas. Keep moving forward, both physically and in your task of achieving a healthier you.

Ask the trainer

Jason Blough
Club Manager/
Certified Personal Trainer
Anytime Fitness

Question: I've read about "ladder" style workouts and would like to incorporate these into my weekly strength training routine. Can you provide an explanation and some examples to help me get started?

Answer: A ladder workout is a method of training where you perform one or more exercises with an ascending and descending repetition pattern. Beginner ladder workouts typically include only one exercise, while advanced ladder workouts include two or three exercise linked together (one after another with little rest in between). A sample beginner ladder workout would be performing one push up, then taking a 15 second rest and repeating this sequence adding one rep all the way to five and then descending back down for a total of 25 pushups. A more advanced example of a ladder workout could include 3 exercises such as pull-ups, squats and abdominal crunches. You would perform one pull-up, two squats, and three crunches followed by a 30-second rest. Moving up the ladder, you would then perform two pull-ups, four squats, and six crunches before resting another 30 seconds. Repeat the sequence 4-6 times increasing reps with each ladder and then work your way back down the ladder by decreasing the number of reps for each exercise. Ladder workouts can build strength and endurance, as well as provide variety in your workouts.


Question: How do I figure out

my resting heart rate and what is a typical range for adults?

Answer: A typical resting heart rate for an adult ranges from 60 to 100 beats per minute. Your resting heart rate is an indicator of the fitness of your cardiac muscles. At rest, your heart rate signifies the heart pumping the lowest amount of blood you need to sustain minimal activity. To find your true resting heart rate, you would need to have someone watch you sleep and observe your lowest heart rate during deep rest. As you can imagine, this is very difficult to do! Instead, to track and utilize this valuable information, most practitioners suggest finding your pulse and counting the number of heartbeats in a minute as soon as you wake up and while

still lying in bed. The best places to find your pulse are the wrists, inside of your elbow, and side of your neck. Press your index and middle finger lightly into one of these areas and count the beat of your heart. You will obtain a better measurement if you wake naturally (e.g. no alarm). If you track your heart rate over time, you will begin to find your average resting heart rate. This number should go down as you become more fit.

About the author: Jason Blough is the Club Manager/Certified Personal Trainer at Anytime Fitness in Thurmont. To submit a question for future articles, please contact the author at thurmontmd@anytimefitness.com. To submit a question for future articles, please contact the author at thurmontmd@anytimefitness.com.



