

Emmitsburg NEWS-JOURNAL

VOLUME 12, NO. 8 EXULTING THE IMPORTANCE OF IDEAS AND INFORMATION — EDWARD R. MURROW AUGUST 2020

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Emmitsburg Imposes Water Restrictions

Residents are being asked to voluntarily seek ways to use less water. **Page 2**

Hamiltonban To Continue Streaming Meetings

Township Board will also allow limited, in-person attendance of meetings. **Page 3**

Thurmont Enacts Social Media Rules

Managers of town related Internet sites can now suspend users if they post improper or obscene material. **Page 4**

Taneytown Town Hall 'Rammer' Pleads Guilty

One year after ramming his truck in City Hall, man pleads guilty and awaits sentencing. **Page 5**

Schools Plan Reopening

An in-depth look at the Fall semester opening procedures of local school systems. **Page 25**

COMMENTARY

Words From Winterbilt

Law and order – how to improve our criminal justice system. **Page 10**

American Mind

Can students receive a fair and unbiased history education in today's schools? **Page 11**

ARTICLES

Ecology

The appearance of fireflies is a sure sign that the 'Dog Days' of summer are upon us. **Page 14**

Real Science

Despite all we have done to reduce emissions, automobiles are still the top contributor to air pollution. **Page 16**

Gardening

Gardening in a drought – 'water to service, not survive'. **Page 18**

History

In the early 1900s, Pen Mar welcomed thousands of visitors each summer seeking the cool nights and fresh air of the Catoclin Mountains. **Page 26**

Four Years At The Mount

This month marks the 100th anniversary of the passing of the nineteenth amendment, known as the 'Susan B. Anthony Amendment'. **Page 34**

Local Sports

Catoclin and Fairfield High Schools to gear up for Fall sports. **Page 39**

Drought and heat begin to take their toll

Portions of northern Frederick and southern Adams Counties officially moved from pre-drought conditions to a declared drought during the week of July 20. The portions of Frederick and Adams Counties, which are not in a declared drought, remain in an 'abnormally dry' condition, which is one level short of a potential full-blown drought.

While the affected communities in southern Adams County may be looking at water restrictions, those involved in agricultural pursuits in northern Frederick County have already been struggling. Over the past six weeks, before the official drought declaration was issued, crop damage and worsening conditions have been reported. These conditions are the result of excessive heat, dropping water table levels and birds seeking moisture and food.

Eric Glass, who operates the 600-acre Oakridge Farm, has watched his corn crop depreciate daily since the heat wave began to intensify. Corn is one of the farm's primary products, along with soybeans. Glass said that he has

already sustained a 25 to 30-percent loss of his corn crop and continues to lose one-percent or more as the pattern of excessive heat and dropping water table continues.

"This has been a critical time for corn," he said, "because corn needs the water to develop a tassel, which is integral for the corn to be able to self-pollinate. The pollen is produced in the tassel. Water then carries the pollen from the tassel down to the ovules, leading to the development of the kernels on an ear. The number of 'silk' strands in the tassel determines the number of kernels that will be on the cob. Heat and lack of water can interfere with the development of the tassel and adversely impact the development of the ears.

"Water deficiency aside, excessive heat further complicates matters. Excessive heat during the day is one thing", Glass stated, "but the corn needs a break from the heat at night with lowered temperatures, but even the nights have not seen sufficient reduction in temperatures. Warm nights really hurt the corn."

Glass is anticipating a signifi-



The old saying 'corn should be knee-high by the fourth of July' would only ring true this year if the knee was that of a toddler.

cant loss of the corn crop, stating "if the present conditions persist for another week, the crop will be lost." Glass' soybeans have not been affected so far, but the herd of Red Angus cattle that he maintains will have started feeding on his stock of winter hay as the grass they feed on dries up.

Miike Wivell, of Maple Lane Farm, said he was lucky he was able to complete both a first and second cutting of hay. However, he stated, "without any rain, there will be no third cutting."

Another local farmer was not so lucky. While he had an average first cutting of hay, he only

got 30-percent of his normal second cutting and has no hope for a third. His corn crop reflects the circumstances noted by Glass.

"To make matters worse," the farmer said, "not only will corn and bean yields be down significantly, but the prices I'll get for them will be lower than usual as farmers elsewhere around the country are having bumper crops." He said, "while this year is not yet the worst he has seen, unless things turn around, and turn around fast, it will be. Fall and its cooler weather can't come soon enough."

Continued on page 3

Festivals & fairs continue to fall to pandemic

The COVID-19 pandemic continues to take its effect on the holding of local fairs and festivals.

The 56th National Apple Harvest Festival, held annually in Biglerville in October, has been canceled. Andrew Robinson, event publicity chairman, said, "As a festival built around all things apple, we strive to think about everyone involved when making decisions. Coming to this decision wasn't easy...As we explored options to hold the festival, it was clear that there was no path forward, and the safety of our guests, vendors, volunteers, and everyone involved was our primary concern when making this decision."

The event can attract as many as 25,000 individuals each day, amounting to more than 100,000 attendees during the four-day event. Money generated by the National Apple Harvest Festival is distributed among local, state and national charitable organizations, with the bulk of those funds going to local organizations.

"The decision is tough for all of us, and we want all of our guests to understand this decision was truly one made with heavy hearts, with the best intentions in mind for everyone involved. These are

challenging times, but with the support of our community we are confident in a strong comeback in 2021," Robinson stated.

The 158th Annual Great Frederick Fair is also canceled as result of COVID-19. The event, held annually at the Frederick Fairgrounds, was also canceled during the 1918 Spanish Flu Influenza.

The Great Frederick Fair attracts nearly a quarter of a million attendees each year and generates around one million dollars distributed among local businesses. The organizers stated, "The fair board has determined that to follow the CDC and state and local health department recommendations would result in eliminating some of our greatest fair traditions and make others unrecognizable."

The cancellation of the Great Frederick Fair, the South Mountain Fair and the Thurmont/Emmitsburg Community Show has sadly left local 4-H's no opportunity to show off their agriculture skills.

While Frederick's Oktoberfest will be held, it will not entail the large gathering of people as in the past. Instead, the event will only offer 'take-out' of food and beer to patrons.



The Apple Harvest Festival usually wraps up the fall festival season, but this year has fallen to the same fate as other festivals.

The cancellation of the National Apple Harvest Festival and the Great Frederick Fair follows on the heels of the cancellation of several other popular events. These heavily attended Frederick and Adams counties' events include the South Mountain Fair, Thurmont's Colorfest, Fairfield's Pippinfest and many other carnivals and fund-raisers generally held by the region's fire and ambulance emergency services.

Also canceled was the Gettysburg Bluegrass Festival, which was scheduled to occur in August and the Gettysburg Wine & Music Festival,

which was scheduled for September. Both organizations cited the current state COVID-19 restrictions, which will not permit gatherings of more than 250 individuals as the basis for the cancellations. Both organizations stated that neither event could be held in a manner that could meet the attendee limit.

If all this isn't bad enough, as we go to press, we've been notified that the Thurmont Business Showcase, which was postponed in April just as the pandemic reared its head, has been canceled for this year.

So much for 2020.

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EMMITSBURG NEWS

Three file for town election

As July comes to a close, three candidates have filed to run in the upcoming Town Election, two vying for the mayoral position, and one for commissioner.

For the position of mayor, Don Briggs has filed to run for re-election. Jim Hoover is seeking to regain that seat, which he lost in 2011.

Mayor Briggs was elected mayor in 2011 and has served continuously since. If elected, Briggs would like to continue replacing years of neglected infrastructure while at the same time, adding new technology infrastructure to the system.

Additionally, he would like to expand the town resources through aggressive attainment of government grants, and strengthen ties with existing businesses, and draw new businesses “with a statement-like, attractive, and usable setting to share with the community.”

Jim Hoover will be running to contest the re-election of Mayor Briggs. Hoover had previously served as mayor from 2002 until 2011, and before 2002 had served on the Board

of Commissioners. He also served a short time on the Board of Commissioners in 2012 as an appointed fill-in for the temporary absence of Commissioner Glenn Blanchard.

Should he be elected, Hoover said he would like to work on the outdated and degrading portions of the water and sewer infrastructure, and then establish a routine maintenance plan to monitor the underground network of pipes continually.

He would also like to see improvements implemented to enhance how the town interacts with residents and businesses in the community, creating a “more user-friendly” manner of conducting business.

Commissioner Joe Ritz will be running for re-election for his seat on the Town’s Board of Commissioners. Ritz was initially elected to the board in 2014 and has previously served on the Citizens Advisory, and the Parks and Recreation Committees. He presently serves as the commissioners’ liaison to the Planning Commission.

If re-elected, he said, he would like to continue to encourage busi-

ness growth through grants and/or incentives for start-ups, noting that Emmitsburg could capitalize on businesses geared to families and children, those unique to history, and those familiar with our multi-use trails and local skiing.

Due to limited public parking, Ritz said he would like to investigate space needed to plan and develop a municipal parking lot or parking garage and continue seeking approval from the State Highway Administration to reconfigure the square traffic light pattern to alternate four ways.

Any additional, potential candidates wishing to participate in the election must file applications and submit financial disclosures by August 28. Anyone interested in running as a write-in candidate must apply by September 22.

To vote in the election, voters must be registered to vote with Frederick County by August 28.

Absentee ballots must be returned to the Town Office no later than September 28. The Town election will be held September 29.

Emmitsburg NEWS-JOURNAL

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Voluntary water restrictions imposed

Emmitsburg public water customers are being asked to reduce their usage of water based on persistent declining levels of water supplies at the town reservoirs and wells.

Mayor Don Briggs and council voted at their July 13 meeting to enact voluntary water restrictions following several weeks of “abnormally dry” weather in Frederick County, and across the state in general. Since the voluntary restrictions were imposed by Emmitsburg, North Frederick County has officially been declared as in a state of drought.

There are two levels of water usage restrictions that may be

imposed on municipal water production customers. Phase One calls for voluntary reduction of water use while Phase Two mandates water reduction use and restrictions.

Phase One now being in effect, Emmitsburg water customers are simply being asked to seek ways to use less water than they normally would.

Phase Two (mandatory restrictions) would restrict the filling swimming pools or replenish the water in them, while out-of-doors consumption of water, such as washing cars, houses, sidewalks, watering lawns, gardens or shrubs, would be prohib-

ited. Restaurants would be also prohibited from serving water unless requested by a patron, and large-volume water users would be required to generate a “target rate” of water usage.

The town uses well and water levels that existed in 2011 as a baseline to determine where the levels should be at the present time. The state of the reservoirs and wells in 2011 is considered to represent the ‘optimal’ levels of the local water supplies.

As of this month, Mayor Briggs stated the Rainbow Lake town reservoir was down four inches. Well number 1 was five feet above opti-

mum, and Well No. 2 was two feet below optimum. Well No. 3 has been taken off-line due to a higher level of alkalinity, while Well No. 4 was ten feet below optimum. Finally, Well No. 5 was two feet below optimum.

The last time that the town declared a Phase One level water restrictions was in December 2016.

With the recent declaration of drought, Mayor Briggs said he would be following developments closely before requesting the board to formally enact Phase Two and mandatory water use restrictions. “We’ll be taking a hard look at it (regarding the water supplies going into August),” he said.

NFA campus shut down until October

Classes at the National Emergency Training Center have been suspended through at least October 2. The suspension is the result of concerns regarding the COVID-19 pandemic, including issues such as maintaining social distancing and non-essential travel. NFA said it would continue to evaluate the national situation and will provide regular updates.

Fallen firefighter honored

Ignoring the excessive heat, about 150 individuals gathered July 25 at the newly refurbished Flat Run Bridge to dedicate the span to fallen Vigilant Hose Company (VHC) fireman Terry Lee Myers, who perished in the line of duty on February 15, 1999.

Myers, a veteran of the fire company for more than 33 years, had

suffered a heart attack on the scene of a brush fire on the Campus of Mount Saint Mary’s University.

Former VHC President Tim Clark said that Myers was a very humble person, “and probably wouldn’t approve of why we are here today,” honoring his memory with such fanfare, while former Chief Davis stated, “He taught all

of us how to live life to its fullest. You never like to lose a firefighter. It’s something you never forget.”

Chief of Frederick County Fire/Rescue Services Coe said, “The fire company will never forget his service. We are forever in debt to you (Myers),” while State Delegate Dan Cox said Myers “gave his life doing what he did every day

Joy Schaefer, Frederick County Director of Governmental Affairs, representing County Executive Jan Gardner read a proclamation on behalf of the County Executive declaring July 25 as Terry Lee Myers Day. Wanda Myers, and son, Randy Myers received life-sized copies of the bridge signs as well as a number of certificates in honor of the fallen firefighter.

Pastor Heath Wilson, VHC

chaplain, said, “We continue to remember the heroes of Emmitsburg. We don’t forget them.”

Permanent highway signs were unveiled honoring Myers and will be a permanent fixture alongside of the Flat Run span. VHC Engine-Tanker 64 had previously also been dedicated to Myers’ memory, and bears a commemorative plaque in his name, and was also placed at the scene of the ceremony.

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FAIRFIELD/CARROLL VALLEY NEWS

Hamiltonban to continue streaming

The Hamiltonban Board of Supervisors voted at their July meeting to continue to stream board meetings and allow limited, in-person attendance of meetings, but turned down an offer to use another municipality's meeting room.

According to the board, Fairfield Borough has offered the use of that borough's municipal meeting room to enable the Hamiltonban supervisors to allow more public to attend their meetings.

Supervisor Coleen Reamer made a motion to pursue the invitation offered by Fairfield and reach an agreement on how much Fairfield should be reimbursed for utility use.

However, Reamer's motion died from lack of a second when the supervisors decided they could not readily accept the offer due to

the fact that the public has already been notified that the meetings would be held in the township office for the remainder of the year.

Given social distancing requirements currently in place due to the COVID-19 pandemic, in conjunction with the relatively small space at the town office where the meetings are held, no more than five members of the public can be permitted to attend physically. Thus far, most of the sessions attended under the present circumstances have been less than the limit of five. For meetings or public hearings where a larger attendance was anticipated, the board has agreed to employ the township garage.

The board has been streaming township meetings via startmeeting.com, and the supervisors

decided to continue this practice. The streaming service charges the township \$10 per month. The link to streamed meetings can be found on the municipal website at hamiltonban.com.

Prior to the July meeting, meetings that were streamed were not of the best quality, specifically the audio, which at times was unintelligible. To recertify this issue, the board purchased a directional microphone which appears to recertify the situation.

To further facilitate communications the board will also be purchasing a teleconference telephone to aid in multiple persons being able to talk to each other via phone at the same time. The cost is estimated at being a "few hundred dollars."

Planners review two eatery proposals

The Fairfield Borough Planning Commission reviewed two eatery proposals at their July meeting, with the zoning hearing board also granting a special exception approval to one of them.

A new take-out restaurant to open in Fairfield was granted a zoning hearing board special exception approval that would allow the owner-to-be to proceed with purchasing the property in which the new establishment would be located.

Although restaurants are allowed in the Village Core district in the borough, it actually requires a special exception approval to establish one.

The zoning board granted Candace Miller a special exception to

permit that would allow Miller to proceed with the purchase of the existing store which presently houses A&D Professional Tax Service. The tax service will remain in business at that location until Miller is ready to renovate the structure for her eatery.

The sale of the property to Miller was conditioned on squiring special exception approval.

Miller is also proposing the construction of a 'sno-ball shack' at the rear of the property, and a covered pavilion to offer outdoor seating for customers. Additional approvals would be required before the eatery could actually open.

Additionally, Graham Larkin, who owns 19 East Main Street, sought

initial information regarding a proposal to establish what he described as a 'tea house' that would be created at his Main Street property, where his family presently resides.

Larkin informed the commission that he and his wife are in the process of renovating their home, and were potentially interested in operating a tearoom there once renovations would be completed.

The resident said he envisions, at this time, that the Tea House would be open for afternoon service on select days of the week, with a mature clientele, and a capability of serving approximately 25 people. The menu would include typical tea fare, including finger sandwiches,

Drought and heat begin to take their toll

continued from page 1

Catoctin Mountain Orchard is also suffering from the stress of droughts. The business, owned by Robert Black, and his sister, Pat, is a 100-acre farm, with 70 percent of the site delegated to growing vegetables, cover crops and other produce. The orchard grows a number of fruits, including apples, peaches, cherries, pears, plums, raspberries, blueberries, blackberries and Concord grapes.

Black said that the greatest threat posed to orchard operations is more excessive heat than water deficiency. Water is supplied throughout the site via "miles and miles" of small tubes employing trickle, or drip, irrigation. "The extreme heat is the issue," and is "taxing the (fruit) trees." As a result, in the current heat wave, "they're (the trees) losing more water than they can

take in," Black stated.

Another issue that has stricken the crops and fruit trees is the "extreme bird pressure," Black said, as birds in never-before-seen numbers are flocking to the orchard seeking moisture and food.

Rainfall for the drought-affected regions is at a fraction of the average rainfall, and significantly less than last year. The amount of rainfall this year has dropped from 4 inches in May, to 2.7 inches in June, to just 1 inch in July. Last year, the area received 7.8 inches in May, 5 inches in June and 10 inches in July.

There has been a total of 21 days in July without any precipitation, and what precipitation did occur was sparse at best and almost immediately evaporated, which raised humidity - adding insult to injury.

See related stories on page 2 and page 18.

scones, jellies, and creams.

He acknowledging there is parking limitations in the borough and stated he that he has had some communication with the St. John Lutheran Church regarding potential use of their parking lot.

Larken was advised by the commission that, before their members would comment, they would like to receive some input on the proposal from the borough zoning officer.

Additionally, Rob Thaeler, principal planner with Adams

County Office of Planning & Development, noted that the proposed project constituted a 'mixed use' and a 'restaurant use' would have to go before the zoning hearing board to seek special exception approval.

A 'mixed use' approval, in this case, would be required because the building would be serving as a residence and an eatery, and permission for a 'restaurant use' would require a "special exception" approval because it would be located in the Village Core.

News-Briefs . . .

Carroll Valley imposes water restrictions

Carroll Valley Borough declared a voluntary restriction on water usage effective July 22 in response to the area having been placed in drought status. The Borough is requesting all citizens to consider voluntary water-use restrictions, including conserving water by avoiding lawn and garden watering, pool filling, washing cars and other outdoor use.

Fairfield Borough staff reported that the Fairfield Municipal Authority, which serves Fairfield and some properties located in Hamiltonban Township, has no concerns about the water supply at this time, and is not considering imposing any water use restrictions. Residents in Liberty Township rely on private wells and therefore are not affected by the water restrictions.

Outdoor burn ban enacted

Fairfield Fire Company has imposed a burn ban. Bill Jacobs, chief of the Fire Company and a state fire-warden, said the prohibition bans outdoor burning due to "exceptional drought conditions." He said campfires are still permissible, if attended to at all times, and must be fully extinguished after they have served their purpose.

Hamiltonban nixes speed bumps

The Hamiltonban Township supervisors rejected a request to install speed bumps along a section of township road to address speeding vehicles.

The request was made by the Beechwood Homeowners Association, on behalf of an unknown number of residents along Beechwood Drive, a short township road leading

into a cul-de-sac. There are approximately 10-12 homes on the road.

The request was denied primarily because of the problem plows have when trying to negotiate speed bumps in the attempt to remove snow from the roads, and because speed bumps can be costly to install

and maintain. Additionally, the board felt that, since Beechwood is not a throughway, the speeding would most likely be generated by residents and, or visitors of homes along the drive. The supervisors elected instead to notify state police of the speeding concerns.

Pippinfest yard sales okay

Although Fairfield's annual Pippinfest has been canceled, individuals can still hold yard-sales, a traditional aspect of the negated festival. Individuals or families interested in having a yard-sale during what would have been Pippinfest weekend can register to hold one by contacting the Borough Office. There is no fee.



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THURMONT NEWS

Town-owned internet service explored

An investigation into whether Thurmont should establish a municipally owned internet service continues to progress, as the town's Internet Commission prepares to survey the town's residents and local businesses for their internet needs and usage.

Resident Elliot Jones, who is heading up the Internet Commission, said the council would have to approve launching the survey effort. Jones suggested the town consider distributing the survey with the electric bills.

The purpose of establishing a Thurmont-owned service would be to provide businesses and residents with the option of accessing the High-speed Internet via a public option, in addition to the currently available commercial services. "The idea is not to replace (commercial services) but to provide affordable competition," Jones said.

Jones said he fielded the idea of a town owned Internet service while running for a seat of the town Board of Commissioners

last year. The Internet Commission was subsequently established in March to collect information, explore options, and report their findings to the council.

The commission consists of several local individuals, and anyone interested is welcome to become part of the exploratory body.

Thus far, Jones and other members have contacted several municipalities that offer non-commercially owned services, as well as the not-for-profit Maryland Broadband Cooperative for assis-

tance and ideas on how to establish a service.

There is no exact figure on exactly how much it may cost a community to establish a municipally owned Internet service, Jones said, the cost numbers can vary depending on need and location. For example, among communities that have public high-speed internet with populations approximating that of Thurmont, Fairlawn, Ohio spent around \$10 million on their local internet system; Mont Belvieu, Texas, and

Rio Blanco County, Colorado each spent \$13 million on their systems, but Marshall, Michigan spent only \$2.5 million.

Upon completion of the surveys, the commission will then be able to advise the Town regarding the next move and whether or not to precede any further, Jones stated.

"The surveys will give us more definition on what and whether to build this at this time," Jones said. He noted that the next phase for the council may be to engage an engineering consultant to flesh-out options and associated costs.

Social media rules approved

The Thurmont Town Council conditionally adopted rules, at their July meeting, governing staff, and public use of social media, when it comes to official town websites.

Town internet communication methods are achieved primarily via the municipal website and the town's Facebook page, as well as the town's Main Street and Police Department pages.

The social media regulatory policy was approved unanimously by the Council, pending a review by the town attorney, to deter-

mine if message board managers could suspend users if they abuse usage with improper or obscene postings.

Chief Administrative Officer James Humerick stated that the policy sets forth guidelines for the town's use of social media sites to convey the town's information to the public. The intended purpose behind the use of the town's social media sites is to disseminate news from the town to the public "in a civil manner."

Humerick said the policy would be in addition to any existing or

future town policies regarding the use of technology, computers, smartphones, emails, and the internet.

The administrative officer said the regulations were created with preserving free speech while establishing a means of limiting offensive speech. "Nothing in this policy shall be applied to prohibit or infringe upon any communication, speech, or expression that is protected or privileged under law," he said.

The guidelines are not only for town staff, who are posting information, but also for people who

are commenting or posting information on town websites, further establishing "what is allowed and what's not allowed, and certainly keeping in mind, everyone's Constitutional rights."

The town provides guidelines for employee social media use in the municipal employee manual, but nothing has previously existed governing comparable public conduct.

Mayor John Kinnaird said, "We don't want to have hateful comments or disrespectful comments, or vulgar comments... because we have so many young people that read Facebook ... I know a lot of people that follow the town's Face-

book page and want to make sure there's nothing offensive on there."

The Council also discussed whether or not those who are abusing the websites could be suspended or blocked from further access. Kinnaird said, "In today's age, you have to stay ahead of things like this."

The Council elected to defer developing rules for suspension or blocking to the town attorney, if the attorney determines that the board can have such an ability.

The adopted regulations are not necessarily 'written in stone,' but can be changed, altered, or expanded upon, as the town sees fit.

News-Briefs . . .

New police officer sworn-in

Ming Chung, 27-year veteran of the Washington, D.C., Metropolitan Police Department was sworn-in by Mayor Kinnaird at the July town meeting, after being introduced by Police Chief Gregory Eyler. Chung he has been serving with the department since July 3.

In addition to having served as an officer with D.C. Metropolitan Police, Chung is as a certified bomb technician. After leaving the D.C. Force, he served for two and a half years as a bailiff at the Frederick County Court House.

Officer Chung told the Town Council that he and his family reside in Germantown but are looking to

relocate to the Thurmont area.

Kinnaird said, "We're very happy to have you onboard with our police department," adding, "It is our sincere hope that you don't have to utilize your bomb experience ..."

Chung said, "I'd just like to say 'thanks' for the opportunity. I'm very excited to be here."

Public meeting sign-ins to change

The Thurmont Town Council decided at their July meeting to discontinue requiring individuals attending town meetings from having to reveal their addresses while signing-in.

The issue was brought to the Council's attention when the com-

missioners received a text message during public comment from an individual identified as Elliot Jones. He expressed his concerns about the meeting's sign-in sheet containing names and addresses of attendees having been posted on the internet as part of the meeting's minutes.

"I'm concerned that now we have so much internet visibility to the meetings, we now have an increased risk of doxing (unauthorized posting of someone's personal information on the internet) exposing speakers to danger and harassment," Jones wrote.

The council agreed with Jones' concerns, and agreed that beginning at the August 4 meeting, individuals signing-in will only have to indicate if they are, or are not, a town resident.

Eateries begin indoor re-openings

Thurmont Commissioner Wes Hamrick told the commissioners at their July meeting that a good number of town restaurants have reopened as far as offering inside-dining.

Hamrick said, "Please continue to support our local restaurants for carry-out. Some have reopened for inside dining at 50-percent capacity (as required under state COVID-19 restrictions), and some will be easing back into inside dining ... while some may remain as carry-outs." He said the restaurants reopening their inside dining would also continue with carry-out service.

Gateway to Cure event planned

The Gateway to the Cure Covered

Bridge 5K will be held September 13. Participants may run, or walk, and those with strollers are also welcome to participate. Those interested in participating can register at thurmontmainstreet.com, or by calling the town office. Registrants will receive a custom-logo T-shirt, and there will be food served before and after the run, and awards will be presented to the top five male and female finishers, regardless of age.

Proceeds from both events will be donated to the Patty Hurwitz Breast Cancer Fund at the Frederick Memorial Hospital, which addresses Frederick County cancer issues "by providing the most advanced technology for early detection and treatment of breast cancer to our community."

 <p>BUD LIGHT NATURAL SELTZER 24 OZ. SINGLES 12 PAK & 24 PAK 12 OZ. CANS STRAWBERRY & BLACK CHERRY</p>	 <p>SHEEP DOG, SCREWBALL & PB&W PEANUT BUTTER FLAVORED WHISKEY 750 ML</p>	 <p>JIM BEAM ALL FLAVORS 1.75 ML \$28.99</p>	<p>WE CARRY A WIDE SELECTION OF SUMMER CRAFT BEER!</p>
 <p>VOLCAN TEQUILA 750 ML</p>	 <p>SUNTORY WHISKY TOKI 750 ML</p>	 <p>WOODINVILLE WHISKEY 750 ML</p>	<p>WE HAVE A NICE SELECTION OF BOURBON WHISKEY!</p>
 <p>WOODBIDGE WINE by ROBERT MONDAVI ALL FLAVORS 1.5 ML</p>	 <p>Paul's Pit Stop DISCOUNT BEER, WINE & LIQUOR Website: m.paulspitstop.net 150 S. Seton Ave., Emmitsburg 301-447-6262 Monday - Saturday 9 a.m. - 9 p.m. Sunday 11 a.m. - 7 p.m.</p>		 <p>Canadian Club 750 ML</p>

TANEYTOWN NEWS

Town Hall ‘rammer’ pleads guilty

Rodney Davis, accused of ramming his truck into the front of the Taneytown City Hall in August 2019, causing what was then characterized as “significant” structural damage, has entered a guilty plea, according to the town’s attorney.

Attorney Jack Gullo told the Town Council that Davis “pled guilty to first-degree assault, which is a felony, and malicious destruction of property,” during the suspect’s status hearing.

Gullo reported that, based on the plea, the judge set some guidelines

for sentencing. The sentencing hearing will be held September 3, adding that the courts “are not doing any sentencing at this point that would lead to incarceration until after the in-person hearing in September.”

The attorney further said, “You can read between the lines that Mr. Davis is likely to be incarcerated for some period of time for the act of violence committed against the city.”

The town is considering options for recouping the money spent on repairs and renovation. At this time, the News-Journal was not given an

estimate of the total amount of damages sustained by the Town Hall in the attack.

Regarding the status of the renovation and possible opening date of the Town Hall, Acting City Manager James Wieprecht told the council that the completion of the renovation is running slightly behind, but that the work should be completed by the second week of August.

“Construction is moving ahead,” Wieprecht said, adding, “We did have a progress meeting this week.

The end date has been pushed back about seven days from the initial date, so right now, we’re looking at substantial completion on August 11.”

The acting town manager said that a lot of the additional work that had to be completed had been related to fire safety. “Apparently, what has been acceptable 20 years ago when the building was renovated is no longer acceptable,” he stated.

He said that many holes needed to be patched in the old plaster above the drop ceiling that now has to be sealed for fire safety, noting that there was a lot of holes just basically

knocked in the walls to run plumbing, and wiring, and all sorts of things over the years that were never properly filled.

“All in all,” Wieprecht stated, “to be only a week farther back than originally expected, I think, considering what we discovered, once the ceilings came down and we started seeing what was behind the scene, so to speak, I think we’re doing very well with it (progressing with the renovations).”

He said the hall could be back in full occupation and usage sometime after the work is completed on August 11.

Town government takes initial opening steps

As Taneytown municipal offices open or begin to open, visitors accessing the in-person services offered will still be required to adhere to various restrictions necessitated by the COVID-19 pandemic. At the same time, the town will also continue to stream its meetings.

At the July working session, acting City Manager James Wieprecht told the Town Council that the town’s Police Department lobby had been opened for public access. However, he said, individuals entering the facility are still required to wear face cov-

erings as a result.

Regarding the reoccupation of Town Hall when the renovations are completed, Wieprecht said, “We’re having some conversations at the staff level now (and) planning for when we do move back into the building here.”

He said there would be “some virus-related protocols that we’re going to enact, to make sure that we keep everybody safe when we have more people back into the building.”

When asked if the hall and council chambers would be available for

in-person public meetings again, the acting city manager stated that he didn’t think town staff can establish social distancing (of six feet apart) other very easily in the council chambers. “I would not count on that (public accessible meetings in the council chambers),” he said.

Wieprecht noted that, to allow for social distancing, “We may be able to develop a plan to move some things around up there and free up a little more space.” Still, he could not assure that even that might provide sufficient distancing between meet-

ing attendees “unless you opted to go with a mask protocol.”

Councilman Joe Vigliotti asked his fellow council members if the board would consider continuing to live stream town meetings beyond that which has necessitated by the COVID epidemic.

“I know there’s been some thought about whether or not we could live-stream these meetings once we do begin meeting in person again,” Vigliotti said, before adding that since the town initiated live streaming of the meetings, more people

have been saying they’ve been paying more attention to town business as a result of watching the streamed meetings.

Mayor Wantz said that it made sense to continue to stream the town meetings, even after the COVID-19 pandemic subsides. Wantz said he believed the town’s information technology staff had purchased a camera that would make it easier for streaming meetings in the future. “I think we’re going to have to continue with doing that in the future since we’ve obviously shown we were able to,” he said, adding, “It’s probably best we continue with that.”

Annexation of tree farm explored

Efforts by the Sewell Family, owners of a local 125-acre Christmas Tree farm north of the town, to develop the property into an “age-targeted” housing project, continue to progress through various regulatory reviews as the proposal winds its way towards fruition.

As to the meaning of “age-targeted,” Acting City Manager James Wieprecht said, “We haven’t explored the potential capacity impacts by comparing the restricted-versus-targeted demands.”

The purpose of the annexation is to allow the proposed development access to Taneytown’s water and sewer services. Wieprecht told the council, at their July

work session, that town staff met with the Sewell family to discuss the city’s ability to provide water and sewer capacity.

The Sewells are also seeking to increase the residential units than would otherwise be allowed, which would require a zoning waiver from the County due to a denser number of residential units than represented on the current Carroll County approved town comprehensive plan.

Per the current comprehensive plan, the property could be annexed into the city as a residential R-20 zone, which calls for 20,000 square-foot lot sizes. The Sewells however are asking for

10,000 square-foot lot sizes, which is R-10 zoning. Re-zoning the property from an R-20 to an R-10 would necessitate a zoning change or a waiver.

If the property owners cannot acquire a waiver to allow for a zoning change prior to annexation, they would be locked into the 20,000 square-foot lot size restrictions. This requirement is because the zone, an annexed property falls under cannot be re-zoned for five years after the annexation has taken place if the change is considered “substantially different (such as a dramatic increase in the number of proposed housing units).”

News-Briefs . . .

Essential worker bonuses approved

The Council unanimously approved at their July meeting a \$1,200 bonus for essential employees who were compelled to report to work when the town offices were shut down as a result of the COVID-19 pandemic.

Acting Taneytown City Manager James Wieprecht had suggested the bonuses to recognize essential employees who were required to work their full weeks, and, as a result, could not take advantage of any additional paid-leave, beyond what was typically earned.

Councilman Darryl Hale recommended that Wieprecht be added to the list of employees to receive the bonus, to which the council unanimously agreed.

Robert’s Mill Run bridge nears completion

Wieprecht briefed the council at their

July meeting that the bridge to unite the two now-separated halves of the

Robert’s Mill Run housing development should be completed by early August. He said curbing, gutters, paving are almost completed, and the approach to the bridge finished.

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FROM THE DESK OF...

County Councilman Phil Dacey

The Council dealt with some big ticket items this past month including climate change, zoning, forest conservation, and the Sheriff's Office participation in the federal program to detain people who have been arrested on request of the United States Department of Homeland Security (USDHS) otherwise known as the 287(g) program.

The County Council debated the issue of climate change and the role that the County Government should play in combating global climate change. Several of my colleagues enacted a version of a resolution establishing a "Climate Emergency Mobilization Workgroup" to review the 'crisis' of abrupt climate change. This resolution asserts that

Frederick County should reduce greenhouse gas emissions by 50% in less than 10 years and not emit any greenhouse gases at all by 2050. While it may be an admirable goal to be conscientious and make individual behavioral changes to reduce one's carbon footprint, this county resolution urges dramatic government action that will have significant impacts to quality of life. As a Frederick County Council Member, I view my responsibility to the county as reducing the government's role in people's everyday lives and sticking to the basics of providing safe communities, good schools, and effective transportation, not utilizing the power of the County government to force peo-

ple to make dramatic life changes to try to save the world.

The County Council enacted a number of changes such as the Forest Resource Ordinance that will require a 1 to 1 ratio of forest to be replanted if it is removed for development and make several other minor changes to help ensure Frederick County retains its natural resources. The County Council also enacted a Domestic Violence Coordinating Council which will bring some structure to more comprehensively addressing the problem that domestic violence poses in Frederick County. Additionally, the Council considered making it easier to apply for and obtain a permit for Accessory Dwelling Units

(in-law suites, tiny houses) on an individual's private property.

The big show was the audit of Sheriff Chuck Jenkins' 287(g) program. Sheriff Jenkins has done an admirable job over the years of looking out for Frederick County residents. However, a vocal minority is strongly opposed on principle to the Sheriff's participation in the federal 287(g) program. This group has been trying to use the other levers of government to force the Sheriff to stop participation in this program. The most recent attempt involved having the county spend nearly \$20,000 to hire an independent audit agency to provide a detailed audit of any county funds spent on the program.

The audit found nothing surprising. There were some incremental costs for

mileage and travel for training, salaried staff time, some meals for those waiting to be picked up by USDHS, and not much else. These were things that were already known prior to the audit. The audit itself cost 5 times more than the amount of incremental costs to run the program. Further, the County Council has received legal advice that the Council cannot exercise any control to stop, change, or alter the Sheriff's policies since it is a separately elected constitutional office.

So county taxpayers spent money on an audit that told us what we already knew, that cost more than the program itself which the Council has no power to change anyway. If you re-read the above sentence, you will understand why I opposed the audit in the first place.

Town Commissioner Joe Ritz

Hello Emmitsburg! The 2020 Htown election is upon us and I am seeking my third term as town commissioner. Without question, the two big headlines during my second term have been COVID-19 and Brown Water. I am happy to know that the vast majority of Emmitsburg has been safe and healthy. Given the circumstances, it's still good to run into you around town, even if we're both behind a mask. Although it got off to a rocky start, the initiatives developed by town staff and approved by the board of commissioners, along with improved communication, appear to have solved the brown water situation. Some areas of town were hit harder than others and it seemed clear water would never flow again. I sincerely thank all involved for your patience and understanding while

the issues were addressed.

