

Emmitsburg NEWS-JOURNAL

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

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Back-to-back fires rattle Emmitsburg

Two fires in early December rattled Emmitsburg, just as it was preparing to shift into high gear for the Christmas holiday. The latter of the two fires claimed two lives. With fire debris still present within sight of the town's Christmas tree, and the news of the first death only hours old, the town opted to forgo Christmas caroling associated with the annual Christmas tree lighting. Instead, the tree was lit to a moment of silence in remembrance of those who would not be in attendance that evening.

The first fire, on December 2, began in a storage room on the second floor of the building that houses Paul's Pit Stop liquor store. The fire caused extensive damage to the five apartments on the second floor, while Paul's Pit Stop suffered extensive water and smoke damage.

The smoke from the fire was detected by a cashier at the liquor store. Wayne Powell, spokesperson for the Vigilant Hose Company, said that the manager of the store sought out the source of the

smell and discovered that a fire in the apartment areas above the store had erupted. He immediately contacted 911.

While the manager was in contact with 911, the cashier went to flag down Frederick County Sheriff Office Deputy Ben Whitehouse, who was driving down Seton Avenue. The cashier alerted Whitehouse that there was a man stuck inside his apartment. Whitehouse responded by breaking into the apartment area and bring resident James Ryder to safety. Ryder was in need of assistance during the fire, as he uses a walker to help him in getting around.

A "glitch" in the county fire dispatch system resulted in the failure of the automatic sounding of the VHC Fire siren as well as the corresponding paging of members of the company. Instead, VHC members were alerted to the fire by a backup alert system that sends a text message to a fire fighter's phone. The VHC then used a recently purchased app for smart phones called "I am Responding," to ensure all VHC members were



Thanks to the rapid response by the Vigilant Hose Company, the fire above Paul's Pit Stop was quickly brought under control. Photo by Bob Rosensteel, VHC.

notified of the fire. (The failure of the primary alert system however did not delay the timely response of the VHC. Subsequent investigation tied the "glitch" to a faulty relay at the country dispatch center, which has since been fixed.)

By the time the first VHC responders had arrived at the scene, heavy smoke filled the second floor of the building. VHC's first responders immediately confirmed that the apartments were empty and began to fight the fire.

According to Powell, the cause of the fire was the combustion of a cardboard box on the second

floor, containing a shipment that the store had received earlier that day that was placed in the storage unit. The cardboard box was positioned too close to a hanging light bulb in the storage unit, resulting in the box heating up and causing a small fire which was not caught in time.

Luckily for residents who reside in the five apartments above the liquor store, the only true damage to their homes was the lingering smoke smell. Unfortunately, many of the residents did not have renters' insurance.

continued on page 2

Liberty Mt. unveils new Highland Lodge

It is a very exciting time as Liberty Mountain unveils their New Highland Lodge. The flagship of the multi-year Master Plan, the Highland Lodge has set the tone for the area's expanding and growing resort. With nature as its focus, Highland Lodge guests will be surrounded through an abundance of large windows, natural wood and stone finishes throughout the interior. The floor to ceiling stone fireplace in the spacious main lobby warmly welcomes all who gather within. The Highland Lodge now features a truly one-of-a-kind event space in the grand event Overlook Room which includes a large outdoor terrace showcasing sweeping views of the Carroll Valley Golf Course and Liberty Mountain. Marketing Director Anne Weimer said "we've hosted several holiday parties and the new upgrades have been very well received; we're looking forward to a great year."

There are also additional meeting and banquet spaces, 17 new hotel rooms and suites, an indoor saltwater pool with a spacious hot tub area, and saunas. One of the two new restaurants within the lodge is a pub style called "Eagle & the Owl Public House." Featuring over 20 craft beers and wood fired pizza, there is plenty of seating which radiates out from a large arched bar. The windows overlook the fire pit and golf course - multiple TV's will keep patrons up to date on sports and other news.

Opening soon, Ike's Chop House will feature a more upscale dining experience – perfect for family, a business dinner, date night or a hearty meal after a day on the slopes. Hand cut, dry aged steaks and chops, locally grown hydroponic greens and homemade pastas form the foundations of the menu items at this special new restaurant.

Outside, there have been many new upgrades to Liberty's powerful snowmaking system; over the summer they completed the second phase of a major pipeline project that began two years ago. The pipeline links Lake May to Liberty's main snowmaking pond just outside the Children's Learning Center to the lake on our golf course. This completed project now gives Liberty's snowmaking system an almost inexhaustible supply of water for the future of the resort.

Also on the mountain, Liberty has purchased of six addition-



Liberty Mountain's Highland Lodge will offer visitors sweeping views of the Carroll Valley Golf Course and Liberty Mountain.

al Techno Alpine snow guns to be placed on First Class and Lower Vertigo Trails. Additional software enhancements and added fan gun connectivity points on the First Class area will give them even more early season firepower, in order to get the trail open even faster.

The Winter Ski and Snowboard Rental Shops will see \$100,000 of replacement skis and snowboards

in various sizes. They have also expanded the line of High Performance Rentals to include Rossignol, Elan and Atomic. Winter sports, golf, weddings, meetings & conferences are key focuses for Liberty Mountain Resort's year-round oasis for all who love the outdoors. For additional information visit their website at www.libertymountainresort.com

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NEWS

Letter to the editor

On behalf of the men and women of the Frederick County Fire/Rescue Museum and all First Responders countywide we thank all those who

so graciously dropped off the many wonderful toys of all types for distribution this Holiday Season by the United States Marine Corps Reserve. We ap-

preciate the support and positive comments received, too. All the best for a Safe and Healthy 2016.

James "Sonny" Ridgley
President, Frederick County
Fire/Rescue Museum

Back-to-back fires rattle Emmitsburg (continued from page 1)

According to Powell, the hallway on the second floor leading to the apartments will need to be re-painted and new light fixtures installed. In addition, the windows to all the apartments will need to be replaced. Once repairs have been completed, the residents will be able to return to their homes. Powell believes that the earliest residents will be able to return as soon as late January or early February.

The second fire occurred midday on December 7. Firefighters responded to a fire call at 112 West Main Street, opposite the VHC. Once again, the firefighters from five counties in Maryland and Pennsylvania were notified to help fight what would end up being the worst fire, fatality-wise, in the memories of many local firefighters. Wayne Powell noted that it had been over 25 years since the last person lost his life in a fire in the VHC response area.

Three people were pulled from the fire by members of the VHC. Geraldine Rachele Jones, 74 years old, was pronounced dead at the scene. Jones' husband, 69 year old Donnie Jones, and fellow resident, 43 year old Diane Lyn Meyer were both evacuated from the scene by medical helicopters. They were in critical condition.

Meyer was taken to Leigh Valley Hospital burn center where she was placed in critical care. She died December 8 from her burns. Mr. Jones was taken to R. Adams Shock Trauma Center in Baltimore where he is currently recovering.

The Frederick County Fire Marshall Office determined the cause of the second fire was the shoring out of an extension cord connected to holiday lights. "The extension cord was underneath a reclining chair [and] got entangled with the rocking mechanism of the chair which caused the failure of the extension cord," said Tim Clarke with the Frederick County Fire Marshal's office. The flames reached the upstairs apartment, burning Diana Meyer, 43, who later died from her injuries.

As a result of the fires, the VHC contacted the Red Cross to organize fire safety awareness visits throughout its response area. On December 12, Red Cross volunteers joined by VHC fire and rescue first responders went door-to-door promoting the importance of having working smoke detectors in homes. When smoke detectors were requested, they were installed. 78 homes were visited while 217 smoke detectors were installed on December 12 alone, with additional detectors installed throughout the remainder of the month. The first responders also provided safety tips to help residents

prevent future fires, and plan emergency escapes routes.

As a result of the two fires, at least a dozen residents have been displaced from their homes. To assist these individuals the Emmitsburg Council of Churches created a "fire fund." Proceeds will be used to pay for temporary shelter and supplies such as food and clothing. In addition, the Seton Center opened its doors to the victims, and serves as a central repository to non-monetary donations. The fund has raised \$6,800 to date, \$700 of which was raised by the Emmitsburg Tattoo Company from its Acoustic Guitar Night Fire Fundraiser, which featured local musicians and food from Three Little Pigs BBQ and Catering. Anyone wishing to make a tax deductible contribution, may send a check made out to: ECC Fire Relief Fund, P.O. Box 812, Emmitsburg, 21727

In addition, when word was received that there were not adequate funds to give a proper burial for fire victim Diana Myers, the Jubilee Cashiers asked each customer if they would like to donate \$1 or more to help cover the cost. The Jubilee also set out a 5-gallon bucket where customers could drop donations. Over the next 4 days the overwhelming generosity of the community became apparent and just over \$2,600 was donated.

Rich Boyd, manager of the Jubilee,

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said: "I know our customers are wonderful caring people and this response really proved it. They have hearts of gold and are so giving, Emmitsburg,

Thurmont, Rocky Ridge, Fairfield, Carroll Valley, and the surrounding area have such wonderful people. I feel very fortunate to live in this area."

Doughboy repairs approved

Six months after it was knocked off its pedestal, as a result of an auto accident, Emmitsburg's beloved Doughboy statue is finally on route for repair. Erected by the citizens of the greater Emmitsburg area to honor the veterans of the Great World War, the statue survived an effort to move it from the spot from which it has witness to the growth of town since 1927, and the plaque that lists the names of the veterans weathered a call for its removal for political correctness.

The town commissioners announced their decision to approve repairs to the statue at the December 8th town meeting. The Board of Commissioners agreed upon a bid of \$40,000 to repair the statue, and at the same time, limiting the funds to

repair the statue at \$40,000.

Gary Casteel, a sculptor based in Cashtown, has been contracted to repair the statue and plaque. Casteel's repairs to the statue will include resoldering some of the seams that have come apart and replacing the stone base of the statue. Casteel is hoping to be able to have the repairs completed by early April.

Casteel's services are frequently requested for repairing statues for the National Park Service, especially National Parks associated with Civil War battlefields. In 2000, Casteel was honored by the National Civil War Memorial Commission with an invitation to design and sculpt a fitting memorial to honor events and individuals, civilian and military, who took part in the Civil War.

Following the accident in June, Mayor Briggs sought input from the local Veterans of Foreign War and the American Legion about moving the monument to another location and changing the plaque to remove the separate heading for "Colored Soldiers."

Members of the VFW and Legion unanimously rejected any idea of moving the statue or replacing the historic plaque. Instead, members expressed frustration with the town's inability to restore the iconic statue to its rightful place, saying it was an "embarrassment" that no repairs had been made to the statue yet.

The town held a public hearing in October to discuss whether the plaque should stay as is with the separation of the soldiers or not. Local

residents in attendance showed support for the "colored soldiers" heading on the plaque, saying the plaque was a historical document and was created to pay respect to the men who served in the war and should remain the same. Not a single resident defended the idea of changing the plaque.

President Tim O'Donnell said the town weighed these organiza-

tions' input heavily when making their decision.

A second plaque is being considered by the town to explain the roles of colored soldiers in WW1 and help put into perspective why the names of colored soldiers were separated on the original plaque back in 1927. The final decision on the second plaque has not been made nor has funding for its purchase been identified.

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Carroll Valley adopts 2016 budget

The Carroll Valley Borough Council has voted to adopt the 2016 budget with no real estate property tax increase. Borough Manager Dave Hazlett distributed letters that outlined the high points of the 2016 budget. Real estate property taxes will remain at a rate of 2.5 mills (or .00245 of assessed land and buildings). A revenue projection will be at \$2, 210,600 – an increase of 5.64 percent.

“There weren’t really any challenges in balancing this budget,” Hazlett said afterwards. “There’s not a whole lot that’s changed from one year to the

next. We actually are seeing increases in earned income tax revenue and that made budgeting a lot easier for us this year. There’s been an increase every year for the last two or three years, in fact, and we continue to see increases from it. I can’t really speak to why, but it just keeps increasing. I credit York Adams Tax Bureau for doing a good job and being diligent and getting people to pay.”

Hazlett further explained that the budget confirms that, despite concerns to the contrary, taxes will not be increasing due to the new municipal building

project - a subject of controversy over the last year. “We have said again and again that taxes will not be raised to pay for this building, and this budget reflects that very clearly,” he said.

The borough will fund all necessary services in the community, including continuing to pay for four full-time police officers, road maintenance, and parks and recreation services in 2016. Other services covered would be the July 4 celebration, National Night Out and Farmer’s Market.

When asked about the proposed building project, Hazlett briefly up-

dated the council: “We’re meeting to go through some potential changes in the project to bring the project in line with where we want it to be financially,” he said, adding that, with regard to grant money the council had applied for, “we’re still sitting around twiddling our thumbs waiting for the governor and the rest of the legislation to quit fighting and acting like first graders and actually sit down and hammer something out” with regard to the budget impasse.

Retiring council member Neal Abrams offered some words on both

the budget impasse and the municipal building, saying “The budget is a big deal, and the new building is a big deal,” he said. “Ten years ago I walked in here and there was water all over the floor. Two weeks ago I walked in and found the manager walking around with trash cans and buckets and water was dripping out of the ceiling everywhere. I’m not saying we have to have a huge building or a Taj Mahal, as some people are calling it, but this place is uninhabitable and I urge everybody on the council and the community to go ahead with this thing.” For more information on the 2016 Carroll Valley budget, go to www.carrollvalley.org.

Fairfield swears in new school board members

Five new members and four returning members were sworn in at the Fairfield Area School District’s (FASD) December 7 meeting. Rebecca Bequette, Melissa Cavey, Kelly Mays, Greg Murray, and Ian Strahler all took the oath along with Pam Mikesell, Lonny Whitcomb, Marcy Van Metre, and Mickey Barlow as the new faces of the Fairfield Area School Board. During the annual reorganization meeting, the nine-member board also elected Pam Mikesell as their new school board president and Lonny Whitcomb as vice president.

The main topic at the reorganization

meeting was to establish how the board would operate – whether by committee (as the past school board had done) or as a “committee of the whole” (meaning, the entire board considers all action and there are no committees).

Brooke Say, solicitor for Fairfield Area School District shared that she was partial to a “committee of a whole because many times committees are operating as separate sub-parts, particularly in a district as small as Fairfield, can easily swing to micro-managing employees of the school district as opposed to holding the superintendent accountable for what their responsibilities are.

Say also shared that in a very large district, sub-committees work well because they serve to facilitate larger conversations that come to the board for planning. However, she reiterated that in a school district of this size, and actually most of Adams and York County – boards operate as a committee of the whole and try to do most of their work in one or two working sessions per month. She further explained, “That is when deliberation takes place among the board, time where info is presented, questions are asked in advance and there’s a lot of unlimited time where the board can debate on issues.”

This practice leaves time for the administration to prepare - instead of multiple committee times, they can set the agenda in advance. The superintendent has plenty of notice about what goes on the agenda, where there may be problems or contention, and plenty of notice about another meeting that may be necessary. Split between two meetings per month, bill payments and hires could be discussed/deliberated a little earlier, Say said that the board wouldn’t require two meetings a month – but would give Superintendent Karen Kugler some leeway to advertise if another meeting was necessary.

Say further added that one of the benefits of doing a “committee of the whole”, and having only one voting meeting a month, meant that technically the board would only need a solicitor for one meeting, a definite cost savings to the district. In response, newly -elected board president Pam Mikesell said, “in past years however, we didn’t always need a solicitor even in our voting meetings.” Say responded that it was completely at their discretion. The new board then made the motion and unanimously voted to institute operating as a “committee of a whole.”

Hamiltonban news briefs . . .

Catholic monastery approved

After several months, Hamiltonban Township Planning Commission has given its approval for a Catholic monastery to be built. The facility which will be constructed on Water Street will be home to approximately 30 nuns of the Order of Carmel of Jesus, Mary and Joseph. Although the land straddles the township line between Hamiltonban and Liberty townships, all buildings will be in Hamiltonban.

Parks and Recreation Commission expands

The Parks and Recreation Commission has voted to become a joint commission with Fairfield Borough. In doing so, Township Supervisor Coleen Reamer stated they needed a written request for a seat on the board - the township commission then asked borough liaison Dean Thomas to seek a formal request from his municipality for a voting seat on the five-member panel.

Hamiltonban created a five-member Parks and Recreation Commission, on which an additional non-voting position was created for a Fairfield representative. The five voting township members plus the Fairfield liaison - have been working to create a park to be constructed on Hamiltonban property off Bullfrog Road, between Fairfield and Carrolls Tract roads. Included in the work have been two grant requests submitted to the state Department of Conservation for \$53,000 and Natural Resources and the Department of Community and Economic Development for \$90,000 to help pay for the park and its equipment.

Meanwhile, the very same state-funded grants that were submitted in early spring have gone dormant -Commission Chairman Terry Scripture suggested that be-

cause of the current budget impasse between the governor and the legislature, the grant applications have basically taken a back seat. Scripture said, “We anticipated knowing about both of them by now, but unfortunately this impasse is stalling their approval.” Scripture said money from the township capital reserve fund would be used to jump start the project, with that money being replaced by cash from area organizations and private donors. An application for a \$33,000 grant from Wellspan could be submitted in April.

Route 116 safety survey

In other news, the supervisors discussed

initiating a Penn DOT highway safety audit for Route 116, from Bullfrog Road to the municipal line with Carroll Valley Borough. Representatives from Fairfield Borough, Fairfield Area School District and Carroll Valley Borough have been invited to the Hamiltonban supervisors’ January workshop to discuss shared concerns about the highway.

Hamiltonban supervisors’ regular business meetings normally occur the first Tuesday of each month, but the January 2016 meeting has been moved to the first Monday, immediately following the reorganization meeting.