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ASTRONOMY

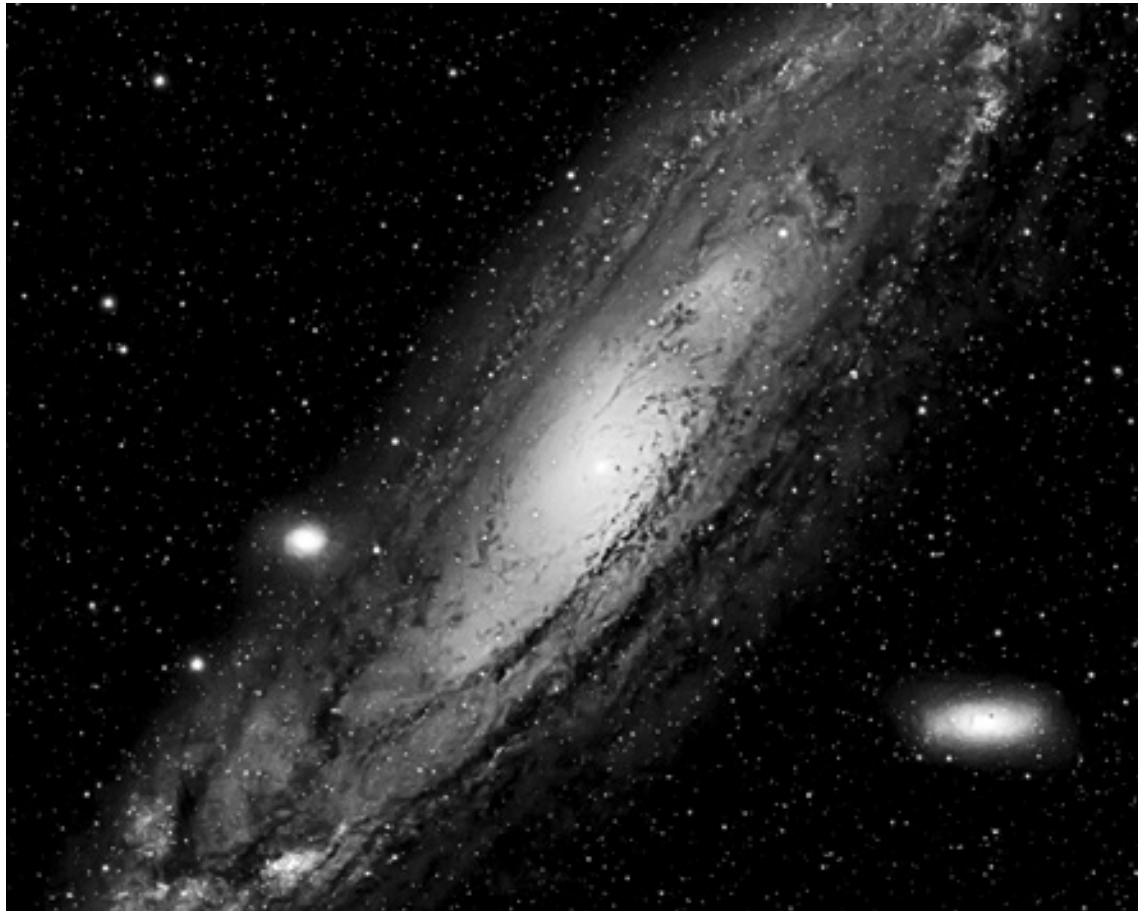
The night sky of May

Professor Wayne Wooten

For May 2016, the moon is new on May 6, and at first quarter on May 13th. The waxing gibbous moon passes 2 degrees south of Jupiter on May 19th. The Full Moon, the Rose or Strawberry Moon, occurs on May 21st, with the moon 6 degrees north of Mars, which is at opposition the following evening. The following evening, the waning gibbous moon passes three degrees north of Saturn in SE sky. The moon is last quarter on the morning of May 29th, rising about midnight.

Mercury passes directly between Earth and Sun on the morning of Monday, May 9th. This transit that will start locally about 6 AM sunrise, and end about 1:30 PM with Mercury leaving the sun's disk.

Venus is moving behind the sun, from the morning into the evening sky, and thus lost in its glare now. But Mars is being overtaken by the earth, and dominates the SE evening sky with its red color. It comes to opposition on May 22nd, and is closest to Earth, almost exactly half the earth-sun distance, at month's end. This is the best view of the red planet we have had this decade, so enjoy it the next few weeks, before we leave it behind and it fades and shrinks in the scopes. Jupiter is still well placed up in the eastern early evening sky, just south of the tail of Leo. This is a good month



No, this is not a Mac desktop photo - but an actual photo of our sister galaxy - Andromeda. It was taken by a regular backyard telescope. It's amazing what wonders await you in the sky at night! So turn off the boob-tube, disconnect the computer, and do something meaningful: explore the beauty of the heavens.

for Saturn as well, which comes to opposition on June 3rd, rising in the east just north of Antares in Scorpius at sunset. Good telescopes Saturn with its rings about as open as they can appear in the telescope. You can also see Titan, Saturn's biggest moon, in small telescopes easily.

The winter constellations will soon be swallowed up in the Sun's glare, but Orion is still visible, with its famed Orion Nebula, M-42, seen below the three stars marking his famed belt. Dominating the southwest is the Dog Star, Sirius, brightest star of the night sky. When Sirius vanishes into the Sun's glare in two months, this sets the period as "Dog Days".

The brightest star in the NW is Capella, distinctively yellow in col-

or. It is a giant star, almost exactly the same temperature as our Sun, but about 100X more luminous. Just south of it are the stellar twins, the Gemini, with Castor closer to Capella, and Pollux closer to the Little Dog Star, Procyon.

Overhead, the Big Dipper rides high. Good scouts know to take its leading pointers north to Polaris, the famed Pole Star. For us, it sits 30 degrees (our latitude) high in the north, while the rotating earth

beneath makes all the other celestial bodies spin around it from east to west. If you drop south from the bowl of the Big Dipper, Leo the Lion rides high. Note the Egyptian Sphinx is based on the shape of this Lion in the sky.