I have thoroughly enjoyed serving you these past six years, listening to, and acting on, your questions and concerns. While participating in town meetings, I always consider what is best for the community, and sometimes that means voting "No" on what I feel are excessive regulations. I have also learned that what I hope to accomplish can be very difficult due to existing town code, restrictions mandated by the State, guidelines adopted from the Maryland Municipal League, and a lack of support or interest from town government.

However, since I was last re-elected, I have had several successful accomplishments. Some of the most recent include: organizing the 2019 summer concert in the park series, which encompassed a diverse collection of bands; coordi-

nating a petting zoo and face painting event for children; contacting Frederick County Councilmember Phil Dacey, Frederick County Health Officer Dr. Barbara Brookmyer, and Sheriff Chuck Jenkins to ensure the permissibility and availability of food truck permits for this year's modified Community Heritage Day; and, helping approve the site plans for Rutter's, Dunkin', and Insurance Brokers of Maryland.

If re-elected, I do have more items I hope to accomplish. There is a desire for new businesses opening in town; however, I don't feel that we are doing enough to encourage it. We can do more to actively pursue business growth and to investigate grants and other incentives to aid in start-up. Capitalizing on unique businesses tied to history, our multi-use trails, local skiing, and

safe, family-friendly establishments for our children, are some ideal examples.

Business growth is positive in that it offers job opportunities, increased revenue, and more visitors to our town. It could also adversely affect our current extremely limited public parking options in the Village Zone. The need to establish a space for a municipal parking lot or parking garage is crucial. I know this topic has been brought up before, and each time, it's simply explained it can't be done, or that we don't have the space for it. I'd like us to really question that explanation, to come up with creative ideas, and work to have it done.

Potential business growth will also add to our current town traffic problems. Therefore, I want to continue my efforts in seeking Maryland State Highway Administration approval to reconfigure the square traffic light pattern. A four-way alternating pattern, includ-

ing East and West Main, not just North and South Seton, is necessary. It is an inconvenience to have traffic backed up due to vehicles waiting to turn left off Main Street, and a safety issue with cars illegally passing them on the right. When the square redesign project was presented to us, a four-way alternating traffic light pattern was part of that package. However, it was then decided there was an insignificant amount of traffic through town to warrant it. I wholeheartedly disagree, and because I listen, I know a lot of you do, too.

That's just a little bit of what I hope to accomplish during my third term. Please give me a call 301-748-8516 or email (jritz@emmitsburgmd.gov) to discuss further, or as always, for any questions or concerns you may have. Remember, I'm here to serve you, and I appreciate your vote on September 29th. Thank you!

Emmitsburg Mayor Don Briggs

Dear Neighbors. I am running for the office of mayor of this wonderful town again. We have done so much together in such a very short

time, but there is more that we can accomplish.

But first lets talk census. The 2010 census was taken before I took office

and sadly only 52% responded. At this point, we are at almost 69%.

It would be from a lack of leadership if I did not approach getting more peo-

ple to register with fixed determination. Each person who is counted equates to \$18,000 coming back to the County and to the town over the next census period. We can do this. It is a simple form. If you do not have one, we can get you one. Call 301-600-6300.

Here are a few of the things that have been done while I have been Mayor.

We lowered the town property tax rate by 14%. How we do the things listed below while not increasing taxes? We aggressively went after grants from state and federal agencies.

We placed more emphasis on infrastructure then at any time I have been in Emmitsburg. Even before the presence of discolored water last Fall, we were working our water and sewer lines.

For the first time the town annually set aside funds in the town budget for replacement of vehicles and for road repairs.

Within weeks of taking office for my first term we opened the entrance of Brookfield Drive and Irishtown Road for one way exiting from Brook-

continued on next page



RE-ELECT DON BRIGGS Mayor Of Emmitsburg

Working hard everyday to ensure Emmitsburg is the finest small town community in Maryland.

During my tenure I've overseen completion of:

- 1) Largely through grants, Square redesign and downtown revitalization.
- 2) Through partnership with the State, new sidewalks in downtown to enhance walkability and address ADA compliance issues.
- 3) New state of the art wastewater treatment plant.
- 4) For energy cost savings, added solar fields making Emmitsburg one of the top Sustainable Communities in Maryland.
- 5) Refurbished swimming pool and pool house, added dog park and an all accessible playground.



TOWN OF EMMITSBURG ELECTION DAY TUESDAY

September 29, 2020
22 East Main Street
7:00 a.m. – 8:00 p.m.

The last day to register to vote with Frederick County is August 28, 2020.

Registration applications can be obtained at the Town Office located at 300A South Seton Avenue Emmitsburg, Maryland or by visiting www.elections.maryland.gov.

Candidates must file written application for candidacy and their Financial Disclosures with the Town Clerk no later than August 28, 2020 at 4:00 p.m.

All candidates will be posted on the Town bulletin board in the order they are received.

The write-in deadline is September 22, 2020 at noon.

The Mayor's seat and one commissioner's seat are up for election.

For more information visit www.emmitsburgmd.gov or call the Town Office at 301-600-6300.

GOVERNMENT—SOUTH OF THE BORDER

County Executive Jan Gardner

Making Life Better for the People of Frederick County

Wow, it's hard to believe August has arrived! Summertime seems strange without the usual carnivals and festivals. There is still plenty to celebrate, however, in Frederick County. Last weekend, the Emmitsburg community dedicated the Flat Run Bridge to the memory of long-time Vigilant Hose volunteer Terry Myers. Terry served his hometown for decades. He wore many hats, serving on Vigilant's board, driving the engine, raising money, and cooking at social events. Terry routinely put service about self. I remember the day in 1999 when I learned that he had died in the line of duty, helping to extinguish a brush fire near Mount St Mary's campus. Terry lived his life helping others. Honoring him with the bridge dedication will help to ensure a lasting legacy for one of Emmitsburg's finest.

Mobile Crisis Services

Frederick County is a caring community, with people and organizations stepping up to help people in need and to make like better. One way we can help our neighbors is by re-thinking and re-imagining how we respond to certain crisis situations. I recently announced a plan to

expand mobile crisis services in Frederick County so we can better serve people in the community who are facing crises.

The Mobile Crisis Unit will provide round-the-clock services through a collaboration with Sheppard Pratt, Frederick Health, and the Frederick County Health Department. The partnership will allow people to get the care and support they need when they need it most. Social workers, behavioral health staff, or other specialists will be available to respond to the scene to help a person in crisis, such as addiction, suicidal thoughts, or homelessness.

The Mobile Crisis Services unit will work with other responders, support law enforcement or emergency medical services, or in some instances the unit may respond on its own. This proposal will be funded utilizing re-directed existing budgeted dollars. Grant funding is also being pursued.

Eviction Prevention

We know people are struggling financially from the impacts of the COVID-19 pandemic. Many are at risk of losing their housing now that statewide eviction protections have expired. Frederick County residents who are behind in their rent because of the COVID-19

pandemic may be eligible for an emergency rental assistance program. More than \$3 million has been set aside from federal CARES Act dollars to help renters through a partnership between Frederick County Government, the Religious Coalition for Emergency Human Needs and the City of Frederick.

Renters can apply for assistance to help cover up to three months of past-due rent, dating back to April 2020. Eligibility is based on income and family size. A single person may qualify if they earn no more \$55,750 a year, while the annual income limit for a family of four is \$79,600. Those who live in public housing or who receive other government rental assistance are not eligible. All payments go to the landlord.

Applications will be accepted from any qualifying renter anywhere in the county until further notice. To apply, visit www.RCEHN.org/covid-emergency-rental-assistance. If you do not have internet access, call 301-631-2670 ext. 127. If your financial hardship is not COVID-related, the Religious Coalition still may be able to help.

Affordable Senior Housing and Workforce Housing

Frederick County can be an expen-

sive place to live. Thus, ensuring housing choices and affordable housing has been a top priority for my administration. I am always looking for creative ways to help meet the need for housing that is affordable to seniors and Frederick County's workforce. So when the County identified two parcels of land as surplus, I saw an opportunity.

The County is now accepting proposals from affordable housing developers who are interested in providing below-market housing options. The properties are a 10-acre parcel at Md. Route 26 and Sebastian Boulevard and 4.5 acres in the Ballenger Creek area. Selected proposals will go through a public process to ensure the community has input.

By leveraging our county assets, including surplus land, we can implement the Livable Frederick master plan goal of ensuring that housing is available and accessible for people of all income levels. It is my goal to make sure people can live, work and retire in Frederick County.

COVID-19 Testing

Thanks to residents who are heeding public health advice to wear face coverings and maintain physical distance from others, Frederick County health metrics have been holding steady over

the past several weeks. There is growing concern, though, with the number of people in our community under age 40 who are testing positive for COVID-19. We must stay vigilant to protect our parents, grandparents and friends.

Everyone should avoid large crowds or gatherings. Wash hands frequently, wear a face covering and stay at least 6 feet from others when in public. Avoid vacations and travel to high-risk areas. If you do travel, get tested when you return home. Testing is free and easy.

Mobile testing clinics are scheduled in Thurmont and Emmitsburg several times this month. On Friday, August 7th and again on Friday, August 21st, the Health Department will offer tests from 5 to 7 p.m. at the Thurmont Municipal Offices Parking Lot at 615 East Main Street. In Emmitsburg, community clinics will be available from noon to 2 p.m. on Tuesday, August 11, and Tuesday, August 25, at the Seton Center at 226 Lincoln Avenue.

Community clinics are open to the public. Face coverings and physical distancing are required. You don't need insurance or a doctor's note. You also don't have to be sick to be tested. If you want more information about testing, contact Community Testing Director Danielle Haskin at DHaskin@FrederickCountyMD.gov.

Stay safe and healthy!

continued from previous page

field and Pembroke Woods subdivisions onto Irishtown Road. Opening this entry point gave residents safe exiting point when left turns onto Rt. 140 during ski season and other heavy traffic times is virtually impossible.

We 'took back the Square'. We beautified downtown and made the Square safer for both vehicles and pedestrian.

Enhanced town walkability and connectivity with nine sidewalk connections.

Replaced high cost streetlights with long lasting energy saving LED lights. Through rebates and grants the lighting virtually cost nothing.

Transferred 94% of the town government's electric energy over to cheaper renewable solar energy. The town now has an electric vehicle and

four charging stations for residents and visitors.

Town now has a dog park, all-accessible children playground equipment, and a totally refurbished pool and pool house.

Added seven historic Wayside Exhibits downtown. More to come!

Attracting new businesses all along the way: Dollar General; a national award-winning educational market-

ing and branding agency, Dunkin Donuts, a proposed Rutter's Gas and Convenience store, and we are in the planning stage a large industrial warehouse.

Again, we have done all of this without raising taxes. We have been able to do these improvements while lowering the tax rate by aggressively going after grants.

We have done so much in a short nine

years but there are so many things that remain to be done and the challenges are coming full speed. The COVID-19 pandemic and all it brings on with it; lost jobs, no schooling for children to name but a few. Most assuredly there will be more challenges. Keep the course with me and we can handle it.

Next month in this paper I will lay out my goals for the next the next three-year.

"Hello Neighbors.

Help us and respond to the 2020 census. Lots of new community services are needed. Let's do all we can to keep taxes low."

*Donald N. Briggs
Mayor of Emmitsburg*

You Count!
2020
CensusFrederickCounty

**Complete the
2020 Census,
Win an iPad**

If you live in the 21727 zip code and send your Census confirmation to info@emmitsburgmd.gov you'll be entered into a contest to win an iPad!

Whether you own or rent your home, you need to complete the 2020 Census.

Your response shapes the amount of federal funding that our towns receive to address issues such as housing and food assistance, public schools, vaccine distribution and much more. The Census is easy, safe and important to the future of Frederick County!

For each person that is not counted (from babies to seniors), our community loses \$18,000/person of federal money over the next ten years to invest into important community programs and services.

Complete the Census online at my2020census.gov or by calling 844-330-2020 (toll-free) to be counted!

FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

On July 22nd, Carroll Valley Borough was placed in the 'D1' Drought status. Possible impacts include some damage to crops, pastures, streams, reservoirs, or wells low, some water shortages developing or imminent. As such the Borough is requesting all citizens to consider voluntary water-use restrictions. Please consider conserving water by avoiding lawn and garden watering, pool filling, washing cars, etc. Further, because of these exceptional drought conditions, our local fire departments (Fairfield and Fountindale) have requested all residents to refrain from burning. If you have any questions, contact the Borough office at 717-642-8269 or check the website www.carrollvalley.org for information and updates.

Last month's column started with "We have entered the Green Phase of our state's Pandemic Recovery Plan. The conclusion some of the populace may have reached was "Finally, it is Over!!!" Well as we have come to realize, it is not over. The virus has not gone away. And, in the 'new norm,' it may never be eradicated. Based on the information in the public domain, COVID-19 is incredibly efficient in transmitting from human to human.

The virus can produce a wide range of reactions in people,

namely: no symptoms, mild symptoms, minor symptoms that require the individual to be in bed for weeks, and those who require to be hospitalized, require oxygen, intensive care, ventilation and face the possibility of death. So until more is known and a vaccine is available for those who are most vulnerable the most prudent advice is to follow the six-foot social distancing recommendation, wear a mask, especially when in public spaces, visiting your health care provider, on public transportation, shopping at a grocery store or pharmacy and interacting with clients/customers, frequently washing your hands for 20 seconds and staying home when you feel or are sick.

Thanks to our State Senator Doug Mastriano Act 74 was signed into law. This piece of legislation sponsored by Senator Mastriano streamlines the process for veterans who seek a driver's license designation (American Flag) to show they served their country. Eligible veterans seeking such designation need to produce a DD 214 form, a VA medical identification card, retired military identification, or discharge documents to our local Pennsylvania Department of Motor Vehicles (DMV). Act 74 takes effect in 60 days. At that time, call Gettysburg DMV at 800-932-4600 to check it out.

During the COVID-19 pandemic, many people in Adams County have offered and experienced acts of kindness. The Adams County Library System wants to hear your story. The deadline for submission is Saturday, August 15 and winners will be announced the week of August 24th. Winners' stories will be published on the official Adams County Library System's website at www.adamslibrary.org. The topic is My COVID-19 Kindness Story and there is one prize for each category. Categories are Pre-school; kindergarten through second grade; third through fifth grades; sixth through 8th grades; 9th through 12th grades. The maximum word count is 550. One entry per person. Upload your story at www.Adamslibrary.org or email the story to mystory@adamslibrary.org – be sure to include My COVID-19 Kindness Story in the subject line. For further details contact Dawn Smith at (717) 334-0163 or dawns@adamslibrary.org.

Starting August 3rd, the Carroll Valley Library will be beginning Browsing by Appointment services. Library users will be able to contact our local branch and schedule a 30-minute appointment to browse and check out library materials. Computer use, copying,

printing, faxing, and Library to Go (pickup of holds) will also continue by appointment. Later in August, the library will be debuting their first 'Story Walk in the Park.' Pages of a story will be laminated and attached to yard signs throughout Carroll Valley Commons. Kids and their caregivers will visit each station to read the entire story while taking a stroll through our beautiful park! 'Reading, Exercise, and Being Outdoors' cannot beat that combination!

United Way of Adams County (UWAC) has taken the lead of the annual Adams County School Districts 2020 Back to School Project by collecting and distributing backpacks and school supplies to families struggling to make ends meet. With the generous support of churches, businesses, organizations, and many individuals, the project has helped each year hundreds of students in grade K-12 start the school year with tools they need to succeed. Last year, with the generous support of hundreds of donors enabled UWAC to help more than 500 students. A donation drop off box is in the Borough Office lobby. The last day to register for the program is August 2nd. For more information call UWAC at 717-334-5809.

The first 2020 Electronic Recycling Event hosted by Fairfield Borough was held on July 18th. A total

of 112 vehicles brought electronic material that filled two Parks containers (one 15-yard container and one 20-yard). The number of vehicles by municipality that participated in the recycling event follows: Carroll Valley 50, Hamiltonban 24, Fairfield 19, Liberty 11, Highland 5, and Freedom 3. The next electronic recycling event will be held in Fairfield on October 17th, 2020.

During this pandemic, acts of kindness inspired all of us. Thank you, Heather Wright, for making 25 face masks for all the Borough employees. Thank you, Kathy McCabe, for donating hand sanitizers to our Police Department and the Fairfield & EMS Department. Thank you, Lakehouse Distillery for donating 12 bottles (750 ml) of hand sanitizers to the Borough. Thank you, Bill McCleaf and family, for allowing us to launch the July 4th fireworks from your farm.

And, most of all, thank you who gave blood at our recent Blood Drive. There were 47 donors. The Central Pennsylvania Blood Bank collected 31 pints of blood, which will save 93 local lives. We appreciate everyone's thoughtfulness and kindness. The next Borough Council meeting is scheduled for Tuesday, August 11th at 7 p.m.. Please keep well! You can contact me at MayorRonHarris@comcast.net or 301-606-2021.

State Senator Doug Mastriano

Engraved by the steps of the Capitol in Harrisburg is a quote from Benjamin Franklin stating "Those who would give up essential liberty, to purchase a little temporary safety, deserve neither liberty

nor safety." This famous quote reflects where Pennsylvania is today. It is time to restore our civil liberties and individual freedoms.

Unfortunately, the state's Supreme Court recently sided

with Governor Wolf, in refusing to uphold the legislature's recent termination of the COVID-19 Emergency Declaration. As a result, the General Assembly recently presented House Resolution 836 to the Governor, as required by the court. What happens next?

As expected, the Governor vetoed this measure today. It was no surprise from a governor who has wielded historic autocratic power during a time of crisis. There are supposed to be co-equal branches of government. But not in Tom Wolf's world.

Lawmakers must take action. Enough is enough.

Following the veto, for any override to occur, a two-thirds majority vote would be needed in both the Senate and House. In the Senate, that means 34 votes, while 136 would be required in the House.

Yes, it is an uphill climb, but it's time for lawmakers to do the right thing, instead of blindly following

the flawed policies of the Governor and his failed Secretary of Health.

Even if the General Assembly officially terminates the existing Emergency Declaration, there is nothing preventing the Governor from issuing another declaration.

Many lawmakers would have no issue with this approach, as long as the Governor's flawed mitigation policies are removed from the equation. Those flawed policies include, but are not limited to 1) the color-coded system for counties, 2) the business waiver program; and 3) the ongoing mask debate.

The Governor recently opined that we are "moving into a new normal...into a post-infectious disease world" and believes this will not "be the last infectious disease we face."

Additionally, the Governor predicted that we are "probably going to have to act differently...we're probably going to have to wear masks...and exercise social distancing...we're all trying to figure out what the new world looks like."

"We will do everything we can do to make it as comfortable and as much as the old normal as possible," said the Governor. Sadly, the Governor wants us to become "comfortable" with yielding our civil liberties. It is very disconcerting to hear the Governor talk about Pennsylvanians being "comfortable" with government intrusion in our lives.

I am not "comfortable" with the government dictating what we can and cannot do, and make no mistake about it, that is how the Governor has handled the Emergency Declaration.

Do not go to church, do not celebrate Easter with your family, do not congregate, do not continue your education, do not undergo a hip replacement procedure, do not go to work and earn a living for your family, your business is allowed to remain open but yours is not – the list goes on. It is time to restore our civil liberties. We need to override a veto.

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GOVERNMENT—NORTH OF THE BORDER

County Commissioner Marty Qually

The Adams County Office of Planning and Development is currently assisting the Board of Commissioner in the preparation of the local process to distribute more than \$9 million in non-repayable grants to eligible community partners. This funding is being made available by the Coronavirus Aid, Relief, and Economic Security (CARES) Act, which was signed into law on March 27. The \$2 trillion economic relief package aims to protect the American people from the public health and economic impacts of COVID-19. The CARES Act provides economic assistance for local governments and American workers, families, and small businesses.

The CARES Act provides that payments from the Fund may only be used to cover costs that abide by the following three rules. First, are necessary expenditures incurred due to the public health emergency with respect to the Coronavirus Disease 2019 (COVID-19). Second, were not accounted for in the budget most recently approved as of March 27 (the date of enactment of the CARES Act) for the State or government. And lastly, were incurred during the period that begins on March 1 and ends on December 30.

This funding is strictly for support of COVID-19 related activities to offset the cost of direct county COVID-19 response; assist businesses and municipal-

ities; provide behavioral health and substance use disorder treatment services; and fund nonprofit assistance programs. These federal funds are being provided to the county through the Department of Community and Economic Development. This funding source will be known locally as the Fund for Adams Investment and Recovery (FAIR). Once this process has been established and Adams County is in receipt of these funds, the local program guidelines will be made available to the public through a link on the main page of the county website. Until then, please continue to collect all documentation related to your expenses during the COVID-19 pandemic. Again, any expenditures must have occurred between March 1 and December 31 to be eligible for these funds.

Pennsylvania counties are currently working with the Department of Community and Economic Development to establish an understanding of the administrative requirements of the money being used for the FAIR program. As soon as this is completed, Adams County is prepared to announce the release of the FAIR program. Detailed instructions on how to apply will be posted on the county website once the FAIR program opens up. Potential applicants will choose between the Business Assistance application and the Healthcare

and Nonprofit Assistance application, whichever one is more relevant to the applicant. Applicants will be able to submit applications either electronically or in person at several drop points. Again, all of this information will be available on the county website.

To highlight the importance of these funds, especially for local businesses we partnered with the Adams Economic Alliance to create a survey assessing the stability of local businesses during the pandemic. Local business owners were asked how long their businesses would be able to remain open at its current operating capacity. 16% of respondents indicated their businesses can only last for another 1 to 6 months and 28% of respondents selected 6 to 12 months. Only 25% of the survey respondents indicated they are operating at a normal activity level while almost 50% indicated they are either closed or are operating at less than 50% of their normal activity level. Survey respondents indicated their biggest challenges are the lack of returning customers and concerns about safety for employees and customers.

The funding explanation above is due largely to the work of Harlan Lawson, the county's economic development planner. Throughout this pandemic our planning staff have been working tirelessly with our partners at the Adams Economic Alli-

ance to assist businesses apply for federal and state grants, provide updates to the board of commissioners, and educate businesses on resources available to them. There efforts will help up as we recover, but let's not kid ourselves, this pandemic is not close to being over.

Compared to other states, Pennsylvania has done an exemplary job in combating this pandemic, and we need to stay the course. Remember our largest industries, tourism and agriculture, require a large amount of people from outside our community to come here. If we are not a safe place to work or visit, then temporary agriculture workers and tourists will not come. Without them our long-term stability is questionable. I don't say this to scare readers, it's a fact and we need to live in reality. This emergency will not go away with wishful thinking, but it will become manageable as we use real science and listen to our Secretary Doctor Levine and Governor Wolf.

We have all had tough choices to make over the past few months and we still have tough choices ahead. The easiest choice we can all make and should have been making this entire time was, WEAR A DAMN MASK! It is the easiest way to stop the spread and at the same time project that we are a safe community. When I drafted this article, I thought about just leading off each para-

graph with "WEAR THE DAMN MASK!", but that seemed a little heavy handed. At this point for some reason wearing a mask has become an existential symbol for either a desire to keep each other safe or a draconian violation of personal rights. That is simply insane. I wear a mask to protect others. I wash my hands after using the bathroom for the same reason. I drive on the right side of the road. Sometimes it is the cumulation small actions of people that make us great. Let's drop the petty un-American anti-mask thing and start working towards the common good.

My point in bringing this up during a good explanation about the FAIR funds is this, money will not solve our problems, it will only help us through a rough spot. How long we are in this situation is up to us. Other countries are already getting back to normal, but we are floundering. We flounder as a nation because of a lack of national leadership. We succeeded as a state because of state leadership. At the county level we are following state guidance and we will succeed. It is now August, let's not have this same conversation when apple harvest occurs, ski liberty opens, and the fall tourists come to enjoy the changing of the seasons. Let's end this pandemic in Adams County.

WEAR THE DAMN MASK! And check out the county website, www.adamscounty.com, for updates moving forward.

Representative Dan Moul

After months of keeping Pennsylvania citizens in the dark during the COVID-19 pandemic, a time when information and answers are sorely needed, Gov. Tom Wolf allowed a bill that will force his administration to be transparent to become law without his signature.

Wolf ordered the closing of state offices in mid-March, telling state employees to work from home. In the meantime, the administration had taken the position that the closing of state agencies meant they could ignore Right-to-Know (RTK) requests until further notice, but the General Assembly strenuously disagreed.

Both the House and Senate, Republicans and Democrats, who represent all citizens of this Commonwealth, voted unanimously to pass House Bill 2463, which I co-sponsored. The bill prevents the governor from ordering state agencies to ignore requests for public records and information during an emergency declaration or suspending responses unless additional time is necessary. Under the bill, if a Commonwealth agency fails to respond to a request for records, the requestor can petition Commonwealth Court to compel the agency to respond to the request.

House Bill 2463 provides legislators, Pennsylvania residents and the news media the answers they need to be informed about the data and retrieval methods the Wolf administration is using in its decision-making during the pandemic. Many of its decisions have come with dire consequences for residents and the many businesses operating in the Commonwealth.

While Wolf was quoted as saying he, too, would have voted for the bill if he were a legislator, he said he would veto it, but as the veto deadline neared, Wolf grudgingly decided to let the bill become law without his signature.

I am happy that our persistence paid off and transparency prevailed. It is wrong for government officials to withhold this critical information, especially now. The public has a right to know and the Wolf administration has an obligation to comply with these requests.

In other good news...

I was pleased to learn that Richard Lewis of Gettysburg has been named president of the Pennsylvania Fish and Boat Commission (PFBC). The PFBC Board of Commissioners elected Lewis to replace Eric Hussar of Lewisburg, Union County, who recently com-

pleted his term as president and will remain on the board.

Richard has visited my legislative district office on many occasions

over the years, and we have become good friends. I have always known him to be a passionate advocate for the PFBC and its mission to protect and promote our waterways, aquatic life and safe boating. Richard is well-suited for his new post

and is sure to represent Adams County well. Among his many talents, Richard is also known for making a mean smoked salmon. I offer my heartfelt congratulations to Richard and look forward to working with him in his new role.



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COMMENTARY

Words From Winterbilt

Truth, justice, and the American way

Shannon Bohrer

Since the killing of George Floyd, we have experienced numerous events, protests and heard expert opinions of how to improve our criminal justice system, specifically how to improve the police. The police are often the most visible part of our government and they have the legal authority, under certain conditions, to take a life. When this authority is abused, it is only natural that the police should be held accountable and at times, individual officers criminally charged for their actions. Holding the individual officers accountable is justifiable, but we should also examine how to prevent the incidents from occurring.

When Mr. Floyd died in police custody, the police department first said his death was a “medical incident.” Later, after the videos became public, only then did the police retract their first statement. When the police give a false account, or lie, they become untrustworthy.

In Buffalo, New York, a 75-year-old man approached a group of police officers and when he engaged several officers, he was pushed to the ground. He fell hitting his head on the concrete. He appeared unconscious and in need of medical help. The first report from the police was that this elderly gentleman tripped and fell. The film told us that the

75-year-old man was pushed. Truth is important and every time an officer or department gives a false statement, it reflects on every officer and it questions our trust in the police.

In Kentucky, three plainclothes police officers, entered a private residence after midnight and shot and killed a sleeping 26-year-old Breonna Taylor. Ms. Taylor’s boyfriend believed they were being robbed and he used his legal handgun to shoot at the intruders (the police). He also called the police to report the crime, that someone was breaking in his residence. The officers returned fire and in doing so they killed Ms. Taylor. Initially the police said they identified themselves before entering the residence. This was refuted by neighbors and the boyfriend. Only then did the police said they were executing a “no-knock” warrant, which would allow the officers to enter without identifying themselves.

Later, they said that even with the no knock warrant, they identified themselves. “The police report stated that Taylor had no injuries, even though she died from gunshot wounds. It also stated that no forced entry occurred, even though the officers had used a battering ram.” When questioned about the discrepancies, the “police department said that technical errors led to a malformed report.” Police reports and statements should not

be a multiple-choice question, with multiple answers.

All these incidents occurred when there is public scrutiny about police, their policies procedures, and practices. Truth is important and when the people or agencies cannot tell the truth, they should expect more criticism. In my former agency you could be fired for lying on an official report, and I remember several officers being fired - for lying. After all, how can the courts believe an officer that lies? Why is lying on an official report not a universal disqualifier for being a police officer?

The lies and mistruths that occur within our criminal justice system, affect justice. We often hear that the public believes in law and order. However, law and order, at least historically has not always resulted in justice. Justice includes “righteousness and equitableness,” meaning we are all treated equally.

“At his best, man is the noblest of all animals; separated from law and justice he is the worst.”
—Aristotle.

We know that minorities are stopped more often in traffic and on foot for suspicious activities at much greater levels than non-minorities. We also know that many of these stops result in no arrest or citations. Mr. Floyd was stopped and arrested for suspicion of trying to pass a counterfeit \$20 dollar bill. About 10 years ago I was not allowed to make a purchase,

because the \$20 dollar bill I presented was thought to be counterfeit. I was advised to take the bill to a bank and have it examined. I did so and the bank was not sure if the bill was counterfeit, but they kept the bill to have it examined. Why was I treated differently than Mr. Floyd?

Many of the problems the police currently face are the direct result of their own behavior. We know the issues exist because of video evidence, much of it by the police cameras. Additionally, as the questions and investigations continue, additional incidents of police misconduct continue.

In Chicago, during the black lives matter march, groups of citizens broke into stores, stealing property and setting fires. Thankfully, during this lawless behavior, the police responded, and numerous arrests were made, and order was restored. However, while these incidents were occurring a group of officers that were supposed to be keeping the peace, were found to be inside an office building. The officers, including supervisors were captured on film, lounging, taking naps, and even eating popcorn. Literally, many were sleeping while on duty. As the Chicago Police Superintendent said, “What do you [the officers] do on a regular shift when there’s no riots?” Truth and Justice require that officers show up and enforce the laws equitably. If they do not even show up, how badly are they needed?

As a retired officer I hear a lot about supporting and standing

with the police. I do, I support the police that show up and enforce the laws equitably. I support the officers that believe in the oath they took and do not lie. I do not support officers that push someone to the ground and then lie about their own actions. I do not support officers that kneel on someone’s neck for almost nine minutes, almost three of which when the person had no pulse. I do not support officers that shoot someone in the back while running away from a traffic stop.

I also support the Black Lives Matter movement. If black lives do not matter, if they are not treated equally, then all lives do not matter. I also support the peaceful protests; however, I do not support looting and rioting.

Americans should expect Truth and Justice from its criminal justice system. When it becomes evident and obvious that we are not all treated equally and we witness outrageous and even criminal behavior by some officers, we should be angry and infuriated. The police are part of our government, our government that is working for us.

“Law and order exist for the purpose of establishing justice and that when they fail in this purpose, they become the dangerously structured dams that block the flow of social progress.”
—Martin Luther King Jr.

To read past editions of Words From Winterbilt, visit the Author’s section of Emmitsburg.net.

Common Cents

Is the nation opening its soul?

Robert C. Koehler

Topple a few statues, remove some iconic names from American institutions . . . and the ghosts of the past start to escape from history, filling the present moment. It’s called awareness.

Too much awareness can feel like chaos. Not surprisingly, a lot of people would prefer to stick with the old historical narrative, the one that’s so tried and true: This is the land of the free, the home of the brave, the birthplace of democracy. God bless America! (And forget about slavery, Native American genocide, racism, packed prisons, nukes, endless war, etc.)

The question of the moment is whether this narrative is gone for good. Are we merely in the process of making some superficial adjustments or has the national soul truly torn itself open? Will we stop short — once again — of creating a society of compassionate equality? Will we eventually (as soon as possible) retreat to another narrative of American exceptionalism and . . . uh, white power? Or are we in the process of real change?

I confess to being an optimist. The ghosts of the past that are returning to the present moment could be the harbingers

of unimaginable change. Even the changes that seem trivial — rebranding Aunt Jemima pancake mix, for instance — have roots that go deep into the national identity and its sources of power.

Consider, for instance, the downfall of Woodrow Wilson, former U.S. president who was also president of Princeton University for eight years. Announcing that Wilson’s name would be removed from Princeton’s public policy school, current president Christopher Eisgruber said, according to BBC News: “Wilson’s racism was significant and consequential even by the standards of his own time.”

Wow, that’s no small deal, considering how low the standards for racial stupidity were in the early 20th century. Nonetheless, he explained, Wilson — whose legacy includes barring black students from attending Princeton, who was a friend of the Ku Klux Klan — was revered by Princeton for over a century “not because of, but without regard to or perhaps even in ignorance of, his racism.”

Princeton, he went on, “is part of an America that has too often disregarded, ignored, or excused racism, allowing the persistence of systems that discriminate against black people.”

So America’s racist ignorance is over? Examples keep pouring in. Not only are statues of Confederate generals finally coming down, but Christopher Columbus — colonialist conqueror extraordinaire — apparently has also had his day, with his statues coming down all over the place. And a particularly racist statue of Theodore Roosevelt, depicting the conquering hero grandly astride his horse as a black man and a Native American walk humbly beside (and behind) him, will be removed from in front of the American Museum of Natural History in New York.

And latter-day colonialist John Wayne, king of the Hollywood cowboys and icon of America’s conquest of the Wild West, is in trouble in Orange County, Calif., where Democratic political leaders are calling for the renaming of John Wayne Airport, thanks to the “resurfacing” of a 1971 Playboy interview, in which he said: “I believe in white supremacy until the blacks are educated to a point of responsibility. I don’t believe in giving authority and positions of leadership and judgment to irresponsible people.”

A fascinating irony about these words is the way they bounce back to the speaker, whose ignorance of and indifference to his country’s horrific history of racism indicates he was not “educated to a point of responsibility.”

And then there are the brand names that are suddenly gone, so to speak, with the wind. These include Aunt Jemima, a product that dates back to 1893, whose initial model, a woman named Nancy Green, was a former slave. Other brands with stereotypical symbols that are on their way out include Uncle Ben’s rice, Eskimo pies, Cream of Wheat and Mrs. Butterworth’s Syrup. “Retiring these products is not ‘political correctness,’” Katha Pollitt writes at The Nation, “it is the removal of a profound racial insult from our grocery stores and kitchen tables.”

And, oh yeah, speaking of Gone with the Wind, that 1939 movie of antebellum nostalgia has been taken off HBO for the time being. Its return will include “a discussion of its historical context,” according to a network spokesperson. And the reality TV show “Cops” is gone after 32 seasons, depriving Americans of the chance to watch the law-and-order game in progress from the comfort of their sofas.

At a deeper level, police accountability is no longer a matter turned over to the police unions. Derek Chauvin, killer of George Floyd, has been charged with second-degree murder, as have the other officers present at the scene of his death. Police departments in California, Texas, Nevada and Washington, D.C. have banned the police use of chokeholds. And the

movement to defund militarized police forces, diverting the money to other means of establishing social order, is gaining a political foothold, not only in Minneapolis (ground zero) but New York City.

All of which will hardly matter at all if the changes stop here. The undoing of American racism — of its racist infrastructure — isn’t a simple matter of making reforms or righting a few wrongs. The above changes only matter if they indicate a national rebeginning.

As social theorist and author Joe Feagin put it in a Truthout interview: “. . . in their individual and collective protests and revolts against racial oppression African Americans have long pressed for — indeed, arguably invented — the authentic liberty-and-justice-for-all values that have gradually become more central to this country. The white male ‘founders’ version of ‘liberty and justice’ values were inauthentic, as they actually had in mind freedom for (property) white men.”

What matters about the present moment is that change seems to be coming from multiple directions, both outside and within the corridors of political and economic power, as our ignorance shatters and we wake up.

Robert Koehler is a Chicago award-winning journalist and editor. He is the author of *Courage Grows Strong at the Wound*.

The American Mind

History sets the stage for the future?