The commission also approved its

2016 meeting schedule. Beginning Jan. 13, the monthly meeting will be held Wednesday evenings at the township office, 23 Carrolls Tract Road.

The township board of supervisors will meet the first Monday in January (Jan. 4)

at 7 p.m. for reorganization of township boards and commissions. Immediately following the reorganization meeting, the board will hold its monthly business meeting. There will be no Tuesday business meeting of the board in January.



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NEWS

Thurmont celebrates revitalization project completion

On December 3, Thurmont celebrated the conclusion of the downtown revitalization project.

In 2014, as a part of the Maryland Main Street program, the project included the addition of several new items. These items included new sidewalks, curbs, gutters, energy-efficient street lights on East Main, West Main, North Church Streets and Water Street, new benches, new bicycle racks, and trash receptacles in the downtown area.

The State Highway Department funded the sidewalk work on East Main Street, West Main Street and North Church Street. The state work totaled over \$2.1 million. Thurmont funded all the new street-lights, benches, trashcans, and bike racks as well as the sidewalk work on Water Street. Thurmont's contribution to the effort was approximately \$250,000, and of that amount, \$185,000 was paid by a grant to cover the costs of Water Street part of the project.

The project is now 98% finished. The town invited all those who were a part of making the project a reality

to celebrate at the recently finished Main Street Center as a reward for all of their hard work.

Thurmont's Chief Administrative Officer, Jim Humerick, gave thanks on behalf of the town to those who worked extremely hard to bring the town's vision to life, including the town staff, the State Highway Administration, Romano Concrete Construction and Catocin Lighting. Collectively, they worked hard to replace the sidewalks, light fixtures, and much more.

Humerick also thanked Main Street Manager, Vickie Grinder, for her large role in executing work on the Main Street Center, allowing work to be done to get it up and running for the town.

Commissioner Marty Burns said that the revitalization project is a true show to the public that the town elected officials "get it" and are willing to improve the town for the residents. "Job well done!" Burns congratulated everyone.

Commissioner Wes Hamrick said he was impressed with the work and turnout of the downtown area.

Hamrick choked up as he expressed his happiness with the project. According to Hamrick, this is the first time the town has had a unified sidewalk. Hamrick told a story at the celebration about bringing family from out of town through

the downtown Thurmont area before the project was finished and how they informed him that he was lucky to live in a place that looked like "Hallmark."

The commissioners and Mayor Kinnaird thanked everyone who

was involved in the project and let the attendees know that they always want to do what they can to make Thurmont the nicest and friendliest town in Maryland. The downtown revitalization project is just the start of many good things to come.



The demolition of the last building on the Cozy site at the corner of Moser and Frederick Roads.

Options on alcohol use policy considered

Thurmont's Board of Commissioners is considering three options in order to restrict alcohol consumption in town owned properties. The town's current policy holds that alcohol should not be consumed on town owned properties, this includes the town parks, town owned, and leased properties. The lack of clarity on the current policy was highlighted, however, after it was brought to the board's attention that there was wine served at the Think Pink Paint Night event held at the new Main Street Center.

At the December 3rd town meeting, Mayor Kinnaird presented the board with three potential alternative approaches that the town might use to address alcohol consumption on town owned properties.

The first approach would be to allow the consumption of beer and wine at town owned properties – again with formal approval

on a case-by-case basis - as long as the occupants follow the guidelines agreed upon by the board. These guidelines specifically include prohibiting hard liquor and spirits from being served under any circumstances, occupants must obtain liability insurance, beer and wine may only be served during receptions, open houses, and other events where there is no charge for admittance. No event may be held where guests bring their own alcohol. Beer and wine may not be served at any event

that would normally require a license from the Frederick County liquor board unless a license is obtained.

The second option proposed by the mayor would be to allow beer and wine to be consumed at the Main Street Center and the Senior Center, without prior approval of the Board, as long as the organizations follow the proposed guidelines. However, alcohol use at all other events or activities on town property would need to be approved prior to an event.

The third policy approach would be to simply reject outright alcohol use on town owned properties.

Commissioner Burns voiced concerns about the right of the town to restrict alcohol use on leased properties, in particular the Senior Center. Burns noted that he was not sure the town had the right to tell leasees what can and cannot be done on their own property if it is not found in the original lease. Burns pointed out that if the lease currently written up for the property does not indicate that

alcohol shouldn't be served on the property, then it can be served. The Board's questions regarding leased properties will be taken to the town's lawyer to be reviewed.

The board agreed that the second option, which includes exception for the Main Street Center and the Senior Center would cause issues and needs to be thought over more.

Given the complexity of the issue the board agreed to provide more time for the options to be reviewed more thoroughly and allow public comment on the subject at a later date before making a final decision.

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100 years ago this month

January 7

Letters To The Editor

Will someone tell the people of this town where the policeman and his deputies were on New Year's Eve? Since Halloween, how many nights have been made hideous in Emmitsburg by the drunken rowdysim of men and boys of this and nearby towns? On New Year's Eve, worshipers in church were not allowed to go unmolested as during the service a terrible blast was set off so near the sacred edifice that it was frightful. This conduct was kept up until almost daylight. If there was one arrest made during the night of hideous noise, no one seems to have heard of it, and in each case the rowdies were known. There never was the slightest doubt as to their identity. We should call a meeting and impress upon the town fathers the necessity of administering local affairs in accordance with the views of those who love law and order. — Signed, Concerned Citizen

I am one of the many awakened on New Year's night. Where was our town constable? The town seems to be given over to outlaws. Part of their conversation is most assuredly as follows: "Where is the cop? The cop is a drunk and a coward and is afraid to come out. Let's go downtown and wake them up. Thurmont boys come to Emmitsburg and did as they please and so will we." Will you please tell me if this cannot be stopped? Our town is certainly getting a fine reputation. — Signed, M

Thurmont Planning For Farmer's Institute

Excessive preparations are being made in Thurmont for the Farmers' Institute, which will be held there this month. Necessary steps are being taken to ensure even a better Institute for this year. Prominent speakers will be secured, and every effort will be put forth to make it the best yet held in Thurmont. As this Institute will be the nearest to Emmitsburg, and Emmitsburg has no Institute of its own, it will be in the interest of the farmers in this district to attend the Thurmont Institute.

January 14

Boozers Establish Drinking Rules

In an effort to separate themselves from out of town rowdy drunks, the Emmitsburg chapter of the Former Boozers Association has told its members that when drunk — which as far as we can tell is all the time — they should refrain from passing out or relieving themselves on Main Street during the day. Passing out or relieving oneself on Main Street at night or on side streets and alleys during the day is ok. Relieving oneself in front of homes of known prohibitionists or suffragists is encouraged. In addition, Boozers are to refrain from shouting that can be heard more than two blocks, unless the shouter is alerting another booz-

er of the approach of a wife seeking to infringe upon a man's right to drink or they are trying to annoy known prohibitionists or suffragists. Public singing is also prohibited unless the singer is Irish.

Improve Road Crossings

Why are Emmitsburg's road crossings, which are of excellent workmanship and compare favorably with those of the most progressive in nearby towns, not made to conform more to the grade of our streets? Because of the mounds of earth which extend almost the entire length of each, almost without exception, a single rain makes them streams of water, defeating the purpose for which they were laid and making them a passageway of mud and dirt. A little grating on either side of the crossings on Main Street, the application on the approaches with some crushed limestone, and the cleaning of those crossings after rain or snow would remedy an annoyance to pedestrians, and provide proper roadbed for every form of vehicle.

Tramp

Last Friday an age tramp by the name of George Cordno was found on the Taneytown Road near Emmitsburg. He was in an exhausted condition and his feet were frozen. On Monday he was taken to Montevue by the local authorities.

Musical Organization Formed

Tuesday night a meeting was held at the schoolhouse for the purpose of organizing a local musical club, a choral society. 25 persons attended and much enthusiasm was manifested. Each person present was requested to ask others to join the society and to extend a cordial invitation to become members to all who are interested in music, even though they may not take an active part. The membership fee is nominal - \$0.25 - and the dues are expected to be not over \$0.10.

January 21

Library Card Party A Success

One of the most enjoyable entertainments ever given under the auspices of the Emmitsburg library was that of Thursday night - an evening devoted to 500 and Fritch. Through the courtesy of the Emmitsburg Savings Bank, the spacious apartments over the banking rooms were placed at the disposal of the library committee, and here 53 guests assembled. The souvenirs were unusually attractive, the luncheon especially bountiful, and the amount realized far beyond expectations. The courtesy of all those who contributed to make this evening so thoroughly successful is sincerely appreciated by the library committee.

Lawless In Emmitsburg

Reprinted in part from the Carroll Record of Taneytown: "Just how

much of the trouble in Emmitsburg is due to the fact that Emmitsburg is a very 'wet neck' for the thirsty, we will not attempt to say. It always has been a well-equipped booze town, and now it is enjoying increased patronage to the business that is said to be going away from Taneytown. Emmitsburg's police department is a farce. Now the serious question is - what is Emmitsburg going to do about it?"

Thurmont's New Movie Opens

Thurmont's new motion picture theater, The Gem, will open for the first time tomorrow evening for specially arranged shows will be presented to the public. Each performance will consist of seven reels, the first show starting at seven o'clock, and the second at nine o'clock. The management of the new enterprise has erected and equipped a thoroughly modern motion picture house, and has spared no pains to provide for the comfort and entertainment of its patrons.


January 28

Beds Offered For Taneytown Drunks

In response the letter run in the Carroll Record last week criticizing drinking in Emmitsburg, the Former Boozers have teamed up with local saloons to offer boozers from Taneytown beds to sleep in when they come to town to get drunk. "If Taneytown men want to come to Emmitsburg to get away from nagging wives and spend their hard earned money on our quality 'mountain shine,' we'll be glad to take it. The least we can do is offer them a place to sleep it off," said Dan Glass, head of the Boozers' Association. The Hotel Slage bar will also run a 'drunk wagon' twice nightly to Taneytown for those unfortunate drunks under the yoke of prohibitionist or suffragist wives.

Arrested On Charge Of Forgery

Margaret Dorsey, colored, was arrested Wednesday in Emmitsburg by the County Constable, charged with




Six Years of Prohibition

THAT'S what this State has suffered. The demand for intoxicating liquors as a beverage has not decreased but has greatly increased. Where there is a demand for a thing it is not hard to find means of supply. It is common knowledge that under prohibition the saloon has been replaced by the "drug store," the "hole in the wall," the "blind tiger," the "boot-legger" and the "blind pig."

Temperance means drinking moderately of healthful beer—not teetotalism. Temperance is the platform upon which I make this campaign—temperance and the consequent restoration to our citizens of their inalienable right to drink moderately, openly.

—Advertisement **DRINK MODERATELY**



forging the name of William Frey to a Christmas saving check, which she cashed at the Emmitsburg Savings Bank. She was held on the sum of \$100 bail for the action of a grand jury. Frey joined the Christmas savings fund and paid in \$9.90. After his death it was charged, the Dorsey woman went to the bank and representing herself as his wife, was given a check for that amount and then cashed it. Dorsey served as a domestic in Emmitsburg.

Dies From Burns

Miss Etta Binkley, about 27 years old, died Friday night from Burns received the day before while assisting her family at a butchering. The young woman's dress ignited from an open fire. Before the fire could be extinguished she was terribly burned from her waist down, as well as on both arms. A physician was hastily summoned and although conscious to the end, she died of shock.

Iron Bar Wreck Trolley

Officials of the Thurmont and Frederick Railway Co. are determined to conduct a rigid investigation into the wrecking of the Thurmont trolley Tuesday afternoon, where 20 lives were seriously endangered. The wreck occurred near Catoclin and it was believed that the whole affair was carefully planned. A heavy piece of iron was laid squarely on the surface of one of the rails at a point where the motorman could not discern the obstruction until his train was literally upon it. The company said they will offer a liberal reward to anyone giving information that would lead to the arrest and conviction of the guilty parties. It is said that the detectives have a few clues with which to begin their case.

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



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Shows Like A Model!



FROM THE DESK OF . . .

County Councilman Kirby Delauter

This month I am going to stray away from the political realm and just simply talk about someone that has made a major impact on my life. That person would be my Mother in law, Pat Zanella. My Dad taught me early on that when you choose a woman to spend the rest of your life with, take a good look at her Mother because that will more than likely be a good implication of what your next 50 years together will resemble.

I dated my wife Tina in high school, a few years later we were married, and have been for almost 30 years. It was then, when I was in high school I first met her Mother, Pat. It was from day one I knew that if Tina was going to turn out like her Mother, I was done searching for a wife, I knew then she would be the one. As I got to know her immediate family, that made things pretty easy, but also her cousins, uncles, aunts and all involved, made this a very easy

choice for me, not to mention that Tina was (and still is) very easy on the eyes, she had a sense of humor, and laughed at my stupid jokes, she was right up my alley.

Her Mother was the center of the entire family, the gatherings, Thanksgiving, Christmas, birthdays, and a lot of times, for no reason at all, we all got together to share one of her mother's fantastic meals. After having her mother's home made ravioli yes, they're Irish/Italian), my first Christmas gift to Tina was an oven mit. I was simply hoping she could cook like her Mother, and my gamble paid off, she can.

Pat Zanella was a person that grew up in Shamokin Pennsylvania, the coal region. She grew up without a lot of material things but with a great family, a strong Catholic religion and an incredible work ethic. When her husband Joe gained employment as Director of Financial Aide at Mount St. Mary's

University, they moved from Pennsylvania to Emmitsburg in the early 70's. What a gift Emmitsburg was getting when that happened. Little did this town know what a saint they were receiving in Pat Zanella.

Emmitsburg is a funny sort of town, I knew early on in my life it was different than the rest of Frederick County, it was different from my home town of Thurmont. While Thurmont is a nice place, Emmitsburg is totally different. The sense of community in Emmitsburg is something you won't find in many other places. The volunteerism, the way neighbors interact, baseball, softball, the legion, VFW, the Mount, the Grotto and the Vigilant Hose Company, all interconnected with a strong purpose which makes this community great.

In order to stand out up here, you have to be near perfection, and that is what brings this article back

to Pat Zanella. It's hard to stand out in this community because there are so many good people doing good things every day. They're not looking for awards, it's just the way Emmitsburg is, a solid community.

Pat Zanella stood out for her kindness to everyone. She stood out for her sense of right and wrong, she stood out for her willingness to volunteer, she stood out for her compassion for others, she stood out because she was always more concerned with everyone other than herself.

I've been around her for over 30 years and don't think I ever heard her complain, she always wanted to know how I was doing, when I would ask about her, she'd change the subject. Not quite sure how she always got away with that? She would be in the Jubilee grocery store for hours because in every aisle she knew someone and had to make sure they were doing ok, was everything ok in their life, how

were their kids, always with some encouraging words to make someone's day.

Pat passed away on December 18th, 2015, unexpectedly in her home, with her family and with God watching over her. A sad day in some respects, such as younger great grandchildren that will never know what an angel they had for a great grandmother, a family that misses her with all their heart, and a Town that will miss her smiling face and words of encouragement on a daily basis.

The part that makes the sadness worth it ...well, Mrs. Z, I can tell you this, you made a huge impact on my life that I am forever grateful, you've taught my kids the value of love and family just by being you, and in a Town that has so many good people it's hard for anyone to stand out ... you stood out.

I will miss you every day but if it came down to knowing you for those 30+ years and the sadness of losing you, or never knowing you at all, I'll gladly take those 30 +years.

County Councilman Billy Shreve

December ... 12 months in office. #1 duty of the County Council is to provide budget oversight. So far ... after 12 months we still have not hired a Budget Director. I have protested this repeatedly by abstaining on all budget related votes, over 60 times this year. (I refuse to do hunger strikes :)

To put things in perspective our Council has 4 employees. Other Councils that have started had a minimum of 10 employees on day one. I'm not a big government guy and don't propose hiring employees just to have them. But ... If you are running a restaurant, you need a cook, dishwasher, and server. The Council inherited a \$550 million dollar budget and a population of 240,000. An entity this size requires staff to handle the day to day operations, on day one! We

aren't running a coffee shop, we need employees. A budget Director and an Attorney would make a great start.

After weeks of Bud Otis "still working on it" I led a committee to suggest which direction the Council should move to have budget oversight for the upcoming budget year. The "Budget Committee" was Councilman Donald, Chmelik, Delauter, me, and the head of the County Internal Audit Department. The group decided we should hire a large consulting firm that does this work for other municipal governments to oversee the budget process. The Consultants were hired very late in the FY 2016 budget process.

Overseeing the FY 2016 budget process for the County Executive was the familiar names of Doug Browning and Mike Gast-

ley. Both long term Government & County employees. Browning had served as Frederick Community College President during the Young BoCC and Gastley retired from the Budget Director position during the Young Board. Information given to the Consultants hired by the Council was sparse and left the Consultants with nothing to provide to the Council. The timing between the Council hearings and the County Executive budget presentations was extremely tight and the Council decided it was useless to have the Consultants proceed with so little information, and no hope of getting more information in the future.

Without a budget consultant onboard last year, the council had nobody to run scenarios to move line items, change the finance models, or make any changes whatsoever to anything, and easily see the results. The spreadsheets used to generate the budget were asked for, but were not shared with the council.

Councilman Delauter did manage to input some of the data into his private company accounting software and make comprehensive recommendations at the council budget hearings, but nothing substantial changed.

The Council had no professional representation during the FY 2016 Budget Hearings. I scheduled a private meeting with Mr. Gastley to review the initial budget and a second to follow up with more questions. The Second meeting Mr. Gastley cancelled and said would not be rescheduled.