Taking the arc in the Dipper's handle, we "arc" SE to bright orange Arcturus, the brightest star of spring. Cooler than our yellow Sun, and much poorer in heavy elements, some believe its strange motion reveals it to be an invading star from another smaller galaxy, now colliding with the Milky Way in Sagittarius in the summer sky. Moving almost perpendicular to the plane of our Milky Way, Arcturus was the first star in the sky where its proper motion across the historic sky was noted, by Edmund Halley. Just east of Arcturus is Corona Borealis, the "northern crown", a shapely Coronet that Miss America would gladly don, and one of few constellations that look like their name. The bright star in the crown's center is Gemma, the Gem Star.

Spike south to Spica, the hot blue star in Virgo, then curve to Corvus the Crow, a four sided grouping. The arms of Virgo harbor the Virgo Supercluster of Galaxies, with thousands of "island universe" in the Spring sky.

To the northeast Hercules rises, with his body looking like a butterfly. It contains one of the sky's showpieces, M-13, the globular cluster faintly visible with the naked eye. Find it with binoculars midway on the top left wing of the cosmic butterfly, then take a look with a larger telescope and you will find it resolved into thousands of stars!

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Farmers' Almanac

Mid-Atlantic Weather Watch: Storms (1, 2) turning cloudy and mild (3, 4, 5); showers in the northern part of the region, storms in the south (6, 7, 8). Fair, very warm (9, 10, 11, 12, 13) with more storms, cooler (14, 15, 16); fair and warm (17, 18, 19, 20) with still more storms, heavy rains in the south (21, 22, 23, 24). Fair and very warm (25, 26, 27) with more showers, storms, and cooler (28, 29, 30, 31).

Full Moon: May's full moon occurs on Saturday, May 21st. It has often been called Flower Moon because of the many flowers that bloom during the month. The Huron tribe called it Budding Moon. Early American farmers often referred to it as Milk Moon because of the noticeable increase in milk produced by their cows as the weather starts to warm,

Special Notes: Rogation Sunday is May 1st, Ascension Day is Thursday, May 5th, Pentecost falls on Sunday, May 15th (and is also Whit Sunday), and Trinity Sunday

is celebrated on May 22nd. World No Tobacco Day is celebrated on Tuesday, May 31st and National Day of Prayer and Cinco de Mayo both fall on Thursday, May 5th.

Holidays: Mother's Day in 2016 falls on Sunday May 8th. Be sure to remember her on her special day with a telephone call, a sentimental card, a nice flower arrangement, or by just spending some quality time with her. After all, she was the one who gave you the gift life! Armed Forces Day is Saturday, May 21st, and Memorial Day falls on Monday, May 30th, which officially starts the 2015 summer season! Plan to do something special with family and friends but don't forget that the day has been set aside for honoring those who have served in our military and those who are currently serving. Their sacrifices protect our precious freedoms and ensure our way of life.

The Garden: Once your last frost data has passed, warm season crops can be planted. When the ground temperatures reach 70 de-

grees Fahrenheit, it is safe to begin planting Okra, Pumpkin, Sweet Potatoes, Eggplant, Peppers, Peanuts, Watermelon, Cow Peas, Black-eyed Peas, Crowder Peas, Butter Peas and Butter Beans. Trim up hedges and shrubs to shape and tighten them with new growth. Most flowering shrubs will respond to a light trimming at this time of year. Don't trim away too many of the emerging buds or you won't have as many flowers. Begin pinching annuals and perennials so the plants fill in and produce more blooms. Prune evergreens when the new growth starts to turn a darker shade of green. Hold off mowing the lawn until it reaches a height slightly higher than recommended. This will give the lawn a jump-start and make it stronger. Set the mowing deck to trim the grass back one-third, and then gradually lower it to the proper height for the specific type of grass

J. Gruber's Thought For Today's Living:

"Gardens are for all ages: the young, for hope of the future; the elderly for fond memories of the past; and for in between, the rewards of a good life now."

COMPUTER Q&A

Email—Eliminate the frustration!

Ayse Stenabaugh

Often we find many of our customers are utilizing the free email address that most internet provider's setup during service activation. Many of these email providers make money by displaying ads on the screen when checking your email. This may not seem like a big deal however some ads pop-up onto your screen, some have sound and others just cause the page to load so slowly that you don't get your emails as quickly as you should. Additionally, if you have to change internet providers down the road your email address, email, and contacts will be lost if not exported properly. Read on to learn how to combat these common issues!