Mark Greathouse

News media deluge us with seemingly endless reports of destruction of monuments dedicated to people that have been part of American history. It's ironic that mostly uneducated anarchists can try to erase the visible evidence but not the indelible history underlying those memorials. The latest phrase added to our lexicon has been "cancel culture." Any thought, word, or symbol that offends a certain sliver of our population must be cancelled. It offers up shades of George Orwell's dystopian novel "1984" set in a culture of perpetual war, constant population surveillance, and manipulation of history through use of mind-bending techniques like doublethink, thought-crime, and Newspeak. Its real-world parallels are communism, socialism, and totalitarianism.

In an era of digital image alteration, students of history might reflect on how Soviet dictator Josef Stalin erased images of his victims from official photographs via air-brushing. How many readers knew that? Why is knowing about it important?

How many "millennials" today can tell you what nation the 13 American colonies sought independence from in 1776? How many Americans today can tell you when the Homestead Act was passed and what it did? How many folks can tell which U.S. President defeated the Barbary pirates of Tripoli thereby protecting our trading interests? The answers: not many at all.

Why don't people know the answers? Why are such things import-

ant to know? Well, for one thing, they supposedly reek of—omigosh—American exceptionalism. For another, history has been relegated to a subset of "social studies," a convenient cover term to hide most sins of omission. Social studies lump together civics and government, economics, geography, student interpersonal skills, and — ta daaa! — history. A 2014 report by the National Assessment of Educational Progress noted that only 18 percent of American high schoolers were proficient in history. Further reports estimate that nearly 90 percent of teachers consider teaching history a low priority.

Who am I to judge the importance of history? Is it enough to for me to have a couple of college degrees? Does serving on a local school board (one year as president) as well as teaching business for 8 years as an adjunct professor at a local college give me some sort of credentials? How about my being a long-time student of history — and those other things stuffed under the "social studies" umbrella? Notably, most of those college students I taught couldn't wrap a shred of historical context around what they were studying.

As a corporate business executive and later an equity investor, deep diving into the financial and operational history of businesses was a key part of due diligence and an essential part of strategizing for the future. I expect we could call studying our nation's or the world's history part of our due diligence for planning our lives. After all, we dare not ignore philosopher George Santayana's sage advice, "Those who do not know history's mistakes are doomed to repeat them."

I contend that studying history equips us to be discerning in life. Without enabling discernment, we just might produce the sort of useful idiots that tear down monuments or try to "cancel" perceived mistakes embedded in our history. To wit, it is an essential requisite of our education system to educate our youth in history and to promote its fullest discussion and understanding.

So, can students receive a fair and unbiased history education in today's schools? As a school board member, I was one of two of nine board members that fully reviewed a new curriculum. Copies were available for review by the public, parents, other board members, but none were ever checked out. The new curriculum reflected the horrific one-size-fits-all, antiquated, philosophy of what were called "Common Core Standards." We later put the brakes on the Common Core, but that's another story. In reviewing the 2-inch thick curriculum document, I found an overwhelming number of errors and distortions.

One standout example defined the U.S. Constitution's establishment clause as "The establishment clause established religion." What college-degreed educator wrote that tripe? Anyone with a cursory knowledge of the Constitution would know that the establishment clause forbid Congress from making laws establishing religion. The curriculum further sought to dull any reference to what might be inferred as "American exceptionalism." It was premised on America never being great. The revised curriculum was reviewed with school administrators, revised, and eventually approved unanimously by board members. One could only pray that implementation would go better than its creation.

How did something like Common



Core emerge from the swampy creepy depths of elite academia? How have socialist historian Howard Zinn's *A People's History of the United States* or Robin Diangelo's *White Fragility* crept in? It's not that they should be ignored; but should they be emphasized? Some might call it censorship to not study Zinn or Diangelo. However, if an environment of informed debate is in place, those two outliers can be put into a larger context without denigrating our nation's exceptional history. How else but through history study would students be able to ascertain that something like the New York Times "1619 Project" is based on pseudo-history?

We have many great teachers stuck in a truly archaic system the basis of which was developed more than 150 years ago by socialist John Dewey. (Check your history!) There are mostly concerned well-intended parents, and it's tough to tell them that the education system they trust their children to stinks. You'd have to be hiding under a rock not to see reports of how U.S. education compares terribly with other developed nations.

How is that perpetuated? Look to the teacher unions and politicians (both major political parties!). Then look to parents who've been sucked in by the education establishment messaging.

Is there a solution? Yes. Save our nation's future by teaching more history. Our fight in America today is far more a cultural war than a political war. Our children must be taught what freedom is by studying history, and they just might learn how to be exceptional human beings in the process.

In case you're wondering, the American colonies sought independence in 1776 from Britain and King George III; the Homestead Act of 1862 gave away more than 160 million acres of public land free to 1.6 million homesteaders; and Thomas Jefferson sent the Marines to defeat Tripoli's state-sponsored Barbary pirates. Sidebar: The pirates were responsible for selling more than a million captive Europeans into slavery in North Africa between 1530 and 1780.

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

Down Under

Vote or die

Lindsay Coker

Spineless citizens create spineless democracy
—Abhijit Nascar

It's funny, in a way, to be sitting here in Australia looking at the events happening in the rest of the world. 'Down Under' is a pretty good name for where we are, isolated by oceans and space from you sorry lot.

Yes, we have the virus, a pimple on the face, no more, compared to you. Maybe we are inherently more law abiding, but we have some big advantages — a huge country with only 24 million in it and enormous distances between smaller cities, a health system with free or subsidised care for everyone, and a government that has not only the ability to make and enforce guidelines for the whole country about things like this, but to put in place large amounts of money for wages to be paid to those laid off — currently \$1,200 per fortnight, less for those with reduced hours, plus business grants to keep them going.

Supporting this is an education system modelled on the British college, one that is government run with the private system for

those that think it's better and can afford it. The very great majority of us are irreligious, sceptical, and have learnt how to think — which perhaps our biggest advantage. This virus (there are more coming) is now so mundane, so world-wide weary that it is the developing monetary catastrophe that really matters. It will go on for — however long that piece of rope turns out to be.

It's a strange rope, because it is coated in a greasy goo of deficits, death and trade imbalances. You hold one end of this rope, while at the other end noose of climate change waiting to hang about three billion humans of all persuasions.

In the middle is China.

This nation, the largest ever, is in its ascendancy, setting out to impose their ideology on the rest of the world. And the way things are going they may well be able to do just that. They are the ultimate totalitarian state, everything is dictated by the central government, enabling them to put rules in place that will, in general, be enforced. Dissent is frowned on, legislated into treason — as we have seen in Hong Kong. Those of different beliefs, like the Uighur, are herded into 'instruction' camps from which there appears to be no escape.

But their industry is bouncing

back, their virus rates are negligible, their economy is recovering, and the only thing that stops them ruling much of world trade is their lack of a dominant trade currency. The Ranminbi is their try, a way of ousting the dollar, and it is having astonishing success. It has captured about 51% of the total bond market, at 13 trillion Ranminbi, and is a growing and serious threat to America's dominance.

The tariffs that Trump imposed on China have devastated US exports. These have fallen to the lowest level in a decade, caused the ruin of many primary and other producers, and forced China to go elsewhere for goods it once purchased from you. Australia, India, The Netherlands, Mexico — these are some of the beneficiaries of the trade war. Our Exports have grown by about 45%, with significant rises in Europe.

Most countries are wary of buying from you because both the capricious nature of your president's policies, and his readiness to break trade deals if he thinks it is good for him. His tax breaks to industry have seen stocks rise to unprecedented highs, but of two days ago the dream began to sour, as the reality of sharply declining exports revealed the knife-edge on which the economy is based.

Trump is there to make him the sole beneficiary of his presidency. It is obvious to a blind man that he

cares for no one other than himself, his superiority, his ego and his delusions. Why else would his response to the virus be as it is? 'Do nothing' and all will be well. 'Take any old stuff, it doesn't matter, I just need the wheels of profit turning again.' He's not even subtle about it. This is mine, you elected me for that purpose, and good luck.

He believes that the Spanish flu, the 1918-9 pandemic, is the way to go. Let 'em die, the survivors will have employment, the profit will return sooner, and he will be satisfied again. His line is, "Look, I'm here to help you help me. It might be that I will want you to stand in line to be shot so that the economy — my brainchild — will be revived. 'Oh, you're a migrant? You have a dark skin? Too bad. You're poor? That's your fault. Do you trust in God? Great, he'll save you.'

Yet there is an answer to this insane demagoguery. It is the one our and your forefathers fought for, sacrificed life and liberty for, passed it down the line for our benefit and life. It is the only effective way: True democracy where government is controlled by the people and their honestly elected representatives. But it takes guts, intelligence and experience to get it right. It takes people who are prepared to sacrifice themselves for the good of others. Not a hero, not a messiah, just people like you who

believe your country is worth saving.

Today that is nigh on impossible. The ultra-rich and powerful have organised things so they will rule forever, overcoming all challenges, depending on fear and ignorance, indifference and foolishness to become capitalist dictators. They aim to succeed where Hitler couldn't.

But they are not invincible. Someone like Joe Biden, who is trying to pull the nation back from the edge of the cliff would be a start. As a beginning, go and vote but never for Donald. Don't be lazy, indifferent, fed up. Just go. That way you will help your country become truthfully great again.

After November it will be too late. China will call in its debts, and your once strong and effective armed services will be unable to take them on — unless your insane CEO decides that atomics will do the job.

There are no quick answers to the virus, no easy remedies for the appalling sate of the economy, but unless you don't care that China will soon be your masters, round up your friends, stand on stumps and yell, and exercise your democratic right to decide your future. That is the duty of every American today.

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

THE PASTOR'S DESK

A parent's priority



Pastor John Talcott
Christ Community Church

So much today is uncertain, leaving many of us feeling unsettled, longing for the way it was back in February, back when things were 'normal'. Even though we're having so much more family time as the summer is coming to an end, many are looking ahead to the school year and considering the very real possibility of home education. For some this thought can be challenging and cause quite a bit of anxiety, but there is a lot of joy in homeschooling, it's very gratifying, and educating your children can greatly enrich their lives.

Now, for those of you who are a parent or you know someone who is a parent or even if you had a parent, you would probably agree that parenting can be very challenging. Some of you are wondering how you are going to do this because there's conflict and so much pain when our children don't get things right and do things their own way? And so, I want to share with you one of the greatest teachings on parenting in all of the Bible, because I

believe that it will minister to you as it has to me. Whether you are a parent or not yet a parent I want to encourage you and share with you about a parent's priority.

You see, when our children are little, they depend on us for everything, and so what we want to do as mom and/or dad, is to help them to transfer their dependence from us to God. It's important that we understand that our responsibility as parents is to teach them to depend on God, because he is the only one who will always be completely faithful.

In Deuteronomy chapter 6, Moses had just reminded the parents of the Commandments that God had challenged his people to live by and he tells them, "These are the commands, decrees and laws the Lord your God directed me to teach you to observe in the land that you are crossing the Jordan to possess, so that you, your children and their children after them may fear the Lord your God as long as you live..." (Deuteronomy 6:1-2). In other words, as you teach your children to fear God and live according to his commands, training them not to depend on you or themselves or even what they

see, but to depend on the God who created everything, then he says generations after them will be blessed. And so, God has placed within our grasp as parents, the ability to empower our children and their children after them.

As Moses continues, he is going to describe two important principles to live out in our own lives that have the power to change generations. He says in verse four, "Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength" (Deuteronomy 6:4-5). I want you to notice the emphasis on "all", he doesn't say with some, or little bit, but to love God with all your heart. The difficulty with parenting in the world that we live in is that there are a lot of things that can distract us from loving God with all of our hearts. Because we want to provide for our kids, we pour ourselves into our careers trying to get more things, and neglect to give our children what they really need, which is a deeper relationship with the only One they really need to know.

And so, if we're not careful, we become child-centered parents rather than God-centered parents because we want to provide them with the best opportunities. We get them involved in soccer, gymnastics, basketball or whatever, and all of a sudden our lives begin revolving around our children rather than revolving around God. Before long you don't have time to go to church, worshiping with God's people, loving the Lord your God with all of your heart, participating and being involved in relationships with others in Biblical community. And yet, God has declared that the most important thing we can do for ourselves and for our children is to demonstrate in our words and in our actions that we love the Lord our God with all of our hearts.

This is incredibly important, but Moses gives us a second principle to help make application of the first. He says, "These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates" (Deuteronomy 6:6-9). In other words, as mom and dad, when you're doing life together, you must intentionally lead your family spiritually, because you are the divine authority.

Statement of Solidarity and Commitment

Thurmont Ministerium

The Thurmont Ministerium* has prepared this Statement of Solidarity and Commitment in support of all those working for justice and an end to systemic racism, discrimination, and oppression in our nation. We affirm that Black lives matter, and we commit ourselves to working for racial justice and healing. Our faith teaches that God has created all people in God's image, all are loved equally by God, and all are made to live in beloved community and to enjoy abundant life.

We are deeply grieved at the recent deaths of Breonna Taylor, Ahmaud Arbery, George Floyd, and the egregious list of people of color who have suffered and died because of the devastating and traumatic effects of centuries of judging people on the basis of the color of their skin.

Racism is the legacy of 400 years of slavery that "did not end but evolved." [Bryan Stevenson, Equal Justice Initiative]. It continues today to sustain the myth of the supremacy of white people and was woven into the fabric of our society for that purpose. Racism resides in all our systems including housing, health care, education, employment, income and wealth, criminal justice, polit-

ical, and governmental, disadvantaging those who are black and giving advantage to those who are white. Dismantling and ending systemic racism against Black people will raise up everyone who has suffered from those unjust systems.

We acknowledge with remorse our nation's history of slavery, racism, and violence against native peoples and people of color; our community's history and denial of racism; and, our complicity in the perpetuation of racism. We acknowledge with gratitude those efforts in the past and present that have sought to address racism and to uphold the values of love, justice, equality, equity, and the gift of diversity.

We state unequivocally that Black lives matter equally and commit ourselves to dismantling and ending systemic racism, righting wrongs, and healing wounds, and doing our part to rebuild our society with systems that are just and equitable for all. We pray to be worthy of this Statement and invite you to join us and hold us accountable.

- Rev. Wayne Blazer
- Rev. Robert E. Kells, Jr.
- Rev. Marilyn Rondeau
- Rev. Sean Delawder
- Rev. Sue Koenig
- Rev. Ken Fizer
- Rev. Laura Robeson

As parents it is our responsibility to set the tone in our household, and so seven days a week we're creating a spiritual environment in which to lead our children in activities and devotions, redirecting their attention to Jesus. What the Bible describes is a lifestyle that is countercultural, it's not just on the way to church, because if your heart is wholly surrendered to Jesus you will want to lead your children in pursuit of God every single day. In fact, the Bible encourages us to direct our children onto the right path so that when they're older they will not leave it (Proverbs 22:6). And so, as we dedicate our children, raising them in the way they should go, creating a desire for that which is true, noble, right, pure, lovely, and admirable, we are intentionally teaching them to no longer depend on us but to depend on God (Philippians 4:8). However, if we just let life happen it will, and we will have missed every opportunity to lead our children to become fully devoted followers of Christ.

At Christ's Community Church we are very serious about partnering with you and helping you to expose your kids to the great truths of God, teaching them about his power and his goodness. However, because of the dangers of COVID-19 our children's ministry has moved completely online, you can find us on Facebook, but what we want to do is offer you access to our extensive video library called RightNow Media. It is a huge library of faith-based videos that you can access whenever and wherever you want on your phone, iPad, computer, or on your TV. You just need to simply sign up for your free account at www.cccaog.org and begin sharing the truth of God's Word with your loved ones.

I want to encourage you to be intentional as you lead your children to the One who gave his life for them, because when they know who they are in Christ, they will be ready to make a difference in the world, and you will not only affect your children but their children after them. God bless you.



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THE BOOK OF DAYS

Old sayings and superstitions



Old Sayings as to clothes

It is lucky to put on any article of clothing inside out, particularly stockings. To make the omen hold true, however, you must continue to wear the reversed portion of your attire in that condition, till the regular time comes for taking it off—that is, either bedtime or ‘cleaning yourself.’ If you set it right, you will ‘change the luck.’ It will be of no use to put on anything with the wrong side out on purpose.

It is worthy of remark, in connection with this superstition, that when William the Conqueror, in arming himself for the battle of Hastings, happened to put on his shirt of mail with the hind-side before. The bystanders seem to have been shocked by it, as by an ill omen, till William claimed it as a good one, betokening that he was to be changed from a duke to a king. The phenomenon of the ‘hind-side’ before is so closely related to that of ‘inside out,’ that one can hardly understand their being taken for contrary omens.

The clothes of the dead will never wear long - when a person dies, and his or her clothes are given away to the poor, it is frequently remarked: ‘Ah, they may look very well, but they won’t wear; they belong to the dead.’

If a mother gives away all the baby’s clothes she has (or the cradle), she will be sure to have another baby, though she may have thought herself above such vanities.

If a girl’s petticoats are longer than her frock, that is a sign that her father loves her better than her mother does. Perhaps it is plain that her mother does not attend so much to her dress as she ought to do, whereas her father may love her as much as he pleases. At the same time be very ignorant or unobservant of the rights and wrongs of female attire.

If you would have good-luck, you must wear something new on ‘Whitsun-Sunday’ (pronounced *Wissun-Sunday*). More generally, Easter Day is the one thus honoured, but a glance round a church or Sunday-school in Suffolk, on Whitsunday, shows very plainly that it is the one chosen for beginning to wear new ‘things.’

Miscellaneous Sayings

It is unlucky to enter a house, which you are going to occupy, by the back-door. I knew of a family who had hired a house, and went to look over it, accompanied by an old Scotch servant. The family, innocently enough, finding the front-door ‘done up,’ went in at the back-door, which was open. Great was their surprise to see the servant burst into tears, and sit down on a stone outside, refusing to go in with them. If I recollect rightly (the circumstance happened several years ago), she had the front-door opened, and went in at that herself, hop-

ing, I suppose, that the spell would be dissolved if all the family did not go in at the back-door.

The Cross was made of elder-wood: speaking to some little children one day about the danger of taking shelter under trees during a thunder-storm, one of them said that it was not so with all trees. ‘For,’ said he, ‘you will be quite safe under an elder-tree because the cross was made of that, and so the lightning never strikes it.’

With this may be contrasted a superstition mentioned by Dean Trench in one of the notes to his Sacred Latin Poetry. Accounting for the trembling of the leaves of the aspen-tree, he says that the cross was made of its wood, and that, since then, the tree has never ceased to shudder.

Hot cross-buns, if properly made, will never get mouldy. To make them properly, you must do the whole of the business on the Good-Friday itself. The materials must be mixed, the dough made, and the buns baked on that day, and I think before a certain hour as well. Whether this hour is sunrise or church-time, I cannot say. Perhaps the spice which enters into the composition of hot cross-buns has as much to do with the result as anything. *Experto crede*, you may keep them for years without their getting mouldy.

Superstitions

In the appendix to Forby’s Vocabulary of East Anglia, are given several local super-

sitions. One of them regarding the cutting of the nails is such a very elaborate one that I give the entire formula in which it is embodied. The version that I have heard is nearly word for word the same as that which he has printed, and is as follows:

Cut ‘em on Monday, you cut ‘em for health;
Cut ‘em on Tuesday, you cut ‘em for wealth;
Cut ‘em on Wednesday, you cut ‘em for news;
Cut ‘em on Thursday, a new pair of shoes;
Cut ‘em on Friday, you cut ‘em for sorrow;
Cut ‘em on Saturday, you’ll see your true love tomorrow
Cut ‘em on Sunday, and you’ll have the devil with you all the week.

I must confess that I cannot divine the origin of any of these notions, but of the last two. Sunday is, of course, the chief day for courting among the labouring-classes. What can be more natural than that of the cutting of the nails on a Saturday, should it be followed by the meeting of true-lovers on the next day? This is the most likely one for such an event, whether the nails had been cut or not.

The last, again, seems to have arisen from considering the cutting of nails to be a kind of work, and so to be a sin, which would render the breaker of the Sabbath more liable to the attacks of the devil. This view is strengthened by the fact of the Sunday being placed not at the beginning, but at the end of the week, and thus identified with the Jewish Sabbath. Indeed, I have found that among poor people generally, it is reckoned as the seventh day, and that on the Sunday they speak of the remainder of the week as the next week.

Superstitions with respect to the cutting of the nails are of very ancient date.

We find one in Hesiod’s Works and Day, where he tells you: ‘Not to cut from the five-branched with glittering iron the dry from the quick in the rich feast of the gods,’ a direction which may be compared with the warning against Sunday nail-cutting in the East-Anglian saw given above.

Mushrooms will not grow after they have been seen. Very naturally, the first person that sees them is the one who gathers them.

If when you are fishing you count what you have taken, you will not catch any more.

This may be paralleled with the prejudice against counting lambs, mentioned in a former paper. It is a western superstition, and was communicated to me by a

gentleman, who, when out with professional fishermen, has been prevented by them from counting the fish caught till the day’s sport was over.

The same gentleman also told me a method which he had seen practiced in the same locality to discover the body of a person who had been drowned in a river. An apple was sent down the stream from above the spot where the body was supposed to be, and it was expected that the apple would stop above the place where the corpse lay. He could not, however, take upon himself to say that the expedient was a successful one.

To read other selections from the Robert Chambers’ *The Book of Days* visit emmitsburg.net.

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ECOLOGY

A sure sign of summer - fireflies!

Lizzy Ryan
Education & Outreach
Coordinator for the
Strawberry Hill Foundation.

The days are scorching, and the evenings are clear and warm. You are sitting outside in the evening by a campfire enjoying the fresh air. As it becomes darker, you begin to see little spots of blinking, yellow lights illuminating your backyard. They are back: Pennsylvania's state insect, the firefly or lightning bug. Fireflies are one of the sure signs of summer.

In 1974, Pennsylvania inducted the firefly as the state insect after students in the Upper Darby Elementary School noticed that Pennsylvania was missing a state insect. They soon submitted their proposal to the General Assembly to officially instate the firefly as the "state insect."

Contrary to their name, fireflies are not "flies," but are actually in the beetle order, Coleoptera and in the family Lampyridae. "Beetles have been around for some 297 million years. Beetles also make up around 38% of insect species. Like all beetles, fireflies undergo a complete metamorphosis, with four distinct stages: egg, larva, pupa, adult." (Xerces Society)

There are around 2,000 species of

fireflies worldwide. Most species are nocturnal, meaning their activity is more abundant at night. Interestingly enough, not all species of fireflies produce light!

"Fireflies are classified under five main subfamilies." (firefly.org).

The first subfamily is called the Lampyrinae. This subfamily of firefly is found most commonly across North America; they are the kind you will likely see in your backyard, donning the yellow-green light. These fireflies are about half an inch long, and not all species in this subfamily light up.

The second subfamily is Photurinae. They produce a darker green light and are about an inch long. Those found in this subfamily are found in California, Utah, Colorado, Texas, and Mexico. The fireflies in this species tend to be cannibalistic.

The third subspecies, Luciolinae, is found over Europe, Australia, and East Asia. They are the largest subfamily of fireflies.

The fourth subfamily is called Cyphonocerinae. They are found in North America and Eurasia. One species in this subfamily does not light up while the other displays a very weak light.

The last subfamily is called Oto-

tetrine. They are found in North American and Eurasia and do not produce light.

Fireflies live in a vast variety of habitats ranging from forest, meadow, urban, and wetlands. Many species of lightning bugs start their larval lives in rotting wood and underground while others start their lives aquatic or semi-aquatic. Depending on the species, fireflies can stay in their larval form for months or even years. Most species have a short lifespan as adults. Adult fireflies make fantastic pollinators as they primarily feed on nectar and pollen. Firefly larvae, on the other hand, are carnivorous and like to feed on snails and worms.

Lightning bugs communicate using their bioluminescence. "Fireflies have dedicated light organs that are located under their abdomens. The insects take in oxygen and, inside special cells, combine it with a substance called luciferin to produce light with almost no heat." (National Geographic) Both males and females will communicate by flashing a specific pattern to attract mates, defend their territory, and warn predators.

Since fireflies use their bioluminescence to attract mates, scientists believe that light pollution is having a negative effect on their ability to find a mate. Artificial light will actually disrupt their light patterns. Scientists have noticed that even a simple passing car's headlights will disturb their flashing patterns made to attract mates. Too much light pollution disrupting their light patterns can lead to difficulty in finding a mate and, therefore, leads to a decrease in fireflies



No summer is complete without an evening spent watching the show fireflies put on.

born the next year. Sadly, for this reason, and many more, populations of lightning bugs are dwindling all over the world. Many researchers attribute this to development, pesticide use, and light pollution. Because many species start their lives underground and in rotting wood, development destroys their habitat. Pesticides are also killing off fireflies during their larval stages when they are underground or underwater.

So, what can you do to help the firefly population?

One thing you can do is turn off any outside lights during the evening. That way, artificial light will not disrupt their light patterns. Another thing you can do is let your leaves lie where they fall; don't rake them up at the end of the season. Let natural leaf litter and downed logs build up because natural rot-

ting debris is a source of habitat for the little guys in their larval forms. Without the natural litter, there is no place for them to grow up. Fireflies love being around areas of water so having water features in your yard will provide additional habitat for them. Just remember, be careful not to leave stale, standing water around. Make sure the water is moving, otherwise you will attract an unwanted guest: the mosquito!

Limiting lawn chemical use is also important if you wish to help the firefly population thrive. You hear about the dangers of lawn chemicals all the time. Pesticides and fertilizers often applied to lawns can poison the larval and adult forms of the firefly as well as other beneficial insects. Many communities will spray for mosquitos at night when fireflies are lighting up the sky seeking out mates. This can destroy populations of lightning bugs. Communities should use broad spectrum mosquito sprays and avoid spraying at night when fireflies are active. Another thing you can do to help the fireflies is limiting lawn mowing. Many want to keep their lawn perfectly manicured in order to keep up aesthetics. However, fireflies like to live in long grassy areas. Try not to mow your grass as often or keep sections of longer areas for the fireflies to congregate. (firefly.org)

If you're looking for an interactive way to learn about fireflies, consider looking into Mass Audubon. Mass Audubon is doing a citizen science project called 'Firefly Watch'. To join this scientific research, all you have to do is spend at least ten minutes once a week during firefly season watching lightning bugs. Participants count the number of flashing fireflies they see over the course of ten minutes in three ten-second periods as well as the number of flashing patterns. Then you submit your observations online. It's as easy as that! To learn more, visit www.massaudubon.org.

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IN THE COUNTRY

M is for Mesa Verde

Tim Iverson, Park Ranger

National parks are set aside to conserve and protect public lands that represent the best of the best. Early parks, like Yellowstone, Yosemite, or Mount Rainier were natural awe-inspiring cathedrals with their vast landscapes. Others, like Everglades, feature rich biodiversity unparalleled anywhere else in the world. Mesa Verde National Park, the sixth national park, was the very first park set aside for history and culture; to preserve and maintain the story of the people who lived there for future generations.

Located in the four-corners region of the southwestern United States, Mesa Verde National Park is the largest archaeological site in North America and represents some of the best sites left from the ancient Puebloan people. The cliff dwellings, which this park and region are renowned for, was home to people who were formerly called "Anasazi." This term, from the Navajo language, translates to "enemy of our ancestors." The modern Puebloan people, who still live in the region, are direct descendants of the ancestral cliff dwelling. More recently, people have objected to the term, Anasazi, as they feel it's pejorative.

Each national park has a certain je ne sais quoi - an indescribable sense of magic and wonder. It's something you can't quite put your finger on, but experience all the same. Visiting Mesa Verde (Spanish for 'green table') is like falling backward into another place and time altogether. As you first enter the park, the road winds back and forth as it scales to the top of the mesa, the flat top of the mountain. One side of the road leaves you feeling secure as you're buttressed by the mountain. The other side presents grand sweeping views of the desert valley below, just beyond the exposed edge of the cliff. Compared with the desert below the flat-top of the mesa is cooler, wetter, and greener. These are some of the reasons that drew the initial inhabitants to the land.

The ancestral Puebloan people lived here from 450 to 1300 AD. However, it was only in their last 100 years, from 1200 to 1300 that they constructed complex cities within the canyon's cliffs. For approximately 800 years these people thrived here only to suddenly abandon the site altogether. They did not have or leave behind a written record, the oral stories passed along generations combined with the archaeological sites have allowed cultural and archaeological researchers to reconstruct their past.

The first 700 years of the ancient Puebloan residency at Mesa Verde occurred on top of the flat-topped mesa. Here, the adobe homes, or pueblos, housed farmers growing mostly corn, beans, squash, and raising domesticated turkeys. Additionally, they had a prolific basket weaving and pottery making culture. These unique and highly

identifiable wares were used widely in this region and there is evidence that they were connected to a vast trade network with other cultures from as far away as the southern-coastal Mexican region. Puebloan pottery has been found there and conversely Mexican turquoise stones and Macaw feathers have been found in the four-corners region of the US.

It was only in their last 100 years, the ancient Pueblo people descended from atop the mesa into the canyon walls. It's here that they established the cliff dwellings that they are best known for. There are nearly 600 cliff dwelling sites scattered throughout the park, most of which contain only one or two rooms. Cliff Palace, the largest of the remaining sites, had 150 rooms and housed approximately 125 people. This grand city structure was likely the epicenter for the surrounding community also serving as a religious and ceremonial complex. Throughout this palace there are 23 kivas. A kiva is a circular subterranean room with a wood beamed roof at ground level. Inside they contained a small fire pit, ventilation shaft, and most importantly a sipapu, a small ceremonial depression representing where their ancestors emerged into this world, where offerings could be made.

As visitors embark with rangers on guided explorations, they are invited into these sacred spaces. Descending and ascending ladders route people the same way original residents would have accessed their dwellings. Close examination reveals depressions worn into the stone from repeated usage as people stepped, braced, or held onto the walls as they passed by. Murals painted within homes and buildings beckon you. From here, time seems to stand still and it feels like you are living among them. The intimate lived experiences standing among the mortar structures perched high up on a cliff wall



Located in the Four-Corners region of the southwestern United States, Mesa Verde National Park is the largest archaeological site in North America.

allows for a personal relationship with the site eventually begging some inevitable questions. Why live there? Why go through all the effort of building these homes and cities if they were going to abandon them after only 100 years? Where did they go?

The ancient Puebloan people did not leave a written record so archaeologists have only best guesses based on evidence left behind and oral traditions that remain with modern Pueblo peoples. The climate record indicates a long drought stretching through the final quarter of the 13th century. Other sites in the area indicate that many may have met a violent end. The cliffs would have provided sanctuary from intruders and the elements. Water seeped through the sandstone above and collected in small reservoirs dug into the cliffs. However, no matter how well defended or how well stores were stockpiled, eventually they will be depleted if production didn't match. Ultimately though, without direct contact, record, or evidence these are only best guesses by leading researchers as to why these people came and went as they did.

The ruins and cities of Mesa Verde and the region were never really lost. The sites were known amongst the descendants and indigenous peo-


ple of the area. However, it was a cold blustery day in December 1888 when local rancher Richard Wetherill went searching for lost cattle. As he searched through the falling snow he gazed across the canyon. Through the snowfall emerged the ruins of Cliff Palace. His initial rediscovery drew frenzied interest and essentially led to looting of the sites with sacred objects being stolen, shipped, and displayed across the world. After public outcry and preservation efforts led by Smithsonian director Jesse Fewkes, President Theodore Roosevelt signed legislation making Mesa Verde our sixth national park in 1906.

The Native American Graves and Repatriation Act was landmark legislation passed in 1990. By recognizing and treating sacred objects and human remains with dignity and respect, many of the stolen items have been returned

to their original resting place. In 2019 the nation of Finland agreed to return over 600 funerary objects and remains to their ancestral home and burial sites. In 2006, to celebrate the 100th anniversary of the park, the National Park Service and Hopi tribe conducted a reburial ceremony in conjunction with the 24 associated tribes in the area.

Mesa Verde National Park was and remains a significant site for the Puebloan people. The park is recognized as a United Nations World Heritage Site, the first of its kind national park, and the ancestral home of people who still exist today. As we struggle to identify and understand the lives and experiences of others, Mesa Verde National Park stands as an example allowing for visitors to share an immersive experience.

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REAL SCIENCE

Air pollution from automobiles

Michael Rosenthal

As any of us who has spent time in a major city knows, air pollution from automobiles can be a serious problem. I grew up in Youngstown, Ohio, where the major air pollution issue was steel mill exhaust. But my college days in Cleveland and later trips to Chicago, New York, and Los Angeles made me aware of automobile exhaust air pollution. A breakthrough invention, which has been credited with preventing billions of tons of hydrocarbons from entering the atmosphere, is the catalytic converter. This device has become standard equipment on nearly every car, motorcycle, and truck that burns gasoline for propulsion.

The inventors of this device were John J. Mooney, who passed away recently at the age of 90, and Carl D. Keith, both chemical engineers. (my high school teachers suggested I study chemical engineering instead of chemistry – maybe they had something there!). This invention has prevented billions of tons of hydrocarbons, carbon monoxide, and nitrogen oxides from entering the environment.

A report of the Environmental Protection Agency in the early 2000s suggested that this invention contributed to saving 100,000 lives! It also improved gasoline mileage in vehicles in which it was installed. Another point that Mr. Mooney promoted was his belief that the gasoline industry should cease adding lead to gasoline. As we have written before, lead is a very dangerous pollutant, and

should not be released into the environment. Due to Mr. Mooney's efforts under The Clean Air Act of 1970, which mandated reduced auto emissions, the Engelhard Corporation, for whom Mr. Mooney worked, produced the first production of catalytic converters in 1973.

The first version of this device appeared on 1975 automobiles, and a year later, a greatly improved three-way catalyst was developed. This version of the catalyst neutralized hydrocarbons and carbon monoxide, and nitrogen oxide as well, the latter of which was not treated by the original version of the catalyst. This process changed the auto industry forever!

By the year 2001, it was estimated that 56 million tons of hydrocarbons, 118 million tons of nitrogen oxides, and 464 billion tons of carbon dioxide were prevented from entering the atmosphere due to the catalytic converter. How's that for a scientific contribution to society! They did receive the recognition they earned and deserved for this invention as President George W. Bush awarded them The National Medal of Technology and Innovation in 2002.

The other major pollutant in gasoline was lead, about which we have previously written. This was recognized by Mr. Mooney who said "Lead affects the brain, particularly of children, and is still one of our major environmental health issues in the U.S. and globally." The Clean Air Act completely banned the use of lead in on-road vehicles on January 1, 1996. I remember the gasoline

pumps having a plate on them with the warning about the danger of the lead content as I was growing up. I started driving and thus buying gasoline in the mid nineteen fifties. I just gave away my age.

I can't resist telling at least a little bit about the chemistry of the catalytic converter process. The converters react oxygen (there's plenty of that for free in the air) with carbon monoxide (bad stuff!) and unburned hydrocarbons to produce carbon dioxide and water. The 1981 version of the catalytic converter reduces oxides of nitrogen as well. This process does not eliminate air pollution from vehicles, but it makes a huge difference in reducing some of the most toxic chemicals we routinely had been releasing into the environment.

Robert L. Park, was a professor of physics at the University of Maryland in College Park. Aside from being a really nice person and a great teacher, he was an eminent scientist and a major influence on me and on the development of my broader scientific interests. Dr. Park wrote two important books: *Voodoo Science: The Road from Foolishness to Fraud and Superstition: Belief in the Age of Science*. Dr. Park had a commitment to exposing pseudoscience, the crossing point where people state and write upon what they want to believe, instead of what the scientific process indicates is true. Dr. Park, whom I knew personally and own and have read his books, has been a



Despite all we have done to reduce emissions from automobiles, car emissions are still the top contributor to air pollution.

significant influence on me and my caution in interpreting what I read, and the major influence on what led me to entitle this column Real Science. We lost Dr. Park this past spring, and his death notice can be found in The Washington Post. He was a hero!