During the Campaign, the summer of 2014, Mr. Gastley made a campaign commercial for now County Executive Jan Gardner stating a budget deficit was left by the Young BoCC, supported the Gardner campaign, and wrote a letter to the Editor doing the same. When questioned by Councilman Delauter in a public meeting April 2015 about that campaign commercial and the numbers he used, Mr Gastley stated no deficit was left by the Young BoCC.

Councilman Bud Otis wants to hire Mike Gastley as the Council Budget Director. So ... Mike Gastley helped create the budget for the County Executive (CE) last year, did a campaign commercial for the CE, wrote a Letter Supporting the Campaign of CE, and then admitted in a public meeting what he stated in the campaign commercial was not accurate? What faith can

we have that Gastley will actually get it right this time? How can we believe he will support the Council and not the County Executive?

I do not want a repeat of last year's budget Fiasco. The Council needs a budget director to oversee the budget creation process, advise the Council, and oversee the transactions throughout the year that take place on a regular basis. Basically we need someone to watch and balance the \$550 million dollar taxpayer checkbook.

One day one, December of 2014, Councilman Otis had the money to hire a budget director. He consciously decided not to hire a budget director. In this year's budget, beginning July 1, 2015, the money was there to hire a budget director, still, Bud Otis did not hire anyone.

Suddenly, a week ago, Councilman Otis announced he has decided to hire Mike Gastley? Why Mike? Why now? Why didn't the Council advertise the position to the public? Why didn't we ever talk about this as a Council in a public meeting? Why wasn't there a public process? Where is the transparency? Why is this a back door deal?

Call Bud Otis and tell him you, the taxpayer deserves the service you were promised. You deserve a dedicated budget Director for the County Council. Tell him to advertise the position and hire someone today who is truly independent! B0tis@FrederickCountyMD.gov 240-397-0353

We need to advertise this position and hire the best-qualified person for the job. Hopefully they have no political ties, and no political history.

Billy Shreve can be reached at billy@FrederickCountyMD.gov or 301-639-4763.

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GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

County Executive Jan Gardner

Happy New Year! 2015 ended with good news and 2016 looks to be even better!

We are blessed to live in a caring community where people look out for their neighbors and take care of each other. In Frederick County, the season of peace and goodwill extends throughout the year with our many nonprofit human service agencies providing support and basic human needs for our citizens on a daily basis.

Thus, I was thrilled to recently announce the first-ever Community Partnership Grant awards. These grants will strengthen our community and create a collaborative partnership between county government and our nonprofit agencies to ensure that our county's prosperity extends to everyone. Working together, we can leverage our resources, avoid duplication, provide more efficient services to people in need, and save tax dollars

Community Partnership Grants focused on three priority areas – housing, seniors, and community needs. Twenty organizations were awarded grants that will provide a variety of services including case management to help people transitions to stable housing, food for the hungry, rides for seniors to doctors appointments and the grocery store, car maintenance and repair so low-income people can continue to get to work, and substance abuse intervention services among many others.

For example, the Thurmont Ministerium will use its grant to provide food to low-income households. This organization serves 340 households in the Thurmont area every year. One out of every five people they serve is a senior or a person with disabilities. This grant will allow the Ministerium to expand its mission to buy food and transport it to shut-ins.

Mission of Mercy, which serves uninsured and underinsured Frederick

County patients at its health clinics in Frederick, Taneytown and Brunswick will use its grant to provide continuity of care to senior citizens, particularly those with chronic health conditions.

Rebuilding Together Frederick County will utilize its grant to rehabilitate at least 10 more homes in the county to allow seniors and people with disabilities to stay in their homes.

Together, we can provide more services to more people. And we can save tax dollars through early intervention and prevention. It is more cost effective to help stabilize housing and prevent homelessness than it is to transition people from homelessness to permanent housing. It's more cost effective to provide preventive health care than it is to provide emergency health services.

It is important to note that these relatively small grants from the county often open doors for even more funding. Nonprofits can often leverage these

local grants to obtain state and federal grants, as well as grants from endowments, foundations and philanthropists who require a demonstration of local support. The YMCA, for example, already has a matching grant from a private foundation, effectively doubling the county's investment and helping them to replace furniture in Head Start and the early learning center that was damaged by a recent flood.

Celebrating these partnerships was a great way to conclude 2015 and will help ensure a bright future for many of our citizens.

So what's in store for 2016?

Ethics legislation has been re-drafted and will be re-introduced after the first of the year by the county council.

A lot of time and effort will be spent identifying and discussing school construction solutions to keep needed new schools on schedule. I am committed to solving school overcrowding.

The Solid Waste What's Next? steering committee will short-list and advance solutions obtained through five public fo-

rum on how best to dispose of our trash. A public forum and brainstorming session will be held at the Thurmont town hall on Saturday, January 23rd at 10:00 am. Please come and share your ideas.

Livable Frederick will move forward with public meetings to create a new master plan for growth in Frederick County. Frederick County will grow but we need to do it right.

And, there will be a significant amount of heavy lifting to transition Citizens and Montevue back to county ownership.

The county budget discussions will also be lively as citizens provide input to help prioritize how the county best allocates our community's tax dollars to provide services and infrastructure to our citizens – particularly in the areas of education, public safety and public works. No tax increases will be proposed.

Get involved, speak out, and help shape the future of Frederick County. There is no better time than now!

If you have questions or need information, please contact me at 301-600-3190 or jgardner@frederickcountymd.gov.

Public Notice

Volunteer Opportunities for Frederick County Citizens to Serve on Frederick County Boards/Commissions/Committees.

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

Adult Public Guardianship Review Board

- Meets quarterly (Mar., June, Sept., and Dec.) on the first Monday at 1 p.m.
- Seeking a physician's assistant, nurse practitioner or a physician who is not a psychiatrist.

Advisory Plumbing Board

- Daytime meetings are scheduled when necessary.
- Seeking an at-large member.

Commission on Disabilities

- Meets the second Monday of each month (except Aug. and Dec.) at 6 p.m.
- Seeking at-large members. Persons with disabilities or who have ADA code experience are encouraged to apply. For more information visit www.FrederickCountyMD.gov/fccod.

Insurance Committee

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

Loan Guarantee Committee

- Daytime meetings are scheduled when necessary.
- Seeking local bank representatives.

- The Loan Guarantee Committee oversees the administration of the Frederick County Small Business Loan Guarantee (FCSBLG) and establishes policy guidelines for the FCSBLG. The Loan Guarantee Committee also liaisons with the Frederick County Executive to report on fund balances and achievements. The Loan Guarantee Committee participates in the preparation of recommendations to the County Executive for additional funding for the FCSBLG, review of Maryland Department of Commerce grant applications and any other issues relevant to the operation of the FCSBLG. The Loan Guarantee Committee serves as the approval authority for the loan guarantee application.

Mental Health Advisory Committee

- Meets the third Monday of each month at 5 p.m.
- Seeking the following: 1) primary and secondary consumers; and 2) an at-large member.

Mental Health Management Agency of Frederick County Board of Directors

- Meets the third Thursday of every other month at 4 p.m.
- Seeking the following: 1) person knowledgeable about the needs of the elderly; and persons with experience in the following fields: adult education, banking/finance; business; clergy, housing development, law enforcement, medicine, substance abuse prevention/treatment recovery, private mental health practitioners, and veterans mental health treatment.

Social Services Board

- Meets the fourth Wednesday of every other month (Feb., April, June, Aug., Oct. and Dec.) at 5 p.m.

- Seeking persons who are interested in the human service needs of eligible Frederick County residents. Members may be representatives of business, nonprofit, religious, and community organizations as well as former clients, former service providers and former contractors of the Department of Social Services (DSS), as long as they do not have a current relationship.
- The Board is mandated by the state of Maryland with responsibilities for advocacy, oversight and liaison with policymakers and the community. The meetings are subject to the Maryland Open Meetings Act.

Solid Waste Advisory Committee

- Meets the first Wednesday of each month at 6:30 p.m.
- Seeking individuals to fill the following categories: 1) business / industrial representative; and 2) civic organization.

Substance Abuse Council

- Meets the third Monday of each month at 5 p.m.
- Seeking the following: 1) a recipient of addictions treatment services; and 2) a person knowledgeable and active on substance abuse issues affecting the county.

Transportation Services Advisory Council

- Meets the third Friday of every other month (Jan., Mar., May, July, Sept., and Nov.) at 8 a.m.
- Seeking at-large members with a transportation or transit background, including riders of transit or advocates for alternative transportation modes.
- For more information visit www.FrederickCountyMD.gov/transit.

Persons having a desire to serve in this capacity must be residents and registered voters of Frederick County.

If interested in serving, send a letter of interest indicating the specific board/commission/committee of interest and a current resume by regular mail or e-mail (no facsimiles) to the attention of:

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

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

Letters of interest and resumes must be received by 4 p.m. on Friday, January 15, 2016.

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FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

At the December 2015 Borough Council meeting, the Council passed the Tax Levy Ordinance which fixed the Tax Rate at 2.45 mills or 24.5 cents on each one hundred dollars of assessed valuation for 2016. There is no tax increase for the residents of Carroll Valley Borough. Also, without increase, council passed the fixed tax in the amount of .25 mills appropriated for the operation of fire and emergency service for the year 2016.

I had the pleasure to present a Certificated of Appreciation for Service to Councilor Neal Abrams and Councilor Tammy Lytle who are leaving the council. Councilor Neal Abrams, who has served the Fairfield Area as an Ambulance Captain, a member of the Board of Directors Fairfield EMS and as an EMT for more than 20 years, was on council from 2007 to 2015 and on the Planning Commission from 2002 to 2014. Councilor Tammy Lytle was on Council from 2006 to 2015; Board of Health from 2001 to 2011 and Parks & Recreation Committee from 2001 to 2014. On behalf of the citizens of the Borough of Carroll Valley, thank you both for your outstanding service to our community.

In December, two Boy Scouts were awarded the rank of Eagle Scout, namely: Christopher Calvin Bream and Ian Clements. Eagle Scout Bream built an outdoor recycling center for the Adams County SPCA in Gettysburg. The SPCA needed a recycling center

that would protect their recyclables from the weather and also provide space for plastic, aluminum, and cardboard recyclables. Chris built the project with the help of Boy Scouts from Fairfield Boy Scout Troop 76 and adults such as his former scoutmaster, Jay Stroup. Materials were generously donated by the Hanover, Home Depot. He now attends Drexel University where he is majoring in finance.

Eagle Scout Clements chose for his project the renovation of the historic Emmitsburg Presbyterian Cemetery on Welty Road. Ian had to organize the workers and the jobs that needed to be accomplished and project status reports to his Scout leaders, Council and the Church. He accumulated over 350 hours of volunteer work during the project and had 50 people volunteer for him. He began by cleaning and straightening over 80 Gravestones. Then it was on to sanding and painting many feet of historic iron railings as well as the iron entrance gates, two bar gates and a flagpole. He is a senior at Fairfield High School and is planning to apply to the Air Force.

January and you all know what I am about to share – my resolutions. Well, not all of them. Some are personal. However, here are a few. I am going to try to do my best in helping others. To let those around me know how important they are in the lives of others. And, to be sure to thank those who assist others. Remember “Give out what you most

want to come back.” Oh, I am also promising my wife that the next time I bring my “stuff” down to the Carroll Valley Yard Sale, I will “sell” the items rather than just “show” the items.

With January comes snow which means you need to make sure that you winterized your car. If you haven't, you need to get it done. Check the car's tires and tire pressure, the heat/defroster and wipers. Please slow down. If you drive too fast, those antilock brakes will not help you to come to a smooth stop. When driving behind another car, remember to leave more space between your car and the car in front of you. Some experts tell us that this distance is four car lengths for every 10 mph you are traveling. Remember you have less control over your car during bad road conditions.

The Snowflakes & Snowmen Dinner Dance sponsored by the Carroll Valley Citizens Association (CVCA) was an overwhelming success with over 100 in attendance dining in the new Liberty Mountain Resort Highland Lodge Banquet Room. As guests arrived, they were treated with a souvenir flute of champagne served by Liberty Staff members.

To celebrate CVCA's honor to be one of the first to dine in the new banquet room, I presented to Eric Flynn, general manager, a frame picture of the CVCA Holiday Gala Party held in the old facility dated December 20, 2013. We were the last to dine in the old resort facil-

ity. During the evening, Chuck Whitlow, CVCA President, explained that CVCA is in the process of revitalizing itself and appealed to them to share their ideas how the organization can better the community. He asked them to become/renew their CVCA membership.

Special thanks to Mary Walter, Marie Schwartz, and all those who helped sell tickets and donated to the Silent Auction. The “Breakfast with Santa” was also an overwhelming success. Over 200 children were delighted and dazzled when Santa arrived. Approximately 350 breakfasts were served. The money collected benefited the Toy for Tots fund drive and local families with special needs. This event was a cooperative effort between the Carroll Valley Borough's Recreation Committee, Fairfield Fire and EMS and local citizens. Special thanks go to Annie Springer, Gayle Marthers, and especially, Santa Koz. Pictures of both events can be seen at www.



Neal Abrams (above) and Tammy Lytle (below) who are stepping down from the Carroll Valley Borough Council received a Certificate of Appreciation from Mayor Ron Harris for their many years of service to the community.



ronspictures.net.

Borough meetings in January are: Reorganization Borough Council Meeting (Jan 4th), Borough Council (Jan 12th), and Parks/Recreation Committee (Jan 27th). Please reduce your speed to make sure you, your loved ones, your friends and neighbors will be safe. Don't Drink and Drive. If you have any questions call me at 301-606-2021 or email at MayorRonHarris@comcast.net.

State Senator Richard Alloway

As we leave 2015 and embark on 2016, there is much legislative work left before Pennsylvania lawmakers. It is far past time to adopt a reasonable budget for state citizens. Numerous school districts and non-profit organizations across the Commonwealth are dangerously close to closing their doors. This reality is not something that I take lightly.

This impasse was avoidable. Although the legislature and the Governor have very different priorities, it was not necessary to veto the entire balanced budget which was passed in June. In fact, the Governor very easily could have kept funding flowing to these entities, while we continue to work through our differences on comprehensive pension reform and the divestiture of our state run liquor store monopoly. Instead, Governor Wolf vetoed the entire budget and now funding for our schools and non-profits remains uncertain.

There is no reason why the organizations that provide these services should be held hostage. An agreement by lawmakers on both sides of the aisle to reach a broader budget agreement will ensure these worthwhile programs and services are not shuttered for the

sake of political gamesmanship. Previously, we have attempted to fund our schools and social service agencies with stopgap budgets, which the Governor has vetoed and obstructed the distribution of these funds.

Over the course of the past few months, I have been very vocal regarding my desire to see comprehensive pension reform and property tax elimination become part of the budget framework. Public pensions, in their current form, are simply unsustainable and have become the single largest cost driver in state government. Meanwhile, homeowners are disproportionately strapped with the burden of funding our schools. These two issues are in fact related. Enacting

meaningful pension reforms will reduce property taxes at the local level, as pensions are also a major cost driver for school districts. However, finding a school funding solution that distributes the tax burden more fairly and consequently allows property owners to truly achieve home ownership, remains a priority for me.

Reforming these areas of government are still of paramount importance. However, reaching consensus on these issues has been difficult and we need to move our focus toward a plan that does not increase taxes and adequately funds government. The reality is that we are on the brink of school closings and non-profit entities closing their doors in the very near

future. The time for arguing over ancillary issues has passed.

While these past few months have been heavily partisan, it is well past time for Democrats and Republicans to set aside their ideological differences and pass a no tax budget to provide the relief that is so desperately needed

by millions within our Commonwealth.

I want to wish you all a Merry Christmas and a prosperous New Year. As always, constituents are welcome to call my offices in Harrisburg, Franklin County, York County, or Adams County, or follow my legislative updates at www.senatoralloway.com



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GOVERNMENT—NORTH OF THE MASON-DIXON LINE

County Commissioner Randy Phiel

This is a season of some transition in Adams County government. On December 31 we rang in the New Year in the Historic Courtroom by holding the swearing in ceremonies of Adams County municipal, county and judicial officials. Municipal officials were sworn in at 10 AM and county/judicial officials were sworn in at 1 PM. Due to space restraints the Court scheduled two ceremonies in order to more comfortably accommodate officials, staff, family and friends. The public is always welcome to attend these special ceremonies or the commissioner's weekly meetings in the historic courtroom. The ceremonies also provided another opportunity to enjoy this beautiful, historic venue.

On behalf of the Adams County Board of Commissioners and staff of Adams County, I would like to welcome Judge Shawn Wagner, Judge Christina Simpson, District Attorney Brain Sinnott and Register/Recorder Karen Heflin to their new positions in the County of Adams. Along with the incumbent Board of Commissioners, they were sworn in by the current Court. The Board of Commissioners is certainly looking forward to working with these individuals. We know from personal and professional interactions that each brings a wealth of professionalism, a commitment to public service, and a

great deal of knowledge that will benefit our Adams County Team. Welcome!

They say the worst thing about change is change itself.....but there is no doubt it is going to seem a bit odd not seeing Judge Bigham heading with a distinct, quick stride and purpose going somewhere through the second floor hallways; or Judge Kuhn delivering poignant remarks in what I call his down-to-earth Cashtown prose. These two gentlemen are distinct personalities with at least one distinctive commonality; a tremendous passion and track record for service to the residents of Adams County. I have the greatest respect for both Judge Kuhn and Judge Bigham, which is shared by many county colleagues and Adams County residents. During their tenure the Courts have shown compassion, humanity, professionalism, judicial prudence and vision. On behalf of the Adams County Board of Commissioners, staff and residents, we wish both Judge Kuhn and Judge Bigham the best. We know that their public service will not end with the conclusion of their terms, and we look forward with anticipation to their new path of service and personal pursuits.