Choosing an email provider

Sure it's nice that Comcast and CenturyLink etc. setup and provide support for (usually several) email accounts however the forceful marketing and lack of flexibility can cause more frustration that it's worth. Rather than use an email address that is tied to your internet provider we suggest using one of the many popular FREE webmail providers. We generally recommend going with a free Gmail account because there are many applications that utilize the google platform and if you are already using an android phone or tablet you probably already have a Gmail or google account setup! Additionally, if you do have an android phone you can sync and store your contacts on Gmail's server making it impossible to lose contacts due to a lost phone or switching devices! Other good email provider alternatives include Hotmail or Outlook's online email. There are other alternatives including Yahoo! and AOL however we find that users with these accounts tend to have more issues than our recommended email providers.

What about your old emails?

Old emails will still be accessible through your old email account until your either change providers or request that your account be deleted. If you have important emails you don't want to lose you can (or we can help you) setup your account in an email application such as Outlook or Thunderbird to download emails or you can forward the emails that are most important to your new email box.

If you decide to use Gmail for your new provider you can take advantage of Gmail's ability to check your existing email box! This requires a little bit of setup (you will need your existing email account password to complete it) but once you complete setup under the settings menu, any emails that come into your old email address will appear in your gmail account, making it easier to avoid missing any important emails during the transition.

How do I let everyone know I have a new email address?

If you have everyone that you need to notify in your address book or contacts the easiest way is to send one email to everyone stating that your email address has changed and ask them to update your contact information. If your new email provider is Gmail you can follow the setups above to have Gmail check for new emails on your old account so that you can respond to anyone who has not yet updated your contact information!

How do I transfer my address book or contacts?

Depending on how you check your email (online through webmail or through an application such as Outlook or Thunderbird) you will need locate the option to export your contacts. Once your contacts are exported you can download the file and after setting up your new email ac-

count you can import them into your new address book.

Setting up your email on other devices

If you are using Gmail or another popular email provider you may be able to download an app to easily view your email from your devices app store. If you prefer to use the built-in email client you will be asked if you want to setup POP or IMAP. If you choose a pop account, all emails are downloaded onto your device rather than remaining on your email providers sever. Most people prefer to use IMAP rather than POP because all mail is stored on the email server therefore if you send or receive email from one device and then use another device or computer you will be able to see all emails that were sent or received from any device and not just the on you are currently using. In order to use IMAP with Gmail



you do have to login to Gmail's webmail and activate IMAP under settings.

If you would like assistance with switching your email to a new provider or are seeking one-on-one computer classes to help you navigate your email better contact Jester's Computer Services on the web at www.jesterscomputers.com or via phone at (717) 642-6611. We are located on Route 116 in Fairfield at

5135 Fairfield Road.

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UPCOMING EVENTS

May 1
Annual Greyhounds in Gettysburg Hosted by Nittany Greyhounds. Greyhounds in Gettysburg designed to celebrate the retired racing greyhound! More than 60 vendors selling dog items (not necessarily all greyhound related), fun activities, a costume contest and games, and several educational sessions by dog professionals in the areas of health, nutrition, and behavior. Any dog lovers may attend and well-behaved dogs over 50 pounds are welcome inside the Expo Center. Adoption groups will have adoptable greyhounds available. Visit our web site for details, and to register for the other events offered. The event is held at Eisenhower Hotel & Conference Center 2638 Emmitsburg Road, Gettysburg. For more information call 814-933-6981 or visit www.greyhoundsgettyburg.org.

5th Annual Spring Pickin' Bluegrass Festival featuring Hackensaw Boys, Drew Emmitt, The Larry Keel Experience, Still Hand String Band, Serene Green, Andy Thorn and Mountain Ride. South Mountain Fairgrounds, 615 Narrows Road, Biglerville, PA 17307. For more information visit www.songkick.com/festivals.

May 7
Mother's Day Create-a-Gift Event at Hollabaugh's! Hollabaugh Bros.

invites children of all ages to come create a "luxurious gift" (we're not telling!) and handmade card for Mom at our Mother's Day event - pop in any time between 10 and 4 to join us for this fun event...and leave Mom at home if you want to keep it a secret! For more information visit www.hollabaughbros.com or call 717-677-8412.