It's nice to have some good news. Helium is an important element in many essential processes, for its role, for example, in keeping the superconducting magnet cool in nuclear magnetic resonance (nmr) spectrometers. However, it cannot be routinely synthesized, so there is always a worry about running out of it. I used an nmr spectrometer in my graduate work at the University of Illinois, and I can assure you that this is a very important instrument for science. There appears, however, to be a likelihood that a large increase in helium supplies will come in the next five years.

Helium is found in nature, and much of it comes from Middle Eastern countries. Because of the political nature of the world we live in, that fact makes for a source not to be taken for granted. Exxon Mobil has a large helium extraction facility in Wyoming. A new Russian helium production facility is planned to open in Russia in 2021, which would greatly reduce the danger of helium shortage, by producing some 80 million cubic meters, half of the worldwide production of 2018! There is also a new pro-

cess under development to separate helium from natural gas in which it can be purified to 99.999 % pure. Most consumers take the supply process for granted, but when important chemicals whose uses are medical or are important in daily living become scarce, we realize how politics can partner with Mother Nature to work for us or against us.

Some people think of science as being a separate part of our reality, but I have always believed that the teaching of science, especially in college, and the reporting of scientific events, should always connect to real world applications for better or for worse.

I have refrained from commenting on the coronavirus situation in which we find ourselves and which so drastically affects our daily lives. However, as a retired chemistry professor and science division administrator, I can't help but feel concern for the education of the next generation of scientists, as colleges remain understandably dependent on distant learning. How can we replicate the learning of laboratory science and learning to do research remotely? How can we replace the day-to-day mentorship relationship of faculty members and students? This situation presents a great challenge to college and graduate school science programs and to the faculty of these programs.

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THE VILLAGE IDIOT

August is naptime

Jack Deatherage

As 2020 lumbers on, either cringing before the Wuhan flu hysteria, or laughing at reports of Marxists attempting to tear down the Democrat strongholds that allowed them to establish themselves in the first place, I struggle to consume “The Short Novels of Dostoevsky” before the Marxist revolutionaries begin collecting and burning books- as is their wont. Had I not read Bradbury’s “Fahrenheit 451” and Orwell’s “1984” I’d likely have offered to throw Dostoevsky’s book into the burn barrel as well, so tedious is the writing, or so it seems to my ever dimming mind.

Finding aspects of myself among many of Dostoevsky’s venally despicable characters certainly hasn’t endeared me to him. On the other hand, he was interested in Christian socialism, an ism I find fascinating in its attempt to combine supposed good with obvious evil. Tolstoy, Einstein and Nietzsche praised him while Hemingway wrote of Dostoevsky’s work: “there were things believable and not to be believed, but some so true that they changed you as you read them; frailty and madness, wickedness and saintliness, and the insanity of gambling were there to know”

Gods! Does Dostoevsky hit close to home!

Normally I’d be lost in some ridiculous “adventure” formula novel cranked out on a computer keyboard rather than scratched out on paper with pen and ink. But normally went out the window when the governor shut down the state’s non-essential businesses and public entities. Not being able to access the local library, never mind losing access to all the other counties libraries through the state’s Marina system, has been the only hardship I’ve suffered during the stay at home order.

Snarling worthless, but heart felt curses at communist China, Hogan and Gardener, I dug my way through the piles of junk and barely reached the wall of books I’ve been collecting for the last few decades. Choking and coughing on layers of accumulated dust, I began searching for some author or topic to distract me from the daily news of fear and disgust. I’m not sure how I ended up with Dostoevsky, other than the book is heavy, both in weight and content. My thinking probably went along the line of, “Any author who writes page length paragraphs and salts them with frog (sigh) French phrases is sure to bore me into extra naps.” And so the book has, mostly.

Mostly, but not enough to keep me

from seeking out the Russian, via wikipedia (which seeks a donation from me as I use the site so often when doing causal research). Living from 1821 to 1881, Dostoevsky, a Russian novelist, short story writer, essayist and journalist. His “works explore human psychology in the troubled political, social, and spiritual atmospheres of 19th-century Russia, and engage with a variety of philosophical and religious themes. His most acclaimed works include “Crime and Punishment” (1866), “The Idiot” (1869), “Demons” (1872), and “The Brothers Karamazov” (1880). Dostoevsky’s body of works consists of 12 novels, four novellas, 16 short stories, and numerous other works. Many literary critics rate him as one of the greatest psychological novelists in world literature. His 1864 novel “Notes from Underground” is considered to be one of the first works of existentialist literature.” Whatever the hell existentialist literature is, I’m intrigued by “The Idiot” and “Demons” - how could I not be?

I think the DW just rolled her eye. She’ll fire it up when I tell her I’ve found copies of both books for sale in online book stores.

“Why can’t you wait until the library opens back up normally?” She grumbles.

Now there’s another thing that has come out of this. I find myself no longer having any use for the library. I’ve a quarter ton, no doubt, of books piled and stacked that I haven’t gotten around to reading yet, and while the library is no longer of use to me, online book stores have met my needs during the China created pandemic- delivering my purchases within days of my placing orders. (Actually quicker than Marina usually was.)

“But, but you love the library!”

Loved, dear one. Loved. Attitudes change with circumstances. I once loved tramping through field and wood with a shotgun. I once loved sending a motorcycle through rush hour DC beltway traffic at speeds occasionally touching 90mph. I once loved wading creeks and working a fly rod. I once loved spending miserably hot summer days stacking straw and hay bales in sweltering, breezeless barns for two dollars a wagon load, plus a two week long asthma attack! Freaking idiot that I was/am. Having been forced to read from my own library, and currently having no interests that I don’t have books in-house to reference, and having the internet and online book stores, I’ve no reason to continue using the public libraries.

“But you told Librarian Penny you’d do another bread lecture when the library opens again.”

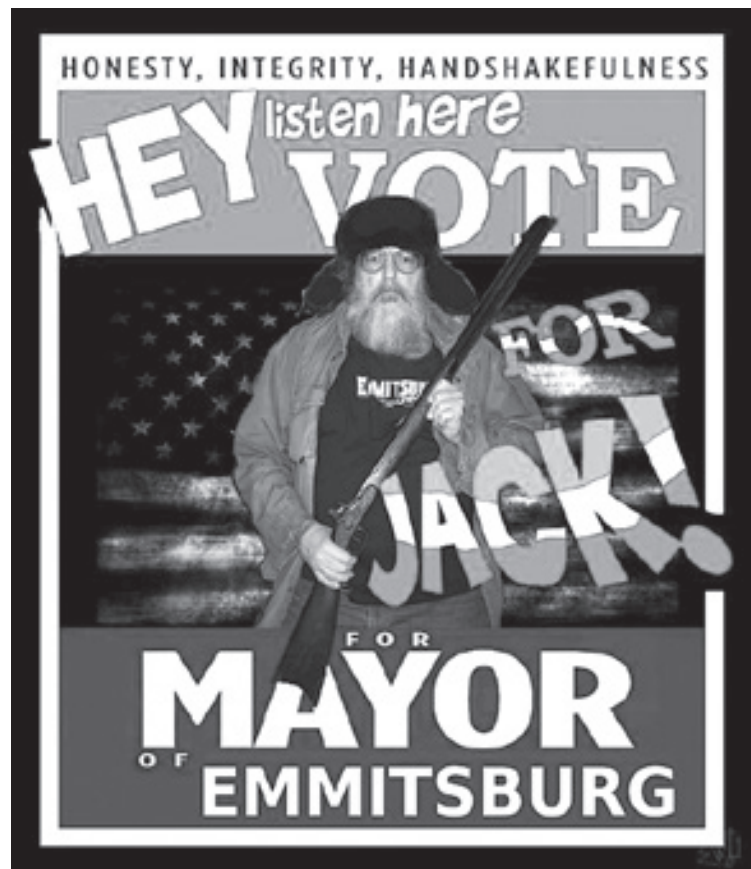
That’s different. That I no longer have need of the library doesn’t mean I’ll abandon it. If Penny calls, I’ll show up with dough, bread, recipes and some vague idea of a lecture on how to build the breads. Between that happening and now, I’ve books to chase down while there’s a few dollars in the bank after paying the county and town taxes, car repair bills and replacing a recently broken pair of eye glasses.

Besides, I’m learning about a world I barely knew existed. During Dostoevsky’s day Western Europe was seriously corrupting Russian society- hence the frog... grrr French phrases in his stories and some of his characters complaining about some Englishman, Willy Shakespeare, influencing the younger generation with fantastical ideas. Dostoevsky also thought the Christian religion in Russia was closer to the true teaching of the Rabbi Jesus and Protestant Europe led to the birth of atheism. The latter progression is a knew concept to me.

I feel the room warm suddenly as the odor of heating iron reaches my nose. DW’s channeling Balor- the eye is glowing. Oops.

“If you took time to clean up and organize your library you wouldn’t need long winded, boring old Russians to put you to sleep! Some honest work would tire you out!”

I need a nap, so I can think about her suggestion while the air conditioner struggles to cool my scorched hide. Gods! Those old specs she’s wearing have the thicker lenses and seem to



focus the flaming beam better’n the broken ones ever did. I allow she’s right as I cautiously slip past her on my way to the bedroom.

Usually I nap upstairs, well hidden from Balor’s glare, but the Mad One and cousin Luke are visiting and occupy that apartment. The Mad One mentioned on the second day of staying with us that she would enjoy seeing me die slowly, in great pain. I remember her reading a book I have about *Lucrezia Borgia* and how fascinated the

Mad One was with the various poisons the woman’s family used to get rid of people who irritated them.

Ummm... maybe it’s time I gather a blanket, a trap, some simple fishing tackle, the rottweiler and Dostoevsky, and go camp along Flat Run until the seasons change? I’d not want the Mad One’s incarceration on my conscience after she justifiably murdered me.

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PETS

A matter of perception

Jennifer Vanderau
Cumberland Valley
Animal Shelter

I was talking the other day with a friend who adopted a cat from us two years ago. She said how wonderful her four-legged friend has been for their family and she was surprised how long the cat had been at the animal shelter before they adopted her.

I told her it's because her baby was waiting for their family to find her.

And that got me thinking about fate and kismet and the bigger picture and all that good stuff.

The kitty they adopted had been at the shelter for nine months. My friend couldn't believe no one had chosen her because she was and continues to be so incredibly sweet.

Her son actually picked her out because she was so laid back.

The thing about the "meant to be" concept is that sometimes it goes beyond our human ability to truly perceive it. It's not always something we can lay out with graphs and charts and numbers. Fate and destiny occupy a part of our existence that can't necessarily be measured.

I believe it's there and it's strong, but our technology and knowledge just haven't given us a way to truly quantify it.

And when I told my friend that her kitty was simply waiting those nine months until her family was ready to find her, the truth of it settled into my chest in a way I can't really put into words.

That's really why that cat had been with us so long. The right family just hadn't found her yet.

We've seen this countless times at CVAS. Animals who are in our kennels – sweet, loving, deserving-of-a-home animals – for far longer than any of us thought they would be. And seemingly out of nowhere, the exact right person or family will show up.

The more I go through this world, though, the more I'm beginning to wonder if these moments are really "out of nowhere."

Years ago we were called to a home where a man had passed away, but had a boxer in the house.

We went to the home to rescue the boxer and to this day, I have a distinct memory of sensing something in that building.

Like the man wasn't really gone. Like he needed to see what had become of his baby before he truly left. Yes, I know it sounds crazy. Yes, my chemistry-teacher father is rolling his eyes right now, but I'm standing by what I felt. *waves* Hi pops!

We took the boxer into the shelter and he was obviously incredibly sad. He'd been with his dad for four years, never knew anything else from what I understood and suddenly, without warning, he found himself in a kennel. He was rightfully more than a little freaked out.

Heck of a nice dog, too.

We worked with rescues to get the information out to see if anyone would be interested in that dog, but within a week, the story took an almost otherworldly turn.

A man stopped by the shelter – seemingly out of nowhere (there's that statement again) – to see if we had any boxers.

He hadn't seen anything online -- he knew nothing. He just stopped by on a whim and a chance.

I'm seriously not making this up. Can you believe it?

He went on to explain that he was having a rough time because his two boxers had recently passed away from cancer -- and it had happened fast. They died within three months of each other and the gentleman was really struggling to deal with the loss.

He had lost 30 pounds and started growing out his goatee. He explained that he actually preferred to keep his whiskers in the shape of a goatee, but since he lost his dogs, he couldn't really be bothered to shave, so a pretty thick beard had grown.

He was retired and likely had too much time to think. I really don't know what brought him to the shelter that day -- if I think too long about it, it makes me wonder if we don't sometimes get nudges from that "fate" and "destiny" I spoke of earlier.

Naturally, we introduced him to the boxer we had picked up a week earlier and needless to say, that baby

went home shortly after.

On the day of his adoption, as he filled out the paperwork, the man told one of our staff as he rubbed his scruffy face that he was going to have to start shaving again because (are you ready for this?) he "couldn't really feel his new dog's kisses."

And that was simply unacceptable to him. He needed to be able to feel those kisses.

I've seen similar things happen so many times. We had a long-term pitbull who stayed in our kennels for almost a year. He's now a therapy dog at a local nursing home. The person came in and the time was right for him to find his real purpose – helping people during occupational therapy.

My friend's feline baby was just waiting for her son to look in that cage and get that feeling.

The boxer who lost his dad so suddenly was just waiting for the grieving man to stop by on a whim.

So when we see a photo of an animal looking for a home (maybe even in this paper – and boy, is Mike Hillman good to us and our four-legged kids!), we might feel bad when we see those homeless pets and think, "How awful! That baby is in a cage and should have someone!"

What if instead we take just a second to consider that maybe that sweet furry friend is waiting for his or her person to come along? What if that dog or cat is meant for a situation that just hasn't happened yet?

What if instead of being upset, we send a good thought or a prayer that their person comes for them soon?

Better yet, what if that person the animal is waiting for is you?

Simple changes of perception can change everything.

Jennifer Vanderau is the Director of Communications for the Cumberland Valley Animal Shelter in Chambersburg, Pa., and can be reached at cvas-comm@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 a thrift store in Chambersburg. Help support the animals at the shelter by donating to or shopping at the store.



Charlotte came into the shelter as a stray with kittens in tow. This pretty gray girl is 2 years old and was a wonderful mom. Charlotte would love to find a home where she could be someone's baby instead of the mom. Could that someone be you?



Mayor was brought into the shelter as a stray in a trap – can you imagine? This gorgeous, 5-year-old brown tabby was already neutered when we checked him out, but no one came for him. Now he's up for adoption and looking for a second chance. Mayor loves attention, treats and a chin-scratch (not necessarily in that order). If you're looking for a great companion, this guy could be the one for you!



Mantis and Marshmallow are two, sweet guinea pigs who came into the shelter after being found at a duck pond. Okay, technically Mantis arrived and she was pregnant with Marshmallow. Mantis is a year old and Marshmallow was born on April 21, 2020. Mom and daughter don't really have to be adopted together, but this picture was just too cute not to share. Could you help either one of these babies out?

For more information about Charlotte, Mayor, Mantis or Marshmallow call the Cumberland Valley Animal Shelter at 717-263-5791 or visit them online at www.cvaspets.org or better yet, visit them in person at the shelter.

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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The itchy pet

Kimberly Brokaw DVM
Walkersville Vet Clinic

Humans aren't the only ones that suffer from skin allergies. Every summer I see itchy dogs and horses with seasonal allergies, along with their unhappy owners. Awakening at 3am, to hear your dog frantically chewing his skin until he leaves small spots of blood on your rug, and then scratching loudly and vigorously, will make an owner and dog head to the vet.

Horses can get very itchy, too, and their strength means they can do some damage when they scratch. Many years ago, my sister's pony scratched so hard on a tree that she knocked the tree down. That pony also knocked down several sections of fence by scratching on it. Getting rid of itching is important for pets and owners. Unfortunately, just like in humans, itching can be hard to treat. It also tends to be a recurring problem rather than something correctable with a single shot.

The most common causes of seasonal itchiness in dogs and horses are pollen and insect bite hypersensitivity. While pollen is much more difficult to eliminate

from the environment, insects can pose a challenge as well. A dog with sensitive skin does not have to be infested with fleas to get itchy hot spots and moist dermatitis. Some dogs are so sensitive that a single flea bite can make them so itchy that they are miserable.

There are numerous flea medications, both oral and topical, that kill fleas. However once the dog has damaged the skin and gotten an infection, the dog typically needs to see a vet for antibiotics and anti-inflammatory medications. While pollen can't be eliminated from the environment there are now prescription pills and injections that block the inflammatory cascade that leads to an itchy dog.

Some dogs stay on these medication from spring through fall depending on what they are allergic to. Blood can also be collected from your dog and used to design allergy shots targeted to the specific pollens that trigger your dogs itching. Treatments for itchy dogs have gotten much more effective in recent years. However, treatment does require an owner who is willing and able to give medications regularly.

Horse skin allergies are a little more difficult to manage than dog skin allergies. The insect repellents on the market aren't as effective as the ones designed to kill fleas in dogs. There also aren't tasty little pills specifically designed for horse allergies. One of the most frustrating skin allergies in horses is "sweet itch." Sweet itch is a hypersensitivity to the saliva of culicoides, which are tiny midge bugs. There is a genetic component to sweet itch so some families of horses and more likely to get it than others.

The culicoides midges like to bite to the horse's belly and tail and cause severe itching. This causes the horse to scratch and rub out his hair, sometimes frantically. The normal fly sprays seem to have minimal effect in repelling these bugs. Usually fly sheets and thick, barrier ointments are the most effective. Blood can be taken from the horse and used to create allergy shots. While these shots are fairly effective for pollens, they are minimally effective for helping with sweet itch. There is research being performed to develop a sweet itch vaccine and medication.

Unfortunately they are not available yet. Successful treatment for sweet itch usually involves a



A horse backing up and rubbing its tail is a sure sign it has a tick in its tail. During summer months, tick inspection of one's horse should be a daily chore.

barrage of treatments, with daily application of fly ointment or other barriers as well as antihistamines pills. Putting flax seed and spirulina in the horse's feed is sometimes helpful in decreasing the itching. Horses with sweet itch usually benefit from spending their summer days inside a dark barn with a fan and few bugs. Owners of these horses are often

very happy when fall comes and the bugs are gone.

Most of us enjoy the summer months and look forward to them every winter. Controlling itching in our dogs and horses helps keep summers pleasant and enjoyable.

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

Buyer beware

Shawn Snyder
Volunteer Coordinator
Frederick County Animal Control & Pet Adoption Center

Frederick County residents are passionate about their pets. That passion manifests itself as generous, unsolicited financial support of the Frederick County Animal Control and Pet Adoption Center year-round. We are always grateful to citizens who recognize the challenges of the work we do as a municipal shelter.

As a municipal shelter, the budget we are given each year is a known factor. However, the number of animals we will take in each year is not. Nor is the physical or psychological condition of those animals. Private donations supplement our given budget and allow us to provide extra care for animals that need it. Sadly, scammers use even the most virtuous professions to get the attention—and the dollars—of their victims.

Most recently, an independent organization claiming to be fundraising on behalf of animal advocacy groups nationwide developed a website. The website listed publicly available information such as the name and location of each facility, including ours, to emulate legitimacy. The site included a convenient "donate" button with a choice of dollar amounts. Fortunately, their fraudulent efforts were

discovered quickly and, with the help of government entities that oversee consumer protection, the entire site came down within 48 hours.

The world of animal welfare and animal advocacy can be complex. Terms like humane society, animal shelter, animal control, and "spca" are often used interchangeably by people unfamiliar with the differences. It becomes more complicated as animal advocacy organizations themselves may interchange terminology as their mission encompasses a combination of goals. Animal advocacy does not typically have a reputation for being a lucrative effort. Therefore, every dollar counts in being able to help animals.

If you are considering making a donation to any animal advocacy group, please know where your money is going and what it will be used for. Some measures you can take to ensure your donation is going to a legitimate cause: Call the organization and ask to speak to the director or finance manager.

Ask them to provide specifics of where your donation will go and for examples of past use of funds and accomplishments. If possible, visit the facility and note the care that animals are getting. There are many valuable efforts being made on behalf of animals, but there are also people who lack integrity and will take advantage of a generous heart for their own gain. Don't become one of their victims.



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THE MASTER GARDENER

Gardening in a drought

Sue Bucher & Pat Ferguson
Adams County Master Gardeners

Thinking back to April it seemed we had all the rain we wanted, but the rains all but stopped in June, and July has seen the onset of drought conditions. Now we're into long stretches of hot, dry days - also known as the Dog Days of Summer. To keep your gardens looking as green as possible takes work, but you'll be amply reward once the fall rains begin again. There are many variables to consider when planning your summer watering regime.

We use water every day at home and at work in so many ways, and most of us just take it for granted that it will be there when we turn on the faucet. But will it? We need to rethink our uses of this natural resource and change our attitude.

Awareness is the first step in conserving water. Be aware of the current drought conditions and also of how much water you use, and find ways to conserve this resource.

However, if you are trying to keep your garden fresh looking in the heat of the summer you are going to have to do some watering. I can think of several important reasons why you should be careful about how you water. Most important to many is that you can substantially reduce the cost of watering if you are careful.

Of equal importance are two other factors. Proper watering is necessary for healthy plants. Excess watering can produce foliage at the expense of fruits, vegetables and flowers. Excess shallow watering encourages shallow root systems and weak plants.

OK, what can you do?

Allow your lawn to go dormant. Cut your lawn to a height of two inches to protect the roots, and stop watering it. Do not put any fertilizer or other chemicals on it until fall. It may turn brown, but even if we receive no rain for the rest of the summer, your lawn will not die. It will green-up in fall or spring.

Water trees, shrubs and plants in order of priority. Because they

are substantial investments, your first priority should go to newly planted trees and shrubs. Then water perennials, vegetables, fruit and nut trees and shallow-rooted established shrubs. Finally, if you have the time, water annuals. You will have to water most container gardens every day in order to keep them alive and fresh. If watering becomes too much of a burden, consider allowing container gardens and other annuals to die early. You may also put container plants in the ground to reduce their watering needs.

The best time of the day to water is in the morning, when it is cool and evaporation is at a minimum. Furthermore, if you get the plants wet, they will dry quickly, minimizing the opportunity for diseases to develop. If you cannot water in the morning, evening is the next best time. Water slowly and as deeply as your soil drainage conditions will allow. This will encourage deep roots and healthier plants, and you will not have to water every day. Frequent light watering actually does more harm than good because it encourages shallow root growth. Mulch your gardens to help hold the moisture in.

Use a watering can, or a hose with a bubbler on it to water. Repair leaking hose connections or make sure that leaky connection is lying somewhere where water is needed. Leaking hose connections can waste up to 50 percent of the water flowing through a hose. Water directly at the base of the plants and try to avoid getting foliage wet. Other good options are to use soaker hoses or install a drip system. Both are efficient in their use of water.

Use overhead sprinklers only as a last resort. They are extremely inefficient, allowing for a lot of evaporation and generally watering too shallowly. They also cause water to run off the landscape when they throw water on paved surfaces.

Is your garden soil mostly clay? If so, you will see that water just runs off instead of soaking in. Add soil amendments (compost or other organic amendments like peat).



**During droughts - 'water plants to survive, not thrive.'
If you do, your pollinators will thrive.**

Perhaps your soil is a sandy-type? In this case you will notice that water does not run off, it does go right into the soil. The problem is that it drains out immediately. You will need to add soil amendments like peat moss, manures, compost, or organic matter. If you are working with straight topsoil, be sure to add amendments like perlite or vermiculite, peat moss, humus, or composted cow manure because topsoil is so dense.

Plants under the eaves of your house or in southern, southwestern or western exposures need to be watered more frequently since they get very little water from precipitation and the reflected heat from the walls leads to increased water stress and heat stress. Be careful what you plant next to rocks or a blacktop or

pebble driveway since these surfaces are so hot and retain heat.

Wind can dry out the soil and dry out your plants very quickly. Unfortunately, most people just look at their plants to see if they have begun to wilt, judging that if they are wilted they need water. Alas, if a plant has begun to wilt then it has already suffered water stress. In a weakened condition, that plant cannot cope with the normal problems of insects, diseases, etc.

Mulching helps to keep the roots of your plants at a more even temperature, it helps the soil underneath it to retain moisture and nutrients and mulch will also help keep weeds down.

Plants need deep, thorough soakings. It is truly far better to

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THE MASTER GARDENER

Small Town Gardener Preserving the harvest or your sanity?

Marianne Willburn

I have been in and out of canning jars for three days now, trying in turns to preserve the harvest, fulfill my writing deadlines, manage my family's outrageous expectations of motherhood, and to do all of this without losing my ever-living mind.

Oh, and there's something else... What was it? ... Ah yes. The garden. I actually have to tend to it in order to keep this three-ring Sisyphian circus going. No problem. I'll just take care of that at 4am in between coffee and a good cry.

I share the above not for sympathy, but because you might be in the same leaky boat; and when the words "Something's gotta give" come out of your mouth more than six times in a day, but the only thing that's giving is the tenuous grip upon your sanity, the last thing you need is me telling you how fabulous 45 quarts of tomatoes look sitting next to a farm-to-table meal I just whipped up.

Unfortunately, we rarely see the cost of what it took to get that farm to the table (in my case, \$50 worth of takeaway Thai the night before). Our social media-driven world thirsts for gorgeous Result: smiling kids, clinking glasses, panoramic views and thinly-veiled one up-manship. It is not enough to merely experience a moment – that moment must be shaped into premium content. Process is acceptable, but should be arranged in five neat steps and tied in rustic jute – there is no place at this farm-to-table for the exhausted.

This is of course inconvenient, because we are, most of us, exhausted. Think how many times you've asked a friend how they're doing; how they've replied "Busy"; and how you've nodded with the empathy of the damned only to find

yourself in the same exchange two months later.

So, going back to my previous assertion that something's got to give, and the assumption that most of us get so tied up in our own handmade knots that we don't know which string to pull, it's time to start tugging gently on one or two ends. It's time to step back.

I'll go first, and in order to do so, I ask you to indulge me in a story.

About fifteen years ago when Youth and Naiveté had persuaded me I was inventing things like pickling, yogurt making and breast-feeding the way that only Youth and Naiveté can persuade, I met an older woman on a garden tour.

Her garden had three edible plants – a tomato, a pepper and a large stand of basil; and yet her ornamental beds stretched for hundreds of yards. How someone could garden with such passion, yet overlook the opportunity to fill plates and pantry with home-grown produce completely baffled me.

She loved her flowers and asked what I was growing. And as I babbled on about flowers and edibles, she stopped me with, "Do you can?"

I replied proudly in the affirmative. Not only did I can, but I pickled and froze and dehydrated and ketchuped. And I kept track of it all in a little ledger (which was what we all did before social media beckoned so seductively).

"Oh honey, I used to do all that stuff too," she said dismissively, and added "You'll learn."

Ha. I had no intention of 'learning,' unless it was yet another way I could stay up until one-thirty in the morning shredding my endocrine system upon the altar of Domesticity. Youth and Naiveté were quite firmly in charge – whispering ever in my ear – and I ashamedly assumed that my elder was not my better.

Well, I was wrong. I did not possess a houseful of adult relatives or a vast network of stay-at-home friends that would have naturally accompanied some of these tasks 70 years ago. I did however possess two tiny children, a house and garden that needed a complete renovation, and a dimwitted desire to prove I could do it all. A few short years later the endocrine system

was thoroughly and expertly shredded (I didn't do anything by halves), and I found myself forced to take a few steps back. Several actually.

The process taught me a valuable lesson: just because I could do something, didn't mean I should. I had to start saying no. An even shorter year later I was taught another valuable lesson: that my raging Type A personality required a thorough check up every year.

And it looks like I'm due for my annual inspection.

Is all this to say that we shouldn't can the tomatoes, re-paint the living room or write the novel? No. Not at all.

Instead I believe that we need to find and fight for what is bringing our families and ourselves a quiet, centered contentment, and say no to the rest of the noise. That might mean one less organization to join or one less project to start or one high-stress promotion to refuse.

In simple garden terms it could mean we forget about growing flea-beetle infested eggplants, and focus instead on the ease of tomatoes, the peppers, and the basil. Or it could mean that we focus more on our vegetable garden and the harvest to the exclusion of other things. These choices are extremely personal and based upon many factors.

Some people will respect your self-awareness and some will not. Some have too much invested in showing the rest of the world they're doing everything and keeping it together to not feel threatened by you choosing another way. You're not going to change their minds – or their verdicts on how industrious you should be. Just ignore their tight, ever-fixed smiles and pray for their cortisol levels.

We live in a frighteningly busy world, and it's not going to hand us a gift-wrapped break. We've got to take that break for ourselves – and defend it.

Marianne is a Master Gardener and the author of Big Dreams, Small Garden.. You can read more at www.smalltowngardener.com.

water less frequently but for a longer period of time. If we are fortunate enough to get one inch of rain in a week, that is generally considered sufficient to a well-established garden. Notice the qualification – "well-established"! If your garden is new or your annuals are planted "high", then you are going to have to supplement that one inch of water. It's better to water in the early morning if you possibly can. Night waterings can create ideal conditions for disease development including fungus.

The method: Deep soaking is the goal. The most ideal and water-conserving method is one that provides a slow, steady trickle of water. Soaker hoses or irrigation systems set on a very slow setting fill this need. By watering in this manner you achieve several important objectives; the water you use does not run off the soil but instead reaches the roots below making your plant stronger in the long run; the water that reaches the roots helps the plant to conserve the nutrients it needs to grow and develop; and by conserving the plant's nutrients, it becomes

stronger over time and more drought-tolerant.

One final word on the subject of watering is the caution not to overdo the thing! Believe it or not, over-watering is as detrimental to your plant's health as under watering! It encourages stunted plants, root rot and fungal diseases. Over-watering also tends to leach nutrients and lime out of the soil causing poor growth and acidity. Finally, over-watering can wash chemicals, fertilizers, weed killers and plant nutrients off your property and into streams, rivers, ponds, and lakes. Such a situation can contaminate groundwater and eventually, drinking water. There is a balance to watering that is easily achieved, it just takes a little practice and knowing your garden conditions.

Even though we are in the midst of a drought, we can still have a productive garden this summer. Become aware that we need to change old habits, conserve water and plant intelligently.

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

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THE YOUNG EQUESTRIANS

Riding can make you smart!

Sarah Simmons

I'm going into 6th grade this fall. So I've been thinking about what I want to do when I'm finished school and what I want to be when I'm grown up. I think I want to be either a veterinarian or an equine biomedical engineer. A vet takes care of animals and I love all kind of animals, but especially horses. My twin sister and I have talked about having a veterinary practice together. I think that would be amazing. I'm also interested in working with horses that have had injuries or illnesses and that might benefit from prosthetics. This is something that a biomedical engineer can do.

My Mother talked to me some about what a biomedical engineer does. I used to think that engineers just designed buildings and bridges, but they design all kinds of things that make life better for people and animals. And she told me that her Dad, brother, several uncles, and a nephew are all engineers. And Mike, my riding coach, is also an engineer. I think it would be really great to design things that could help horses live a good life after they have been sick or injured.

Now, what does this have to do

with riding, you might ask. Well, there're a lot of ways that riding, at least the way Mike teaches me, can help me be a better student now and help me get ready for a job when I'm older. Riding teaches me to focus on details and also to look at the big picture (my sister wrote about the holistic view of riding recently). At my riding lessons I'm learning a lot about horse anatomy and how to solve problems. And finally, riding horses is teaching me to be confident and independent.

Right now I'm training for a horse show. I'll be competing in a dressage event. Dressage is all about details. It's a discipline in horseback riding that focuses on doing a set of movements in a very exact way. You have to move around the arena in a particular order, always making sure you stay in a very straight line or a close circle. When I think about it, dressage is a lot like math and science. There are lines and angles you have to pay attention to and you have to learn about your own anatomy and your horse's as well. I think religion is also a part of dressage because I pray almost every night that I will do the best I can (and win a ribbon).

I've also learned that horse-

back riding isn't just about riding a horse. It's about taking care of the entire horse, everything that he needs: giving him a bath, feeding him, making sure he has water, grooming him, keeping his stall clean, and making sure he is cool in the summer and warm in the winter. This reminds me of art and music classes. When I draw or play the saxophone, I focus not just on the lines and notes, but on the whole image I want to draw and the whole song I'm going to play. I think engineering must be like this too. Sometimes when I'm practicing dressage, I hear a song in my head that helps me keep focused on the beat of the horse's movements.

Horseback riding has also helped me solve problems better. And this is especially important in school. We're always having to solve problems, especially in math and science. You might not think that riding horses has anything to do with solving problems, but it really does.

Not long ago, one of Mike's horses, Wesley, was limping a little. It wasn't much, and I didn't even notice it. But Mike did. And I watched Mike try to figure out what was wrong. He talked about several things it could be, from a rock in his hoof to a disease called Laminitis. He had me and my sister walk Wesley up and down the barn aisle and he watched how Wesley walked. Then he felt Wesley's legs and hooves to see if they felt warm. All the while he explained to us what he was doing and what he was looking for. He then checked to see if Wesley had what is called a digital pulse in his hooves. When he found one, Mike let me feel it so I would know what it felt like.

He then talked to his wife (who was the stable manager for the Olympic Team), his vet and his blacksmith and before long, they were able to figure out what the problem was (Wesley had an abscess) and with that, Wesley was soon on the road to recovery.

And this reminds me that riding and taking care of horses has also taught me so much about horse anatomy and how horses behave. Mike even quizzes my sister and me sometimes. He'll point to the horse's leg and asks, "What's this called?" One time I said "leg" and I learned very fast that there



Future dressage Olympic gold medallist Sarah Simmons checks her horse for a digital pulse.

are many parts to a horse's leg. There's the knee, hock, cannon bone, pastern, fetlocks, the coronet band, hoof, heel, ergot...you get the idea. I'm developing a very good memory, which will be really useful in school and in my future career as a vet or engineer.

Finally, and maybe the most important things I've learned from horseback riding, is that it's important to be independent and confident. Even though Mike is always right there with me when I ride, he wants me to learn to do things on my own, to be confident enough in what he's taught me to be independent. And believe me, it takes confidence to be around thoroughbred horses. If you don't think so, go stand beside a 16.2 hand horse (1 hand equals 4 inches, which makes Wesley 66 inches tall). I'm only 59 inches tall so Mike's horses are more than half a foot taller than me when their heads are down. And an average thoroughbred weighs about 1,000 pounds, which is 900 pounds more than me. So the horses I ride tower over me and weigh 10 times what I do but I'm able to get them to do what I want - at least most of the time.

When I first started riding, I have to admit that I was a little scared of the horses. And being on a runaway horse shook me a bit. But I'm not scared anymore. I've learned that as the rider, I'm in control. These huge animals have to do what I say. But I also know that being confident doesn't mean treating the horses badly. In religion class at Mother Seton School, we learn to do unto others as we want done to us. And I think that

this means being kind to horses as well as people.

I'm also learning to take care of the horses without being told what I need to do. If I ask Mike something, he often says, "Well, what do you think? If you want to ride, you need to learn to make some decisions." And he's right. He's taught me a lot about horses, how to take care of them, and how to ride. I still have a lot to learn, but I've learned enough to begin to do some things on my own. And that feels great. And it feels great that Mike trusts me too.

So, how are all these things I'm learning now going to help me when I start back to school later in August and eventually when I become a vet or an engineer? Both veterinarians and equine biomedical engineers have to see both the big picture, the whole horse and how the horse should be, but also the details about how to get the horse back to how he should be. This takes good problem-solving skills and knowledge about horse anatomy. And these require independence, no one can do the work for you, and self-confidence, you have to believe in yourself.

Horseback riding really has made me smarter and is preparing me for school and for life. I'm using math and science when I ride, and art, music, and religion too. And I'm also improving my writing skills. Yes, I said writing. I know that I haven't mentioned writing in this column, but if you are reading my columns, then you know that I'm writing a lot about riding. And the more you practice something, whether horseback riding or math and science, or writing, the better you become at it.