Does 45 years sound like a long-time to work in one career in the same building? Adams County Register & Recorder Linda Myers will finish her long-time tenure with the

County of Adams on December 31. Linda has served approximately 45 years working for the county as Register & Recorder, Chief Deputy and Deputy in the RR Office. Linda decided at the conclusion of this term it was time to enjoy retirement and did not seek elected office again. Linda has always been a professional, loyal and steady member of the county team who could be counted on to politely and efficiently get the job done. Over the years it is almost impossible to calculate the service she has provided to Adams County residents. On behalf of all the Adams County staff and residents, we wish Linda and Fred health, happiness and best wishes in retirement!

Moving on to operational updates, beginning January 2nd the Adams County Planning Department will have a new home in the lower level of the Adams County Ag Center and Adams County Probation will move to the new Adams County Human Services Building at the former Herff-Jones complex. As part of the Planning re-location, The Land Conservancy of Adams County has moved upstairs from the lower level with Penn State Extension. A shout out to Penn State for their cooperation and input helping to facilitate this very positive transition. Adding Planning as a whole is a great compliment to the Ag Center and all the other organizations that are already there including Penn State Extension, Conservation District, Land Conservancy of Adams County, Environmental Services and USDA. It is also be very convenient to the public with easy access and free parking. Besides Probation, the new Human Services complex will eventually house Court Operations, Domestic Relations

& Mental Health Services. Other possible options for the future include but are not limited to archival facilities, a judicial office and maintenance.

This is budget time of year, and I am gratified to give you a positive report. The Board approved the adoption of a tentative balanced budget with no tax increase. Part of good fiscal management is carefully managing our health care for cost and benefits. We are very proud to report that due to excellent administrative management, and staff participation in programs, there is a pool surplus from 2015. As a result of that surplus there will be a reduction in employee health contributions for 2016. This is generally unheard of in today's health care market. There will also be an overall budget surplus in 2015 county spending that has created funds available for 2016. The public had twenty days to examine the budget and make comments. The county budget can be viewed on the county web site or at the counter in the commissioner's office. Final adoption was scheduled for December 23.

Two weeks ago, I enjoyed hosting the 3rd grade from Vida Charter School in the historic courtroom. I have done this for several years with 5th grade classes from Lincoln Elementary. We talk about the history

of the courtroom, what a commissioner does and what their county government does. Yesterday, as a new wrinkle, after our session in the historic courtroom, I took the students to Judge George's courtroom where he graciously spoke to the students, answered a multitude of questions, gave them a tour of the courtroom, put a robe on one of the students and explained the role of the stenographer. The students got their wish to see a "real judge." For the students to have this experience, especially comparing the historic courtroom to a contemporary courtroom, is one they will long remember. It also produced quite a few smiles from the adults present. When I was in Gettysburg Middle School 7th grade civics class a long, long time ago, I came to the Adams County Courtroom, when it was Adams County's only working courtroom and was in session. Even though that was about 50 years ago, I have never forgotten it and hope the same is true for these young students.

On behalf of the Adams County Board of Commissioners, we wish you and your family a successful, healthy and happy 2016. No matter what you do, get out there and experience all the historical, cultural, agricultural, natural and cultural opportunities that beautiful Adams County has to offer!

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COMMENTARY

Words from Winterbilt

A New Year, news, predictions & DAESH

Shannon Bohrer

I went looking for my New Year's article for last year, to see if my predictions had any accuracy and to see if I kept my New Year's resolution. The major news sources always talk about what happened the previous year and then the experts tell us what will happen in the coming year, but we never hear anything about their predictions from the previous year. You would think that if they were right, they would tell us. I could not find my New Year's article from last year, so I will assume that my predictions were accurate and that I keep my New Year's resolution. I believe that's fair.

Is it possible that many of our predictions are never confirmed either way, because we just forget what they were? Maybe that is part of our problem. I do believe there is a greater probability of remembering what we predicted, when we are right. Conversely, maybe we just forget when we were wrong? On the topic of "predictions" I did a little research and found some interesting past predictions.

A Western Union internal memo, from 1876, said; "This 'telephone' has too many shortcomings to be

seriously considered as a means of communication. The device is inherently of no value to us."

Irving Fisher, Professor of Economics, Yale University, said; "Stocks have reached what looks like a permanently high plateau." He said that in 1929.

Mr. Charles H. Duell, Commissioner, U.S. Office of Patents, said; "Everything that can be invented has been invented." It was 1899 when he made that prediction.

I believe these predictions make my point, that we really don't remember when we were wrong. But then with some more research I found a few successful predictions.

In 1909 a Serbian American electrical inventor; Nikola Tesla predicted "It will soon be possible to transmit wireless messages all over the world so simply that any individual can own and operate his own apparatus". Cell phones....

Robert Boyle an Anglo-Irish natural philosopher predicted that; "the cure of diseases at a distance or at least by transplantation." He predicted organ transplants and his writings are from the 1660's.

Then we have predictions that are at best controversial. Nostradamus is a good example; he was a French apothecary who wrote

prophecies that have since become famous worldwide. He is often given credit for predicting: The great London fire in 1666, which was 100 years after his death. And he is also credited for predicting the rise of Adolph Hitler. All of his predictions are from interpretations of his works, as we are told.

I never read any of Nostradamus writings, but wonder if he made any predictions about Daesh, or as many call it; ISIS. ISIS opponents use the term Daesh referring to an Arabic verb, which means; to tread underfoot, trample down, crush (from the Hans Wehr Dictionary of Modern Written Arabic, p. 325 and 326) Other meanings include; felon and dust (from Wikipedia) So given the connotations I like the term Daesh. Making predictions about Daesh could be very valuable – if we could do that. Of course we know many political types and talking heads have already done that, telling us what we need to do to defeat Daesh. Some of the same people told us how to defeat al Qaeda.

ISIS, or Daesh is nothing more than an of the evolution of al Qaeda, which still exist. Each organization has their differences, but they come from the same source. Before we went to Iraq, al Qaeda did not exist in Iraq. Our intervention into Iraq destabilized the

country and allowed al Qaeda to obtain a foothold.

When we hear that Daesh came out of nowhere, we know that is not true. The al Qaeda in Iraq took advantage of the partial vacuum occurring in Syria which was involved in a civil war, and then changed their name to ISIS. ISIS, or Daesh, now has a foothold in six different countries, including northern Egypt. And while all we hear on the news and from the experts that we need to defeat ISIS, al Qaeda still exists and is in many more countries.

Of course you would expect everyone to be focused on Daesh, since they advertise their own inhumanity and brutality. Many have compared the event(s) in France to our own 911, and the comparisons are understandable. So, Daesh should be defeated, but how? Our history of defeating al Qaeda with the military has not always worked well. While we were fighting al Qaeda, al Qaeda was recruiting their soldiers from all around the world. Sound familiar? The recruiting focused on the hatred of Muslims by non-muslims, and the history of interventions of western countries into the Middle East. The keystone elements in the recruiting included the fact that we were fighting in the Middle East, the reported torture at Abu Ghraib prison in Iraq and the indefinite detention at Guantanamo Bay.

Given this history, my predic-

tion is the recruiting for Daesh will include quotes for our own politicians, telling us that we should not accept Syrian refugees since some of them could be terrorists. A few have even said we would take the Christian refugees but not the Muslims. Is that like saying we will take the gentiles but not the Jews? While the conditions at Ab Ghraib and Guantanamo helped al Qaeda with their recruiting, our words will be the focus of Daesh's recruiting and it will be successful. That is my prediction.

Sun Tzu, a General in China 3000 years ago wrote; "If you know the enemy and you know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle"

I don't believe we know the enemy and I question if we know ourselves. Daesh is a problem, but Anti-Muslim rhetoric is not just wrong, it is truly not an American value, at least not from my perspective. Verbally demeaning Muslims is aiding our enemy with their recruiting. Has the land of the free and the home of the brave become the land of the free and the home of the timid?

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

Common Cents

Just imagine

Ralph F. Murphy

Note - The author travelled to France and Germany the week following the terrorist attacks in Paris on 15 November. As you can see in this article, the Europeans have a lot more on their plate than terrorism.

The late John Lennon's hit single "Imagine" released in 1971 envisioned "a world at peace without the barriers of borders, divisions of religions, or nationalities." It sold to a war weary, counter culture generation certain social and political directions that afforded "sharing" as opposed to structured competition as the means for constructive engagement. If not the ideological underpinning of the European Union (EU) it could surely serve as its anthem. "Imagine all the people sharing all the world", has led to massive financial debt, civil unrest and wars, as well as internal immigration concerns. It has to be appraised in light of unforeseen conflict no matter its initial objectives.

Refugees are streaming out of mostly Muslim nations in the Middle East and Africa amid social turmoil caused by war following Arab Spring dislocations. Frustrated democracy movements there haven't been able to meet pluralist, political objectives. Thousands of religious refugees have drowned during Med-

iterranean and Aegean Sea crossings. A quota system was established to divide the largely unskilled, asylum seekers this past year and the wealthier nations of Germany, Sweden, Italy and France took in a large portion of the 812,705 refugees in 2015. Unemployment stood at about 10% in the EU that year, and the new arrivals would just drain resources if allowed to stay in Europe without employment prospects.

The 28 member EU also owed about \$14 trillion that cannot be repaid without serious policy changes to their billing and repayment schemes. It can be written off by the 19 Eurozone members that share a common currency by returning to host currencies as a non-binding Brussels debt issue. That takes political will and conviction and no nation has yet ascended to the challenge though it will surely be realized shortly. The only alternatives are passing the debt to future generations who will have their own bills or by printing cash that just raises the general price level.

The 2009 EU Treaty of Lisbon resulted from a merger of two treaties. The first or Treaty of Rome in 1958 established the EC with 6 nations and lowered trade barriers between members with an eventual goal of further market integration to include a "Customs Union". This allows the free flow of goods and services between foreign powers. The second accord was the Maastricht

Treaty of 1993 that founded the EU. It went further in allowing not only the economic integration, but also political control of member dealings from Brussels, Belgium. Brussels is the home of the European Commission or Executive body as well as the European Council that plays a Legislative role to include budget issues and treaty policies. A Parliament exists in Brussels as well as in Strasbourg, France for a supplemental role in legislative initiatives. The French body is elected by member nations. The Council is appointed but may have more power than its French counterpart in debt and treaty matters.

The EU grouping continued on to the 2009 Lisbon Treaty and while these nations were "locked" into membership without a prospect to decouple - it wasn't intrusive enough in action to be formally challenged. That all changed with the Lisbon accord. The momentum of political and economic integration of even cultural standards became potentially the sole standard for legal matters in Brussels. Perhaps anticipating the populist rejection of the accord - an "opt out" provision from the EU was allowed. However, members could not opt out from the treaty itself. Britain plans a referendum in 2017 or BREXIT to stay or leave the EU. Greece plans a GREXIT at an unspecified timeframe. Most all the major players have expressed an intention to withdraw because of debt

issues or poor social dictates from Brussels.

The Maastricht Treaty was designed by French President Francois Mitterrand and German Chancellor Helmut Kohl. It appeared to sell to the veteran politicians, a bullwark of European control against American businesses in most all parts of Europe. What it did in fact do was "drive out" the conventional interests and replace them with Brussels' legal players, often anonymous in their dealings, but very powerful in their EU role. This syndicate including Russia, regional mafia, and even US interests had new access to old finance markets and "weighed in" often writing policy amid theft. The underworld filled much of the legal "vacuum" or opportunity created by Lisbon. Gambling concerns are now owned by and receive investment from commercial banks. Their debt is hidden in "shadow" or "off shore" arrangements that are vexsome to the continent. Money lent by the ECB or the Frankfurt, Germany Central Bank to indigents such as Greece, Portugal, Spain, or Russia keeps disappearing from ledgers as new accounts appear in Luxembourg, Germany, and Switzerland... and others.

The Treaty of Lisbon is a real concern. It allows "Exclusive Competence" which binds EU members to specific measures such as a Customs Union, monetary policy, and Common Agriculture Policy. "Shared Competence" goes further and is broader in powers to EU organs. It affords control by Brussels' of interests in social, economic, agricultural, energy, and environmental areas.

Just about any facet of conventional life can theoretically be legislated in the act, with the only opposition coming from whatever local officials can "muster". The last area or "Supporting Competence" is stated so broadly it again reinforces the others and allows laws and actions by the supranational, EU bodies in all aspects of political and private life such as health, industry, and culture. Even tourism can be controlled.

What probably started as opposition to American financial control of Europe has simply gotten "out of hand." Economic models presume competition between resource managers and workers, and appear to reflect that reality in dealings. Avoiding pain and seeking pleasure involves working within an approved and competitive framework. Countries also routinely compete. Any alliances such as defense must respect sovereignty in shared purpose. Nations, usually produce some goods that are better or cheaper than their neighbors and they can then trade. Blanket integration of economies with a mandate for a foreign power to dictate policies at all levels simply goes against the understood forces of nature. People share with very close partners, not to broad standard and any EU decoupling must reflect that reality. EU debt and immigration issues, as well as civil unrest will surely continue until domestic priorities can be better defined by their own leaders.

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

COMMENTARY

The American Mind

A nation without borders is not a nation

William Hillman

In the next few months, the U.S. may take in as many as 23,000 refugees for resettlement. There has been a lot written and publicized about how this will or will not have an impact. Those on the right would have you believe that the refugees are composed of radical Muslims and ISIS fighters looking to spread terrorism on U.S. soil. The left would have you believe that the refugees are babies and women whose presence in the county will make us better people.

Currently, there are close to 1,000,000 refugees who have made their way from Syria and Northern Africa to Europe in 2015, according to the UN Refugee Agency. Of those, nearly 60% are fighting-age men. In response to the influx, borders are reappearing between nations that the EU had promised were gone forever. Some pundits have predicted that the fissures created by this conflict could be the beginning of the end for the E.U. Though that might be a little drastic, it's definitely causing problems. German Chancellor Angela Merkel has been brow-beating other EU countries to accept and resettle the refugees. Countries like Hungary have responded by building fences. Dutch and French politicians are threatening to do the same.

The recent bombings in Paris have acted like an accelerant. Even before the bombings and terrorist fears, there was uneasiness and protests to immigration from the East.

So why this strong reaction? The media is portraying those who oppose the

resettlement as hate-filled, xenophobic, racists. Politicians who have stepped back and said "wait a minute, is this a good idea?" are described as right-wing, fascist nuts.

What compassionate human could look at a picture of a dead baby washed up on the beach, and still turn his back? Until now, Europeans seem to have no problem allowing free range of travel between each other's countries. The only explanation for opposition to the refugees must be how they look. It is race?

No. It is not a problem of race. It is a problem of culture. To make a generalization, Eastern Muslims do not share the Western European ethos. The Islamic culture is very different. The question for Westerners is, are the refugees willing to undertake a major cultural change and adopt the ways of the West?

Opposition to a culture with incompatible values to your own is not racist or xenophobic; it is preservation. The reality is, people want to be surrounded by other people with their same values and traditions. This is nothing new. Just look at any city in our own country. Almost without exception, large cities have a little Italy, Chinatown, little Poland Etc. Without exception, these groups over the years have integrated and assimilated into the fabric of our society by embracing basic values we all share.

When I look at my own friends, regardless of race, religion or political affiliation, we all share common values and world view. That fact, does not make me a bad person. Nor does a nation which attempts to prevent an influx of people

who reject its embrace of freedom and democratic values, need to feel guilty.

As a single point, Islam as practiced in the Middle East does not have a great track record on women's rights, or the treatment of women. Regardless of our past, currently the west and the east are centuries apart of this issue.

Where Middle East Muslims have settled in masses, they have not assimilated very well. In fact, they have tried to turn those areas into Islamic havens where non-Muslims are less than welcome. The major cities in England have what are called "no go zones," which are controlled by Middle East Muslims.

The United States, Western Europe, and most countries with the Judeo-Christian majority, have evolved to a point where separation of religion and government is seen as the keystone to freedom. We may occasionally have spats over small issues like nativity scenes in public squares etc. But you would be hard-pressed to find a measurable number of people who believe that the government should tie itself to one religion or that the government should pass laws promoting and/or encouraging one religion over another.

Not so with Middle East Muslims. A Pew Research poll shows a vast majority of Muslims in the Mid-east believe that Sharia should be the law of the land. In Afghanistan 99% of the respondents agreed. For those in the region where the refugees are coming from, 71% of the population believe that Sharia should be law of the land.

Sharia law is an Islamic code of justice that provides punishment for crimes



and civil disputes based on the Qur'an, such as chopping off someone's hand for stealing. Some of the more extreme interpretations permit the enslavement of non-Muslims, and the rape of non-Muslim girls. To convert a Muslim from Islam is punishable by death. These are laws that are not exactly compatible with the Western values of freedom of association and speech.

Don't get me wrong, I do not think Islam is a bad religion, on the contrary it can and has done a lot of good for countless people – and lets face it, while Christianity was suffering through its dark ages – it was the Islamic nations that preserved for us the philosophy and teachings of the Greeks and Romans. They saw value in those teaching, unlike ISIS and its radical followers who see no value in any thought other than their own.