Celebrate Mother's Day weekend in the historic village of Catocin Furnace and experience art, live music, food and more. Admission to the festival is free. New this year is a juried art show of vendors from across Maryland on the furnace grounds, blacksmithing demonstrations under the historic "Isabella" furnace-casting shed. Children's activities provided by Frederick County Public Libraries and Rose Hill Manor Children's Museum will be on site along with live Birds of Prey from the Maryland Park Service's Scales and Tales program. Featured events include the annual Sarah's Garden Social presented by Harriet Chapel which features garden plants, herbs and mother's day decorative plants, a beekeeping display and honey products, a gardener's yard sale, traditional music, craft vendors, hot sandwiches, soups, fresh fruit cups and delicious baked goods. For more information: Call 301-271-7574 or 443-463-6437 or visit www.catocinforestalliance.org or www.catocinfurnace.org.

catocinforestalliance.org or www.catocinfurnace.org.

Gettysburg National Park's Doors Open Gettysburg - The National Park Service will open eight buildings on the Gettysburg battlefield to the public for a rare look at recent preservation projects and buildings badly in need of repair. For more information call 717-338-4469, or go to www.nps.gov/gett/ National Park Service Centennial Event - Find-YourPark.com

May 7 & 8
61st Annual Apple Blossom Festival. Spring has finally sprung and what better way to celebrate spring than attending to the 61st Annual Apple Blossom Festival with a ton of fun new activities for all members of the family! Families and food-lovers alike can delight in wine, chocolate and cheese tastings, as well as compete in apple bobbing contests and apple pie eating contests. Children can enjoy the petting zoo, magic shows, pony rides, moon bounces and puppet shows by the entertaining Puppen Meister. There will be hundreds of handmade crafts and gifts as well as an antique cars and corvettes show. South Mountain Fairgrounds, 615 Narrows Road, Route 234, Biglerville, PA 17307. For more information visit www.appleblossomfestival.info.

May 8
St. Joseph's Catholic Church's

nights of Columbus's Mothers' Day all you can eat country style breakfast buffet at St. Joseph's Catholic Church social hall, 44 Frederick St., Taneytown. In this celebration of motherhood, all mothers will receive a Marigold flower in their honor. All children - youth and adult alike - will be given a flower to give too their mother in her honor. The flower cups carry the message, "Thank you for choosing Life for me". Cost: Adults \$8, Children 7-10, \$4, (6 & under Free). All proceeds support the Council's charitable and service programs.

Gettysburg Chamber Orchestra presents "Nothing but Mozart", including the astounding Requi-em, featuring the Schola Cantorum of Gettysburg, plus the Overture to the Marriage of Figaro and the Sinfonie Concertate. For more information visit www.musicgettyburg.org.

May 9
Mother Seton School Fine Arts Night. You're invited to come browse fine works of art and music created by our talented students, grades Pre-K through 8. For more information, contact us at 301-447-3161 or visit www.mothersetonschool.org.

May 12
Hollabaugh Bros May Cooking Class - All About Asparagus! Join us to learn several recipes utiliz-

ing our fresh-from-the-field asparagus. Here at Hollabaugh Bros. Fruit Farm & Market, we love good food and great company. That's why our cooking classes are the best way to spend an evening! Join us on Thursday, May 12th at 7:00pm to learn several recipes utilizing our fresh-from-the-field asparagus. April through June is peak season for this delicious spring vegetable, and that means the time to brush up on your asparagus cooking skills is right now! For more information visit www.hollabaughbros.com or call 717-677-8412 for more information.

May 14
National Association of Letter Carriers Food Drive. For 24 years this collaboration between the community, city and rural carriers, post office management, county food banks, the Religious Coalition, volunteers and sponsors have made this food drive a mainstay for our food banks. The timing restocks the shelves for the summer when families don't have access to school breakfast and lunch. You can participate by placing bags of non perishable food by your mailbox for your carrier to pick up. You may also leave clearly marked checks made out to your local food bank with outgoing mail, or take your food donation to the lobby of your post office where there will be a collection bin during the week of the food drive. All donations stay in your immediate community to help those who need it most.