So, I'm very grateful to Mike for putting a lot of his time into helping me become a good rider and to my parents for all the time they spend taking me to riding lessons. And of course, I'm most thankful to Wesley, Kit, and Scotty for being such great horses and for being so patient with me. I promise to take care of you all when you get old and I'm a successful veterinarian or biomedical engineer.

To read previous articles by Sarah, visit the author's section of emmitsburg.net.

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COMMUNITY NOTES

158th Great Frederick Fair cancelled due to COVID-19

Karen Nicklas
Great Frederick Fair

After months of deliberation and discussions on how to safely open amidst the COVID-19 Pandemic, The Great Frederick Fair Board of Directors has cancelled our annual event scheduled for September 18-26.

This decision was not taken lightly and is extremely difficult to share but is in the best interest of public health and safety. The Great Frederick Fair is not only an important tradition in our community, welcoming over 230,000 guests, but also a vital economic event, putting over \$1,000,000 back to local businesses each year. The Fair remains committed to putting the safety and well-being of our staff and our community above anything else.

The Fair Board has determined

that to follow the CDC and state and local health department recommendations would result in eliminating some of our greatest Fair traditions and make others unrecognizable. Planning for The Great Frederick Fair requires year-round efforts to coordinate all of the moving parts and with the added unknowns, it makes this an extremely challenging moving target.

The Fair has overcome location and date changes, fire, The Great Depression, rain and hurricanes. The Fair was cancelled in 1918 during the Spanish Influenza outbreak on the advice of state health officials. World War II forced the cancellation of The Great Frederick Fair in 1942 and 1943 and during that time, buildings on the fairgrounds property were utilized by the Office of Price Administration for the war

effort. In the words of S.C. Lourie, "This is just a chapter, it's not your whole story."

The Great Frederick Fair is committed to our non-profit mission statement to promote Agriculture and the Education of our Youth about the Industry of Agriculture. So, although the event is cancelled, we are planning to host an Invitational Youth Livestock show. The details for this opportunity will be released in the coming weeks.

The concerts, motorsport and carnival (Jack Pass) events that were already on sale are postponed to 2021. All ticket holders will be contacted within the next 30 days with options on carrying their tickets over, or directions on how to request a refund.

Karen Nicklas, General Manager shared, "The cancellation of an event this large negatively



impacts hundreds of thousands of people and organizations. I ask that you please be patient, understanding, and respectful to us and all the events making these challenging decisions in our communities. Be supportive and kind. I can't wait to see everyone at the "even greater" 2021 Great Frederick Fair!"

We encourage the public to follow the Fair's website - www.Gffair.com/covid for answers to Frequently Asked Questions, and updates. The Fair appreciates your cooperation, understanding and support of this decision and we are looking forward to being together in 2021!

Navigating the winding road to retirement

Ryan Fox

I owe my parents a great deal of thanks, especially for their patience with my brother and me when they took us to Ocean City, Md., each summer as kids. They endured our constant groaning about traffic, delays, and "how much longer" it would take to get there.

My wife, Megan, and I now take our kids and pets on an annual beach trip. Thankfully many of the roads have been widened. Even with many traffic delays, bathroom breaks, Bay Bridge scares (not my favorite thing), and other issues, we make it to the beach. There is a wonderful sense of relief when our eyes catch that first shimmery glimpse of the ocean. It makes the effort worth it.

There are a lot of similarities between retirement planning and beach planning. Both types of planning require strategy, have various costs and benefits, and require a lot of flexibility and patience with unexpected variables.

One big item I've been working on with a number of clients within a few years of retirement, is ensuring their existing 401k plans are allocated so that any type of market drop will not prevent them from retiring on their own terms. The fear of impending "doom" is common among pre-retirees depending what is going on the world. I don't pretend to know when the next market drop will occur. No one does. But we know patience and optimism rule the day with investing.

But, optimism isn't an investment strategy. So for those pending retirees, we are working hard to reallocate what has often become a sizeable nest egg, built from long-term dollar cost averaging from each paycheck.

The strategy of a pre-retiree's portfolio is often more important than it is in the post retirement years. If the pre-retiree strategy isn't correct, the post-retirement options are fewer and may lead to delays in retirement timing.

You pay a lot more to get beach housing at the last minute than you do if planned months in advance.

The same holds true with retirement planning. A lot can be done quickly but with so much to consider both financially and emotionally, time is a great benefit to enacting a plan of action. Time in the markets far surpasses attempts to time the markets.

When traveling, patience is important. Patient is crucial as well with investing into retirement. Stock markets do not rise in a straight line. Volatility and market declines can test anyone's patience. But volatility can also be an investor's friend. Rebalancing into market declines helps to flatten out risk and boost returns in most portfolios. Rebalancing as markets rise helps keep asset allocation in line with risk tolerance.

Coupled with patience is the need for flexibility. On the way to the beach, there isn't much you can do about delays or detours. With investing, a delay or detour might come when markets fall for a year or two. It happens.

When clients successfully transition into retirement, you can literally see the shimmering ocean

the trip to their financial goals.

Ryan Fox, Huston-Fox Financial Advisory partner, in Gettysburg and Hanover, can be reached at 717-398-2040 or Ryan@hustonfox.com.



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HEALTH NOTES

Health and wellness during COVID-19 and beyond

Heidi Winkler
Frederick Health

The coronavirus pandemic has changed many aspects of our daily lives, but one thing that shouldn't change is access to safe, reliable healthcare. While you should still take plenty of precautions to stay healthy and avoid getting sick, you should never delay medical care.

Since COVID-19 spread throughout the country earlier this year, we have noticed a concerning trend of patients delaying routine check-ups, treatments, preventative screenings, and important procedures due to fears of catching the virus. In many cases, these patients put themselves in more danger by not seeking medical attention when they should.

As state restrictions lift and some normalcy begins to return, we encourage you to stay safe, stay healthy, and get medical care when you need it. There's no need to compromise your care—it is safe to visit a Frederick Health location and get the care you need when you need it.

Delayed Medical Care? See a Doctor Now.

For some health emergencies, waiting too long to get medical care is a greater risk to your health than the risk of contracting COVID-19. At Frederick Health, your health and safety matters. Each member of our healthcare team is dedicated to keeping our facilities clean and safe so patients can feel safe getting care. If you've delayed medical care because of concerns about health and safety at the doctor's office, or if you're due for a check-up, Frederick Health has plenty of options for you to get the level of care you deserve.

Patients are always welcome to visit a provider in person. Rest assured, we're taking extra steps to ensure the safety of patients, visitors, and staff, and we update our procedures regularly. Here are a few of the ways we're keeping you safe:

- Requiring use of face masks
- Increased cleaning frequency
- Advanced cleaning technology
- Protective shields at transaction sites

- COVID-19 screening for patients, visitors, and staff
- Physical distancing reminders

Exceptional medical care is just a click or call away. Find a doctor or call 240-566-HERE to schedule an in-person visit with one of Frederick Health's dedicated providers. For common conditions like allergic reactions, rashes, minor broken bones, and flu-like symptoms, Frederick Health's Urgent Care has two convenient locations in Frederick and Urbana. For serious conditions like chest pressure or pain, severe bleeding, trouble breathing, or severe burns, Frederick Health's Emergency Department is available 24/7.

If you prefer to stay home while getting care, Frederick Health has options for you, too. Our tele-health services are perfect for your ongoing healthcare needs and specialty care, and you can get online urgent care via Virtual Visits. In just an hour from the comfort of your home, you can connect with a trusted Frederick Health provider online. There's no appointment needed.

Maintaining Good Health

Some restrictions are easing and life is slowly gaining back some normalcy, but the COVID-19 pandemic is not over. Summer 2020 doesn't have to be a bummer, but you still need to keep health and safety precautions in mind to reduce the risk of you, your family, and others getting sick. These precautions include:

- Wear a mask. When you're in public or around people not from your household, wear a mask over your mouth and nose. COVID-19 spreads mainly from person to person through respiratory droplets from coughs, sneezes, or talking. COVID-19 can be transmitted by asymptomatic carriers—people who have the virus but no symptoms of it—so it's extra important to wear a mask even if you don't feel sick. Anyone over age 2 should wear a mask.
- Practice social distancing. Stay at least 6 feet apart from anyone not in your household, and exer-

cise extra caution when in public spaces. Studies and evidence show that COVID-19 respiratory droplets usually travel about 6 feet.

- Avoid crowded areas. Crowded spaces increase the risk of infection. Avoid busy enclosed spaces like malls, movie theaters, restaurants, and bars.
- Wash your hands. Pandemic or not, you should always wash your hands. Wash your hands with soap and water for at least 20 seconds after touching any public surface, after using the bathroom, after changing a diaper, after handling a pet, or whenever your hands are dirty. Make sure your little ones know the importance of handwashing, too.
- Stay home if you feel sick. Even when there's not a pandemic, you should stay home if you feel ill to avoid getting others sick. If you think you have COVID-19 symptoms, call Frederick Health today to get tested.

Are you concerned that all of these precautions put a damper on your family's fun this summer? Don't worry—there are still plenty of fun, family-friendly activities that keep health and safety in mind, such as biking, hiking, virtual storytime, and virtual fitness classes.

In addition to taking extra precautions, there are ways to boost your immune system to increase your chances of fighting off an infection, such as:

- Drinking plenty of water
- Staying active
- Eating plenty of fruits and veggies
- Not smoking
- Not drinking excessively
- Getting enough sleep

If you need help getting healthier or staying well, Frederick Health is here for you—because we want you healthy, Frederick!

For more information on how we're keeping you safe, and how you can access healthcare in a way that's comfortable and convenient for you, visit [FrederickHealth.org/GetCare](https://www.frederickhealth.org/GetCare) or call 240-566-4373.

COVID-19 update

As we go to press on July 29, the Frederick County Health Department is reporting that 2,931 residents have tested positive for COVID-19, 113 deaths have occurred in MD.

Frederick County Health Department will be using Seton Center as a Covid-19 testing site, every Tuesday, noon to 2. Testing is free. No referral or insurance needed, anyone can come in and be tested whether they have symptoms or not. Masks are required.

In Adams County there are 448 confirmed cases of COVID-19, and 18 deaths.

Track virus cases by zip code

To track cases in Maryland go to www.coronavirus.maryland.gov.

To track COVID cases in Adams County visit www.health.pa.gov.



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240-566-HERE (4373)

 Frederick
Health
Medical Group

Schools navigating the planning of Fall semester reopenings

Edison Hatter

With Summer 2020 coming to an end, students of all ages, from first-year kindergarten students to senior year college students, and their families are awaiting information regarding the beginning of the 2020-21 school year. Students attending Mount St. Mary's University are expected to return to campus this fall for classes but will take final exams remotely and online after Thanksgiving break.

Frederick County Public Schools and Mother Seton School have plans that include three different scenarios: an entirely online scenario, a hybrid model, and a 'green-light, business-as-usual' scenario. Current expectations are that the fall will begin under the hybrid model for both Frederick County Public Schools and Mother Seton School. North of the border, the Fairfield Area School District has plans for all students to return to the classroom, but older students will experience a hybrid-type model.

The Frederick County Public School system is rapidly creating a 'Recovery and Reopening Plan' for the fall. At the July 8 Board of Education meeting, a draft version of the reopening plan was submitted to the board for consideration by Deputy Superintendent Mike Markoe on behalf of four separate work groups that collaborated on the report. The four work groups were a logistics work group, an instructional work group, a special services and student supports work group, and an employee relations and communications work group.

The most significant recommendation of the draft plan is to follow a 'green-yellow-red light system', depending on the stage of reopening Maryland is in at any given time during the fall semester. In a green-light scenario, school will be held in-person in a traditional five-days per week setup, with intensified safety and health measures in place. On the other hand, a red-light scenario

would be very similar to what students experienced in the spring. Learning would be conducted entirely online under a red-light situation but would incorporate some improvements and suggestions from the online model used in the spring to enhance the overall student learning experience.

However, the most likely scenario to begin the fall will be a yellow-light phase. This will be a hybrid model that will include online and in-person instruction. Students will all be placed into either an 'A' or a 'B' cohort. The A cohort students will have in-person instruction on Mondays and Tuesdays, and online instruction on Thursdays and Fridays. Students in the B cohort will experience the exact opposite: online learning on Mondays and Tuesdays and in-person instruction on Thursdays and Fridays. All students will have online instruction on Wednesdays while the school buildings are thoroughly cleaned. Additionally, school buildings will undergo a thorough cleaning on Saturday and Sunday.

Frederick County Public School leadership made two major points about the draft reopening plan. First are foremost, Superintendent Theresa Alban made it clear that the draft plan was just that, a draft. According to Alban, the final plan does not need to be finalized until August 14 per Maryland state guidelines. Alban said she hopes that the board will be able to approve a final plan at the August 5 meeting. Second, Alban stressed the importance of being flexible with the reopening plan.

The 'light stage' that the county is in will be dictated by Maryland's reopening guidelines. If Maryland is in stage 1, schools will be in a red-light phase; stage 2 would result in a yellow-light phase and stage 3 would result in a green-light phase. "While we are in stage 2 now and would operate currently under a yellow-light phase," Alban said during the July 8 board meeting, "Governor Hogan could revert the state back

to stage 1 if the number of cases in the state goes up. This would result in us having to revert back to stage 1. We must be prepared to move between the three phases quickly during the fall term."

Mother Seton School will follow reopening guidance from the Archdiocese of Baltimore and the 'Planning Ahead Task Force' that has been created this summer. Independent of the Archdiocese, Mother Seton School has chosen to relax its uniform policy due to the late decisions and to save parents money. While the official reopening plan will not be finalized until early in August, the major goal of the Archdiocese is to see students return to the classrooms this fall.

Current plans call for faculty and staff to return on August 24 prior to the arrival of students on August 31. However, there will be contingency plans to allow for a shift to remote learning if a second wave of the coronavirus should hit this fall. The task force will take classroom technology, curriculum, pedagogy, and student support, social distancing, facilities, and operations, COVID-19 response, and strategic communications and emerging opportunities into consideration prior to releasing the final version of the reopening plan. Additionally, the task force has and will continue to consider community feedback and suggestions seriously; this has included soliciting feedback via a survey distributed by the Archdiocese.

At the collegiate level, Mount St. Mary's University is fully prepared to welcome students back to the Emmitsburg campus this fall. However, students will notice a difference to the academic calendar; classes will now begin on August 17, one week earlier than originally scheduled, and students will complete in-person classes prior to leaving campus for the Thanksgiving break. After break, students will complete final exams remotely to mitigate the chance of spreading a second round of coronavirus around campus. There



One thing for sure - getting on school buses this Fall will look a lot different than last year.

will be no fall break for students this year.

While the majority of classes will be held in-person as normal with good social distancing, some larger classes may require students take turns attending class remotely from their dorm rooms, as necessary. Additionally, meals on campus will be served at staggering times to allow for proper social distancing guidelines to be followed in Patriot Hall. Takeout meal options will be enhanced and encouraged.

As for sports this fall, there has been no official word from Mount St. Mary's or the Northeast Conference yet, but given the recent cancellations of the Ivy League and Patriot League fall sport seasons, it is likely that the Northeast Conference will as well at some point. While the final details are still being worked out, there will be a COVID-19 testing requirement for faculty and students this fall.

In Pennsylvania, the Fairfield

Area School District has a draft plan for returning to schools this fall. The expectation is that all K-6 students will attend school five days per week and will be grouped in cohorts, with teachers rotating classrooms to minimize hallway traffic. Students in grades 7-12 will utilize a hybrid model, with half of students in group 'A' learning in-person on Monday, Wednesday, and Friday one week and Tuesday and Thursday the following week.

During the other days, these students will learn online and this two-week cycle will repeat through the school year. Students in group 'B' will do the opposite; they will attend school in-person when group A is online and will learn online when group A is in-person. Lunch schedules will be spread out to allow for social distancing during lunchtime. Despite the planned return to in-person learning, all students in K-12 will be given the option of attending all classes online.

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HISTORY

Gateway to the Mountains

George Wireman
Originally published in 1969

Chapter 13
St. John's Lutheran Church

Continued from last month

The aftermath of World War I was still keenly felt in the effect that it had on the economy of our country. The ravages of the years were beginning to show. For some time, the church experienced deficits in the congregation's finances. More than one-third of the members were unable to meet their obligations. It was during this period when the Rev. Corbett was installed on January 15, 1928.

In honor of the tenth anniversary of Rev. Corbett's ministry in Thurmont, special services were held on November 28, 1937. During this year, the exterior of the church was painted by several laymen of the church.

It was felt necessary in 1938 to provide additional space for the Sunday school, and the congregation approved plans for expansion and financing on May 10, 1939. The

council was authorized to erect an educational building, adding it to the west end of the church building, which included four additional classrooms for the Beginners, Primary and Junior Departments of the Sunday school, and a large basement. The kitchen was also renovated and re-equipped.

In 1940, the Corillic tower chimes and amplifying system were installed, donated in memory of Barbara Ellen and Grayson Curtis Weddle by their children. The Westminster Chime Clock was installed in 1942 and was a gift from Miss Linnie McGuigan.

Rev. Corbett served the congregation for 29 years and retired on November 31, 1956. In honor of his many faithful years of service, the congregation elected Rev. Corbett as Pastor Emeritus.

On November 18, 1956, Rev. McVicker became the Lutheran minister in Thurmont and served the church until September 30, 1959, when he resigned to take up duties in a specialized field.

Through the pulpit committee's efforts, the congregation was able to

obtain a young minister who graduated from Seminary only two years previously - Rev. Ervin, Jr. - who took up his duties at St. John's and St. Mark's on May 1, 1960.

Under the leadership of Rev. Ervin, conditions in the Sunday school were improved, and the church has moved forward in many ways. Rev. Ervin feels that the church must now look to the future.

This rich history of devotion presents a significant challenge to the youth of the congregation. To them, is given the church which has been passed on to the present generation by our fathers. It is their heritage from the past. May it remain an inspiration throughout the years to come.

Today, St. John's Lutheran Church of Thurmont is a member of the Lutheran Church in America and has contributed much to community life in Thurmont.

Chapter 14
Mechanicstown Bands

Mechanicstown in the early days was interested in music and boasted a brass band, which traveled extensively, and was always in demand. From the Frederick Examiner, dated August 29, 1855, we learn that the Mechanicstown Brass Band, also known as the American Brass Band, passed through Frederick on its way to the American Mass Meeting in Loudoun County, Virginia. Members of the band stopped in front of the Frederick newspapers' office building and played some of the choicest National airs and received a warm reception. The band was under the direction of Professor T. S. Wireman, a distant relative of the author.

The July 3, 1873 issue of the Examiner discloses the fact that at this time, Mechanicstown supported a Cornet Band, directed by John Sefton, T. C. Stocksdale, and A. P. Beatty. Other members of the band included John F. D. Miller, E. J. Root, E. flats; H. H. Radcliff, tenor; N. Albaugh, alto; J. T. Weller, N. Gaugh, basso; A. E. Webb, baritone; M. E. Leatherman, clarinet; C. E. Cassell, piccolo; W. H. Damuth, trombone; J. E. Martin and George Crouse, drums.

The instructor and leader of the Mechanicstown Cornet Band was



The train station at Pen Mar welcomed thousands of visitors seeking to escape the summer heat.



The rides at Pen Mar were much simpler than those at amusement parks today - but they were just as fun, if not more so.

George Smith of Frederick. In listing the band members, the Examiner stated that these "members are subject to change, should the instructor see fit."

In the 1880s, both Graceham and Catocin Furnace had bands, and the Graceham Band continued to be active through 1895 and perhaps even longer.

By 1893 Mechanicstown had a 16-piece boys band, and they were very much in demand during the summer months, playing for picnics and parades. The regular band composed of the community's senior citizens was very active during the 1890's and rendered weekly concerts.

My father, George W. Wireman, Sr., was a member of this band. He would often tell me of the excitement and thrills the day the Mechanicstown Band paraded down Pennsylvania Avenue in Washington, D. C.

The band was hired to play for the parade, sponsored by the Grand Army of the Republic, during their National Encampment held in the Nation's Capital. It was through the efforts of the G.A.R. that Memorial

Day, observed in the majority of the states on May 30, was established. It was the Willman Post No. 12 G.A.R. of Mechanicstown that started the Memorial Day observance in the community, the first one being on May 31, 1880.

In 1894, Coxey's Army, one of the most famous armies of the unemployed, marched on Washington. A group of one hundred men started from Massillon, Ohio, led by Carl Browne, who proposed the march to Jacob S. Coxey. Although the records are not complete, it is a fact that the local Mechanicstown Band, joined the marchers when they reached this area and provided them with music and entertainment before they moved on to Washington.

Chapter 15: Pen Mar Park

Pen Mar. What wonderful memories this tinkling two-syllable word must invoke among thousands of men and women, in their 40's and older, who were born and reared in this area.

Today, as their grandchildren gather for a Sunday visit, one might



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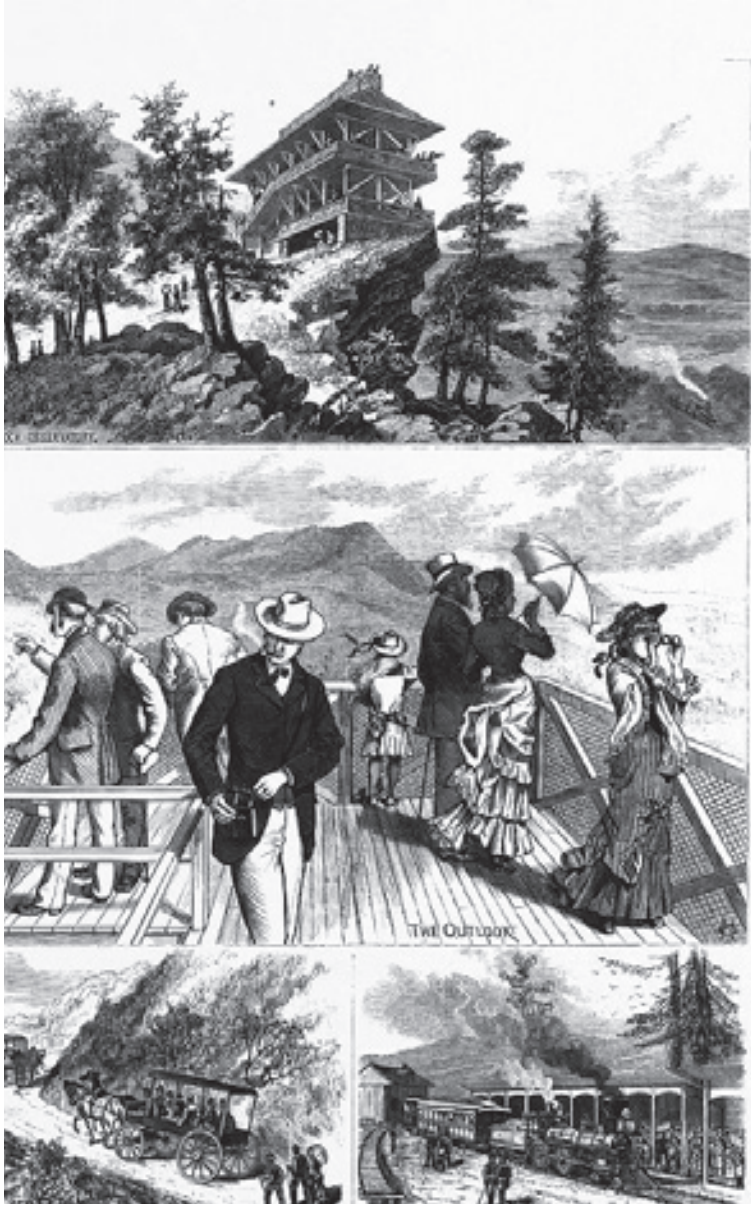
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In its day, Pen Mar attracted the elite from Washington and Baltimore, who sought the cool nights and fresh air of the Catoctin Mountains.

hear something like this; "I met your grandmother for the first time at Pen Mar Park." Then granddad smiles as he recalls in memory, the dance music, the walks to Glen Afton Springs, and how he enjoyed watching the lights of Hagerstown and Waynesboro on those delightful summer evenings, some 50 to 60 years ago.

From Thurmont, Pen Mar was only a half hour's ride by way of the Western Maryland Railroad. I can remember as if it were only yesterday, the charming and extensive outlook over Western Pennsylvania, and from one elevated point, one could see land which comprised four states and 22 counties. I recall to mind, High Rock, a short distance away, with an elevation of 2000 feet above sea level. A path in the park, lined with trees, led one down the hillside to Glen Afton Springs, the clear, cool waters of which filled a large oval basin in a rustic pavilion, where it was pumped by

engine to the Blue Mountain House, not far distant. A number of private cottages and bungalows in the vicinity were occupied by their owners during the summer months. Standing nearby was a beautiful little Episcopal church.

A stranger or even a local teenager who visits this site today, could never imagine that such a park as Pen Mar ever existed. Nor would they believe that on a single summer day, as high as 10,000 to 15,000 men, women and children could be found here. It would be hard for them to picture the huge dance pavilion, the large meeting hall, the giant roller coaster, the merry-go-rounds and the fun palace complete with a miniature railroad, plus many many other attractions that were near and dear to the hearts of adults as well as children.

Middle-aged folks today will tell you about the 10 and 12 car-trains that would arrive every hour on the hour at Pen Mar Park during a

mid-summer day, to say nothing of the moonlight excursion trains in the evenings.

Pen Mar Park was owned and operated by the Western Maryland Railroad and had its beginning as far back as 1878. Within a few short years it soon became the "Coney Island" of the Blue Ridge Mountains for the children and remained one of the most famous resorts of its kind for half a century.

At one time the park area supported seven hotels, plus a number of boarding houses. Many families spent their entire vacation on the 'mountain-top'. The Western Maryland Railroad found that the excursion business it engendered was most profitable, and in 1898 — twenty years after the park was established — it carried 1,200,900 passengers and over half of these were excursionists to Pen Mar Park. Today, even the Western Maryland passenger service is but a memory.

Pen Mar Park was a favorite spot for numerous private picnics, Sunday School reunions, and even conventions of all kinds. The park became very famous for its fifty-cent dinners, spacious picnic areas and the miniature train, operated by William M. Fleight, a Western Maryland engineer.

The park started to decline in the early 1920's when it could no longer compete with the automobile, the bathing suit and a restless generation that seemed to like being on the move and wanting to try something new and different. In 1929 the Western Maryland Railroad announced that the park was no longer a paying proposition. A year later it was sub-leased to an independent firm who held it until 1942, when it finally closed. Shortly thereafter all of the buildings were torn down.

Today, the site of what was once Pen Mar Park is the most nostalgic point on the Western Maryland line, that is if your memory encompasses those glorious summer days. The park site is nothing but weeds and trees. Even the foundation of the big pavilions are gone, the paths have eroded and nothing is left of the long station platform except fond memories. At one time, efforts were being made to arrange for the State of Maryland to turn the 75 acres of land near the park site, into a state park. Thousands of names were attached to a petition seeking State aid, but at this writing nothing has materialized.

Continued next month

David Alan Wilhide



kindhearted, giving and thoughtful person.

Surviving are brothers, George (Tom) Wilhide of Emmitsburg, and Stephen Wilhide and partner Alan Garrett of Pompano Beach, FL; sister, Elizabeth (Ibby) Tanner of Towson; nieces and nephews, Edward J. Tanner III and wife Kristi A. Gabriel, Heather E. Tanner, Melissa A. Tanner and husband Dustin Meeker, Brian and Michael Wilhide.

He was predeceased by a brother-in-law, Edward J. Tanner Jr.

A private graveside service will be held at Weller's United Methodist Cemetery in Thurmont, MD with the Rev. Jon Greenstone officiating.

In lieu of flowers, memorial contributions in David's name may be made to the Emmitsburg Food Bank, 130 S. Seton Avenue, Emmitsburg, MD 21727, Seton Center (setoncenter.org), Frederick County Humane Society (www.fchs.org) or Elias Lutheran Church, PO Box 465, Emmitsburg, MD 21727. Online condolences may be expressed to the family at www.myersdurborawfh.com.

David Alan Wilhide, 66, of Ellicott City, formerly of Emmitsburg, died on Friday, July 24 at his home.

Born November 20, 1953 in Gettysburg, he was the son of the late George L. and Margaret E. (Watkins) Wilhide.

David was a graduate of Catoctin High School and graduated Summa Cum Laude from Towson University with a B.A. degree. He worked for most of his career for the Social Security Administration as a budget analyst. He attended Trinity United Methodist Church in Emmitsburg, and was always known as being a very

Gettysburg National Park's WW2 goes virtual

Following guidance from the White House, Centers for Disease Control and Prevention, and state and local public health authorities, Eisenhower National Historic Site will not be hosting the onsite living history encampment or USO Dance as part of World War II Weekend, set for September 19-20. With thousands of visitors normally in attendance and over 500 volunteer living historians, the park will transition to a digital platform due to social distancing recommendations and restrictions on gatherings by the state and local public health authorities.

Join park rangers and volunteers virtually as we remember and commemorate the 75th anniversary of the Allied victory over the Axis powers. During the weekend of September 19 and 20, as well as the week leading up to it, Eisenhower National Historic Site will be offering a vari-

ety of virtual programs on WWII, including author interviews, profiles of World War II soldiers buried in Gettysburg National Cemetery, and living history content. Please visit the Eisenhower National Historic Site webpage (www.nps.gov/eise) for updates on the schedule of virtual programs.

Eisenhower National Historic Site preserves and interprets the home and farms of the Eisenhower family as a fitting and enduring memorial to the life, work, and times of General Dwight David Eisenhower, 34th President of the United States, and to the events of far-reaching importance that occurred on the property.

Details and updates on park operations will continue to be posted on our website and social media channels. Updates about NPS operations will be posted on www.nps.gov/coronavirus.

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TANEYTOWN HISTORY

The life & times of Basil Crapster



David Buie

When someone hears the name 'Basil Crapster,' the response is often a smile or a smirk. Still, few people realize the illustrious history behind the 'Crapster' name in Carroll County.

The first of the Crapsters to migrate to the United States from Sweden was Ruliff (abt. 1730 – 1800). Ruliff settled in Somerset County, New Jersey, but soon acquired a large tract of land in the Taneytown area and built a home first known as "Locust Grove" and much later as 'Sauble's Inn.' The Crapster burial plot was on the family homestead. Undoubtedly, Ruliff and his wife were among the first persons interred there.

An article in the Gettysburg Times on February 9, 1965, stated, "According to a descendant, 'the seven children of our pioneer ancestor were born at Locust Grove. Ruliff (a) and Abigail Crapster must be buried there. His son John (2) Crapster and his wife Susanna (Little) Crapster were buried there – but taken up to and buried in the Taneytown Reformed Cemetery. When this was done, some bones were found nearby, probably belonging to the lost graves.'" In life, John married Susannah Little (also called Klein), the daughter of Peter Little, founder of Littlestown. This second son inherited Locust Grove.

It should be noted that, 'Klein' is a descriptive surname often bestowed on someone of short or petite stature. The name derives from the German *klein* or

Yiddish *kleyn*, meaning 'little.' Peter Klein originally laid out Littlestown in 1760, the town was first named "Petersburg." German settlers in the area came to call the town 'Kleine Stedtle.' As confusion between the town and a neighboring one also named Petersburg (now York Springs) grew, the town officially changed its name to Littlestown (essentially a translation of 'Kleine Stedtle' from German) in 1795.

John and Susannah's son, Basil (1787–1862), the beginning of a long line of Basils, left Taneytown for Howard County. There he surveyed land for many of the families responsible for the formation of Howard County out of the older Anne Arundel County. Basil's son, Abraham (1813-1855), returned to Taneytown where the family remained for generations.

Dr. Basil Long Crapster (1920-1991) was born to Basil and Ellen Bruce Long Crapster on July 3, 1920. He grew up in Taneytown and throughout his life maintained an interest in the history and the people of his birthplace.

After graduating from Mercersburg Academy in 1937, he entered Princeton University where he received his undergraduate degree in 1941. The following year he earned his master's degree from Harvard University, then served three years in Naval Intelligence during World War II. When the war ended, he returned to Harvard for a doctorate in nineteenth-century English history.

Armed with impeccable credentials and teaching ability, Dr.

Crapster joined the faculty of Gettysburg College in 1949. He taught European history until his retirement in 1988. During his tenure at Gettysburg he wrote articles for history journals and local newspapers and received the prestigious Lindback Award for Distinguished Teaching.

Dr. Crapster and his wife Joan (Tewksbury) Crapster often worked together in researching the history of Taneytown and the northwest quadrant of present-day Carroll County. The history of his family and Taneytown became the core of his research. He and his wife were frequent visitors to the Frederick County Courthouse where early Taneytown documents are filed. As his body of research expanded, so did his search area. His notes indicate he collected material in most Maryland courthouses and those of bordering states as well as in numerous historical societies.

The mass of information he accumulated covering the early history of the northwest quadrant of Carroll County is a tribute to his dedication to this project. Ultimately, his work filled a large file cabinet, and that material is now available to anyone visiting the Historical Society's Shriver-Weybright Research Library.

The Crapster files are divided into two sections: 1) research on dozens of families that lived in a wide area around Taneytown from its earliest days and 2) topics as diverse as schools, merchants, newspapers, and the French and Indian War. Most of the material is handwritten. Deciphering Dr. Crapster's writing can be challenging, but what researcher can resist access to content like this with the sources carefully noted.

Joan Crapster died in 1989, and Basil passed away two years later. Through the generosity of the Crapster children, their parents' research has been entrusted to the Historical Society of Carroll County. Truly, this legacy illuminates the past and provides the basis for continuing research in the future.

David Buie is a Taneytown resident who has a passion for Carroll County and its place in history.

The Carroll Record



David Buie

During the 19th century the citizens of Carroll County went about their daily chores relatively isolated from the world. Lack of good transportation meant that each small town became the center for social events and other activities, including church, school, and seasonal celebrations. The system of communications was also self-contained, and many of Carroll County's towns had one local newspaper to serve the community's needs.

In Taneytown and the surrounding area, the local newspaper was The Carroll Record. The paper was founded in 1894 by Preston B. Englar, who also served as the editor until his death in 1945. Under his leadership, The Carroll Record promoted local history by publishing numerous articles covering towns in the northwestern part of the county.

In its early years the local reporting was provided by community correspondents who were often a local physician or another prominent resident who would gather information and write an article. The writing was not without occasional satire. One account of a petty theft details an employee who "frequently reveled in the luxury of Bacchus (the Greek god of wine) and shared the beverage with his pals." The celebration continued for several weeks until his boss tapped into the surplus barrels of rye only to find them, "as empty as the average legislator."

After Englar's death in 1945, Charles L. Stonesifer became the editor and served in that capac-

ity until September 8, 1967, when his majority stock in the company was sold to Charles Whitfield Drury of Alexandria, Va., who became the editor. In 1971, the paper was sold to Stromberg Publications of Ellicott, MD, which published both Taneytown-Union Bridge and Hampstead-Manchester editions in 1975. The office moved to Hampstead in 1972 where it remained until 1977.

The Carroll Record histories of Taneytown and neighboring communities were compiled by the Historical Society of Carroll County and published as a book, The Carroll Record Histories of Northwestern Carroll County, in 1994.

Now, however, it is even easier to discover the history of Carroll County thanks to Eric Glass, Owner of The Taney Corporation by visiting www.emmitsburg-chronicles.com. The website is a digital archive of The Emmitsburg Chronicle, The Emmitsburg Dispatch, and The Carroll Record dating back to 1879. Users have full access to the archives at absolutely no cost to them. Over 55,000 pages have been scanned at high resolution allowing you to access the original text and artwork from each newspaper. Our user-friendly search engine makes it easy to search by year, date, or key terms.

Now that you know the history of The Carroll Record; the wishes of Mr. Englar to keep local news as accurate as possible; and the location of Mr. Glass' gift to the community, why not sit down at your computer and explore the history of the County!

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100 YEARS AGO THIS MONTH

August 6

Lantz sentenced to Year In Penitentiary

Howard Lantz, 37, a resident of Emmitsburg, and a charter member of the Former-Former Boozers Association, who admitted that he stole the car of Earl Singley at Pen Mar Park rather than walk to his home in Emmitsburg, has been sentenced to no less than one year or more than 15 months at hard labor in solitary confinement in the Eastern Penitentiary at Philadelphia.