I think it is important to state clearly that I do not personally know a single American Muslim who wants or believes that Sharia law should supersede our judicial system, or for that matter, a single Muslim who supports ISIS's

reign of terror. All my Muslim friends are good people and I am proud to have them as my friends

But the Muslim I know have embraced whole-heartedly our country's western values – so contrary to the naysayers, the Muslim faith is compatible with our way of life. But there is a big 'but' there – the willingness of its adherents to embraced our western values. We need to make sure those seeking refuge in this country are willing to do the same – to assimilate and to embrace the shared values that make this the nation one that is truly the home of the free.

Nations do have every right to question the cultural compatibility of foreigners they let in, and turn away those, no matter what race, creed or color, who would advocate overturning the very foundations of the country they seek asylum in.

Nations need borders or they are not nations!

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

Down Under

Old Glory, New Glory

Submitted by Lindsay!
Melbourne, Australia

*It was a bright cold day in April,
and the clocks were striking thirteen.*
— George Orwell, 1984

Welcome to 2016, the year that leaves just four major players in the game of futures – no, not the stock exchange type, but that of the world. One of them took to the stage about 500 years ago, one 100 years ago, the about 50, and the last is still in development. Do not think your normal races or calamities – domestic American politics, the Middle east, Africa, refugees, or trade, because they are small in comparison to the other things, which are China, America, global warming, and the European union.

China discovered America in 1423, long before Columbus. This age of oriental discovery was long and inquisitive, not bent on trade or domination, but a display of daring, self-sufficiency, and cultural and technical achievement. Their world was sufficient to please and entertain the emperors without dreams of empire or conquest. It was not for another 400 years that they knew their

old ways were dying, and it took another century for a bloody and punitive cultural revolution to forcibly expel them into the 20th century. The transition from emperor to state as supreme power happened at a time when American capitalism was in its heyday, and seeing their arch enemy Japan had fought America and been rewarded by lavish support and trade, they saw their future as one in which lay in them controlling world trade. This could well lead to the power to implant their philosophy without firing a shot, (well, hardly), with displays of daring, self-sufficiency, brinksmanship etc as they had done so many centuries before. Their dreams of glory had escalated, and still do.

In the meantime America, the powerhouse, the can-do entrepreneur, home of innovation, democracy, the dream, happiness, equality and other lies, became subsumed by the only true god. Not money, but profit. Money had become just a by-product, and with a population induced to buy in new ways, with a stream of novel inventions, with media mind control being refined, profit was guaranteed providing you did it right - it was much more exciting than mere dollars and cents. Basking

in the world's largest consumer economy, preening at being the envy of all, with a population always on the increase, nothing could stop the juggernaut - not even near zero interest and the printing of paper money with only the future as collateral.

With their own dreams of glory infusing the by now quasi-military government, the preening got out of hand. The fall that should follow pride, as we are told, was limited to a series of stumbles; the club became larger, the pursuit of power, profit and preservation became the blind excuse for a shadowy police state, and commerce went happily on its uncaring way. The world was made of oysters ready for shucking.

Enter China, now the manufacturing whirlpool of consumer goods and consumers. Hey presto, it didn't take long to become owners of a large chunk of its biggest customer, and a symbiotic relationship was formed in the most unlikely way. Profit was in capitals, and life bloomed. But can one live without the other?

Well, yes, if we believe the hawks - who value power above survival; both nations have similar dreams, China posturing and pouting, America protesting and powering up their arsenal. Or no, if you believe that ruling the world is only for megalomaniacs, and that you are not. So here's the first challenge for 2016: Can You and China raise white flags, go down the road of mutual awareness rather than self destruction? OK, poke out

your tongues at each other, but recognise your similarities rather than your differences and develop an uneasy harmony.

The third player has been created by the symbiosis shown above: The need for ever increasing profit, trade and consumption at all costs has increased the burning of fossil fuels so that CO2 levels, due to fall in the geological time cycle of about 100,000 years, have suddenly risen to an alltime high, and are now in excess of 400 ppm. China's contribution is 10 million tons of CO2 per year, America is at 5, the EU at 3, and that is only from burning fossil fuels for energy. China's aim to lift its citizens out of poverty – an achievement already estimated to be over 50 million and set to increase tenfold over the next five years - will exacerbate the problem; that, coupled with its plan to lift the middle class to 50% of its population by 2050 will make dealing with this the equivalent of to that faced by Canute.

All this is politely known as called global warming, and although you may not want to know, it's here to stay. The Paris talks look good, and there is now some hope that the drivers of warming will be slowed, but nothing – and I mean really nothing- is going to stop sea levels rising, productive areas becoming deserts, displacement of enormous numbers of people, and so much stress on world economy resources that it is impossible to look ahead with any

equanimity, or even confidence. I rather hope the naysayers will be the first to feel the true force of it.

The last to emerge on this troubled world stage is the European union. As the third largest population and trade block it is somewhat akin to the keystone in the arch, and the stresses in that are growing. You may say 'so what?', we can survive even that', but it only takes the UK to withdraw and the edifice crumbles, leading to chaos in this bastion of reason, tolerance, social awareness and research. You would not survive that, whereas China may, retreating once again into becoming a nation closed to the outside for another few centuries. Neither you nor China would prosper. It boils down to cooperate or perish. It is going to take every bit of goodwill, skill, bargaining and diplomacy to survive the next fifty years or so. It will be the most difficult thing ever undertaken in the world, by the world and for the world.

Perhaps combining your expertise and resources will turn the temperatures down, reverse the weather patterns, and save the world. It will also take something unprecedented – worldwide cooperation. Or, to put it on Mr. Orwell's words, the clocks are going to have to start chiming thirteen.

Are you up to that challenge?

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

THE PASTOR'S DESK

Identifying the highest value

Pastor Bob Hunter
Thurmont United Methodist
Church

[Jesus said] "Again, the kingdom of heaven is like a merchant in search of fine pearls, who, on finding one pearl of great value, went and sold all that he had and bought it. — Matthew 13:45-46"

[The author of the Book of Hebrews said] "Jesus Christ is the same yesterday and today and forever." —Hebrews 13:8

It's a New Year again. This is the time when we are bombarded with commercials to buy products that will help us to either stop doing things, or to start doing things. Many of us make resolutions the same way. There are things we resolve to quit, and things we resolve to begin. But let's face it; how long do resolutions really last, a week to two for most of us? Why is that? Maybe the New Year isn't enough of a motivating factor for real change in our lives to happen.

One of the events on most church calendars is Ash Wednesday; the beginning of Lent. It comes only forty days after New Year's Day this year

(February 10th). So the list of resolutions gets restarted again on Ash Wednesday; only this time the motivation to change is "for Lent." This behavior tends to focus upon the negative habits we may have. No cigarettes, booze, chocolate, or "whatever it is" for the forty days and six Sundays between Ash Wednesday and Easter. What's funny about "giving things up for Lent" is that there is no intention of getting rid of the bad habits permanently. They are only being postponed during Lent, with every intention of taking the bad habits back up on Easter Sunday! As with New Year, Lent also doesn't seem to be enough of a motivating factor for many of us. So how does change really happen?

I have been a pastor for twenty-four years. I was in business for many of the years before that. My undergraduate degree is in education. Through years of study, training, and life experience, I have learned that lasting change comes from examining why we "Yes" to do certain things. Our senses give our brain tons of information to sift through daily, most of which requires us to make choices all day long. What are you wearing right now? Where and when are you reading this article? What did

you eat today, and why? All of these things were ultimately chosen by just one factor: whatever value rose to the top at the moment you made your choice. It's clear to see that it's not the choices we make that matter nearly as much as why we made them in the first place. For lasting change to happen in our lives, we need to ask ourselves, "What value(s) rise to the top for me?"

There is a property usage term I learned while I worked in real estate. That term is "Highest-best Use." It refers to which type of zoning should be assigned to property based upon where it is located. For example, if there is a vacant lot in the middle of town, what's the highest-best use for it? Will the decision be based upon practical use, or emotions? In other words: How is value decided, and by whom? The zoning board makes the final choice as to highest-best usage. I learned back then that this method makes sense for our lives too. But I alone am the one who chooses what the highest-best values are for my life.

Test this theory for a moment. Let's say we want to lose weight, and there is a plate of cookies sitting near us. Sometimes we take a few, and other times we don't. Why did we pass them by sometimes? Because the value of losing weight rose above the emotional "value" derived from eating the cookies. Now test this theory with whatever values you want to change in your life. It may be over the choices you make on how you spend your time and money. What about personal relationships? What about faith and spirituality? After self-examination, you may discover that you like the thought of changing, but aren't ready yet. In twelve step programs, this thinking is called, "I want to want to (make changes)." So how do we get motivated to change?

The first part of the answer is: Stop placing value on things that are temporary; like the monetary cost of bad things, your moods, what someone else might think, and most of all; fear. None of these things motivates us for very long, if at all. The opposite of temporary in this case is eternity. Jesus is not temporary! He



is "...the same yesterday and today and forever."

Therefore, the second part of the answer is: Make your relationship with God your highest value! I'm not talking about pietistic platitudes. I'm talking about getting into the practice of using the process described above to place God as the highest-best value for making choices. This isn't simply, "What would Jesus do?" Look at the disagreements between some Christians nowadays. Each group already seems to know "what Jesus would do," but they don't seem to agree as to what he would actually do. The important question is this: if being in a relationship God is your highest-best value, then what are you going to do? How do I go about putting God first in my life?

"Again, the kingdom of heaven is like a merchant in search of fine pearls, who, on finding one pearl of great value, went and sold all that he had and bought it." The words "Religion" and "Denomination" get confused a lot. The word "religion" (with a small 'r') describes any practice of spirituality. Denominations tend to decide what those practices should and shouldn't be. As a life-long Methodist, I've learned that practicing what John Wesley, the founder of Methodism called, "the Means of Grace" (how to start, stay, and grow in your relationship with

God through His love) are what help me to have a closer relationship with God. These simple things aren't new, but they still are the most effective ways to place your values in Him. These are new habits that take time, but will radically change your life!

1. Read the Bible devotionally.
2. Pray.
3. Fasting; which means abstinence from food at times.
4. Participating in the Lord's Supper (Holy Communion, Eucharist).
5. Christian Conversation.
6. Worship God publically and privately.
7. Serve other people publically and privately.

Do yourselves a favor this year. Don't make resolutions, many times they only make you feel guilty. Don't give things up for Lent, give them up for good! Starting now, make God your highest-best value. Find other Christians who desire nothing more than being in love with God. Not only will your life change, but the world will change as well. A new and better life with God: now that's a motivator of the highest-best value!

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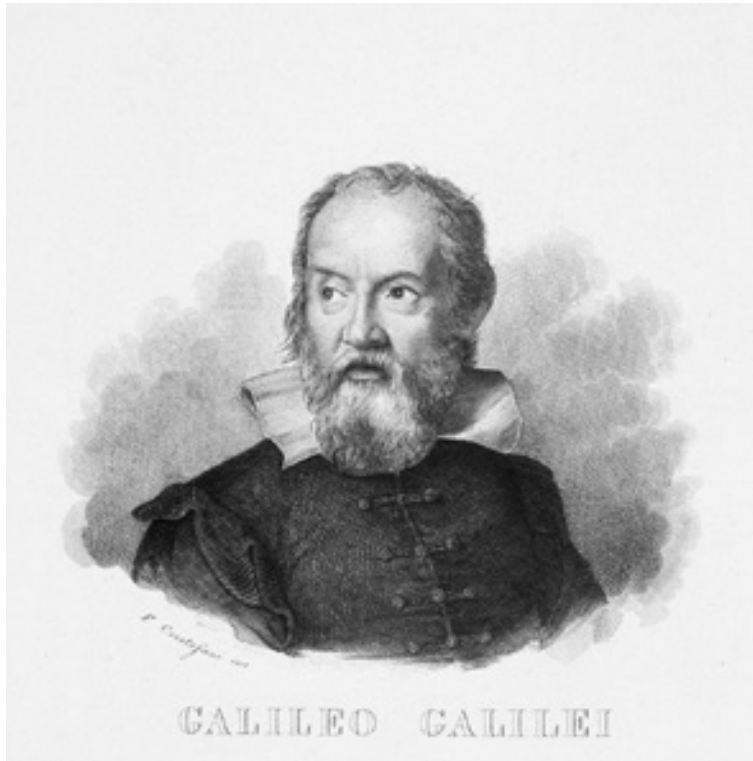
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THE BOOK OF DAYS

Galileo Galilei



January 8

Such (though little known) was the real full name of the famous Italian professor, who first framed and used a telescope for the observation of the heavenly bodies, and who may be said to have first given stability and force to the theory which places the sun in the center of the planetary system.

In April or May 1609, Galileo heard at Venice of a little tubular instrument lately made by one Hans Lippershey of Middleburg, which made distant objects appear nearer, and he immediately applied himself to experimenting on the means by which such an instrument could be produced.

Procuring a couple of spectacle glasses, each plain on one side, but one convex and the second concave on the other side, he put these at the different ends of a tube, and applying his eye to the concave glass, found that objects were magnified three times, and brought apparently nearer.

Soon afterwards, having made one which could magnify thirty times, Galileo commenced observations on the surface of the moon, which he discovered to be irregular, like that of the earth, and on Jupiter, which, in January 1610, he ascertained to be attended by four stars, as he called them, which afterwards proved to be its satellites.

To us, who calmly live in the knowledge of so much that the telescope has given us, it is inconceivable with what wonder and excitement the first discoveries of the rude tube of Galileo were received. The first effects to himself were such as left him nothing to desire; for, by the liberality of his patron, the Grand Duke of Tuscany, he was endowed with a high salary, independent of all his former professional duties.

The world has been made well aware of the opposition, which Galileo experienced from the ecclesiastical authorities of his age; but it is remarkable that the first resistance he met with came from men who were philosophers like himself.

As he went on with his brilliant discoveries—the crescent form of Venus, the spots on the sun, the peculiar form of Saturn—he was met with a storm of angry opposition from the adher-

ents of the old Aristotelian views; one of whom, Martin Horky, said he would 'never grant that Italian his new stars, though he should die for it.' The objections made by these persons were clearly and triumphantly refuted by Galileo: he appealed to their own senses for a sufficient refutation of their arguments. It was all in vain. The fact is equally certain and important that, while he gained the admiration of many men of high rank, he was an object of hostility to a vast number of his own order.

It was not, after all, by anything like a general movement of the Church authorities that Galileo was brought to trouble for his doctrines. The Church had overlooked the innovations of Copernicus: many of its dignitaries were among the friends of Galileo. Perhaps, by a little discreet management, he might have escaped censure. He was, however, of an ardent disposition; and being assailed by a preacher in the pulpit, he was tempted to bring out a pamphlet defending his views, and in reality adding to the offence he had already given. He was consequently brought before the Inquisition at Rome, February 1615, and obliged to disavow all his doctrines, and solemnly engage never again to teach them.

From this time, Galileo became manifestly less active in research, as if the humiliation had withered his faculties. Many years after, recovering some degree of confidence, he ventured to publish an account of his System of the World, under the form of a dialogue, in which it was simply discussed by three persons in conversation. He had thought thus to escape active opposition; but he was mistaken. He had again to appear before the Inquisition, April 1633, to answer for the offence of publishing what all educated men now know to be true; and a condemnation of course followed.

Clothed in sackcloth, the venerable sage fell upon his knees before the assembled cardinals, and, with his hands on the Bible, abjured the heresies he had taught regarding the earth's motion, and promised to repeat the seven penitential psalms weekly for the rest of his life. He was then conveyed to the prisons of the Inquisition, but not to be detained.

The Church was satisfied with having brought the philosopher to a condemnation of his own opinions, and allowed him his liberty after only four days. The remaining years of the great astronomer were spent in comparative peace and obscurity.

That the discoverer of truths so certain and so important should have been forced to abjure them to save his life, has ever since been a theme of lamentation for the friends of truth. It is held as a blot on the Romish Church that she persecuted 'the starry Galileo.'

But the great difficulty as to all new and startling doctrines is to say whether they are entitled to respect. It certainly was not wonderful that the cardinals did not at once recognize the truth contained in the heliocentric theory, when so many so-called philosophers failed to recognize it. And it may be asked if, to this day, the promulgator of any new and startling doctrine is well treated, so long as it remains unsanctioned by general approbation, more especially if it appears in any degree or manner inconsistent with some point of religious doctrine.

It is strongly to be suspected that many a man has spoken and written feelingly of the persecutors of Galileo, who daily acts in the same spirit to-

wards other reformers of opinions, with perhaps less previous inquiry to justify him in what he is doing.

Handsel Monday

The first Monday of the year is a great holiday among the peasantry of Scotland, and children generally, as being the day peculiarly devoted in that country to the giving and receiving of presents. It is on this account called Handsel Monday, Handsel being in Scotland the equivalent of a Christmas box, but more specially inferring a gift at the commencement of a season or the induing of some new garment. The young people visit their seniors in expectation of tips (the word, but not the action, unknown in the north). Postmen, scavengers, and deliverers of newspapers look for their little annual guerdons.

Among the rural population, Auld Hansel Monday, i.e. Handsel Monday old style, or the first Monday after the 12th of the month, is the day usually held. The farmers used, to treat the whole of their servants on that morning to a liberal breakfast of roast and boiled, with ale, whiskey, and cake, to their utmost contentment; after which the guests went about seeing their friends for the remainder of the day. It was

also the day on which any disposed for change gave up their places, and when new servants were engaged. Even now, when most old fashions are much decayed, Auld Handsel Monday continues to be the holiday of the year to the class of farm-labourers in Scotland.