Gettysburg National Parks's World War I Day. A living history encampment featuring World War I soldiers and vintage vehicles. Park rangers present programs on Eisenhower's World War I experience at Camp Colt, Saturday, 9-5 and included in site admission. For more information call 717-338-9114 or visit www.nps.gov/eise.

May 15
The Adams County Extension 100th Anniversary Celebration at the Adams County Agricultural and Natural Resources Center rain or shine. The afternoon will be filled with family oriented activities. Bring your lawn chair and visit with friends and neighbors. A formal program is scheduled from

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UPCOMING EVENTS

2:30 – 3 p.m. Cake and Penn State Creamery Ice cream will be served after the program. Agricultural and Natural Resource Center, 670 Old Harrisburg Road, Gettysburg. See story on front page for more information.

May 21
Grace United Learning Center Yard Sale Fundraiser - Proceeds will support a local family with medical bills. The event will be held at the Grace United Church of Christ Parking Lot located at 49 W. Baltimore Street in Taneytown. In event of rain, it will be moved to the GUCC Parish Hall. The cost for vendor space is \$10 for a table. For more information and to reserve your space call Katie at 410-756-2696.

Gettysburg Outdoor Antique Show. More than 120 antique dealers and collectors from the North and the South. Sprawling out from Gettysburg's historic Lincoln Square, the antique event is billed as a "buyers and sellers" paradise, with high quality antiques and collectibles. The event is held on Carlisle, Chambersburg, Baltimore and York Streets, along with Lincoln Square, all in Historic Downtown Gettysburg. The show is held rain or shine. Proceeds from this semi-annual event continue to support the community activities of the Gettysburg Area Retail Merchants Association. www.gettysburgretailmerchants.com.

Adams County Master Gardener Plant Sale – as part of the Gettysburg Green Gathering located at the Agricultural and Natural Resource Center, 670 Old Harrisburg Road, Gettysburg.

May 22
Hollabaugh Bros' May Kids' Cooking Class – Pretzel Making Palooza! Hollabaugh Bros Fruit Farm & Market invites their young friends, ages 9-13, to join us for the second class of our Spring Kids' Cooking Series. Good pretzel making is a little bit of cooking mixed with a little bit of chemistry. Join us for this fun class where you will roll out a batch of soft pretzels and learn some bonus recipes that utilize pretzels as a key ingredient. For more information visit www.hollabaughbros.com or call 717-677-8412.

Elias Lutheran Church's Choir and Special Music event to promote awareness about local children who suffer from Hunger and/or Homelessness. Featured will be the Elias Choir, Mother Seton School Children's Choir, and other special soloists. A free will offering will be taken to benefit area children or you may

bring a food item for the Emmitsburg Food Bank. For more information call 301-447-6239

Apples Church's presents the Emmitsburg Community Chorus spring season with Spirituals and Patriotic music. The chorus invites anyone who loves to sing to join us in the fall for our new season. The first fall rehearsal will be Tuesday, September 13th. This will be a year of celebration, as the chorus will be celebrating 50 years in the Emmitsburg community. If you are interested in participating, please contact Betsy Graham at 301-898-7821 for more information.

May 23 - 28
Mother Seton School Carnival. Rides, games, food, and entertainment available each night. An annual tradition in Emmitsburg. Come and join the fun! For more information, visit www.mothersetonschool.org.

**Annual Lions Club
Chicken Barbecue
& Yard Sale Fundraiser!**

**Saturday,
May 13th**

*Corner Of South Seton
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**Chicken BBQ - 11:00 am 'til sold out
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12-2 Judging
3 p.m. Awards*

**Don't forget...
Mother's Day is May 8th!**

Jubilee will have a large variety of
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Vases and Hanging Baskets!**

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National Shrine Grotto to Hold May Crowning of Our Lady

The month of May is dedicated to Mary, the Blessed Mother, and to honor her the National Shrine Grotto of Our Lady of Lourdes will hold a crowning event. A flower crown will be lifted more than 100 feet in the air to crown the gold-leafed bronze statue of Mary. The Crowning of Mary celebrates the end of the academic year at Mount St. Mary's University and Seminary, honors her with prayerful thanks, and petitions her powerful intercession.

May 1, 2016 | 1 p.m., following Noon Mass
Dubois-Seton Garden, National Shrine Grotto of Our Lady of Lourdes
For more information call 301-447-5318.