The crime that Lantz was convicted occurred July 5. Lantz was at Pen Mar and decided not to walk to his home. He looked over several automobiles parked there and decided upon the one owned by Earl Singley of Fairfield, as the one that was best for his purpose. Without considering what the final results of his action would be, Lantz crawled into the car and drove home.

Motorcyclist Run Down

Elmer Grimes, 26 years old, of Thurmont, was struck by an automobile while the road near Catoctin Furnace and had his left leg broken. It is said that two automobiles coming towards Thurmont were racing and Grimes was unable to avoid one of the rapidly approaching machines.

Horse and Buggy 'Stolen'

The horse and buggy of Carl Leatherman, of Thurmont, are reported to have been 'stolen'. While police are looking for a horse and buggy, they have not yet considered this a criminal case, as they have not ruled out that Mr. Leatherman, a notorious drunk, who was clearly inebriated when he reported his buggy missing, may have simply forgotten where he parked it on the mountain while indulging in some of the moonshine the mountain is famous for.

August 13

Takes Number 13

In order to avoid all arguments among hunters of Adams County, Roy Zinn, the County Treasurer, has decided to take hunter license number 13 and run the risk himself of being jinxed during the coming season. John Eiker of Fairfield, will receive license number one as the result of the earliest application.

Struck With Ball

Mrs. Ira Henderson, wife of Dr. Henderson of Fairfield, was rendered unconscious Saturday afternoon when she was struck near the heart by a baseball during the game between Fairfield and Arendtsville. Mrs. Henderson was sitting in a sedan parked along the first base foul line. An overthrow to the first base passed through the open window of the car and struck Mrs. Henderson. She was unconscious for more

than an hour. Her condition is reported better now.

August 20

Double Suicide in Emmitsburg

Infatuation of a middle-age man, John Thompson, an artist, 52 years old, of Frederick, for 16-year-old Mary Ann Sneeringer, of Emmitsburg, a girl of exceptional beauty, ended in tragedy Wednesday night on the banks of Flat Run Creek. The infatuation of Thompson for his companion in the suicide pact was of years standing. They were frequently seen together in Thompson's affections were returned. Thompson, a habitual drinker, and Miss. Sneeringer were often seen together, frequently promenading along the streets of the town.

On Tuesday, Thompson asked several Emmitsburg residents for a revolver. He explained that he frequently took long walks alone over country roads and wanted it for his protection. Wednesday afternoon the two left Emmitsburg. They strolled east on the Emmitsburg-Baltimore Pike, then into a meadow through which runs Flat Run, where their bodies were found.

The bodies of the pair were found side-by-side on the banks of Flat Run about 2 miles from Emmitsburg Thursday afternoon. There was a bullet wound in the temple of each. Each clasped a revolver.

The search for the missing couple began early on Wednesday evening. Mrs. Slagle, Miss. Sneeringer's aunt, who employed her as a waitress at her hotel, and members of the hotel staff made inquiries in the neighborhood but were unable to obtain more than the fact that Thompson and the girl had been seen walking towards Flat Run.

Thompson had a wife and child in Paris. It is presumed Thompson was desperately in love with a girl, and when she learned that he was married they decided upon a suicide pact, in view of the fact that the dream of love could not be legally consummated. Notes were found in the girl's room in the hotel, which she suggested suicide the only way out of the dilemma.

Thompson had circled the globe many times. He was educated in Switzerland and France and fought in the Spanish American war in the Rough Riders by the side of Colonel Roosevelt. The son of America's foremost surgeon, he led a life of leisure.

August 27

Suicide Determination Questioned

The Coroner's report on the examination of the bodies of John Thompson and Mary Ann Sneeringer, who reportedly committed suicide on August 13, has led authorities to doubt whether

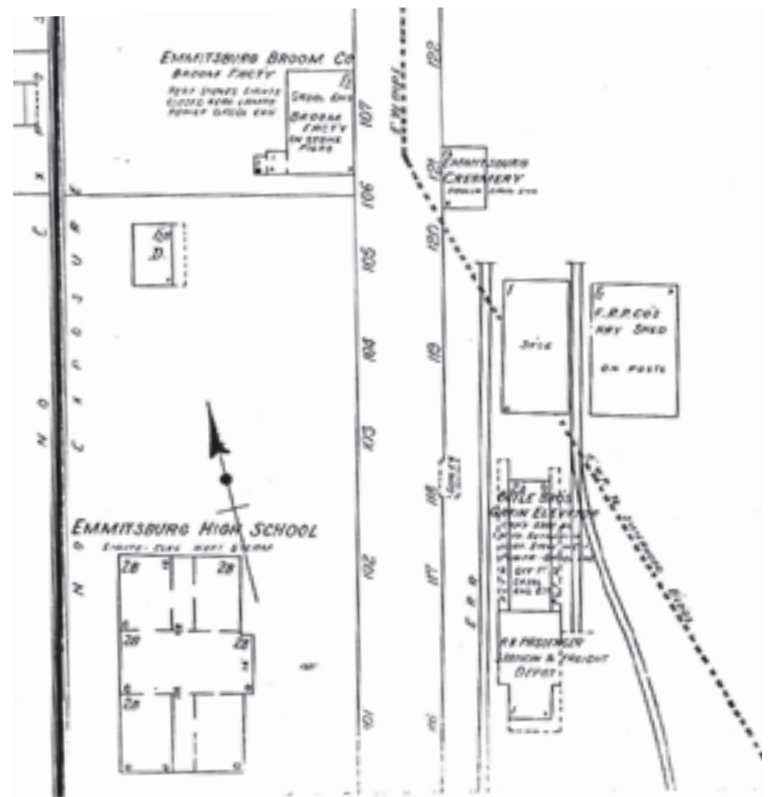
the girl had killed herself. The Coroner stated that there was no doubt that Thompson had taken his own life, but, because of the position of the girl's revolver, a doubt existed whether she killed herself. The first evidence that led the authorities to believe that the girl was killed was the position of the girl's revolver, which, although the girl was shot in the right temple, was found in her left side, about an inch below her left hand.

Examination of the girl's face failed to disclose powder marks either in her hair or around the wound. Her hair was not burned or scorched, which would indicate that the gun was held some distance from her head. The Coroner is of the opinion that Miss Sneeringer couldn't have held the pistol far enough away from her head to keep from being burned by the powder.

The circumstance revolving around the murder suicide continue to rattle the community of Emmitsburg. It has been recently learned that Thompson was extremely jealous of the girl who bore a striking resemblance to his 14-year-old daughter in Paris. So jealous in fact that he prevailed upon the girl to wear plain clothes and to wear her hair in a matter not calculated to add to her beauty. His control over the girl was so great that she gave up all her religious beliefs and remained away from the church. Until they met, she was a regular attendant at the Catholic Church in Emmitsburg and a devout worshiper. Thompson, it is said, was an atheist.

Mrs. Slagle had attempted to forbid Thompson from coming to the hotel and seeing the girl, but the girl told her and that she would meet him elsewhere if not allowed to see him at the hotel, so his visits were permitted.

Although Thompson professed to be deeply in love with the girl, and had deplored the fact that the laws of the Catholic Church forbade her marriage to him, he later, when the girl is said to have waived this objection to the wedding, raised civil objections to a marriage — stating he was not sure



Map depicting the location of the 'new' Emmitsburg high school relative to the 'old' Emmitsburg Railroad depot.

it was legal for him to marry a 16-year-old girl. Thompson later told the girl and her family that in spite of his love for her, he would be unable to marry her because he was not absolutely divorced from his wife in Paris and for that reason would let himself open to arrest on a charge of bigamy if he married the girl of his heart.

American Womanhood Win

On Wednesday Tennessee ratified the Equal Suffrage Amendment to the United States Constitution, making it the 36th state to ratify, three fourths of the States in the Union. The amendment has been known as the Susan B. Anthony amendment, substantially drawn by this great American woman who died in 1907.

August 27

County Buys Site for Emmitsburg High School

The County School Board has purchased five acres from the Annan-Horner Bank as the site for the new high school in that place. The property is located across from the railroad station on Frederick Pike. Until the high school building is ready, the

School Board has rented the old Chronicle building on West Main Street for a temporary school. This building will be arranged for the children of the first five grades. The present school building will take care of the children from the sixth grade up, including the new high school courses to be offered this year.

Worrying, Shoots Himself

Charles Eckenrode, of Liberty Township, worrying over the poor harvest of his farm and acceptance of what he considers too small a sum for the farm which had just been sold, committed suicide Monday morning in his woodshed shortly after 6 o'clock, blowing off his head with a shotgun. This is not the first time Eckenrode, who was 42 years old, had attempted suicide. The first time he used rat poison and on the second time attempted an overdose of laudanum. Eckenrode showed no signs of melancholy and had gone about his work as usual for the past two weeks. He is survived by his wife and seven children.

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



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MOM'S TIME OUT

It's a great big beautiful tomorrow

Mary Angel

This past week, I reflected on the name of my articles in this paper, "Mom's Time Out." I was thinking about what that meant to me and how this meaning has changed because of recent events. In the past, I have written on topics that I felt would share the wisdom I have acquired from experience and my own mistakes during parenting. I have told silly stories of my family's screw-ups to encourage other moms and give them a laugh. Now, I find I have a different motivation.

This month, as I contemplate needing a time out and what that means, I am a little more melancholy. This month, I want other moms to know that it is alright not always being the peppy one, the encourager, or happy. There are times in our lives when things aren't good. They aren't the way we would like them to be. Ever since coronation (a catchy little name my family uses to lighten the mood) has started, things are not always going the way I would like.

In the beginning, I embraced the "mandatory" family time. I would go so far as to say I loved the fact that my kids, even the adult ones, were forced to stay home and participate in family game nights and dinners. We have always done these things, but lately, everyone has been a bit busier. In the beginning, my whole family welcomed the opportu-

nity to slow down and enjoy each other more. Then reality set in.

We are now into the seventeenth week of my husband's furlough and the fifteenth week of my termination. During this time we have had to have the vet out three times for injured pets, someone hacked one of my accounts, our well has shut off about every other week or so because the pump is going bad, we have one mattress with the springs popping out and a newer one with a dent straight down the middle, the computer ate some more important documents, my son failed a college class because our internet is so bad he couldn't do livestream participation or upload videos, my daughter's iPhone locked her out on her birthday (which became way more of a headache than it should have been), my husband has been having major PVCs, screwed up unemployment application and every time I try to fix it I get an error message. Both the dog and cat are throwing up on what seems to be an unexplained schedule, transmission issues, teeth problems, broken toe, and way too many clogged toilets to count. I am feeling defeated and sad on any given day.

However, my intention is not to depress anyone who reads this but to let you know it is okay. It is okay to have a bad day, to be upset, or sad. There is no more important life lesson than to teach our children that there will be bad days, or bad months, or bad

seasons in life. We live in a broken world, and the sad, bad, and mad are all facts of life. I have to remind myself to only be a visitor in the tragic part of my brain and not a resident.

What do I mean by this? I mean, we all have bad days and get sad some of the time. It is just essential to pull yourself up by your bootstraps and move on. When you stay sad too long, you end up depressed. For some people, it is out of their control, but for others, it isn't.

Take heart and take inventory of the positives, the blessings in your life. When our water goes out, I get mad, sad, and frustrated, and then I remind myself that we have a roof over our heads. When my husband's furlough is extended, again and again, I get more upset with each additional month, before I remind myself that I have a wonderful family and losing our house won't change that (although my parents have insisted if we were to have to sell the house we must put it in the contract that they are included in the sale).

Some days and events make positive thinking a lot easier than others, but my only two choices (from my perspective) are to become depressed or convince myself there are way more positives than negatives in my life right now. I will admit, lately, it has been a little harder than usual to beat the blues, but I have to keep pushing forward.



It doesn't hurt to have positive, supportive people in your life. For my 50th birthday, my best friend lined my driveway with 50 words she would use to describe me, or a just-turned 16-year-old who offered to help with the mortgage. Both made me cry tears of joy.

I want to encourage all of you to reach out to a friend or a neighbor and send them a 'thinking of you' card to brighten their day. If you are the one who needs encouragement or cheering, do not hesitate to reach out to one of your friends and talk to them. You would be amazed at how therapeutic a good gab session can be with a friend.

Someone has been where you are and come out on the other side, stronger for having gone through the trial.

The bottom line is that it is perfectly fine to feel down when you have had a bad week, just don't let the sadness get the best of you. As the song goes on my son's favorite ride at Walt Disney World, "There's a great big beautiful tomorrow shining at the end of every day."

Mask Up, and I will see you in the great big beautiful tomorrow!

To read past articles by Mary, visit the Authors section of Emmitsburg.net.

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KERA TRIPLEX &
HYDRA TRIPLEX MONTH

AUGUST SPECIALS						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	Flea Market 19 a.m.-1 p.m. 7702 Roddy Creek 20%-50% Off Most Items
2	3	Eyebrow Wax \$4 (Cash Only)	1/2 OFF Relaxers (Style Not Incl.)	All Haircuts \$6 (Shampoo & Blow-Dry Not Included)	7	8
9	10	Model Call for Haircut (Looking for 2 models)	1/2 OFF Relaxers (Style Not Incl.)	13	7 Foil Highlights \$35	Flea Market 15 9 a.m.-1 p.m. 7702 Roddy Creek 20%-50% Off Most Items
16	17	18	1/2 OFF Relaxers (Style Not Incl.)	Kids Day! \$10 Haircut (Appts. Only)	21	22
23	24	Transformation Model Wanted (Must be willing to cut hair)	1/2 OFF Relaxers (Style Not Incl.)	27	7 Foil Highlights \$35	Flea Market 29 9 a.m.-1 p.m. 7702 Roddy Creek 20%-50% Off Most Items
30	31	* Please Call Monday For Barber Services On Thursday! Specials Cannot Be Combined With Any Other Discounts Or Offers.				

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National Eat Outside Day

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and Farm Market

It seems like there is a "day" for almost any activity and item these days. You can pretty much search "national day ..." in a web browser and have numerous options for that date. I do not usually pay too much attention to these days, but the August 31st day jumped out at me. According to my planner August 21st is National Eat Outside Day.

To make sure you get the most out of this day, I've picked some old favorite recipes for you to try.

Tat should give you space to get the last receipt in ...

Recipes:

Watermelon Lemonade

Ingredients

- 6 cups cubed seedless watermelon, chilled (2 lbs after peeling)*
- 4 cups cold water
- 3/4 cup fresh strained lemon juice, chilled
- 2/3 cup granulated sugar (more or less to taste)
- Ice and fresh mint for serving

Preparation Instructions: Add watermelon to a blender and pulse until well pureed (there should be about 4 cups). Pour through a fine mesh strainer into a bowl. In a large pitcher whisk together water, lemon juice and sugar until sugar has dissolved. Stir in pureed watermelon. Stir in ice and mint (alternately add ice and mint directly to individual cups and pour lemonade over). Store in refrigerator.

*If you don't have time to chill the ingredients then just use more ice in place of some of the water.

Kale Basil Mint Pesto

Ingredients

- 1 bunch lacinato kale
- 1 bunch basil
- 1 bunch mint
- 6 garlic cloves
- 1/4 cup pine nuts toasted
- 1/2 cup extra virgin olive oil

sea salt and fresh ground pepper to taste

Preparation Instructions: Blanch kale in boiling water for 20 seconds; drain and put in a bowl of cold water to stop cooking; once cool, squeeze dry and roughly chop. Place blanched kale, basil leaves, mint leaves, garlic cloves and pine nuts in food processor bowl; process until finely chopped; add oil through feeding tube until pesto is blended. Season to taste with salt and pepper.

Peach Coconut Milk Smoothie

Ingredients

- 1 cup coconut milk chilled
- 1 cup ice
- 2 fresh peaches peeled and cut into chunks
- lemon zest to taste

Preparation Instructions: Add coconut milk, ice and peaches to a blender. Using a microplane, add a few gratings of fresh lemon zest, to taste. Blend on high speed until smooth.

Southwest Tortellini Salad

Ingredients

- 20 ounce package three cheese refrigerated tortellini
- 1 cup corn fresh from 1 ear of cooked corn, canned or frozen corn
- 15 ounce can black beans, drained and rinsed
- 1 red bell pepper chopped
- 1 avocado, chopped
- 1 1/2 cups cherry tomatoes, halved
- 1/4 cup red onion, chopped
- 1/4 cup fresh cilantro, chopped

Dressing

- 3 Tablespoons olive oil
- juice from 2 limes
- 2 Tablespoons rice vinegar
- 1 clove garlic, minced
- 1 teaspoon granulated sugar
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- salt and freshly ground black pepper to taste

Preparation Instructions: Cook the tortellini according to package instructions. Drain and rinse with cold water.

Add tortellini to a large bowl. Add cooked corn, black beans, bell pepper, avocado, cherry tomatoes, onion, and cilantro. Combine all of the dressing ingredients in a resealable jar. Shake until combined. Pour desired amount of dressing (you may not want to use it all) over the pasta and toss to coat.

Berry Fruit Salad

Ingredients

- 1 pound fresh strawberries, hulled and halved
- 8 ounces fresh Bing cherries, pitted
- 8 ounces fresh blackberries
- 8 ounces fresh blueberries
- 8 ounces fresh raspberries
- 1/4 cup chopped fresh mint leaves
- 2 tablespoons fresh lemon juice
- 1 tablespoon honey

Preparation Instructions: Add the strawberries, cherries, blackberries, blueberries, raspberries, and chopped mint together in a large bowl. If some of the berries are no longer in-season, feel free to substitute with other fruit. Set aside. In a separate bowl, whisk together the lemon juice and honey until combined. Pour it on top of the berries. Then gently toss the fruit salad until everything is evenly coated with the lemon mixture. Serve immediately or refrigerate in a sealed container for up to 3 days.

Peach Salsa

Ingredients

- 4 peaches, diced
- 1/3 red onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 3/4 cup chopped parsley
- 20 mint leaves, chopped

Dressing

- 1-inch long piece of fresh ginger, grated



Peach Pie Biscuit Bombs

- 2 Tbsp olive oil
- juice of 1 lemon
- pinch of salt - optional

Preparation Instructions: Place the peaches, onion, red bell pepper, parsley, and mint into a salad bowl. In a separate small bowl, mix the grated ginger, olive oil, lemon juice and salt (if using). Pour the dressing over the peaches mixture and toss to combine.

Peach Pie Biscuit Bombs

Ingredients

- 1 package refrigerated biscuits
- 1 cup sliced fresh peaches (1" pieces)
- 3-4 ounces soft Brie cheese
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 1 tablespoon honey (optional)
- 3 tablespoons butter

Preparation Instructions: Preheat the oven to 375F. Split the biscuits

in half. Place 3-4 pieces of peach in the center of the bottom half of each biscuit. Add a small spoonful of the Brie (about a teaspoon), the sprinkle them all with brown sugar and cinnamon. Drizzle with a little honey (if you are using it).

Place the top back on each biscuit and gently press the edges down to lightly seal and close. Take each one in your hand and gently form into balls so the biscuit is wrapped all the way around the filling. Place them about 2" apart on an ungreased baking sheet. Put the butter in a small saucepan over medium heat. Melt it and then let it snap and crackle in the pan until it smells nutty. Remove from the heat. Brush each bomb with the browned butter, making sure to get the browned bits from the bottom of the pan. Bake for 12-15 minutes. The tops will be golden. Brush the pie bombs with the brown butter again after baking and serve warm.

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SCHOOL AND CAMP NEWS

Library notes

Kimberly Quick
Frederick County Public Library

It's August, but there is still plenty of time to get out and enjoy Summer with Frederick County Public Libraries! While our buildings are closed to the public, Thurmont Regional Library is open for curbside pick-up from 10 a.m. to 4 p.m., Monday through Saturday, and Emmitsburg Branch Library is open Tuesday, Thursday, and Saturday, 10 a.m. - 5 p.m. No appointments necessary! Looking for a great summer read

and don't know where to start, need book ideas or movie suggestions, but don't have the time to search, let us do the work for you! Visit FCPL.org/personalized-picks and fill out a short survey, and we will pick out 5-10 books or movies and have them checked out to your card and ready to go the next day. Personalized pick service can also be done over the phone by calling Thurmont Regional Library at 301-600-7200, or Emmitsburg Branch Library at 301-600-6329, Tuesdays, Thursdays, and Saturday, 10 a.m. - 5 p.m.

The Summer Reading Challenge

is continuing through August 31 and there is plenty of time to register at FCPL.Beanstack.org/reader365. Completing the challenge is a great way to get kids ready for the upcoming school year and brushing up on their reading by earning points, badges, and having fun! Complete different activity tracks while exploring your home and neighborhood to earn additional points. The Summer Reading Challenge isn't just for kids; all ages are encouraged to register and complete the challenge for an opportunity to win great prizes from our sponsors and partners.

FCPL programming is robust and engaging while spanning the ages. Get your kids and you up and moving and grooving with story time every Monday through Friday at 10 a.m. Explore animals near and far with Wildlife Ambassadors on Monday, August 3 at 2 p.m. Learn a new skill about Cookie Decorating with Royal Icing on August 10 at 2p.m. or how to make American Buttercream Frosting on August 17 at 2 p.m. Teens let your voices be heard on Thursday, August 6 at 6 p.m. with the Virtual Teen Library Council Meeting. These are just a few of the virtual programs being offered in August; for additional programming please visit FCPL.org/programs/calendar. Can't make it to any of the times offered? Check out FCPL's Recent Virtual Program page to access past programs.

Your library card provides you access to our virtual library at all hours of the day and night through FCPL.org. Don't have a card? Register for a digital card for access to ebooks, streaming movies, and more. In addition

It's All About the Bass at Lake Royer



Buck Browning
Fort Ritchie Community Center

On Saturday, September 19, the Fort Ritchie Community Center will hold its semi-annual Bass Fishing Tournament from 7 - 11:30 A.M. on the banks of Lake Royer.

It's time to test your bass fishing skills in this family friendly competition! All registered participants have a chance to win cash prizes (including one for the longest fish), door prizes, and raffles! The cost to participate is \$25 per adult and \$10 for youth. This is a catch and release tournament, and a Maryland Fishing license is required. For full rules and regulations, and to sign up, visit thefrc.org or call 301-241-5085.

Proceeds from the tournament support the programs and activities at the Fort Ritchie Community

Center. For more information or to register for upcoming events, please call 301-241-5058 or visit www.thefrc.org.

About Fort Ritchie Community Center: Fort Ritchie Community Center was established to make people's lives better. Their mission is to create and provide healthy lifestyle and leisure activities, foster community traditions, and promote cultural development through the arts, education, sports, technology, and natural resources to enhance the quality of life for the residents and users of Fort Ritchie and surrounding communities. As a 501(c)(3) non-profit organization, contributions made to the Community Center are tax deductible to the maximum extent allowed by law. For more information on Fort Ritchie Community Center, visit thefrc.org.



**Thurmont's 2nd Annual
"GATEWAY TO THE CURE"
GOLF CLASSIC**
Friday, October 9th
at Maple Run Golf Course
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\$85 PER PERSON

18 holes of Golf, Cart, Goodie Bag, Catered Lunch & Awards.

4 Person Scramble. Tickets will be sold for Mulligans, Powerball, Raffles, Pink Ball Challenge, Fun Competitions.

1st Place \$300 ~ 2nd Place \$200 ~ 3rd Place \$100
Rain or Shine - No Refunds!

Go to thurmontmainstreet.com/events.html to register online or download a mail in registration form. You can also pick one up at Maple Run Golf Course.

Questions? Email Missy at mzgrimes@comcast.net or call Vickie at 240-626-9980

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We support children's development and school readiness by offering activities that encourage social and emotional and cognitive growth, positive health and nutrition choices, and strong families and communities.

For more information, call the Head Start office at 301-378-9140.

TO APPLY, YOU WILL NEED:

- Your Photo ID
- Child's birth certificate
- Child's health information
- Proof of family income for the past 12 months or past calendar year
- Proof of residency




High schools association news

EHS Alumni Association award scholarships

The Emmitsburg High School Alumni Association is pleased to announce the winners of their annual EHSAA scholarship program. Seven \$1,000 scholarships were awarded this year. The scholarship applicants were judged on involvement in school and community activities, as well as their academic work. Honors and work experience were also considered. Recipients were as follows:

- Alexi Baumgardner, daughter of Dwight and Kim Baumgardner, attending Virginia Wesleyan University working on her goal to become an orthopedic surgeon.
- Max Bingman, son of Wil-

liam and Jennifer Bingman, plans to attend West Virginia University with the idea of becoming a Neurosurgeon.

- Grace Blanchard, daughter of Glenn and Maggie Blanchard, will attend Frederick Community College to study Biology with the ultimate goal of becoming a Veterinarian someday.
- Gage Frantz, son of Robert and Juliann Frantz, has been accepted at Wheeling University to major in Engineering Science.
- Aubrie Gadra, daughter of David and Lisa Gadra, plans to attend Towson University to start her career as a nurse practitioner in dermatology.
- Molly Knighton, daughter of Shannon and Heather

Knighton, will be going to Loyola University Maryland to become a high school history teacher.

- Isaac Turner, son of Michael and Rhonda Turner, is planning to attend Brigham Young University and major in chemistry.

All recipients will be recognized at the Emmitsburg High School Alumni Association's 96th annual Banquet to be held October 24. We congratulate all winners and wish them all success.

Thurmont High School alumni cancels banquet

The Thurmont High School Alumni Assoc. has canceled its Banquet on September 19th and rescheduled for next year on June

12th at the Thurmont Ambulance Event Center.

In order to give more scholarships in 2021, please make scholarship donations to The Community Foundation of Frederick County, 312 East Church Street, Frederick, 21701 or online at www.Frederickcountygives.org, then press 'give now' and enter Thurmont High School Alumni Scholarship Fund.

This year's five scholarship awards of \$1,600 each were awarded to the following names and their college: Alexa Hopkins, Coastal Carolina University; Abigail Kinnaird, Frederick Community College; Molly Knighton, Loyola University of Maryland; Krista Royer, Von Lee International School of Aesthetics, and Garrett Toms, West Virginia University.

The new Don Dougherty, Jr. Memorial Scholarship Fund that

was started by his mother, Doris Dougherty, awarded scholarships to Molly Harbaugh and Owen Buczyk. Funds will be received from the new Donald Lewis Memorial Scholarship Fund in 2021 for scholarships.

Officers for 2021 are Howard Lewis, President; Viola Noffsinger, Secretary; Becky Linton, Treasurer. We are in need of a Vice President and someone with EXCEL abilities for our Reservation List for the banquet and people willing to become involved. Please notify us of address changes and deaths. We are happy if you keep in touch by emailing howardlewis8621@verizon.net and checking our Facebook Page at Thurmont High School Alumni Assn. or call Viola Noffsinger at 301-418-1760.

Plans for 2021 will be the banquet on June 12 honoring the classes ending in 0 and 5 as well as 1 and 6. We hope to see you then.

Frederick County School update

Brad Young Frederick County School Board

The Frederick County Board of Education will be holding a special meeting on Wednesday, July 29th to discuss plans for the upcoming school year. The Superintendent and staff presented a reopening plan earlier this month that proposed a hybrid model of opening with students attending school 2 days a week and using distance learning for the rest of the week. Students would attend school either Mondays and Tues-

days or Thursdays and Fridays. Wednesdays would be used to do a deep cleaning in the buildings between student groups. FCPS held a virtual Town Hall meeting on July 16th for the public to ask questions and give feedback. The Board has also received many hundred emails with comments and questions.

Dr. Barbara Brookmyer, who is the County Health Director, will be presenting health information to the Board on the 29th. We realize that whatever plan is chosen, there will be issues for parents. In an all

distance learning model or a hybrid model there are significant issues for parents with day-care and with having the time to monitor student's progress. With an all students in school model we know through survey that a significant number of parents will not send their kids and a significant number of employees will not feel safe working. The Board will hear from many before deciding. Obviously, this decision will have an impact on what happens with fall sports. If a total distance learning model is chosen, it is unlikely fall

sports would be held. That decision will be made later.

Since the Pandemic has started, FCPS has served over 250,000 meals to Frederick County students. Over the summer FCPS is continuing meal service through August 20th and will serve breakfast and lunch only, on Mondays, Wednesdays and Thursdays from 10 to noon.

FCPS also distributes "to-go" meals from a school bus at the Jubilee Foods Parking Lot, 515 E. Main Street, Emmitsburg (not Emmitsburg Elementary lot) and the Thurmont Elementary Parking Lot, 805 E. Main

Street, Thurmont.

FCPS reminds the community to follow social distance and mask guidelines and to handle all materials with care, including washing food containers and bags with soap and water to prevent the spread of COVID-19

I want to welcome Mia Martinez as the new student member of the school board, SMOB. Mia was elected by her classmates to serve July 1 through June 30, 2021. Mia is a rising Senior at Brunswick High School. We look forward to working with Mia and hearing her valuable input as the SMOB. Welcome Mia!

Start of the school year

Karen Yoho Frederick County School Board

By the time you are reading this, our Board of Education will probably have made the official decision on July 29th as to how the school year will start. Before I make my prediction, I have a few things I have not previously stated for the public record.

I'm angry that we are unable to fully open our schools due to the lack of a master plan. I am frustrated because wearing a mask has become a political statement rather than "the neighborly thing to do". I want there to be sufficient testing and rapid results. I want to know what happened to the idea of contact tracing. I want to see my 80+ year old parents again. I want to hug my grandchildren, go out to dinner with friends, stop using so much hand sanitizer (hanitizer as my 2-year-old granddaughter says). I want my normal life back!

Sorry. I'm back. Many of you may have similar thoughts, or worse, fears of losing jobs, health insurance, and most importantly, family members. On July 8 our Board met to receive information about the hybrid plan created by

FCPS. The superintendent had four committees working on the various parts of reopening schools. Please understand, this was mandated by the state. The plan is due mid-August to the MSDE. We know how to open schools in a typical year, and we learned a bit about "how to school" in a completely shut down situation. It's the middle option that we have no experience with. So, a plan was arrived at and presented to the Board, and subsequently, the community. It's available on the FCPS website. Judging by the number of emails we've received, there are still many questions. We have many questions. We were asked to submit questions for Dr. Brookmyer, head of the Frederick County Health Department, for our meeting next week.

Since I have less than 300 words left to wrap up this column, let me get out my crystal ball. I do not believe the hybrid model will get the minimum four votes needed to pass. From my colleagues' public statements or postings on social media, my guess is that Frederick County will follow the other 12 Maryland counties, currently, that have already voted to start the year with virtual learning.

In case you are wondering what I personally think, I'll vote for the virtual model. It would be an easy decision if I didn't keep thinking of the student populations that didn't do well in the spring term. Or students who being at home puts them in known harm's way as opposed to the unknowns of being in school with this terrible coronavirus. But I can't in good conscious vote to force people into school when we've heard from so many that are either afraid to come in and teach and/or worry for the health of their children.

Countries that have managed to reopen schools have brought the number of cases down, have efficient testing regimens, and do contact tracing. They have buy-in from their citizens. Our country and even the state of Maryland is heading in the wrong direction. And finally, there are too many things we just don't yet know about Covid-19.

I have confidence that virtual learning is getting better, that we've learned a lot. My hope is that we can find a way to bring small groups of our most vulnerable students into the schools with teachers who are willing. This is without a doubt the hardest decision I hope I ever have to make. Stay well!

FOUR YEARS AT THE MOUNT

This month, on the 100th anniversary of the passage of the nineteenth amendment, known as the 'Susan B. Anthony Amendment', we asked our writers to reflect on how our country has changed since its passage and what it personally means to them.

Sophomore Year

Rights and wrongs

Emmy Jansen
MSMU Class of 2023

When Susan B. Anthony died in 1906, she did not see the fruition of her life's work. Fourteen years later, the 19th Amendment would be passed and nicknamed in her honor, making it illegal to deny an individual the right to vote on the basis of sex. Women's suffrage isn't a topic that is often on our minds; I didn't realize until last spring that women had been voting for less than a hundred years. It can be easy to take for granted something that seems so unimportant today. It's all too easy to say, "my vote doesn't count," and "voting doesn't change anything," but that wasn't what Susan saw. She knew voting was an important right and a big step on the way to gender equality.

Women have only been voting for one hundred years. For most of us, women's suffrage isn't a big deal. From childhood, I knew that I would be able to vote once I turned eighteen, just like everyone else can. The road to this place, where in 2020 I can vote without discrimination on the basis of sex, was a long and hard one. Susan B. Anthony and other women petitioned, protested, and lobbied until the 19th Amendment was passed. She dedicated her entire life to this cause and never got to see it fulfilled while she

was walking on this earth. But we live out her life every time we vote, man or woman.

Women make up a slightly greater population than men in this country. But women, as a whole, are not only that. The diversity of the community is greater than just the gender. In most elections, the proportion of eligible women that vote is greater than the proportion of eligible men who vote. This is true of all races and ethnicities, except for Asian/Pacific Islander. This is true of all ages until 64 years old. This is true for presidential and non-presidential elections. Women vote more than men, even though voting is only a recent part of their lives.

In my life, this has certainly been true. I voted for the first time when I was seventeen. In Virginia, if you will be eighteen by the next general election, you are allowed to vote in the primaries. June 11, 2019, I headed to the polls for the first time. It was my first truly "adult" action. Since then, I have voted three more times, twice by mail. It surprised me when none of the other girls in my dorm had absentee ballots to fill out in November. Despite being older than me, none of them had voted before or even thought about it. It just wasn't important to them. "I don't know the candidates," they'd say. "I'm not a political person."

But the Constitution doesn't say, "only political people have

the right to vote." It says that no one shall be denied the right to vote on the basis of race or sex, thanks to Susan B. Anthony and countless others. The Constitution clearly defines our rights, many of which we use regularly, like freedom of religion or speech. I've never expressed my Second Amendment rights, but I still have them. This is true of voting. Rights don't define the only things we are able to do, they just protect the things that we see as important enough to need protection. If voting is one of these, it's for a reason. It needs to be protected. It needs to be used.

It took my older siblings years before they voted, even after they turned eighteen. My brother voted for the first time this past March at twenty-three years old, but only because it was a presidential race. Claiming their place at the polls has not been a top priority for young people for a very young time. Despite being a politically active generation, very few of us regularly exercise our right to vote. It's true that voter turnout increases as age increases, but there are always exceptions. My mom volunteers at the polls for each election and she always encounters older adults who are voting for the first time.

I have an interest in politics, which might be why I'm more inclined to participate. But being a part of the American democratic process shouldn't be an experience only shared by those who enjoy government. The United States is not



just made up of people who vote; the United States government represents those that vote, those that don't, and those that vote against it. When someone becomes governor, they aren't just governor to the millions of people who supported them. They are governor to the thousands that voted against them and the thousands that didn't vote at all. It's very easy not to care about politics. You can avoid news channels, never pick up a newspaper, and change the station on the radio. Actively participating in the political process takes an amount of effort. You have to drive to the polling place or remember to request an absentee ballot before the deadline. You have to research the candidates and remember their names long enough to shade in a bubble. It would be much easier not to vote. But if it were truly so unimportant, Susan B. Anthony wouldn't have an amendment named after her.

The right to vote has been something fought over for centuries. Whether it was about gender in 1920, race in 1965, or felon suffrage today, we have always known how important voting is to democracy. But we don't treat it like we should. It takes me about ten minutes to do what Susan B. Anthony never got to. I get a sticker. I watch the results on TV later that night. There are lots of ways to be politically active and have your voice heard. But voting is the easiest and most impactful way to influence public policy.

If we ever forget how important voting is, history reflects it. Voting was such an important right that it was denied to certain groups of people. But it was even more important, because they fought to get it back.

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

Junior Year

For her, failure was impossible

Harry Scherer
MSMU Class of 2022

For the past century, our nation's Constitution has been amended to prohibit federal and state governments from denying women the right to vote. This permanent addition to our founding document serves as a memorial of one of our most successful and courageous social reformers.