'It is worth mentioning that one William Hunter, a collier (residing in the parish of Tillicoultry, in Clackmannanshire), was cured in the year 1738 of an inveterate rheumatism or gout, by drinking freely of new ale, full of harm or yeast. The poor man had been confined to his bed for a year and a half, having almost entirely lost the use of his limbs. On the evening of Handsel Monday, as it is called, some of his neighbours came to make merry with him. Though he could not rise, yet he always took his share of the ale, as it passed round the company, and in the end he became much intoxicated. The consequence was that he had the use of his limbs next morning, and was able to walk about. He lived more than twenty years after this, and never had the smallest return of his old complaint.'—(Sinclair's) Statistical Account of Scotland.

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THE (retired) ECOLOGIST

It's January, so it must be El Niño

Bill Meredith

"An ecologist is something of a chartered libertine; he roams at will over the preserves of the plant and animal biologists, the physiologist, the behaviorist, the meteorologist, the geologist, the physicist, the chemist, and even the sociologist. He poaches from all these and from other established and respected disciplines."

—Amyan MacFadyen, 1957.

When I was a child, it puzzled me that Christmas always arrived on the 25th of December. At first, my parents told me it was because Santa Claus couldn't get the toys all finished in his workshop any sooner. That made sense to me, because my Dad also had a workshop, and I knew it took time to make things. And I also knew Santa had to wait until winter, so there would be snow for his sleigh to run on. I actually knew people who had horses and sleighs then, and I knew it always snowed. Life was simple and reliable then.

That was then, but this is now. This year, the temperature was above 60° two or three times each week before Christmas; I played golf in each of the first three weeks, and would have in the fourth if it hadn't rained. The news reported record snow and

cold in Arizona, but here in Emmitsburg the only white to be seen was the plastic Santa Claus statues in people's yards. The news was full of reports (some accurate and some not) about how El Niño is to blame for the changes in the weather. Life isn't simple any more.

I'm not sure when I first heard of El Niño. It was not mentioned in any of my college or graduate courses in ecology, and it did not appear in standard ecology textbooks until the late 1980s. I do remember that I was teaching about it in my own course in the late '60s, so I probably read about it some of the journals I subscribed to back then. I enjoyed teaching about it; it was complicated, but that was part of its fascination. It brought to mind Amyan MacFadyen's definition of what an ecologist does. It made an amazing story.

The story begins in the Pacific Ocean, off the coast of Peru. This region was once the world's largest fishery, and is still important source of anchovies, though overfishing has reduced it considerably. As far back as the 17th Century, Peruvian fishermen knew that every five or six years the water would get warmer and the anchovy population would die off; and since that usually happened around Christmas, it was given the name of

"El Niño," which means "The Child" in Spanish. But it was not until early in the 20th Century that scientists began to understand how the El Niño phenomenon was caused by ocean currents.

You can begin to understand ocean currents if you imagine you are sitting in a chair at the equator. You would feel like you were sitting still; but since the earth turns around every 24 hours and the distance around the equator is about 25,000 miles, you actually are moving over 1,000 miles per hour toward the east! The water of the ocean rotates with the rest of the earth, but, being fluid, it tends to lag behind a bit. So if you were on a raft at the equator near South America, you would feel a current carrying you westward. The water flowing away from the coast has to be replaced (otherwise, it would leave a big hole in the ocean), so this draws a current of water northward along the coast of South America. The end result of this is that the entire southern half of the Pacific Ocean is made to turn slowly in a counter-clockwise direction. The same forces exist in the northern half of the Pacific; water is drawn southward from the coast of California, where it joins the westward flow, making the northern Pacific rotate in the clockwise direction. Therefore, the two halves of the ocean turn against each other like giant cogwheels.

As the current flows away from the Peruvian coast, it causes turbulence and mixing of the water near the shore, which brings up cold water from the ocean floor. This water contains nutrients that stimulate the growth of plankton, the basis of the anchovy food chain. We still don't know all of the details of this mechanism, but every few years it gets disrupted and the upwelling zone moves offshore. When this happens the food chain loses its source of nutrients, so there is nothing to keep the plankton growing, and the anchovy population crashes. It takes a year or so to recover, and thus it causes severe economic problems for the people whose income depends on the fishery. Also, the change in the water temperature causes turbulence in the wind systems, and this spreads westward across the Pacific, producing more severe storms, typhoons, when it approaches the Australian, Asian and Indian land masses.



A giant dust cloud descends on Melbourne on February 8, 1983, a super El Niño year.

The current that flows northward along the western coast of South America was discovered around 1800 by Alexander von Humboldt. He was aware that the anchovy fishery collapsed every few years, and he also noticed that in many cases there were unusual weather conditions like droughts, floods, or extreme temperatures in places as far away as India, Europe and Africa, which occurred at the same times. Those weather extremes often led to crop failures, famines, and outbreaks of insect-borne diseases such as malaria. In many cases, wars resulted when people fought over limited food supplies, or groups of people were forced to migrate away from affected areas. Humboldt seems to have been the first to notice these coincidences; he noted that one cause of the French Revolution was unrest in the French working classes after a drought and crop failure which coincided with an El Niño event.

Over the next 150 years many other people called attention to coincidences like that; but the fact that two things occur at the same time in different places is not proof that one event caused the other. It was not until after World War II that submarine vessels were able to measure deep-water temperatures, movements and chemical changes with any degree of precision. Then, in the 1960s, satellite telemetry became available as a tool to measure atmospheric movements and temperatures all over the world, and hard evidence of a connection between El

Niño events and changes of climate on a world-wide scale began to accumulate. It was discovered that a similar pattern of ocean currents occurs in the Atlantic; there is a northward flow of water along the west coast of Africa, and a major fishery off the west coast below the equator. Its effect is not as severe as El Niño because the Atlantic Ocean is smaller than the Pacific; but it does contribute to the instability of the world's climate.

We all learned in Elementary School that the seasons are opposite in the Northern and Southern Hemispheres. Christmas comes on December 25 everywhere, but in Emmitsburg it is winter and in Peru it is summer. This means that when El Niño causes the upwelling of cold water to move away from the coast of Peru and be replaced by warm water coming from the California coast, it will be summer there and the atmosphere will be heating up. The prevailing winds will carry this warm air westward, accompanying the ocean current and adding to the instability of both air and water. It is a pattern that has probably been going on at least since the end of the Ice Age, 10,000 years ago; we are beginning to understand it, but we cannot control it.

A side note: Amyan MacFadyen died two months ago, at the age of 95.

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The climes are a-changin'

Tim Iverson
Naturalist

April showers bring May flowers. Geese are spotted flying south for the winter. Leaves on trees turn brilliant colors and fall to the ground as the trees become dormant for winter. The arrival of the Cherry Blossom trees in D.C. signal spring has finally arrived. How do these plants and animals know when to do this? That's where a type of ecology, known as phenology, comes in. Phenology is the study of changes in seasonal timing, it literally means the study of appearance. Anyone can observe examples of these appearances or changes as birds migrating, flowers blooming, or animals hibernating. Plants and animals have developed some unique and resourceful ways to adapt for survival, but can they adjust to climatic changes that are growing ever more present? There are implications for some animals and others will hardly notice. As always, when the die is cast there are always winners and losers, but can those who suffer as a result of the phenological changes keep up the pace?

With seasonal changes organisms have evolved different ways to survive. Animals have three options when confronting this prospect: hibernate, migrate, or adapt. The Wood Frog (which is native to Maryland) survives for months at a time frozen solid! The glucose in its blood essentially acts as anti-freeze and will surround vital organs while the rest of the frog remains frozen solid. Then when warmer temperatures return in the spring it thaws out and keeps on hopping. Woolly Bear Caterpillars have a similar adaptation. Once the woolly bear caterpillar hatches from an egg laid by an adult moth it will start life in the spring voraciously munching on plants like dandelions and nettles. It will continue to do this all through spring and summer. Once the warm air moves out, and the chill of fall settles in the woolly bear makes its way from feeding grounds to overwintering sites. They usually set out for places underneath logs, rocks, or dense brush that will provide protection from any unwanted disturbance. The cool turns to cold and this is where the fur kicks in. The caterpillar begins to hibernate. Once this begins their bodies produce a natural "anti-freeze" called glycerol, and they begin to freeze almost solid. They will freeze until everything but the inside of their cells is frozen. The setae (their "fur") will actually begin the freezing process on the outside of the body, away from the internal cells. This is less damaging to their bodies, and energy reserves aren't taxed on healing as much when it's time to thaw out and wake up. It will spend just a few more weeks in spring eating some more before it spins a cocoon and grows up into a moth.

When the weather turns mIgra-

tory animals pack up shop and relocate to more suitable environments for a few months. Birds and insects, like the Monarch Butterfly, can travel thousands of miles to find suitable wintering grounds. Year after year these critters find the same locations. Scientists believe this is done by navigating with the sun, moon, and stars. They also seem to have the amazing ability to sense the magnetic field of the earth, which they use like a compass. It's not just birds or insects who migrate south though. Fish, whales, elk, and some species of bats also migrate south. Instead of migrating south earthworms migrate deeper. They can go down to as far as 6 feet under the top soil, where the temperature is much more regular and habitable for them.

Animals take their cues from the food availability, sun, and weather pattern changes. This is the mechanism that tells them what to do and when. Other animals like hibernators and long distance migrators are on a cyclical clock that cues them into when it's time to wake up or move along. In either instance, decades long research indicates that these annual events are occurring earlier and earlier every year. The UN's Intergovernmental Panel on Climate Change (IPCC) released a report in 2007 showing that spring is arriving by about 2.3 to 5.2 days earlier per decade in the last 30 years. The findings show that seasonal timing that ushers in plants and animals is accelerating across the globe. These new arrival times for plants and animals aren't always syncing up potentially leading to complex problems down the road.

Hypothetically, warming temperatures can indicate to plants that it's time to sprout and bloom. These temperatures also indicate to insect species like butterflies it's time to migrate north. These butterflies fly north and begin to lay eggs, but because it's still so early



Phenology is the study of the timing of the recurring life cycle stages, or phenophases, of plants and animals, such as leafing and flowering, maturation of agricultural plants, emergence of insects, and migration of birds. The study of phenology is particularly important as a 21st-century science because phenology records can help us understand ecological responses to climate change.

in the season a frost settles in destroying the plants and leaving the eggs nothing to eat should they survive the frost. Migratory hummingbirds could also face similar issues with food scarcity caused by frosts destroying plants and their nectar. Other birds having exhausted food supplies in the south and being signaled that it's time to move north due to increasing temperatures might find that the warming pace hasn't ushered in the required prey species. The issue is that these aren't hypothetical situations. These are documented cases involving the Mormon Fritillary Butterfly and the Red Knot (a migratory bird that stops mid trip in Delaware to feast on horseshoe crab eggs). Breaking any link in these chains can be critical for these species survival and overall productivity.

The bottom line is that ecologists and climate scientists don't know an awful lot. Predictive mod-

els often fail to grasp the complexity and intricacies of macro and micro ecosystems and the affected species. Whether or not the long-term sustainability or extinction rates of species is affected ultimately depends on their evolutionary adaptability and whether or not these climatic shifts can be slowed. We have seen the fingerprints of these changes around the globe and many species can change behaviors to adapt. Within a few generations of fast reproducing species genetic changes may even occur to make them better suited for new and changing environments. The recent climate summit in Paris has the potential to help curtail rapid environmental degradation (assuming all parties stick to the agreements made). This, however, is not a panacea, but a start. Between curbing emissions and responsible development with both conservation and economics in

mind we can strike a balance.

Everyone has heard worst-case scenarios including but not limited to mass extinctions, oceans swallowing islands, heat waves that melt all the ice cream, and more supercell storms terribly named by meteorologists. Ultimately at the end of the day we don't know what we don't. When we can acknowledge that fact and the fact that we, for better or worse, are a part of a changing world that we can affect we can begin our own adaptive evolution. By observing appearances of these cyclical events we can get a pretty clear picture of what's going on in the world around us. Phenology can help researchers, policy makers, and people be better decision makers and agents of positive change.

To read past articles by Tim Iverson visit the Authors' section of Emmitsburg.net.

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REAL SCIENCE

Getting serious on global warming

Michael Rosenthal

The science topic of the moment is clearly the results and implications of the International Climate Conference recently held in Paris, in which negotiators from some 195 countries came together to seek progress on reducing greenhouse gas emissions and thus global warming. If successful, this agreement will have a huge impact on the environment, gradually reducing the earth's reliance on fossil fuels in favor of cleaner forms of energy.

The agreement contains pledges from the individual nations to cut or limit emissions (carbon dioxide and others) from fossil-fuel burning, as well as financial and technical assistance from the wealthier nations to the developing countries.

You will recall that the growing accumulation of greenhouse gases leads to rises in temperatures across the earth; the temperature rise leads to serious secondary effects on the environment. Though there are many people who do not "believe" in global warming and its effects on the earth, scientists overwhelmingly support this model.

The two most industrialized countries in the world are The United States and China. The United States and China forged a deal last year to work jointly to scale back emissions of greenhouse gases; this accord indicates agreement among the nations of the world that there is a serious problem, and that we must all work together to find remedies.

Why haven't we made progress

before? In order to make these changes, significant revision needs to be made in how energy is produced; such change has a great economic impact on those who produce energy the old way with oil, coal, and other fossil fuels. Some businesses and jobs will suffer, and new economic opportunity will arise, a factor that clearly separated those in favor of such a change and those against the change. Various wealthy investors, including Microsoft co-founder Bill Gates, have been seeking to fund a search for innovation in this regard. New technologies and increased energy efficiency are important steps to be accomplished.

The specific goal agreed upon is to keep the increase in global average temperature small in order to protect against the devastating effects of rising seas and other secondary environmental impacts, which is no easy matter. The agreement states that each country will deliver a new pledge and an updated plan every five years to reduce greenhouse gas emissions. It is expected that developed countries and wealthy developing countries, including the United States, will provide financial resources to developing countries to proceed with this effort.

This is an important first step, but much more needs to be done. Will the opposing factions in our Congress come together in support of this effort? How many of the 195 nations will move forward with commitment and success? Will the wealthier nations really support the more financially limited ones?



The specific goal agreed upon at the International Climate Conference recently, in Paris, is to keep the increase in global average temperature at a minimum, in order to protect against the devastating effects of rising seas and other secondary environmental impacts, which is no easy matter.

Here are few recent news items that relate to such environmental impact.

Nuclear energy, as we have previously discussed, does not have any significant greenhouse gas impact. China has one of the largest expanding economies in the world, as we well know from the number of products we acquire daily labeled "Made in China." Currently, the Chinese economy depends upon coal-fired power plants, which add to carbon dioxide content and air pollution, the latter of which can be very dangerous (remember Donora, Pennsylvania from a previous ar-

title). China's developing plan is to build enough nuclear reactors to make China the world's largest producer of nuclear energy by 2030, 100 + reactors. To achieve this goal, China must build 6 to 8 reactor units a year for the next ten years. A reactor site usually has 2 or three units. Such a plan is necessary for China to live up to its recent commitment discussed above.

China installed its first nuclear reactor in 1991. The massive planned expansion has triggered controversy. Chinese anti-nuclear factions support heavy commitment to wind and solar power. The anti-nuclear faction worries about problems such as those which occurred in the past, unlike the United States, where we have had a few nuclear scares but no disasters or loss of life.

On a different but energy-related topic, The District of Columbia has announced plans to install solar panels on the roofs and in parking lots of 34 government-owned facilities. The city also made a deal recently to produce power from a wind power farm in Pennsylvania. This agreement will produce one-third of the DC government's energy needs from wind power.

It has recently been reported that U.S. emissions are dropping due to new regulations on power plant emissions and use of natural gas in place of coal.

A personal recollection comes to mind. When I was growing up in 1940s Youngstown, Ohio, we lived in a recently built home that produced its heat from oil. Periodically, an oil truck would come to the house and fill a tank from an inlet in the front yard. In contrast, one of my friends lived in a pre-WWII house, and I recall seeing the coal truck noisily discharging coal down a chute into his basement.

So, what can we conclude? I would say that we must realize that we need to look for energy production from a variety of sources, seeking those that fit the area (wind energy would seem to be a good idea on the Great Plains, just as water flow can produce energy at Niagara Falls, and solar energy is a good thing to get in the deserts of the West). And then we need to continue to look at methods of energy conservation to minimize energy needs.

We've been discussing government and industry directed efforts to change the impact on our environment. What can we do as individuals? We've discussed the advantages of having solar panels on our homes, especially in high-sunshine areas. We can seek ways to make our own homes more energy-efficient such as thoughtful thermostat control, use of more energy-efficient light bulbs, and turning off lights in rooms when not present. In a later article, we'll discuss electric cars versus gasoline cars.

Do you believe in the existence of Bigfoot? I did an Internet search on Bigfoot, and found an enormous amount of material on this most likely (to me) mythical creature. Though reported sightings are many over a large period of time, some 50 years, no one has yet brought a Bigfoot home, produced DNA analysis from hair or such, or recovered verified remains. People have devoted careers to tracking Bigfoot down. Since there is no clear evidence (at least to me) of Bigfoot's existence, I believe it to be a propagated myth, alongside the sightings of aliens that are so often reported. So, if any of you has a personal Bigfoot experience, I'd be interested in hearing about it.

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And then there was Denver

Jack Deatherage, Jr.

No, not Denver, Colorado. Denver, the rock. My pet rock.

It seemed everyone had a pet rock back in the latter years of the 1970s. I couldn't turn on the radio or sit down before the idiot box... umm... television, without hearing a commercial for "pet rock" food, houses, travel boxes, leashes and bath soap. (Is it possible I heard such commercials once and they just looped about in my semi-pickled brain?) "Middle sister" had a pet rock, much to the surprise of everyone in the house. She tended to be one of the few practical members of the clan, and continued to hold that place among us once she explained her rock was a wild one. She'd gone down to the creek, captured and eventually tamed it. (What money she earned was too dear to spend on some factory-produced rock that needed constant attention and money spent on accessories.)