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Carol L. McIntosh – Public Safety
James J. Nevins – Public Safety
Professor Robert S. Nickey – Business/Accounting/Economics
Dr. Maureen R. Oakley – Political Science
Lisa M. Reed – Information Technology Support Center
Christopher J. Stultz – Physical Plant, Maintenance

20 YEARS OF SERVICE

Gloria J. Balsley – Theology
Laura Eiker – Aramark, Dining Services
Dr. Carol L. Hinds – English
Dr. Patricia J. Kreke – Science
Cynthia M. Marshall – Admissions
Dr. David B. Rehm – Philosophy

25 YEARS OF SERVICE

Barbara A. Glass – Physical Plant, Custodial
Eric K. Harbaugh – Physical Plant, Maintenance
Dr. Mindy S. Korol – Psychology
Mary L. Newton – School of Education & Human Services
David C. Reeder – Financial Aid
Dr. Raymond C. Speciale – Business/Accounting/Economics
Gary T. Shorb – Physical Plant, Maintenance
Dr. Elaini G. Tsoukatos – Foreign Languages & Literatures

30 YEARS OF SERVICE

Joy E. Allison – Phillips Library
Phyllis M. Cool – Aramark, Dining Services
Dr. Curtis D. Johnson – History
Kevin J. Fitzgerald – Physical Plant, Custodial
Dr. Barbara M. Palmer – School of Education & Human Services
Connie A. Springer – Physical Plant, Custodial
Deborah Stely – Barnes & Noble

35 YEARS OF SERVICE

Joseph E. Ott – Aramark, Dining Services
Lynne P. Robinson – Athletics
Mildred A. Valentine – Accounting & Finance

RETIREES

Dr. William J. Collinge – Theology
Dr. Gertrude D. Conway – Philosophy
Barbara J. Knott – Accounting & Finance
Susan C. Lindsay – Information Technology
Martin J. Malone – Sociology
Susanne Maruskin – English
Gloria J. Myers – Phillips Library
Judy A. Strike – Athletics
Patricia L. Trout – Print Shop

UNIVERSITY CALENDAR OF EVENTS

Mount Ensembles Concert

Monday, May 2, 4 p.m.
McGowan Hall Fountain
Celebrate spring with a short outdoor band concert!



Student Instrumental and Vocal Recital

Wednesday, May 4, 7:30 p.m.
Horning Theater, Delaplaine Fine Arts Center
Join us as our talented Mount singers and instrumentalists present a year-end concert of masterworks. Free admission.

Mount Chorale Spring Concert

Saturday, May 7, 7 p.m.
The National Shrine of St. Elizabeth Ann Seton Basilica
Please join us as our Mount St. Mary's Chorale performs sacred works old and new in the beautiful setting of the Seton Basilica. Free admission.

Baccalaureate

Saturday, May 14, 5 p.m.
ARCC Fieldhouse
A celebration for all graduates and their families. The PNC Fitness Center will be closed.

Commencement

Sunday, May 15, 10 a.m.
ARCC Fieldhouse
Commencement includes a full Mass and ceremony to celebrate the great accomplishments of the Mount's graduating students. Maryland Governor Larry Hogan, and Carolyn Everson, vice president of global marketing solutions at Facebook will address the graduates. There will be LiveStream coverage of the Commencement Exercises beginning at 9 a.m. Please visit msmary.edu/commencement for more information.

Open House for Graduate and Adult Programs

Wednesday, May 18, 5 p.m.
Mount Frederick Campus
5350 Spectrum Drive, Frederick
We hear you've got what it takes to be a Mountie! Join us to learn more about the 17 programs offered at our convenient Frederick Campus. Degree and certificate programs are designed for working adults with classes that meet only one night a week for 5, 8 or 15-week sessions. Register now – msmary.edu/openhouse



Elizabeth DiNunzio MEMORIAL 5K FUN RUN/WALK



SAVE THE DATE!

Saturday, June 4
Race Day Check In: 7:30-8:15 a.m.
The race begins at 8:30 a.m.
Start and Finish: Trailhead Plaza (near tennis courts), PNC Sports Complex
Registration Fee: \$25 Individual, \$10 Children 10 & Under
Visit msmary.edu/race for details.
Register by May 17 to receive a free T-shirt.