Susan B. Anthony was born in Adams, Massachusetts in the winter of 1820. Raised in a conservative Quaker household, Anthony and her family contributed to the abolitionist movement and offered their home in Rochester, New York as a meeting place for anti-slavery activists like Frederick Douglass.

Early on in her life, she observed the precious fruits that can come from a solid education. In 1857, she called for the education of blacks and women at the New York State Teachers' Convention. She relied on her formative education throughout her life to study the topics that were relevant to her activism; in 1881, for example, she published the first volume of the History of Woman Suffrage. Anthony always relied on history to better understand

the present and to craft the content of history for the future.

Once the crusade for the abolition of slavery was technically accomplished, Anthony shifted her social focus to the issue of women's rights. In 1863, she wrote "Appeal to the Women of the Republic" along with Elizabeth Cady Stanton, the friend with whom Anthony formed the National Woman Suffrage Association. Six years later, she organized the first Woman Suffrage Convention in Washington, D.C. While dealing with seemingly constant legal struggles because of her activism, Anthony produced a template for petitions that were distributed throughout the 1870s and 1880s calling for universal suffrage.

The body of the petition read: "The right of suffrage in the United States shall be based on citizenship, and the right of citizens of the United States to vote shall not be denied or abridged by the United States, or by any state on account of sex, or for any reason not equally applicable to all citizens of the United States. Congress shall have the power to enforce this article by appropriate legislation." Under this bold statement, men signed their names on the left side of the document and women signed the right side. This was a method employed by Anthony to ensure that all members of her movement were assured of the support of

both men and women for their noble effort. In addition, this method proved that at least some persons who were already legally eligible to vote were willing to publicize their support for universal suffrage.

In 1905, Anthony met with President Theodore Roosevelt about a universal suffrage amendment to the Constitution. She died a year later in her Rochester home and the amendment for which she fought was finally ratified in 1920.

Three attributes of Susan B. Anthony are worth noting. First, her zealous activism was not motivated by an interest in personal gain or the fulfillment of a radical ideology. On the contrary, Anthony was emboldened by her Christian recognition that every human person is made in the image and likeness of God and that any government policy that does not accept this identity works against individual creativity and should be altered. Anthony's goals were clearly and peacefully offered; she sought structural refinement, not structural demolition. Unlike many activists that we encounter today, her social reform was brought to completion when she saw the accomplishment of her goals.

Secondly, her activism was consistent. A pro-life organization bears her name today because she understood that all human life is both a subject and object of love. About abortion,

Anthony said, "sweeter even than to have had the joy of caring for children of my own has it been to me to help bring about a better state of things for mothers generally, so their unborn little ones could not be willed away from them." Her respect and admiration of women and motherhood cannot be overstated; one political poster publicized during Anthony's time said, "Women bring all Voters into the world...Let Women Vote." Susan B. Anthony had a great love for pre-born children because she had a great love for the women who carried them. This intellectual consistency and devotion to truth certainly serves as a reason for her political success.

Thirdly, her social power was clarified through her rhetorical ability. On the year that she died, she delivered a speech at her 86th birthday celebration. During her remarks, she said, "There have been others also just as true and devoted to the cause — I wish I could name everyone — but with such women consecrating their lives, failure is impossible!" In what came to be known as the "failure is impossible" speech, Anthony encouraged women and men around the country to recognize their rights as human persons and as Americans. At the same time, she required a simultaneous responsibility that could not be avoided in light of her radical demands. As a

pragmatic woman, she knew that the success of her movement would only come about through clear speech and transparent motives. In order to inspire this clarity and transparency, Anthony was as honest with her supporters as she could be. While she identified the obvious areas in which her nation was struggling and failing her citizens, she also demanded high standards for the women who would ultimately reach the political success that she viewed as ultimately inevitable. She knew that rights without responsibilities are meaningless clichés, unimportant statements that dare to be altered by a charismatic malefactor.

Anthony's work was a refreshing response to Benjamin Franklin's warning that America is "a republic, if you can keep it." Her love for America and her citizens motivated her to sacrifice her personal goals in light of potentially national growth. As a diligent reformer, she recognized that the successes of the country in which she was born must have proved that there was something in her nation for which to fight. She saw this battle as an unfortunate but necessary one and it is for her selfless and patriotic service that we should all be grateful.

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

THE SUSAN B. ANTHONY AMENDMENT

Senior Year

Worth more than Rubies

Angela Guiao
MSMU Class of 2021

*She is worth far more than rubies.
-Proverbs 31:10*

My entire life, I have been surrounded by strong women. The first is my mother. A single mother, she pushed herself to provide a happy life for me. She sacrificed without question. She never let me see her weak. She showed me what determination is and how hard work could help me accomplish my dreams.

My aunts were the same. Though they were thousands of miles away in the Philippines, I watched how they were able to build themselves a life from nothing. How they were able to put my cousins through school, all the way through university. How they fought every step of the way until they succeeded in their goals. They never gave up.

I grew up reading stories written by Jane Austen and poems by Maya Angelou. I was obsessed with Amelia Earhart, and constantly reminded of the work of Mother Theresa. As I grew older, I learned of the importance of action. Evident in the achievements

of Rosa Parks, Ruby Bridges, and Ida B. Wells.

My knowledge of such influential women inspired me to take advantage of my opportunities, to appreciate the freedom to speak, to move, to decide, and to vote.

Susan B. Anthony was born on February 15, 1820. Though she was a white woman, from a young age she displayed a mindset far ahead of her time, having participated in collecting anti-slavery signatures from the age of 17.

As she grew older, she slowly became more and more involved in equal rights, focusing especially on the women's suffrage movement. She eventually became President of the National American Women Suffrage Association, an organization she co-founded, and helped pave the way to granting women the right to vote.

On August 18, 1920, almost 100 years ago, the 19th amendment was passed granting women the right to vote. This amendment was passed 14 years after Susan B. Anthony had passed away from heart failure.

Eventually, the 19th amendment started also being referred to as the Susan B. Anthony Amendment in honor of all her hard work and contributions to the fight for women's equal rights.

Susan B. Anthony's hard work and activism gave women the right to

vote. It gave them a choice whereas before it was simply impossible. Her involvement established a foundation for other strong women leaders to advocate and fight for their rights. For more rights.

She began a fight that women are still fighting today.

If I am being completely honest, not many people I know vote.

I don't think many people understand how important their vote is. It is easy to look at the size of America, or even your city and think to yourself, "My vote doesn't matter". However, it does. Especially, our voice as women matter.

According to statista.com, in 2019 there were a little more than 168 million females compared to 161 million males in the United States. Since the US Census Bureau estimated a total population a little higher than 329 million in 2019, that would mean women make up approximately 51% of the population.

Yet, in a society where there are relatively the same number of women as men, the disparity between the rights a woman has in comparison to a man is rather remarkable. We cannot let everything that women before us spent years fighting for go to waste.

We need to continue to fight. Fight to be heard. Fight to be respected. Fight to be equal.

Though the work of Susan B. Anthony occurred 100 years ago, her ideals and vision of a woman's role in society is still relevant.

"I declare to you that woman must not depend upon the protection of man, but must be taught to protect herself, and there I take my stand."
-Susan B. Anthony

Women's rights are a continuous and pertinent discussion in politics today. Women are continuing to make themselves heard. With many notable women's rights movements occurring in the world today such as the Women's March and the Feminist movement, many women are devoting their time to advocating women empowerment.

It was because of women like Susan B. Anthony who showed me the strength behind being a woman. It was women like her who taught me not to be afraid. To embrace who I am and the traits I bring. It was women like her who taught me not to lessen myself for other people but to take my strengths and let them empower me.

As a college student. It is easy to feel unimportant. We're young, inexperienced. In a world filled with people much more qualified and wiser than us, it is easy to think that our voice is not as loud or not worth listening to.

But Susan B. Anthony started her career in advocacy at the age of 17.

She continued fighting the fight consistently until she co-founded one of the leading women's suffrage foundations. Her work eventually led to winning the right for women's rights.

My voice can make a difference. It is never too early to start advocating for the things that I believe in, for the movements that I connect to. My voice does matter. It can and will be heard.

Susan B. Anthony showed me what it meant to truly fight for something you believe in. She and all the women activists that played a part in making the world better for women give me hope that I too can make a difference. I hope one day to emulate the characteristics that made her and so many others so strong and worthy of leadership.

Because of her, I know that one day I will leave my own impact onto the world. I know not to silence myself or to allow my rights to be decided on by those who know nothing about me. I know not to conform to expectations because that is what has always been done or because I am too afraid to be belittled.

Every single voice is important. Every single voice matters. Every single voice can continue the fight.

To read other articles by Angela, visit the Author's section of Emmitsburg.net.

The Graduate

Having a say

Morgan Rooney
MSMU Class of 2020

Exactly 100 years ago, on August 18, the 19th amendment was ratified. It states that the right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex. Even though I learned about the Susan B Anthony amendment when I was in school, I realized that I did not know much detail about the subject at all. I knew that women gained the right to vote in 1920 and I knew that Anthony played a huge role in that, but it was unknown to me that she died over 14 years before the amendment was ratified. It was all the way back in 1872 that Anthony was arrested after casting her ballot for the presidential election in Rochester, NY. As much of an outrage as this was, it took many years for women to be given the right to vote across the country.

Even though Anthony was committed to many different causes throughout her life, the right to vote was not the first. There were so many more layers to women's rights than just that. In fact, women held very little power in marriages, it was difficult to file for divorce, and a married woman was unable to sign contracts and documents on her behalf.

I've always been extremely grateful for my childhood. I grew up with many dreams in my head and no obvious obstacles lying on the road while I was on my way to achieve them. The mindset I had was that if I worked hard enough, I would be able to perfect any career dream I saw fit. For-

unately, I've been able to keep these dreams, even after high school and through college. Realism has definitely taken over in other ways, but it is a blessing to know that my dreams are possible for me to achieve.

Thanks to people who fought for rights in the past, I've never had to worry about what I was and wasn't allowed to do. I never worried about who I was and wasn't able to become. I had always felt truly free like an American is meant to feel. I had the liberty to make my own decisions. I don't often think back about when I should be giving credit to.

Earlier this year, during spring break, I was back home in Texas, just in time for the state elections. About two weeks before the borders closed off to Europe, my fiancé had flown in from Ireland to spend the week with me. We had intentions to drive down to the coast and spend a few days on the beach together. However, the day we headed south was the day of the election, so early in the morning, we stopped by my old high school so I could practice my right for the first time.

After parking, I walked into the building, where I spent my days during the 9th and 10th grade, and I followed the signs to the room where everyone was directed to vote. When I entered the room, a woman standing behind the doorway pointed to two different tables. She informed me that if I was voting democrat, I had to go to one and if I was voting republican, I needed to go to another. Listening to her instructions, I headed to the table when I intended to vote. For my whole life, I had always been told that my political beliefs are often some-

thing that I best keep to myself, so this situation was slightly odd for me.

The man at the table asked for my ID and printed out my ballot. He began to give my instructions before asking, "have you even voted before?" At this point, I was nearly 22 but knew I could pass for several years younger if I tried. I answered honestly and said I hadn't, explaining that I was out of the state during the 2016 election and did not receive my absentee ballot in time to fill it out and get it back to Texas.

"First time voter!" The man called out. The thing that surprised me was that every single person in the room turned to me and started clapping. Even from the opposing side, everyone was smiling and clapping. I don't normally like it when people catch me off guard and bring attention to me, but I found this experience to be incredibly enlightening. Even though everyone has different opinions and we disagree with each other on so much, the vast majority of us just want what is right for our friends, family, and ourselves. Even if someone is going about it in a way that doesn't seem to be a linear approach, chances are, they have similar goals as you.

My voting experience motivated and moved me in several different ways. Even though I went to one table, the other one clapped for me. This showed me that others are happy to see a young Texan like me practicing my right as an American. Voting showed me that I am free to vote in whatever way I choose and no one in the room should treat me with disrespect. Lastly, it showed me that my ability to vote so easily is a freedom that many don't have in this world. I am forever grateful.

This whole experience was very encouraging and I'm looking forward

to voting again this fall. Before a certain time in this country, I wouldn't have been given the ability to have my say. Women were generally forced to surrender their choice of representatives to the men in their lives. This November, when I vote in the presi-

dential election, I will remember all of the people before me who worked hard so that I could be able to have my say in how the country works.

To read other articles by Morgan, visit the Author's section of Emmitsburg.net.

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HOME DECOR

Houseplants: great for the mind, body & soul

Jessica Crawford
Cotton & Co, Owner

This year is a great year to focus on our indoor and home environments. We're all staying closer to home this year, more so than 'normal' years. In the shop right now, we're seeing a lot of evidence of this. Customers reinventing living spaces, creating home offices, and in general, taking the time to make their houses into homes that reflect themselves and their lifestyles.

Replacing furniture and swapping out home décor are an obvious way to improve a living space. But what about houseplants? Bringing a little bit of the natural life indoors has many known benefits. Not only are some pops of lush greens around your home, enticing and beautiful. They also have several health and environmental benefits too.

Are you one of the many that have been working from home more, or even fulltime? Many studies show that a houseplant or more in a home office, helps contribute to a positive work environment. And may even increase work productivity. Adding houseplants, especially those with broad leaves, can help regulate humidity in a room. Plants release nearly all of the water that they take in, back into the air, contributing to healthy humidity levels, especially during dry winters. Not only are they generally very pretty, and there's a tremendous selection to choose from, being close to nature, generally makes us feel more calm and at peace. Surrounding ourselves with nature indoors lifts our spirits and mental moods. Selecting a few favorite greens for around your home, could help positively affect your mental health. Which we all

need these days.

Houseplants also can act as a natural air filter in a home. They can help improve indoor air quality by trapping and filtering toxins and allergens. They can trap harmful VOCs and toxins created by items we commonly use in our homes and work spaces, and can help protect us. Between their humidity control and toxin filtering, non-pollen releasing houseplants can be very beneficial to those suffering with respiratory issues.

So let's talk about purpose and favorites. First and foremost, I am a firm believer in that you can never have too many houseplants. It's about balance and how many you think you're able to care for, and also direct and indirect sunlight opportunities in your home. Some indoor plants have different light requirements. When selecting them, check tags and choose them based on the environments you have available in your home. Caring for plants can be quite therapeutic and rewarding, also enhancing mental state and mood.

Are you interested in indoor plants for mood, environment, health, wellness, cooking and eating, perhaps a little bit of all of the above? There's a plant for all of that. Aloe is a must. They are hardy and forgiving of neglect. Similar to a cactus and succulent, they require less attention than many other indoor plants. They aesthetically give off a boho, tropical, dessert vibe and tend to mingle seamlessly in any home. And additionally



Customer photo submission by Betsy Merena. Featuring lush houseplants paired with a Fresh Cotton & Co furniture find.

and most importantly, they are great to have on hand for health purposes. A quick snip of one of their leaves, releases that gooey aloe, that is beneficial in treating and soothing minor burns and skin irritations.

A countertop herb garden would not only enhance a space visually, and also help clean the air in a kitchen, it would also serve a purpose. In a sunny spot, herbs need lots of direct sunlight to thrive, an indoor herb garden would be wonderful for on the spot cooking needs. Basil, mint, parsley and chives would make great choices as they're commonly used and would also tolerate living in a planter or pot.

Succulents and cacti are timeless. And there are so, so many to choose from. They require minimal attention, need good sunlight, well drained soil in planters, and come in all shapes, sizes and colors. The perfect household companion. These plants give off a Summer vibe year round, which I know boosts my spirits during those long winter months. And while they're super easy to care for, the pack a decorative punch with all the options and varieties available.

Fiddle Leaf Figs and Monstera Plants have had a resurgence and have become increasingly popular. Both have large, showy leaves (excellent humidity controllers!), are generally easy to care for, and create quite a statement in a room. They're beautiful and timeless in a large planter and integrate nicely with most home décor styles. I have mine paired with my vintage wicker peacock chair in a boho nook of my home. But they pair beautifully with other styles like Modern Farmhouse or Mid-Century-Modern.

There are many varieties of houseplants that look enchanting suspended or hanging. My sister hand-creates macramé planters for the shop. Her planters always look beautiful paired with something like a Pothos or Maiden Hair Fern. One of which is draping and trailing, the other lush and whimsical. I do love a single, statement houseplant in the corner of a room. But I also love a cluster of houseplants, that are all different but coordinating. Perhaps different sizes and variation of shades of greens, clustered together in a space. And remember, you want odd numbered groupings of things, as a home décor rule. Sticking the groups of three or five.

The options available are endless. And whether you think you've got the time and energy to care for one indoor plant, or a whole army of them, the mental, emotional and environments benefits are tremendous. We have a great selection of planters, tabletop, stationary and hanging available in store. As well as select indoor plants, and more coming soon! Stop on by one weekend and see us, we're open weekly, Friday through Sunday and are always happy to help you create a space or make a vision come to life.

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COMMUNITY NOTES

The Maryland Iron Festival

Theresa Donnelly
Catoctin Furnace Historical Society

The Catoctin Furnace Historical Society, Inc. will present the second annual Maryland Iron Festival online during the weekend of August 22 and 23. In partnership with Cunningham Falls State Park, Catoctin Mountain Park, Frederick County Public Libraries, and Visit Frederick, this will be a virtual festival. Register via www.catoctinfurnace.org in advance to be part of the Q&A and interactive sessions via Zoom.

The event will also stream on the Catoctin Furnace Historical Society Facebook & YouTube channels which are not interactive, but will allow you to follow along and watch all the content streaming on Zoom. This free event will 'transport' you to historic Catoctin Furnace where you can experience demonstrations, lessons, music, artisans, craftspeople, archaeology, and history.

The Maryland Iron Festival, virtual edition, will commemorate the state as a center for the craft of iron making. The festival will feature traditional blacksmithing, period music, traditional food preparation demonstrations, garden and trail tours, artisan demonstrations, children's activities, fascinating archaeology talks about the amazing discoveries at Catoctin Furnace, and more. There will be some Live and Interactive Sessions!

Visitors can also enjoy a virtual tour of the newly installed Catoctin Furnace African American Cemetery Interpretive Trail way-side panels. The trail links the furnace to the historic village and to an overlook near the Catoctin Furnace Cemetery.

The Catoctin Furnace was built by workers owned or employed by the four Johnson brothers in order to produce iron from the rich deposits of iron ore found in the nearby mountains. At least 271 enslaved people of African ancestry made up the bulk of Catoctin Furnace's earliest workers. In the decade before the Civil War, European immigrants began replacing the enslaved and freed African American workers as it was more economical to hire cheap labor than support an enslaved workforce. Descendants of the immigrants still live in the village.

The iron furnace at Catoctin played a pivotal role during the industrial revolution in the young United States. The furnace industry supported a thriving community, and company houses were established alongside the furnace stack. Throughout the nineteenth century, the furnace produced iron for household and industrial products. After more than one hundred years of operation, the Catoctin Furnace ceased production in 1903.

In 1973, the Catoctin Furnace Historical Society, Inc., was formed by G. Eugene Anderson, Clement E. Gardiner, J. Franklin Mentzer, and Earl M. Shankle to "foster and promote the restoration of the Catoctin Furnace Historic District...and to maintain the same exclusively for educational and scientific purposes...to exhibit to coming generations our heritage of the past."

Today, the Catoctin Furnace Historical Society, Inc. is undertaking groundbreaking research, including bioarchaeological research of the African American cemetery in Catoctin Furnace. In partnership with the Smithsonian Institution and the Reich Laboratory for Medical and Population Genetics at Harvard University, this project is analyzing ancient DNA and the human genome of revolutionary-era enslaved African American workers at Catoctin Furnace.

Such research, in conjunction with other technologies such as stable isotope analysis, could tell us where these workers were born, where they lived throughout their lives, and what constituted their diet. We believe that every life mattered, and every past matters now. By studying and disseminating the results of this research, we hope that people everywhere will get to meet some of these early workers and understand the critical roles they played in the development of our young nation, as well as appreciate the rich, varied trajectories of their lives.

Mark your calendar now for the third annual Maryland Iron Festival in May 2021. We hope to be sharing the rich history of iron making in person within the historic village and buildings, in Cunningham Falls State Park, and throughout Catoctin Mountain Park.

The event is free but donations are welcome. All proceeds will be used for the ongoing restoration of the historic village structures, a critical need. For more information, please call 443-463-6437 or visit www.catoctinfurnace.org.



tin Mountain Park. The event is free but donations are welcome. All proceeds will be used for the ongoing restoration of the historic village structures, a critical need. For more information, please call 443-463-6437 or visit www.catoctinfurnace.org.

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ARTS

Doors of Fairfield

Sarah Muir
MSMU Class of 2018

The pandemic disrupted our day-to-day. Many are left trying to fill the spaces where the schedule of our lives once occupied. We are still dealing with the after-effects and the threat of another round of closures, whether baking or crossing off home projects, filling the time that was once occupied by work, or school, or children's schedules has become a Herculean task for some.

Sarah Thomas, a local Fairfield artist and small business owner, struggled with the same sudden emptiness following the quarantine. Life before was full of business and grandkids until the pandemic hit. However, she has found a unique

way to bring brightness and art back into her community.

Sarah Thomas's shop, the Mckesson House, sells and showcases some beautifully decorated inside doors, which gave her an idea. "You clean a little bit and you bake a lot, and all the sudden, one day, I thought, 'I'm going to decorate my front door.'" The finished product was a delicate ochre design on her red front door; elegant, refreshing, and one-of-a-kind. As a result of her exquisite work, her daughter asked her to decorate hers. A domino effect of patrons and supporters came from the community asking for their front doors to be transformed into pieces of art.

The response has been overwhelmingly positive. Some doors

proudly on display are recently reopened Mansion House (formally know as the Fairfield Inn), Battersby Law Office, and the Village Book & Table. The Fairfield Village Hall has also received a makeover from this 'door-to-door' artist, and many other locals have asked for a door by Sarah Catherine Thomas.

"The whole idea around all this is to give us a lift in these crazy times," she said, "Make things pretty, make people happy because that's what it's all about...I was born and raised here, this little town and I love it and the people in it and I have plenty of time on my hands to do something cheery...it gives us something to look at, and talk about, and like. That's what it is, a project of happiness."

Her brushstrokes extend to Carroll County and further, traveling as far as she can to add some lightness

to her corner of the world. The simple act of decorating a door spread out to connect neighbors and strangers in an act of beauty. To add elegance and lightness to the world in desperate need of it is admirable, especially when social isolation can lead a community to feel more cut off than ever.

Art is a community experience, and the current climate has not changed this. It merely caused it to evolve out of necessity. We now see art creep through the spaces between six feet. In this case, it appears as delicate filigree of golden peacocks and a field's worth of painted flowers.

To have your door turned into art, Sarah can be reached 717-629-0130. She also decorates courtyards, fences, garden gates, sheds, shutters, and mailboxes.



One of the doors in Fairfield, painted by Sarah Thomas.

Journey: a photographic exhibition

Sarah Muir
MSMU Class of 2018

Throughout August, the Adams County Arts Council in Gettysburg is showcasing the work of local photographer, Lisa McLeod-Simmons. The exhibition, titled "Journey: and along the way," is a series of architectural photographs taken by Simmons over the past few years that chronicle her travels up and down the East coast, from New York to South Carolina.

As an architectural photographer, she captures images of buildings and infrastructure from unique perspectives. Her subjects range widely from glass and concrete Manhattan skyscrapers to warm Southern beach houses, steel girder bridges to hand-hewn wooden covered bridges. While all

of her photographs display vibrant colors, the perspectives she uses are notably angular. Rather than photographing a high-rise building from a distance and straight on, thereby capturing the entire front of the building, she shoots the building from below and straight upwards, making the skyscraper appear to be towering up toward the sky.

"Architectural photography is a fusing of art and science," she explains. "It's a way of seeing the world. Or rather, it's more of a way of looking for something in the world. Looking for meaning, I think. So I take photographs in an intentional way. When I look at a building or a sunrise, a bridge or child's face, I see their angles and curves, their hues of color, and the play of light and shadow."

And just as her photographer's eye seeks out the novel and unique, the way that she displays her images is equally distinctive. Rather than using traditional photo paper, she has her images located onto large sheets of aluminum. The images are transferred to the metal by having the dye infused onto the aluminum sheets. The metal adds a luminescence and unique vivacity to the photos.

Since photography is a medium through which the world and world events can be captured and chronicled, I asked Simmons how the current state of the affairs in the US and the globe affects her work and how it affects art in general. "Photographers continue to take pictures. Artists continue to create their art. We're compelled

to do so, driven by some internal, unnamed muse. Virus or no virus, I feel ill at ease without my camera near at hand. And we've found alternate outlets for our work. Interestingly, these outlets are often more accessible and more public than in days gone by. Rather than the visual arts being on display in the sacred halls of art galleries, more than ever fine art photography, images of paintings and sculptures are being displayed in internet-based galleries and open air public spaces, readily available to all. There seems to be an on-going and perhaps heightened need for beauty during these times of uncertainty. While art can't cure a disease, I think it might be able to lessen the solitude that many are experiencing and bring us just a little closer together."

"Journey: and along the way" can be viewed in the Reception Hall at the Adams County Arts Council Building. Also on display are some of her portraits,



which further illustrate her efforts to capture subjects from interesting perspectives. Most are close-ups that focus on the strong or unique aspects of her subjects' faces. If you are unable to visit the exhibition in person, you can see it online at simmons@simmons-photography, along with more of her photographs.

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The arts! But socially distant...

Chloe Corwin
Class of 2020

The Mount St. Mary's University Visual and Performing Arts Department has a historical year ahead of them. The COVID-19 crisis has not subsided, as it had initially been predicted to be many months ago when students left campus in March. With that being the case, the entire University now must run using special precautions and regulations in order to keep students, professors, and staff safe and healthy during this time.

For the Visual and Performing Arts Department, this is especially difficult. The arts are typically group oriented and culminate to a live performance for an audience of people. Clearly, this is not possible in a COVID-19 world. This situation is filled with unknowns, so there is still going to be some trial and error once the semester begins. Luckily, those in the arts are trained to adapt at a moment's notice, hence the phrase, 'the show must go on!'

The professors seem ready to take on the challenge of reopening campus. Dr. Kurt Blaugher, Associate Professor of Theatre states, "No one knows what the next few months will mean for Visual and Performing Arts or for the Mount. We are working hard to find ways to deliver arts education to the student body in the most efficient and safe ways that we can. We're also working to find ways to 'perform,' as that will certainly take on new forms as we continue to quarantine. We certainly hope that things will return to some sense of 'normal,' but we remain committed to teaching theatre as a part of the Mount's curriculum."

The biggest change to V&PA schedule will be the cancelation or alteration of in person performances. The theatre subject area's mainstage production will not go on as it typically does. The Horning Theater does not allow for appropriate social distancing, and there is still concern for large groups congregating in indoor spaces. There is talk, though, of an alternate way in which students can continue to perform. Recorded or live taped performances are a strong possibility. Many institutions have created a model throughout the summer to allow for live streamed performances that may be of some assistance for Mount Theatre as the faculty and students adapt to the new normal.

As for the music subject area, they have been looking for outdoor rehearsal space to keep students engaged in the various musical groups on campus. There is a unique issue with the music subject area due to the

use of breath to sing and play certain instruments. Research on how long they can rehearse indoor suggests it can get dangerous for the musicians after thirty minutes. Some possible accommodations may be performance masks with mouth slits for wind players, bell covers for brass instruments to keep breath contained within the instrument, and woodwind bags to collect the breath of its player. This is all to prevent the potential spread of the virus through the instrumentalist's breath. It is also important to mention for choral groups, masks are not an option due to the complexities of singing.

Experimental performances for musical groups are being considered. As of now, an event calendar is unavailable, but they are hopeful to continue entertaining small audiences amidst the pandemic.

There is some good news for the V&PA. Due to the beautiful weather and moderate temperature of Northern Maryland at the beginning of the school year, rehearsing and performing outdoors is much more doable and a great solution for the time being. In addition, the semester will end earlier than usual. Thanksgiving time has become the cutoff for many Universities across the country. Safety and preserving the health of those involved are of utmost importance. The shortened semesters and longer winter break are implemented to keep everyone as safe as possible while determining what 2021 will bring.

In the meantime, the way in which classes will be conducted is going to change and vary depending on class size and topic.

For the art subject area, they are lucky to have Barret Hall, a small building dedicated solely to art courses. They will be conducting their socially distant courses in there. Students will still need to attend in person classes because of the use of certain chemicals and dangerous tools in creating their artwork. Certain elements of the art courses will be online such as critiques, avoiding unnecessary exposure where possible.

The theatre courses are a bit trickier. The smaller, major specific courses will be conducted much more easily, as the classroom space in the Delaplaine Fine Arts building can accommodate the small group of people. For larger courses, such as Modernity in Theatre, the rules that apply to the majority of the University's classes will be in effect. This includes hybrid courses allowing for some students in the classroom, while others simultaneously attend through zoom meetings remotely.

The theatre subject area was not



The Mount offers a wide variety of opportunities for students interested in acting and the theatrical process. The Mount's theatre group has a rich history of presenting comedies, dramas, musicals, and original plays.

offering any acting courses this semester due to the class rotation and sequencing, so they avoid issue there.

The subject area with the most difficult time with transition will be the music subject area. In addition to dealing with the hybrid courses, the music lessons and ensembles each have to adapt as well.

Dr. Mark Carlson, Associate Professor of Music and Director of Instrumental Ensembles, explains, "I can say we'll be splitting instruction of the Wind Ensemble into 3 sections: percussion, woodwinds, and brass, that will each have their own area specialist instructor. This will keep numbers down to the target of 10 or less. The hope is that they can engage like instrument ensemble music but also work as long-term sectionals on normal wind band rep. We're hoping that we can sew some pieces

together for a 'band' performance. ... we're also working with IT to see how feasible the audio live streaming program jamulus is."

As for vocal and instrumental lessons, those are now only online through video calls. There is a system being put in place to allow students to reserve spaces to have their online lessons. Plans to keep these spaces clean and sanitary are in the works.

Dr. Carlson adds, "we are committed to adhering to the safety protocols as they're being suggested. ... after that we're committed to creating as close to a traditional ensemble experience as possible."

Although there is a challenging year ahead for all at Mount St. Mary's University, the institution is taking these trials in stride, creating a safe and clean environment for students, faculty, and staff amid the global pandemic. The

Visual and Performing Arts Department has a particularly complicated case, given the many groups they sponsor and the physical elements of their craft. Their creative minds have created a great temporary solution given the complexities of the challenge everyone is facing.

The Mount St. Mary's University Department of Visual and Performing Arts is located in The Delaplaine Fine Arts Center. For more information about the department, search for Visual and Performing Arts on the Mount St. Mary's University official website www.msmary.edu. For more information on the COVID-19 response at Mount St. Mary's University, refer to the institution's website.

To read other articles by Chloe, visit the Author's Section of Emmitsburg.net.



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SPORTS

Fairfield Little League wrap-up

Edison Hatter

For a couple of bleak months during the spring, it appeared that there would be no Fairfield youth baseball this year. However, thanks to the hard work of John Macinyak, Fairfield Baseball League President, and others, the framework was laid out for an abbreviated 'Spring' baseball season that started June 22 and is wrapping up as we go to press.

Although several programs in Adams County chose to completely cancel the spring baseball season, some programs joined Fairfield in the abbreviated season. Although there were no major notable on-field differences this year, there were a couple of off-the-field safety precautions taken. There was signage around the field with CDC guidance regarding social distancing as Fairfield baseball guidance and regulations for spectators.

Spectators mostly brought their own chairs and spread out on the grass surrounding the playing field. A few spectators were seen wearing masks. Additionally, players and coaches in the dugout tried to distance as much as possible and avoided physical contact with each other, did not share any equipment,



food, or drink, and did not chew sunflower seeds or spit.

In late July, the Fairfield T-Ball season, which includes players ages four to six, concluded. As with past years, there is no postseason or all-star play for players this young. However, unlike past years, there will be no postseason or all-star play for older players either, in part due to the abbrevi-

ated season and also due in part to the cancellation of the Little League World Series and associated state and district postseason tournaments.

One of the final Fairfield T-Ball games of the season featured the Pirates and the Nationals. At the T-Ball level, gameplay is very flexible, and no official score is kept. All players get the opportunity to

Emmitsburg holds Babe Ruth tournament

Thanks to the hard work of Emmitsburg Commissioner Frank Davis, there has been some baseball played this summer on the local fields. The northern County Babe Ruth League held a two-week-end tournament in Community Park in July.

Teams came from around the local area. Going forward,

the local Babe Ruth team and some area travel teams will continue to play every weekend at the Community Park field. While nothing is official at this time, Davis said that there is a possibility that a Fall league may form in Emmitsburg later this year. While it was not possible to salvage a Little League season this year.

bat each half inning and emphasis is placed on player development and the fundamentals of baseball. Some players in the game chose to have their coach throw pitches to them. Coaches were very patient with the players, and often gave them up to half a dozen pitches to try to hit. If a player didn't hit one of those pitches, the coach then set up the tee for the player to hit from. About half of players chose to immediately hit from the tee, rather than try to hit pitches thrown by their coach.

Spectators happily cheered for players on both teams and all players on the field seemed to be enjoying the game. Coaches worked with players on the fundamentals of batting and fielding, although the young players seemed to enjoy running the bases the most.

The Fairfield Recreation Association is now preparing for the Fall baseball season, which is expected to begin sometime in September. It is expected that with other sports' Fall seasons being cancelled, more young athletes will be turning to baseball this Fall to stay active.

Prior to the start of the Fairfield baseball Fall season, there will be a 10U baseball tournament on August 28, 29 and 30th. The tournament will be held at the Fairfield Little League fields on Steelman Street and is being billed as the "Battle on Steelman 10U Baseball Tournament." The tournament will be held will feature a maximum of ten teams. Each team will have a three-game guarantee: two in pool play and then a single elimination format to determine a champion.



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FIND NEW ROADS™

Catoctin & Fairfield High Schools get ready for Fall sports

Edison Hatter – CHS Class of 2016
Mia Ferraro – CHS Class of 2021

While the status of sanctioned competition for fall sports remains unknown at this time, both Fairfield and Catoctin school districts have been able to welcome back athletes for voluntary summer workouts.

Fairfield High School

On July 1, Adams County was released into the green phase of Governor Tom Wolf's Reopening Plan; this has allowed for the resumption of athletic activities in the Fairfield Area School District. In the month since athletic activities have been allowed to resume, only voluntary open gym/field type practices have been held. However, that will change this month as mandatory practices for football and other fall sports begin.

Mandatory practices for football will start with a Heat Acclimatization Week on August 10, while all other fall sports will begin mandatory practice on August 17. Crystal Heller, Athletic Director for the Fairfield Area School District, said that "these start dates were set by the Pennsylvania Interscholastic Athletic Association and thus far have not been changed, nor has any communication been sent out to us to anticipate changes."

Heller said that it would be ideal if a fall sports safety plan can be produced and published prior to the beginning of football heat acclimatization week practices beginning on August 10, but that the summer sports safety plan can continue to be used until a fall plan is approved, if necessary. The summer plan includes guidelines for acclimatization to heat and transition back to exercise and workouts; coaches are encouraged to assume that all athletes are completely deconditioned following the layoff.

As a result, the guidelines require a two-week acclimatization period, with practice intensity levels restricted to 50% of pre-COVID-19 levels during week one and 75% during week two. Additionally, the guidelines state that "extra diligence should be taken monitoring for exertional heat illness, exertional rhabdomyolysis (muscle breakdown) and cardiorespiratory failure during this return to activity phase due to the unique circumstances caused by the COVID-19 outbreak." Finally, the guide recommends modifying activities to minimize or eliminate physical contact between athletes.

The summer plan also includes some basic return to play guidelines, which are expected to be expanded on in the fall plan. The main directives are for staff members and athletes to wear masks when not actively working out and for everyone to practice good social distancing. Additional guidelines include limiting work-

out groups to no more than thirty athletes and ensuring that athletes are not sharing any equipment, food, drink, or other items. This includes requiring each athlete to have his/her own ball during workouts, regardless of sport.