Taking a cue from "middle sister", I too acquired my rock. Though being lazy, or hung over, I didn't stalk the banks of the creek. No, I was at the factory mixing some bagged cement to repair part of the building that age and weather had dropped into what used to be a flowerbed out front of the building. Having a handful of the "mud" left over, I carefully shaped a ball of it and set it on a shelf in the shop to dry. Weeks later, when I was smearing masonry paint across the front of the building I chanced to have some paint left and recalled the rock. A quick dip into the paint bucket, a return to the shelf and a few weeks later I had my own pet rock.

I don't recall what tricks "middle sister" may have taught her wild rock. I know my rock was mostly a paperweight and a conversation piece. When my friends came over to drag me off to get drunk, and having navigated the piles of books, magazines, clothes, models of cars, boats, aircraft, and coolers and odd bits of furniture that cluttered me and "middle brother's" bedroom they'd pick my rock off my writing desk.

"What's this?"

"My pet rock. I made it."

"Cool. Let's go get drunk."

"Alright!"

Yep, that rock inspired many such conversations.

And yes, I had a writing desk in those days. I suffered a delusion that had me thinking I'd learn to write. I eventually shrugged the mental error off sometime in the 1990s, after spending about a grand on a word processor and another grand on a home-study writing course that finally convinced me I'd not master the craft. The rock was there as I pondered past and present particples. (I still have no clue as to what a participle is.) The rock offered no opinions when I shook my head over the taboo of ending a sentence with a preposition. I could grasp not ending a sentence with a preposition, but what was a preposition? I still don't understand a split infinitive! (Actually, I don't know what an infinitive is.)

Frustration at my inability to comprehend such literary maxims would flare into anger, a precursor to rage. Not a place I wanted to visit, having been there and carrying the scars to remind me. I'd focus on the rock, considering how its shape fitted my hand. I contemplated seeing it fly from my fingers, striking the glass of the bow window, possibly making it through the double panes and tumbling into the street. My arm would slowly cock itself for the throw until the thought of DW's confused, fearful, betrayed expression overwhelmed the growing temptation to unleash the beast. Women, the ruination of perfectly asinine rages.

When I still lived out on the Taneytown Road, freeing the rock seemed like a good idea. I considered the ways I could accomplish such a task. Releasing it into the creek seemed unfair, as it hadn't come from there. I worried the moving water might dissolve the poor creation a bit quicker than it did the wild cousins.

Hurling the rock into a cow pasture seemed the best idea. I might chance upon it days, months, years later and either bring it home or fling it farther out into the world. I also entertained an idea from the Bible story of David and Goliath. (About all I recall of that tale, is David slinging a rock ag'in Goliath's forehead and laying the hero low.) I went looking for how to sling rocks.

If there was an Internet in the late 1970s, I wasn't aware of it. What pictures I found in books gave me a vague idea of how a sling was assembled. So, with several varied pieces of cord and a few pieces of scrap leather from the factory, I started making slings to the amusement of several drinking buddies. On the rare occasion some pebble I experimented with (I had enough sense not to use my rock) stayed in the sling long enough for me to begin swinging it above my head I managed to send it flying! I hit the ground, the house, the chicken coop, the dog box, a tree, myself, but nothing I had been aiming at.

While I suspected my sling design was less useful than old David's, I was also aware that David had spent a lot



Photo taken at the super-secret Deathridge Center for Advanced Trebuchet Design, on the outskirts of Harney. Jack's latest trebuchet, nicknamed "Dear Wife," is designed to throw a mini-van 2,000 yards. Plans are to test it with a throw in Emmitsburg sometime in late January.

more time than I had learning to use the weapon. He didn't have my distractions to deal with—Western, Sic-Fi, Adventure and War novels, assorted magazines, or the idiot bo-television, the radio and motorcycles. We may have shared a passion for alcohol, though I don't recall the Bible mentioning that. Anyhow, I never did master the sling and the rock remained on my desk until it got put somewhere during one of my occasional fits of rearranging the house.

Having misplaced the rock seems to be a good thing considering how the warm season played out last year. The temptation to repeatedly slam the rock ag'in my head to distract me from the pain of lost dreams and friends faded to merely minor aches as the gloom of winter neared, deflecting my thinking.

Until a shot and a half of 90 proof Turkish Raki (flavored with anise seeds) sent me to bed to awake in the early morning with the first coherent thought being "And then there was Denver", I

hadn't known the rock had a name.

Denver?

DW and I have been noticing slips in our thinking and memories. Short-term memories seem as fleeting as our paychecks of late. I keep telling her I'm older, so I get to lose my mind first. Now I'm wondering if the rock is wanting me to search for it. Maybe I've reached a place where it can talk to me and I'll understand it?

But Denver? Really?

I have access to the Internet now, and a quick search for "sling weapon" turns up sling designs and videos on how to use them. Maybe it's time to free Denver? Even in the coming dementia I'm not wasting time talking to no rock named Denver.

To read past editions of the Village Idiot visit the Authors section of Emmitsburg.net.



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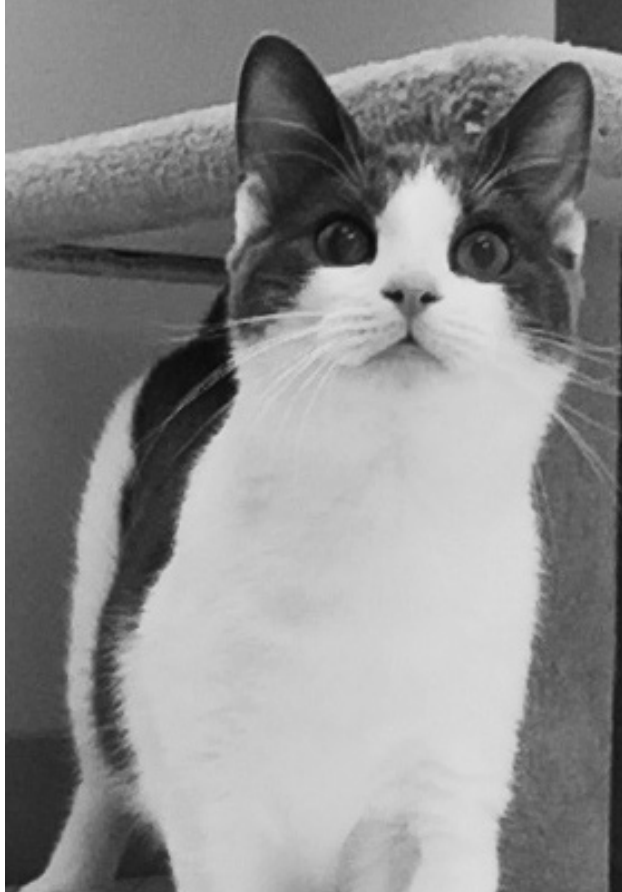
Thanks to our friends at the Emmitsburg Journal, we're having a second month of pet photos to start the new year! These sweet babies are looking for a home and one of the greatest gifts shelter workers could get for 2016 would be to get the four-legged souls in their care out of a cage and into a forever home. If you or anyone you know is looking for a furry friend, please take a look below. The love of an animal is often one of the strongest, most rewarding relationships a person can find. If you want to help but can't adopt, the shelter is always in need of monetary or pet supply donations, including kitten food and adult cat food with meat as the first ingredient. From all of us at CVAS to all of you, we wish you the happiest, healthiest New Year.

For more information about adopting one of these pets, please call the Cumberland Valley Animal Shelter at 717-263-5791 or visit their website at www.cvas-pets.org. The Adams County Animals Shelter is always looking for humans seeking canine or feline companionship. You can contact them at 717-334-8876 or visit them on-line at www.adamscountypca.org. And you can never go wrong dropping by the Frederick County Animal Shelter. Visit them on-line at www.frederickcountymd.gov/FCAC or call them at 301-600-1546.

Editor's Note: We are happy to report that 8 of the 12 animals listed for adoption in last month's edition were adopted! Our thanks to our readers for giving them forever homes. Let's see if we can adopt all 13 this month!



Trucker is a very sweet 2-year-old girl who can be kind of shy. It takes her a while to settle in to new places. On occasion, Trucker will even hop up on a lap or sit in the window sill to "supervise." If you've got the right home, please stop out and ask to meet Trucker.



CV is a 5-month-old gray-and-white kitten who has energy to spare! This cutie can be a little hesitant in new surroundings, but once he knows he can trust you, he warms up quickly. He just loves to purr. CV will make someone an excellent four-legged friend.



Smokey Mechu was surrendered to the shelter and he was already neutered. Now this sweet boy just needs a forever home. Smokey Mechu is a 2-year-old, very loving fellow who's a pale grey in color (even his nose!). If you have a place where he can snuggle, please come meet him.



Savannah is a sweet girl who is growing up in a shelter. She came to us as a kitten and now she's more than a year old. This grey-and-white girl just needs out of a shelter and into a home. Can you help her?



Hachi is a 5-month old girl who has both brown tabby and orange tabby coloring with white. Look at the little tufts on her ears! So cute! She's all kitten energy and absolutely loves to play. It was tough getting a picture of her because all she wanted to do was run around and make little trilling sounds. Hachi has personality to spare and will be an amazing best friend.



Lena is a 3-year-old girl who is incredibly sweet and has a great personality. She's a grey tabby with some white and will make someone a wonderful companion. Please come out and meet her!

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Angel has a tail that never stops wagging! This 1-year-old terrier mix loves just about every person she meets. She gives kisses and loves to sit on laps- even though she's a bit big for that! Angel's been having some issues with certain other dogs, so that will have to be taken into consideration. Because of her size and energy level, she would likely do best in a home with children older than 8. If you've got the right spot for Angel, come out and say hello.



Yep, we named a dog Purple. Fun, right? This 2-year-old pitbull mix is a real sweet girl who will need some work on her manners. She's got that face that just gets you. Those eyes! Because of her energy level we recommend she goes to a home with children older than 8. Can you help Purple out?



King is a gentle giant, but he can be strong when he is on a leash. He does not seem to have had much past training, but he is food motivated so that would be helpful with working on manners. He is a very sweet 6-year-old dog and loves to be near you! Due to no history of being with children we recommend a home with children that are older than 8. King will make a great companion.



Friskie, Ginger and Snuggles are three Jack Russell Terrier mixes who were surrendered to the shelter because their owner could no longer care for them. These 2-year-old sisters are a little nervous in a shelter environment, but once they get to know you, it's all kisses and cuddles. Our dream would be to keep them together, but we know that is not completely realistic, so it's not necessary. If you have the right spot for one (or all!) of these girls, please stop by.



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Hattie

Longest Shelter Resident – 155 days and counting

This sweet girl was found on Catholic Church Road in Jefferson with her kittens. Because the babies were so young, they have all been in foster care. Hattie was a wonderful mother, caring for her babies, and now it is her turn to have someone care for her! She is only one year old.

Hattie is a beautiful gray and white girl that is a little shy when she first meets you and will need time and space to adjust to her new home. Since she was in foster care for several months, her foster family know her well and have nothing but praise for her.

Even though Hattie was a mature, good mom to her babies, she still very young and likes to play, especially with feather toys. She is happy to sit quietly and watch the outdoors. Hattie is very affectionate with people she knows. When she first meets you, she may be shy and will often hide when new people or children come to the house.

Hattie is a sweet girl that deserves to have a home where she is cared for and loved. Come in and meet this her soon and see if she might be the perfect addition to your family!

For more information on Hattie, visit the Frederick County Animal Control & Pet Adoption Center, 1832 Rosemont Ave., Frederick, or call 301-600-1546. animalcontrol@frederickcountymd.gov • www.frederickcountymd.gov/fcac

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THE MASTER GARDENER

Bird feeding basics

Rusty Ryan
South Mount Audubon Society

The following information is meant to provide some feeding basics for those species likely to be encountered between now and spring migration (does not include Tanagers, Orioles and Hummingbirds).

Birds as with all wildlife require the 4 basics: food, water, shelter and a place to raise their young. When all of these items are provided, it's referred to as habitat. When humans feed birds, they are essentially supplementing the food component of their habitat. Feeding birds can be done year round but feeding is especially important when food supplies are sparse and during harsh weather conditions such as very cold and windy conditions and/or weather conditions like ice and snow accumulations. These conditions can make finding natural food sources much more difficult.

Fresh water should be provided. There are numerous ways to provide this critical requirement but the important thing is to maintain fresh water. Dealing with frozen water is the challenge. You could use an electric heater which gets costly; or you

could simply replace the water when it freezes.

Types of Food

Sunflower - Black-oil sunflower seeds rank as the single best wild bird food. These small, thin-shelled seeds are easy to open and are rich in fat and protein. Virtually every bird that visits backyard bird feeders eats black-oil seeds. They work well by themselves or as the primary ingredient in quality mixes.

Cracked corn - Cracked corn is inexpensive and high in carbohydrates and fat but low in protein.

Nyjer (thistle) - This specialty seed type is preferred by a few species such as the finches. At a cost of \$1.00 per pound, you best assure that the seed is provided in a specialty feeder.

Suet /peanut butter- Suet can be offered easily by purchasing the square blocks at most retail stores for about \$1.00 each. One can also purchase suet from the butcher. Peanut butter is another fat/protein substitute.

White proso millet- Millet is attractive and utilized by ground-feeding birds such as doves, sparrows and juncos.

Mixed Bird Feed - If buying a mix, look carefully at the contents of the mix and the percentage of each type of seed. A mix with

mostly sunflower and white proso millet is best. Many of the other seed types are generally not eaten which results in waste and more spoilage and cleaning of feeders.

Calcium and grit - These overlooked supplements are essential to a bird's health and survival. Try providing crushed oyster shells, play sand and egg shells (disinfected). This is simple and inexpensive.

To minimize disease and unwanted visitors such as rodents, keep the area under the feeders cleaned of spoiled seed, wipe off feeders and discard wet and spoiled seed when it accumulates in bottom of feeders. Remove excess snow accumulations from under the feeders during snow events.

When trying to keep feed costs down, offer suet and a cracked corn/black oil sunflower mix. These three foods will not be wasted and will provide for a diversity of species.

Suet is cheap and once it is rendered (melted) it can be formed into molds and you can add other feed types such as sunflower.

Types of Feeders

When feeding birds, one must understand how certain birds feed. For instance, sparrows and doves are ground or platform feeders. They are not equipped to feed from a suet feeder or a nyjer feeder. Another example would be a cardinal or grosbeak which



The Bluejay is one of the most colorful birds to visit feeders. Considered by some to be a bully when it comes to food, you can alleviate the problem by placing peanuts in a platform feeder just for them. It's a sure fire way of attracting this bird for close up viewing.

cannot feed from a suet feeder or a nyjer feeder. All birds have preferences for the type of food and how that food is presented. Keep in mind that a bird's bill and feet type dictates what type of food and or feeder type it can feed from.

Common feeders available are tube feeders, hopper feeders and platform feeders. Using these

types will provide a diverse presentation of food for a variety of species.

Making your own feeders is an inexpensive option. Provide feed to birds by broadcasting the seed on the ground or provide the food by purchasing some type of platform feeder (make sure you provide drainage holes).

Suet feeder - simply place your rendered suet in a hole in a log (very natural) or wrap the suet with twine and hang from branch.

Peanut butter - I like to spread my peanut butter and sunflower mix on pine cones or other rough surface or use a spoon and stuff into a pre-drilled hole in wooden log/branch.

Nyjer - Inexpensive mesh bags can be used or you can recycle a plastic soda bottle and cut your own slits and provide the perches.

Hopper feeders - These common feeder types can be easily made from recycled products. Assure that drainage is provided and a means of cleaning these and all feeders.

Shelter/Cover

One of the common mistakes made with bird feeding is the failure to provide adequate shelter not only from the weather but from lurking predators, such as the cat and the Sharp-shinned Hawk or Cooper's Hawk. To deal with weather, try to protect your feeders from the wind. As for predators, keep the feeders in an open area but assure that cover is nearby. Evergreen trees are great for protecting the feeders from both wind and predators. My feeder placement is not ideal but I provided temporary shelter simply by recycling the various families' Christmas trees. Using a post hole digger, I dug a hole and placed a plastic pipe within that hole so that

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Old Man Time Meets Mother Nature

Marianne Willburn

Lately I am of two minds regarding the passage of time. In one, I stare out of my bedroom window in the early morning at tiny junipers and Japanese maples, and yearn for additional seasons of growth and maturity to flesh out designs still in their infancy. Not a minute later however I have turned from my window and caught my reflection in the mirror, realizing that that which enriches the garden is robbing me blind. How can early morning light be so kind to one and so cruel to the other?

Such thoughts are better saved for late night poetry-fests with others who find themselves in similar circumstances – where the wine is flowing and no one is noticing the crow's feet much less the junipers –but the paradox is making me smile this morning...and reflect. For as much as I would slow time on one hand, I would speed it up on the other.

My children are of course anxious for the months, the years, to pass – just as I was, just as we all were. You would think that, with millions of years of evolution under our belts, we'd have gifted a bit of DNA-imprinted wisdom to the next generation, vis-à-vis "don't be in such a hurry my darlings;" but alas, such a concept is better taught by Madame Mortgage and Monsieur Knee Replacement Surgery and all of their demonic teaching aids.

So...to embrace the process when we eventually come head to head with it – that is the challenge. And without fail I find I am at my most receptive when wholly present in the world outside the front door.