Finally, the guide emphasizes that summer workouts are voluntary and that athletes should stay home if they are sick or show any symptoms of COVID-19. Heller explained that Fairfield Athletics will have to be patient as guidance is released and updated. "Unfortunately, so many things are in the air right now and not knowing what the future holds is very difficult when asked questions," Heller said, "it is definitely an uncertain time and we are all trying our best to be patient as the guidance is slowly released."

Prior to the resumption of voluntary practices, the Fairfield Area School District produced an "Expectations for Summer Activities" document that provided return to play guidelines and other guidance for summer athletic activities. While there are plans to produce an updated version for the fall, it is possible that the summer plan will continue to be used as fall sports practices begin this month. "We will not have an established fall plan until after our school's "Return-to-School" plan is complete," Christal Heller said, "hopefully we will have more guidance from the Pennsylvania Interscholastic Athletic Association and the National Federation of State High School Associations by then in regards to guidelines we must include. For now, we will continue to follow the guidelines set forth by the Center for Disease Control and Prevention, the Pennsylvania Department of Health, and Governor Tom Wolf."

As a result of the unexpected school closure in mid-March due to the pandemic, fall sport sign-ups were not held in-person as usual. Instead, a Google form has been posted on the Fairfield Area

School District Athletics website for athletes to fill out to indicate their interest to fall sports coaches. The following sports will be offered this fall at the high school level: girls' field hockey, boys' and girls' cross country, cheerleading, boys' and girls' soccer, football, girls' field hockey, girls' volleyball, and golf. At the middle school level, the only sport listed is girls' field hockey.

Catoctin High School

According to an email communication, Frederick County Public Schools have planned for a "safe, gradual, responsible return to voluntary out-of-season summer conditioning and re-acclimatization activities" for some of its teams. Despite uncertainty surrounding fall sports and COVID-19 restrictions, athletic activity is starting up at Catoctin High School with new safety precautions. The FCPS "Return to Play" committee discussed restarting sports and the health of the athletes at a virtual meeting. For the time being, all athletic activities will be for conditioning. Safety procedures of FCPS athletics are described in the Return to Play Summer Guidelines.

Conditioning and re-acclimatization began on Monday, July 20th. All activities are held within the timeframe of Monday through Thursday, 7 – 11 a.m. or 6 – 9 p.m.. They are limited to ninety minutes per day for each group of athletes; practicing groups are to have no more than fifteen athletes. All activities are conducted outside, and students will remain in the same group for every session. Each team reports to the medical tent during their designated check-in time prior to every session and will be screened for symptoms of COVID-19.

To safeguard the wellbeing of our student athletes, these sessions are being conducted differently than practices in years past. According to the FCPS guidelines, social distancing is incorporated whenever possible. Each group will be sepa-



CHS students getting ready to participate in summer conditioning.

rated by at least twenty-five yards. If the distance cannot be guaranteed, face masks will be required. Athletes and coaches will wear face coverings when possible and safe. However, face masks are discouraged on hot days. Coverings will be worn upon check-in and when leaving the session.

Behavior that promotes sharing germs is not permitted. Hand sanitizing stations have been set up and participants are welcome to bring their own sanitizer. Athletes are required to carry their own water bottles with them, and sharing is not permitted. Sport-specific equipment will not be used; cones and speed/agility ladders and hurdles will be the only equipment used at this time.

Students and parents were required to sign the COVID-19 Awareness Pledge form prior to attending athletic activities. This form essentially states that participants have acknowledged that the health and safety of the athletes

is top priority. FCPS will make changes according to guidelines deemed safe for schools and families and will continuously monitor the conditions of their athletes. If fall sports take place, Catoctin welcomes two new head coaches this season: Mike Rich as head coach of football, and David Lillard as head coach of boys' cross-country.

Catoctin is excited to welcome back some familiar names as well: Cheerleading will be coached by Stephanie Munday, Lois Strickland will be coaching girls cross country, Miriah Stone will coach field hockey, Jeremy Johnson will return to golf, Kevin Felichko will be coaching boys soccer, Megan Olson will coach girls soccer, Charmane Nesbitt will coach unified tennis, and Wes Fream will return as coach of volleyball. Families have been encouraged to contact their coach with any questions or concerns.

To read more Sports articles, visit the author's section of emmitsburg.net.



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COMPLEMENTARY CORNER

Grounded in nature

Renee Lehman

Over the past several articles, I wrote about Natural Laws like: Everything happens for a Reason. The reason is for good. While it may be difficult to “see” beyond the anxiety and fear surrounding the COVID-19 pandemic, it is important to stay grounded in Nature.

Nature moves through many changes each year. Winter is winter, yes; however, we don't experience the same winter each year. Just think of summer this year. We have been experiencing many 90-degree days with high humidity. As I am writing this article, we are experiencing a slight drought. Whereas in the summer of 2019, we only had a short span of 90-degree day, and we had more rain.

During this summer of 2020 nature is getting to express its splendor. We are the benefactors of this splendor. The world has been given the opportunity to experience the brilliance and wonder of the natural world. For example, Delhi, India, the world's most polluted city, has experienced some of the freshest/cleanest air quality in decades. Cities like Bangkok, Beijing, São Paulo and Bogotá, all reported significant improvements in air pollution. Thus, allowing us to see with clarity what was shrouded in yellowish-orange haze. The Himalayas, which had not been visible from northern India for over 30 years, were seen for all their majesty. NASA satellites saw air pollution drop over the northeastern United States. Thus, we got to observe blue

skies during the day and bright starry skies at night.

Nature is always showing us how we can show our brilliance when we ground ourselves in Natural Law and take the opportunity to shake the dust off ourselves (aka, get rid of our ‘pollution’). It is possible to do this even during this time of the constantly moving target called COVID-19. How, you may ask?

Trees are firmly rooted in the Earth. In Traditional Chinese Medicine (TCM), it is often stated that we are to be like bamboo. Bamboo reminds us to stay grounded while remaining flexible in our body/mind/spirit. Yes, bamboo requires water, rich soil and sunshine in order to reach its potential. However, did you know that for four years after a bamboo seed is planted nothing is visible above the ground? All its growth is occurring underground. A substantial root structure forms and expands deep and wide in the earth. Then, in the fifth year, the bamboo shoots out of the ground growing up to 80 feet tall. All that time working and growing on the invisible level produces tremendous potential.

As John Muir said:

“I never saw a discontented tree. They grip the ground as though they liked it, and though fast rooted they travel about as far as we do.”

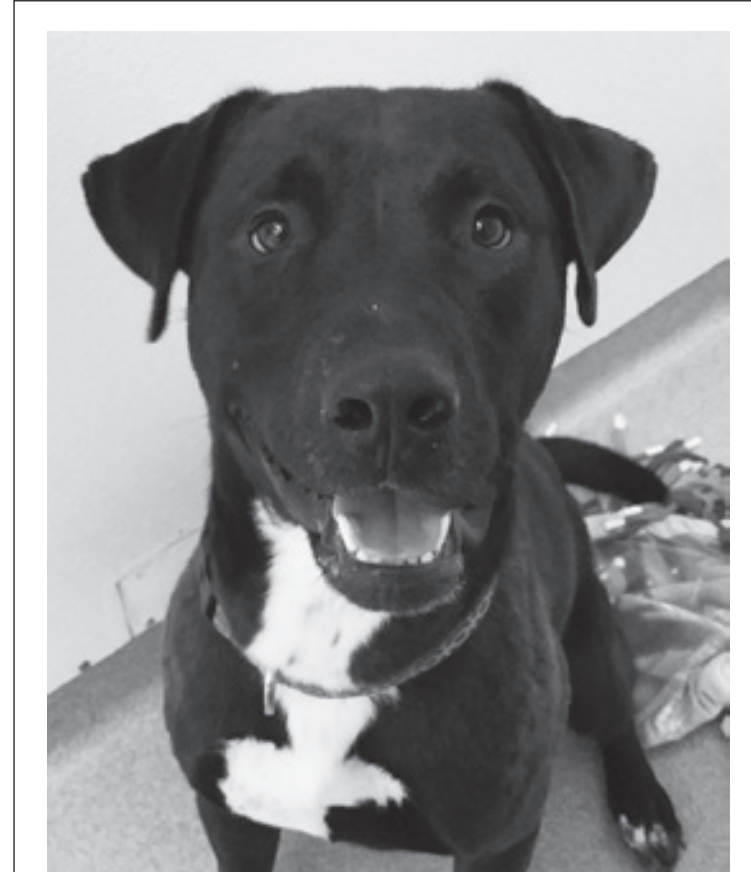
By staying ‘grounded’ and deeply rooted like a tree, you can withstand any strong winds or storminess of life. AND, who has not felt like COVID-

19 has been like ‘unsettled weather’ in our lives? Our current-day culture which promotes fast pace living, also has us processing overwhelming amounts of information daily. For example, search for a topic on the internet – there could be thousands of websites listed with information relevant to the topic. Walk into the grocery store – how many variations of a product are there? Watch the news on TV, and while you are listening and watching the story, read the continuous scrolling of news across the bottom of the screen.

Plus, many of us spend countless hours using our electronic devices. We spend so much time ‘in our heads’ – thinking and processing information faster and faster, and at a much more superficial level. Are you aware of your posture, your breathing, your surrounding while absorbed in these activities? We get ‘pulled’ out of the wholeness of our body when we do these activities. Then once you are done using these devices at the end of the day, how much of a challenge is it to ‘turn off’ your mind to fall asleep at night? In general, how long does it take for you to quiet yourself? Where is balance in the examples above of constant mental activity and processing (especially with recent events and the COVID-19 pandemic)? Have you experienced being pulled into the tornado of drama that is swirling around us? It is easy for this to happen, especially if we are not ‘grounded’ and ‘rooted’ in our daily lives.

Science behind the Importance of Grounding to the Earth

Do you remember hearing about how the physical condition of early astronauts deteriorated severely while in outer space? These astronauts became weak, sick, and lost bone density. When they returned from the moon, they could not stand up. This happened because they were away from the electromagnetic field that is formed between the ground and the lower part of the ionosphere



Chocolate was surrendered to the shelter because his owner could no longer care for him. He's about a year old and he's a mixed breed – not sure exactly what is in there! He's a happy-go-lucky kind of guy, but might need some time to adjust to living in a new home. Chocolate likes to chase cats, so a place without felines would be best for him. He may have an energy level that's a little too much for small children, so check with staff about a possible age restriction. This cute guy would love to find his new spot with you!

For more information about Chocolate call the Cumberland Valley Animal Shelter at 717-263-5791 or visit them online at www.cvas-pets.org, or better yet, visit them in person at the shelter.

located about 62 miles above us. This field has a vibration or resonance (called the Schumann Resonance – named for the German physicist, W.O. Schumann who observed this in 1952) of approximately 7.83 pulses per second (hertz).

It has been proven that all vertebrates and our human brain vibrate at this same frequency. The problem was solved by introducing the ‘Schumann Simulator’ into all space shuttles, a magnetic pulse generator mimicking the Earth's frequency. When the astronauts used this simulator, they recovered their equilibrium and health. Electromagnetic emissions from computer monitors, cell phones, and other electrical devices also cover up the Schumann Resonance, thus leading to stress and fatigue. This demonstrates the simple fact that we cannot be healthy if disconnected from the ‘natural biological frequency’ (www.SchumannWaves.com).

How can you stay grounded?

Take a walk outside and notice the trees around you. Trees are a wonderful example to us – their roots firmly planted and branches reaching high.

Do a Grounding Meditation. Imagine roots coming from the bottom of your feet into the ground to firmly tie you to the core of the earth. As you breathe in feel the energy coming up from the earth into your body and as you breathe out, let any excess flow back down into the earth.

Observe your thoughts. Yes, just stop and notice what you were thinking. Are you off in the ozone or present to your current experience?

Try yoga, qi gong, or tai chi. These ancient practices get us into our bodies and slow us down to become aware of our movements.

When the weather is nice, go

outside and garden. There is nothing like getting your hands in dirt to get you grounded.

Stand without your shoes and feel your feet touching the ground. Grounding or Earthing is defined as placing one's bare feet on the ground whether it be dirt, grass, sand or concrete (especially when humid or wet). Regular grounding restores the body's natural electrical state, calms the nervous system, reduces inflammation, and improves circulation. “No pill on Earth can do what Mother Earth does!” (Cardiologist, Stephen Sinatra, M.D).

Now is the time to go outside into nature and witness its magnificence and beauty. Nature is calling you. Now is the time for us to focus on being rooted and staying grounded. Then you know that you have a firm foundation, a firm foothold in the Earth. You will be prepared for whatever life brings your way (or throws at you).

“And into the forest I go to lose my mind and find my soul.”

—John Muir

“Look deep into nature, and then you will understand everything better.” —Albert Einstein

“I have always argued that change becomes stressful and overwhelming only when you've lost any sense of the constancy of your life. You need firm ground to stand on. From there, you can deal with that change.” —Richard Nelson Bolles

Renee Lehman is a licensed acupuncturist and physical therapist with over 33 years of health care experience. Her office is located at 249B York Street in Gettysburg, PA. She can be reached at 717-752-5728.

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HEALTH AND FITNESS

The Stressors contributing to addiction at College

Drug and alcohol addictions is a significant problem throughout the country, and college campuses are no exception. In many respects, the college campus is ripe for this type of problem because the environment naturally contributes to social anxiety and stress in many students.

College introduces unique stressors such as new freedoms and experiences including the surroundings, people, ideas and opportunities. Some of these experiences include fraternities and sororities, dorm life, parties, and social activities. For the first time, many of these young people are now responsible for decisions affecting their daily lives. This is a natural result from leaving one's entire support structure behind, creating a new social network, dealing with being away from home for the first time and finding less parental support. Additionally, students are adjusting to unfamiliar academic environments. The classes, assignments, and exams are usually different from anything experienced in high school and not to mention a general increase in competition between students.

To more easily socialize and fit in, many give in to the temptation to drink or explore other risky behaviors in order to cope. Much of this is driven by peer pressure. The National Library of Medicine and the National Institute of Health reports 37% of college students have used an illicit drug and abuse alcohol on a regular basis. This routine may then lead to addiction. Much of these behaviors also follow students from high school to the college campus.

According to the College Drug

Abuse and Addiction Center (Addiction Center. Com), "those who enrolled in a full-time college program are twice as likely to abuse drugs and alcohol as those who don't attend college." The Addiction Center attributes this to the following factors:

Stress. As students are facing the high demands of coursework, part-time jobs, internships, social obligations and more, many turn to drugs to cope.

Course load. More students than ever are taking stimulants, such as Adderall, to help them stay awake long enough to study or complete assignments by their due dates. All too often, these prescription drugs are obtained without a legitimate prescription. The Journal of Clinical Psychiatry noted Adderall is most commonly misused by people between 18 to 25 years old. These are most often acquired from fellow students with medically approved prescriptions.

Curiosity. College students are exploring many new aspects of their lives in personal and professional realms. It's not uncommon for that self-exploration to dip into drug experimentation.

Peer pressure. College students who are surrounded by other people experimenting with recreational and performance-enhancing drugs are more likely to try these substances for themselves.

Some individuals are more prone to addiction than others. They feel that they have found a way to relieve the stress of college life and eventually develop an addiction problem. It is important to understand that

using drugs or alcohol can lead to dependency or addiction. Students may think they are immune and can control their behavior, but this is not true. Anyone and everyone is at risk of addiction. This will be exacerbated this year with the effect of the COVID-19 pandemic on college life. The combined effect of a dwindling on-campus population and the enforcement of social distancing practices will make communicating and socializing with other students more difficult. The coronavirus has upended countless lives, and college students are no exception. The additional stress placed on students has left some struggling to manage their mental health during home quarantines, social distancing, and missed milestones and opportunities that were previously a normal part of college life.

The stressors leading to addiction will need to be closely watched in the fall as students start or continue college. The opportunity for students to socialize, make new friends and have a typical college experience will be significantly affected and thus look very different as students return to school. Many normal college activities such as dorm living, classroom layouts/lecture halls, large organized activities, rushing a fraternity or sorority, and sports may be put on hold or severely impacted.

The feeling of isolation and anxiety will follow students back to campuses who will then find themselves in very different environments than expected. These changes are compounded by other stressors such as how to pay for college, worries about future career



and job prospects, and cancelled internships. It is even more important that students maintain structure in their daily lives. This includes ensuring adequate sleep, nutrition, exercise, self-care, and staying positive and focused on their goals.

Students will need to manage their stress and anxiety while on college campuses as well as utilizing distance learning. Virtual parties and get together activities, telehealth services, and resources from student health centers can help students cope with these feelings that may influence emotions leading to addictive behaviors.

Parents also have an important role in helping their students cope with college and the stresses associated with this new experience. It is more of a role of listening and support, and not adding an extra layer of pressure, which could be perceived by students as their parents not believing in them and are waiting for them to fail. This adds to the anxiety and stressors that may contribute to risky behaviors.

Here are some actions students can take to help cope:

- Create a healthy routine that includes regular sleep and work hours, nutritional balance, and plenty of exercise.
- Establish and maintain goals—even a small goal to complete in a day.
- Maintain connections with contacts virtually or while remaining physically distanced.
- Seek medical treatment, if necessary. Drug and alcohol rehabilitation centers are still open during COVID-19 to provide essential treatment to those who need it.
- Keep a positive attitude and a busy mind. This may include reading recovery-oriented literature, practicing prayer and meditation, and engaging in healthy hobbies when possible.

Andrew Wyka is a Senior at West Virginia University in a Multi-Disciplinary Studies Program including Drug Addiction, Sociology and Marketing.

Exercise questions answered

Linda Stultz
Certified Fitness Trainer

In this article I will answer some frequently asked questions. Hopefully I will answer some of your questions. People know they need to hydrate their body but are not sure exactly how to do it. We have been told to drink eight glasses of water a day. Many people ask if they can count their coffee, tea or other beverages to make up their water intake. I have heard some nutritionists and doctors say it is OK to include these drinks. Personally, I tell my clients they can have their coffee but still need to get the day's hydration from water. I have always learned that any drinks with caffeine are dehydrating, that's why I like to get the water to be sure.

Walking is a great exercise, especially if you are just starting an exercise routine. People sometimes think they walk all the time at work, shopping and during their everyday activities but there is a difference in walking to get somewhere in daily chores and walking for exercise. Starting a walking program to improve your health and burn some extra calories means walking at a brisk pace for a longer amount of time than you normally would during the day. It's good to start slow and don't overdo the distance at first.

Take a short walk the first few days until you feel it's time to increase the distance. Once you feel safe with that, add a little more speed to your walk and then maybe even include a hill for an extra challenge. Using a walking tape or program on the TV is also a great way to start, especially in the hot weather. Remember to take water with you to stay hydrated. I know many people do not like plain water so the flavored ones are a great way to get your daily amount as long as they are low or no sugar. Always check with your doctor if you have any health conditions before starting any new exercise routine.

Another question that some people wonder about is will they get too bulked up if they lift weights. The answer is no. The people that get bulked up are the body builders. They purposely use heavy weights to build their muscles to that extent. There are different types of weight lifting for different outcomes. You will get toned and build muscle but you will not look like a bodybuilder unless you are training for that so give weight lifting a try if you are interested. You should have some guidance and instruction from a trainer or at the very least do some research before you start a program. There is a risk of injury if you start with weights that are too heavy or do a workout that is stressing your muscles to much. It is important to start

slowly with light weights and gradually increase the weights and repetitions.

Anytime is a great time to start exercising. I have been told, well I never exercised why should I start now. You are never too old or too young to start an exercise routine. The main thing is to choose the right one for you. Start with something you are interested in and go from there. Doing something

you like will keep you interested and looking forward to your workout. Dancing, bike riding, weight lifting, walking, jogging, tennis or whatever you enjoy will keep you motivated to do something everyday. Again, remember to check with your doctor if you have any health conditions before you start any exercise and start slowly.

Movement is your friend even if you don't like it. Keeping active everyday is

the best thing we can do to stay healthy. I hope I have answered some of your questions. If you have any questions that have been preventing you from starting to exercise, please ask them. Getting started is the hardest part. Once you get into a daily habit of exercise, you will feel better and look forward to it. Sometimes you have to push yourself to take that walk but you feel so much better when you are finished.

Remember to Keep Moving!

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ASTRONOMY

The night sky of August

Professor Wayne Wooten

For August the waxing gibbous moon passes 1.5 degrees south of Jupiter on July 1st, then 2 degrees south of Saturn the next evening. The full moon, the Green Corn Moon, occurs on August 3rd. On August 9th. The waning gibbous moon passes 1.5 degrees south of rapidly brightening Mars in the dawn sky. The last quarter moon is August 11th, and will not interfere much with the peak of the Perseid meteor shower on the next two mornings. You may see about a meteor a minute streaming out of the NE sky after midnight. The waning crescent moon passes four degrees north of half-lit Venus on August 15th. The new moon is on August 18th. The first quarter moon is August 25th. The waxing gibbous moon catches up to the jovian giants again at month's end, passing 1.6 degrees south of Jupiter on August 28th, then 2 degrees south Saturn on the 30th.

Mercury is too close to sun for viewing this month, but Venus reached greatest brilliancy last month, and dominates the dawn. Pulling away from us, she turns from the crescent at start of August to half-lit at Greatest Western Elongation on August 12th. She will be waxing gibbous in the dawn for the rest of the year.

Mars is being overtaken by us, and gets closer, bigger, and brighter until we overtake it at



For those lucky enough to be regular readers of this column, you hopefully took the time-out to see Comet Neowise in the middle of July. If not, you missed a great show!

opposition in October. It is close enough now to reveal details in amateur scopes for early risers.

Jupiter and Saturn both reached opposition last July, and are well placed for viewing in the evening now in the SE sky. Jupiter is still well placed for viewing in Capricornus. The Great Red Spot is easy to spot with small telescope, as are the four larger moons. Much more distant, fainter Saturn is also in Capricornus, just east of brighter Jupiter. Enjoy the rings, now 22 degrees open and tilted toward earth and sun. Look closer and you may see its huge moon Titan, the most earth-like surface geology elsewhere in the solar system!

The Big Dipper rides high in the NW at sunset, but falls lower

each evening. 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.

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.

Spike south to Spica, the hot blue star in Virgo. From Spica curve to Corvus the Crow, a four-sided grouping. It is above Corvus, in the arms of Virgo, where our large scopes will show members of the Virgo Supercluster, a

swarm of over a thousand galaxies about 50 million light years away from us.

Hercules is overhead, with the nice globular cluster M-13 marked on your sky map and visible in binocs. It is faintly visible with the naked eye under dark sky conditions, and among the best binoc objects on the map back page when you download the Sky-Map pdf file.

The brightest star of the northern hemisphere, Vega dominates the NE sky. Binoculars reveal the small star just to the NE of Vega, epsilon Lyrae, as a nice double. Larger telescopes at 150X reveal each of this pair is another close double, hence its nickname, the "double double"...a fine sight under steady sky conditions.

Below Vega are the two bright stars of the Summer Triangle; Deneb is at the top of the Northern Cross, known as Cygnus the Swan to the Romans. It is one of the most luminous stars in our Galaxy, about 50,000 times brighter than our Sun. To the south is Altair, the brightest star of

Aquila the Eagle. If you scan the Milky Way with binocs or a small spotting scope between Altair and Deneb, you will find many nice open star clusters and also a lot of dark nebulae, the dust clouds from which new stars will be born in the future.

To the southeast, Antares is bright in the heart of Scorpius. It appears reddish (its Greek name means rival of Ares or Mars to the Latins) because it is half as hot as our yellow Sun; it is bright because it is a bloated red supergiant, big enough to swallow up our solar system all the way out to Saturn's orbit! Just above the tail of the Scorpion are two fine naked eye star clusters, M-7 (discovered by Ptolemy and included in his catalog about 200 AD) and M-6, making one of the best binocular views in the sky. Your binoculars are ideally suited to reveal many fine open star clusters and nebulae in this region of our Galaxy.

East of the Scorpion's tail is the teapot shape of Sagittarius, which marks the heart of our Milky Way galaxy. Looking like a cloud of steam coming out of the teapot's spout is the fine Lagoon Nebula, M-8, easily visible with the naked eye. This fine stellar nursery shows turbulent coils of hot red ionized hydrogen, blue light scattered by tiny dust particles like those that make our own sky blue, and dark carbon grit that absorbs almost all light striking it.

Just east of these young star birthplaces is the fine globular cluster M-22, faintly visible to the naked eye and spectacularly resolved in scopes of 8" or larger aperture. Look just east of the top star in the teapot of Sagittarius with binoculars.

To read past editions of the night sky, visit the author section on emmitsburg.net.

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—Jane Austen (1775-1817)

Mid-Atlantic Weather Watch:

Hazy, hot, and humid (1, 2, 3) with brief periods of storms (4, 5, 6, 7, 8, 9, 10, 11, 12). Remnants of Golf hurricane, heavy rain (13, 14, 15) turning hot and humid (16, 17, 18); periods of storms, heavy rain in the southern part of the region (19, 20, 21, 22, 23, 24, 25, 26) ending the month with fair but hot temperatures (27, 28, 29, 30, 31).

Full Moon: August's full moon will occur on August 3rd. Because of the many fruits and vegetables that ripen during the month, many Native American tribes called it Fruit Moon or referred to as Ripe Moon. And since August 11th marks the end of the 'Dog

Days of Summer', it has also been called Dog Moon as well.

Holidays: Where did the Summer go? Labor Day is right around the corner so enjoy the summer while it lasts! If planning outdoor activities such as going to the beach, boating, or in your own backyard, barbecuing on the grill, be sure to include plenty of water and sun screen!

The Garden: August is not too late to sow Portulaca (moss rose). They will bloom in about three weeks from seed. If you choose to water your lawn, do so only when wilted or discolored. Think about potting herbs you plan to move indoors for the winter. Don't move them in just yet but get them accustomed to their containers early. Rosemary, thyme, and tarragon are the best candidates for this. To encourage more flowers, azaleas should be trimmed

after they bloom in the spring and before the end of August. Stop feeding trees and shrubs after mid-August. You don't want to promote new growth that will not have time to fully mature before winter sets in.

The Farm: Best for planting root crops (10, 11, 12); weeding and stirring the soil (17, 18); planting above-ground crops (23, 24, 25); harvesting all crops (3, 4); the best days for setting hens and incubators (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 26, 27, 28, 29, 30, 31); the slaughtering and butchering of meat (1, 2, 3, 4, 5, 6, 30, 31); transplanting (18, 18, 20, 21, 22, 23, 24); the weaning of all small animals and livestock (1, 2, 3, 4, 5, 6, 7, 26, 27, 28, 29, 30, 31); harvesting and storing grains (11, 12, 13, 14, 5, 16, 17).

J. Gruber's Thought for Today's Living

"Congratulating oneself is not the best evidence of success"

COMPUTER Q&A

Should you buy new or renew your computer?



If the computer you are working on looks like this - it's probably time to upgrade to a newer model.

Aysë Stenabaugh
Jester's Computer

If your computer is slowing down or is no longer able to support your needs, you may find yourself questioning if its time for a new computer. While that may be a great option, it may be possible to upgrade the hardware or software in your current computer to extend its life. Not only will upgrading your existing computer likely save you money, you won't be starting from scratch, which can reduce your frustration.

Is it possible to upgrade your machine? While it may take a professional to determine if your machines hardware can be upgraded there are a few devices that either can't be upgraded or have limited upgrade capabilities. Some devices such as mini desktop computers, all-in-one computers and laptops don't have the same potential to upgrade as desktops do. These devices are typically limited to storage and memory upgrades. Desktops on the other hand, offer more flexibility since additional hardware including (but not limited to) motherboard, CPU and video card can be replaced.

Is it worth upgrading? Technology is always changing so there will likely always be something newer and faster available. Instead of focusing your attention on purely specifications, we suggest placing more emphasis on ensuring that your computer will meet your needs while providing wiggle room for potential future needs. Some upgrades will provide little to no performance boost so it is important to know what you should expect so that you can determine whether it's worth it. A good repair shop will be able to do a cost/benefit analysis rather than pressuring you to replace your device.

There are several reasons why you might want to reconsider upgrading your machines hardware. If you are running Windows 7 still you can upgrade to Windows 10, however previous versions of Windows will not upgrade. Hardware on older machines should be evaluated by considering the amount of use and likelihood of hardware failure. Sometimes the underlying issues can be the result of software conflict and performing a fresh install of Windows on your device and re-installing only the software that you use may be all that you need to resolve your issues.

Performing regular maintenance:

replaced the hard drive, a replacement drive especially a solid state hard drive, will offer a significant performance boost. Upgrading your hard drive should be done BEFORE your existing hard drive fails so that your data can be cloned to another drive preventing you from having to re-install any software – everything will be as it was but much faster.

Replacing your computer: Replacement of a computer can be overwhelming especially with so many options. If you are considering purchasing a new computer visit our website at www.jesterscomputers.com for our printable recommendation guide for purchasing a new computer. Once you purchase a new computer your personal data like documents, pictures etc. can be transferred to your new device. Those who purchase a custom-built desktop from us are provided with a data transfer FREE (\$65 value).

If you have questions about upgrading your machine or are in need of technology support contact Jester's Computers at 717-642-6611 or visit us on the web. Our website is full of great technology tips and troubleshooting guides!

Maintenance on your device by a trusted technician is recommended to help remove potentially unwanted programs, viruses, malware and other junk as well as diagnose any potential hardware issues. For example, If your computer is more than five years old and you've never

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HUMOR

The antics of the Emmitsburg Chapter of the Former Former Boozers Association As originally published in the Emmitsburg Chronicle.

1916

May 19 - "Dry Forces" Launch Campaign

A largely attended conference of temperance workers met at the YMCA in Frederick on Monday afternoon, and fired 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 emergency 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.

June 9 - Prohibitionist Rally

On Thursday afternoon, local members of the United Dry Forces of Frederick County held a rally on the Square calling for sale

of liquor to be banned in Frederick County. At the conclusion of the rally, members sang Prohibitionist songs off-key while tossing pennies into the fountain in the forlorn hope of making their wish come true.

June 16 - Fountain Saves Boozer

Mead Mort, a member of the Former-Former Boozers Association narrowly escaped being burned Thursday night while trying to retrieve the pennies thrown into the Fountain by the Prohibitionist earlier that day. A thoroughly inebriate Mort grew frustrated when the matches he was using to spot the pennies went out when he placed them under the water to get a better view of the bottom of the fountain. In frustration, Mort made a torch out of straw, but the fire quickly grew out of control and Mort was only saved when he fell into the fountain, extinguishing the flame - but not before the light revealed 5 pennies - sufficient for a round in the Hotel Slagel's bar.

July 14 - New Liquor Law Draws Ire of Boozers

A new liquor law for Maryland went into effect June 1. How it works seems to be troubling many people in the business. Each restaurant, in addition to the liquor license fee now required, shall pay an additional \$100. To the tax now required of each wholesale liquor dealer, there is an additional \$100. Naturally, the members of the Former-Former Boozers Association objected strenuously to the new law claiming the money will be used to fund the state's effort to impose prohibition on hard working men. "If it weren't for booze," said Dr. Shorb, "many Boozers would be forced to waste their evenings being henpecked by their wives. That \$100 can buy a lot of booze, which can be put to good use lubricating the minds of men to solve the world's problems. Only a woman could think this tax is a good idea!"

August 11 - Booze Is the Best Laxative

"To keep the bowels regular the best laxative is booze," said Dr. Shorb at the society's monthly meeting at the Hotel Slagel's saloon. "Drink a full glass of booze half an hour before each meal and eat an abundance of fruits and vegetables. If you do so, you can be assured your bowels will move every day, even if you are not awake to remember it. Booze is also good for treating all the ailments that effect hard working men - such as cholera, colic, diarrhea and nagging wives - although you may need a few extra shots to fully block the shrill voices of the latter." Added the doctor.

August 25 - Boozers Sold to Junk Dealers

Junk dealers in town had been numerous this week. Five or six were here on Wednesday. Their purchases included decrepit motor-



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HUMOR

cars, iron, rags, rubber and paper. Several wagon loads of the later commodities left town that day. Several wives of Former Former Boozers Association members showed up with passed out husbands and attempted to load them on one of the outgoing carts but were stopped by Squire Shuff. The women claimed that their husbands were useless – and therefore met the definition of ‘junk.’ The Boozers later celebrated their escape from the hands of their treacherous wives in the Hotel Slagle’s saloon.

September 8 - Boozers Hold Surprise Party

Members of the Former-Former Boozers Association held a surprise party for President Dan Shorb at the New Hotel Slagle’s Bar Saturday night. Each member was supposed to bring their own bottle of booze, but many opted instead to mooch off of those who had brought bottles when they were not looking. The members toasted Shorb for his leadership of the organization in battling the nefarious suffragette movement over the past year. Shorb, who arrived at the party already inebriated, kept forgetting what the gathering was all about, resulting in the members repeating their toasts over and over again until the entire assembly had themselves forgotten why they were there. When all the bottles were empty the Boozers gathered around the fountain and generally made a

nuisance of themselves until the early morning hours.

Oct 27 - Dries to Hold Rally On Square

The Dry Forces of Frederick County will hold an open-air meeting on the Square next Tuesday evening. Rev. Shipley of Buckytown will lecture and a large number of stereopticon slides will be shown. A general invitation is given to the public to be present.

Boozers to Hold Rally On Square

The Former-Former Boozers Association announced that they will hold a rally on the Square next Tuesday evening that will coincided with the Dry Forces’ rally. The Boozers are encouraging all members to bring out liberal amounts of their very best “hooch” and plan for an evening of “hooting and howling.”

Oct 27 - The High Cost of Prohibition

Two weeks from today, on November 7, men will be called upon to state whether or not Frederick city, Emmitsburg Creagerstown, and Woodsboro shall close forever their solutions. These are the only places that are affected by the law. All the places that are now dry remain dry. Much has been said on both sides of the question. Remember always that you are not voting on statewide prohibition but merely local options.

To every sensible, serious minded man in Frederick County

and particularly to you the farmers and businessmen of this county, who are the men of financial responsibility – the only men who bear the burden and meet the expenses of government, we asked you, independently of all other considerations, moral, sentimental or fanatical, to reflect over the figures and facts and then, before you vote, be true to yourself and your families and answer honestly and fairly this one question - “can I afford to pay the awful price of making Frederick County dry?”

November 3 - Boozer’s Rally Fizzles

The much anticipated Former-Former Boozer’s counter rally to the planned Prohibitionist rally on the square failed to materialize when the boozers, who had been encouraged to “bring their best hooch,” started the rally early in the Hotel Slagle’s saloon. By the time the Prohibitionist rally began most Boozers were so inebriated that they were incapable of standing, let alone protesting. Those not inebriated used the opportunity to partake in the “hooch” of those passed out, forgetting completely about disrupting the prohibitionist rally outside. As it was, the logic of the women dominated Prohibitionist rally was enough to drive any right-minded man into the saloon to join the Boozers.

November 10 - Frederick County Is Dry

Complete returns from every district in Frederick County shows

that prohibition won by a majority of 851. The votes for prohibition were 6,156, against 5,305. Wets carried seven districts - Libertytown, Criergerstown, Petersbill, Emmitsburg, Johnsville, Mount Pleasant and Brunswick. The Dries carried the remaining 19 districts. Emmitsburg was a banner Wet district with 480 voting Wet and only 226 voting Dry. With Wednesday’s results, there will not be a saloon along the National Pike after May

1, 1918 from Cumberland to Elliott City.

From morning until evening large crowds were in town, but there was no disorder of any kind. From 7 until midnight a record crowd was in front of the Chronicle office, waiting for the returns. When the returns came in, tears could be seen in the eyes of most Boozers who defiantly insisted they would never give up the fruits of John Barleycorn.

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Covered Bridge 5K Run/Walk!
Sun., Sept. 13
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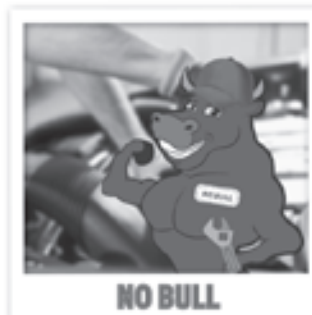
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