Whether your garden is in its early stages, or fully mature, there is always room for something new, something to renew your sense of excitement at the passing of the seasons. If you don't garden, just observing the natural world can impart a great sense of peace when you're struggling with bigger issues of life, the universe, the mirror, and everything – as to one degree or another, we all must (particularly those of us with winter birthdays).

One would assume that the best time to make such observations would be in the spring and summer when the landscape exudes light, youth and energy; but in my opinion, there is overmuch visual and mental stimulation in a spring setting to delve too deeply into such matters. What is the point of analyzing the question of beauty if the landscape is only going to hit you over the head with the answer?

Instead, the winter scene breathes quietly in gentle rhythms and subdued colors. Here we view the remains of what has come before and smile in the certain knowledge that it will all come again, just as it has for millennia. Setting our own short life span against such a backdrop is subtly



empowering when life seems grim or we are feeling old and tired. After all, 45, 70 or 85 winters is nothing to a world that has seen thousands. We are babies in comparison.

In the face of shorter days and a quieted landscape, the little pleasures that surprise me do so with startling power. The pop of miscanthus heads backlit by winter sun, the resiliency of tiny sedums coated by a hoarfrost, the artistry of water frozen into sheets of glass on the top of a rain barrel. Each one catches me unaware, and I am enchanted for a moment – quite silly in my excitement some days – as I was last week upon finding a huge cache of oyster mushrooms on a decaying stump.

Renewal! Rebirth! Life from death. This is what winter lays gently at our feet – beauty in an ever-aging landscape.

Seeing that beauty in my own ever-aging landscape is slightly more challenging as the years go by, but as a gardener my face is often obscured by a generous layer of dirt anyway. It's cheaper than Botox and it comes with a bonus gift: Mental, visual and emotional connection to the natural world – and the guarantee that I'll always be the youngest in that particular room.



Nyjer seed – also commonly known as niger or thistle seed – is popular with many backyard bird species, especially the American goldfinch.

in the winter time, I simply cut the lower branches off the tree and slip the tree into the hole with sleeve. I now have an instant evergreen that if placed properly they will provide shelter from the elements and from predation.

Birds which are likely to be encountered at local feeders include: Mourning Dove, White-throated Sparrow, Bluejay, Chickadee, White-breasted Nuthatch, Cardinal, Tufted Titmouse, Downy Woodpecker, House Finch, Gold Finch and Junco.

Some of the specialty birds that one can hope to attract include: Evening Grosbeak, Redpoll, Pine Siskin and Purple Finch. These birds are considered nomadic and sporadic

in their movements from the north to the mid – Atlantic states.

The average property owner can indeed enjoy bird feeding by simply following the information above. When people understand the bird's requirements and then offer those requirements you will enjoy feeding our feathered friends. Remember: if you provide it they will find it and they will thank you!

Useful web sites:

- www.birdfeeding.org
- www.projectwildbird.org
- www.birdsource.org
- www.birds.cornell.edu

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

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COMMUNITY NOTES

Gettysburg National Park trail plan

The National Park Service (NPS) proposes to develop a Comprehensive Trails Plan for Gettysburg National Military Park (NMP) and Eisenhower National Historic Site (NHS). The purpose of the Comprehensive Trails Plan is to improve visitor access, convenience, safety, and opportunities for understanding and appreciation of the historic battlefield and the landscape of the Eisenhower site. This project is necessary for the following reasons:

Opportunities to interpret the park landscape more intimately (i.e. outside of a vehicle) should be expanded to improve the visitor experience and understanding of the history of the parks.

During peak visitation there is considerable traffic and tour bus related congestion on the self-guided tour route.

There are safety concerns due to a lack of designated separation between vehicles and pedestrians along paved roadways.

A lack of clearly defined trails and pathways in the park leads to

“social trailing” that often results in erosion and degradation of cultural resources.

There is a lack of connections for visitors to access park sites by modes other than vehicles or motorized tours.

Visitors experience wayfinding challenges due to fragmented trail segments, poorly identified pedestrian routes.

Conflicts exist on trails (i.e. equestrian trails) authorized for multiple user groups.

Physical degradation of the park's existing trails results in accessibility challenges to persons with disabilities.

The lack of wayfinding and poor delineation of trails limits the ability to enforce temporary trail closures needed for maintenance or resources management.

The NPS proposes to enhance and expand the trail network so visitors can experience more of the battlefield without vehicles; consider multi-modal uses of commemorative park avenues to improve safety and accessibility;

establish additional bike routes; expand opportunities for visitor access to Eisenhower NHS; evaluate hiker/biker shuttle opportunities; and assess the expansion of equestrian trails if inclusion of horses is appropriate to the story of the battle and if resources are not adversely impacted.

New trails would follow historic alignments such as avenues, lanes, railways (where appropriate), tree lines and fence lines in place at the time of the Battle of Gettysburg.

For more specifics related to the development of a Comprehensive Trails Plan, the NPS has prepared a newsletter that is available at <http://parkplanning.nps.gov/TrailsPlan>.

The NPS seeks the public's participation in the planning process for the Comprehensive Trails Plan. We are now accepting written suggestions, comments, and concerns regarding the proposal, which can be submitted online at <http://parkplanning.nps.gov/TrailsPlan>.

Comments are requested by January 30, 2016.



The proposed trail plan at the Gettysburg National Park is designed to improve visitor access, convenience, safety, and enhance opportunities for understanding and appreciation of the historic battlefield.

Public Open House - Members of the public are also invited to attend a public open house on Thursday, January 21, 2016 from 6:30 p.m. to 8:30 p.m. at the Gettysburg NMP Museum

and Visitor Center, Ford Education Center, 1195 Baltimore Pike, Gettysburg, to learn more about the proposal. The NPS will also be accepting comments at the open house.

Mount hosts 37th Annual Goodloe Bryon 10 Mile Mountain Run

Runners filled the top level of the Field House of Mount St. Mary's University on Saturday, December 5 as they prepared for the 37th annual Goodloe Bryon ten mile run.

The race is a low key event held at Mount St. Mary's University every year in honor of the late U.S. Congressman Goodloe Byron. Byron spent his life as a public servant and the run was created to continue his work.

“We want to try to keep the flavor of who my father was, alive,” Said Byron's

son, Kim Byron, who has been directing the race for 15 years along with Larry Cunningham the Race Marshal.

This year the event had a “ground-breaking” turnout: 115 racers pre-registered for the race and 35 to 40 racers registered the day of. Racers paid just \$35 to register in the race and received a t-shirt. The proceeds from the race are used to create two scholarships for students at Mount St. Mary's. The average age of the racers this year was 40, the youngest racer

was 20 and the oldest was 71.

The race began in front of the Field House at Mount St. Mary's University at 9 a.m. Racers who wanted to walk the ten miles were invited to begin at 8:15. Those who were running the race were ready to go as they warmed up by running outside the Field House before the race began.

At 9 a.m. racers gathered at the starting line as Byron welcomed and thanked them for attending the event. Byron explained the course, which

consisted of all right turns. The course runs through the victory tunnel back to the Main Campus then goes south around St. Anthony and Kelbaugh Roads. In the first three miles of the race, runners got to run on the country roads, from there they turn onto Eyer Valley Road, pass the historic Eyer Chapel, past both Summit Lake and Rainbow Lake, and eventually coming back to the Field House.

Emmitsburg Ambulance Company spent the night before the race hard at work to make sure the course was set up safely and prepared for the racers. The day of the race, volunteers

Don and Beth Ruppel, set up at Eyer Chapel in case anyone needed medical attention. This is something they do each year and Byron could not be more appreciative of them.

“It's great to have professionals helping; each year they do their best to keep everyone safe and on the right roads.”

Cunningham described the race as an old style race that allows runners to get in touch with the land. The only technology used in the race is the finish line, allowing the racers and directors of the race to preserve the land. There is not a lot of “hoopla” and according to Cunningham that is just the way they like it.

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- **Heritage Farm Park** (yard waste drop-off site) 9224 Devilbiss Bridge Rd, Walkersville
- **Reichs Ford Road Yard Waste Recycling Site** 9031 Reichs Ford Rd, Frederick

Please remember to remove all ornaments, lights, tinsel, garland, tree stands and plastic bags before leaving the tree at a collection site.

For additional locations and more information, please call 301-600-2960 or visit our website: www.FrederickCountyMD.gov/recycle

Except for the Reichs Ford Road Yard Waste Recycling Site, all locations are for residential use only, no commercial drop-offs. Thank you!

Another's Treasure opened on December 5th. Another's Treasure sells all types of furniture for any room in your home or office. Another's Treasure is located at 5B East Main Street. Lora Owens and Damon Greenfield, Proprietors.

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COMMUNITY NOTES

Wedding white

Kathy Reid
Gettysburg Wine & Fruit Trail

While the unusually warm weather this winter is keeping our landscape green and brown instead of white, we know that there are folks who are dreaming of white things after a Christmas engagement ring was received as gift. The South Mountain region of Pennsylvania and Maryland is a perfect destination for weddings, regardless of season. Whether your dream is of a traditional church wedding with reception outdoors or inside, a wedding ceremony with nature as a guest and reception to follow at a winery or historic setting, or a ceremony and reception that is somewhere in between these visions, the family owned businesses of the Gettysburg Wine and Fruit Agritourism Trail in the South Mountain region can help make your dream a reality.

Our South Mountain region has a number of unique and historic barns that have become sites for weddings and receptions. Beech Springs Farm is one-of-a-kind wedding venue located in Orrtanna. The farm is located on a 10 acre site that includes a beautifully restored 1867 barn and glorious gardens surrounding the barn. This venue offers a number of wedding package options that allow you to integrate the beauty of the region

into your wedding day photos and reception. The historic 1867 Pennsylvania bank barn, accented by natural stone, pine floors and the original oak & chestnut beams brings the beauty of nature outdoors inside for the reception. The Historic Round Barn in Cashtown is another member venue that offers a unique and beautiful setting for your wedding and reception or just the reception. Built in 1914, this is one of three remaining round or barrel barns in Pennsylvania. The reception area is a round space with hemlock, chestnut and oak wood harvested from the farm's woodlands beautifully on display as rustic décor for your wedding. There is an outdoor chapel built in the woods for the ceremony itself while the reception area inside the historic barn the oak and chestnut beams timbered from the farm's woodlands provide a rustic charm to your event.

Springfield Manor Winery & Distillery is located in Thurmont, Maryland and offers two different reception venues. The renovated bank barn is an ideal location for up to 150 guests. Rustic beams & beautiful farm tables create a lovely setting. Glass panel garage doors expand the view, and open to allow the event to flow directly on to the adjoining patio. The elegantly constructed ballroom is perfect for events of up to 299 guests. A serpen-

tine sunporch and generous terrace further expand the setting. Unsurpassed mountain views create a magnificent backdrop throughout the seasons. The wedding ceremony itself can take place in the vineyard, lavender fields, in the gardens or wherever your heart directs you to. With stunning views of the Catoctin Mountains in the background, this member's venue showcases all that our agritourism trail wants the folks in the South Mountain region of Pennsylvania and Maryland to discover and appreciate: a family business, land and facilities that have been renovated and put back into use, protection and promotion of the natural beauty of the region and showcasing the region's growing winery face with its production of quality wines to accommodate any taste or budget.

Our region is graced with a number of historic museums and parks that also provide settings for outdoor weddings. The Renfrew Museum and Park in Waynesboro offers weddings and a reception site near the pavilion area of the historic grounds. The ceremony takes place on the lawn between the historic home and beautiful stone wall that provides a beautiful backdrop for wedding photos. The unspoiled landscape and restored buildings at the park also provide a beautiful backdrop for wedding photos. Ironmaster's Mansion, located in Pine Grove Furnace State Park,



The Round Barn, just outside Cashtown.

is another wedding gem of the South Mountain region. The English Tudor architecture of the Ironmaster's Mansion, built in 1829, offers a perfect backdrop to your very special wedding day. Wedding packages are available for full use of the mansion and grounds or just for the grounds which include the gardens and courtyard.

Dill's Tavern and Plantation located in Dillsburg offers 1.5 acres of natural historic gardens and property, including the fully-restored National Register Historic 18th Century Tavern and its magnificent brick courtyard and balcony. Dill's Tavern is the perfect venue for couples with a love for Revolutionary War history as the renovations over the years have maintained the tavern's historical integrity. The ceremony can be held at the Tavern or down the street at the Historic Monaghan Church. The Mary-Penn B&B provides another historical setting that incorporates so much of what makes our area unique: an historical house divided by the Mason and Dixon line located next to the beautiful Marsh Creek with natural views in every direction. This very private setting allows for options for your ceremony – by the creek

or under the shade of the ancient trees in the lawn next to the house. One important thing to know about this setting: make sure you get the right state's marriage license based on where you want your ceremony to be held! Part of the house and property is in Maryland, the other portion is in Pennsylvania.

Last but not least, our wineries, cideries and breweries would be happy to be a part of your special day. Your decision to select one of the venues listed here for your reception that does not have a liquor license will allow you to purchase the beverages you like from your favorite local business to serve to your guests without paying a "corking fee" for each bottle opened. Many of our Trail wineries have wedding packages as do our Trail overnight accommodation members. To learn more about all the wedding venues and reception options on our Trail, as well as members who can accommodate bridal showers, rehearsal dinners and future baby showers, please visit our website: GettysburgWineandFruitTrail.com. And congratulations to all newly engaged couples in the South Mountain region of Pennsylvania and Maryland!



The dining room in the restored bank barn at Springfield Manor Winery & Distillery, south of Thurmont, is the perfect location for banquets and receptions.

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HEALTH NOTES

Save lives – donate blood



Kelsey Felice Shupe
Frederick Memorial Hospital

Did you know that January is National Blood Donor Month? Cold weather, holiday schedules, and increased cold and flu symptoms can contribute to a greatly reduced number of blood donors in the month of January.

According to the American Red Cross, every two seconds someone in the United States needs blood. Because blood cannot be manufactured, organi-

zations like the Red Cross rely on generous donors for these lifesaving donations. And while an estimated 38% of the U.S. population is eligible to donate blood, less than 10% actually do each year.

Since 1970, January has been recognized as National Blood Donor Month; and for good reason. It's a time when blood organizations like the American Red Cross pay tribute to the nearly 11 million people who give blood each year, and encourage others to start the New Year off right by donating the gift of life.

Why Donating Blood Matters

Blood donations save lives on a daily basis, but to put that in perspective the American Red Cross has provided some eye opening facts about blood needs in the United States:

- During a typical blood donation, roughly 1 pint of blood is donated. However, a single car accident victim can require as many as 100 pints of blood.
- More than 1.6 million people were diagnosed with cancer last year. Many of them will need blood, sometimes daily, during their chemotherapy treatment.
- Sickle cell disease affects more than 70,000 people in the U.S. About 1,000 babies are born with the disease each year. Sickle cell patients can require frequent blood transfusions throughout their lives.

As you can see, the simple act of donating blood each year can have a huge impact on the health outcomes of so many individuals!

How to Donate Blood

To find a blood drive near you, simply visit www.redcrossblood.org and search by your zip code. This is the first step in finding a nearby blood drive or blood donation center. To prepare for your donation, the American Red Cross suggests that you follow these steps to ensure a successful and comfortable experience:

- Drink plenty of fluids on the day of your donation
- Wear comfortable clothing, including sleeves that can be rolled up easily
- In the weeks before your donate, include iron-rich foods in your diet such as beef or chicken, shrimp, spinach, whole wheat breads, strawberries, beans, etc.
- Bring a list of medications that you're taking
- Bring your donor card, driver's license, or two other forms of identification
- Bring a friend and relax!

From start to finish, it takes a little over an hour to donate blood. This time frame includes registration, health history and short physical exam, the actual donation, and tasty refreshments. To learn more about the step-by-step process, visit <http://www.redcrossblood.org/donating-blood/donation-process#t1>.

After Your Donation

Once you've finished, simply continue to hydrate and try not to exert yourself too much for the rest of the day... you've just given a lifesaving gift by donating blood!



FMH Cancer Program Earns Reaccreditation with Seven Commendations

Accreditation from the American College of Surgeons Commission on Cancer (CoC) is the yardstick against which America's top cancer treatment programs measure their performance and progress. Every three years, the FMH Cancer Program voluntarily participates in this rigorous accreditation process in order to compare the success of its program against nationally recognized quality measures and standards of care.



The FMH Cancer Program recently received a three-year reaccreditation from the Commission on Cancer with commendations in seven out of seven categories. The commendations were received for clinical trial accrual, cancer registrar accrual, public reporting of outcomes, College of American Pathologists protocols, nursing care, RQRS participation, and data submission (accuracy of data).

Congratulations to all of the physicians, nurses and staff members who make this accreditation possible!



To learn more about the FMH Cancer Program, please visit fmh.org/cancer.



A community hero

Michael Kenney Jr.
MSM Class of 2019

What's one difference between the comic book phenomenon Clark Kent of Smallville, Kansas (i.e. Superman) and Emmitsburg's one-and-only Chris McKenna? It's simple: Chris McKenna is real. Just as Kent juggled his roles as a journalist and superhero, McKenna seamlessly adapts his daily lifestyle to the needs and responsibilities around him. One moment, he may be seen joking with his peers on their way from class, and the next, he may just as easily be seen rescuing civilians trapped in a house fire or providing medical assistance to victims of a devastating car accident. As a student leader and volunteer firefighter, McKenna goes to great lengths to keep the Emmitsburg community safe. McKenna has a background chock-full of experiences and a future so promising that even Clark Kent's resume would fall second tier.

McKenna, a current junior at Mount St. Mary's University, has a lifetime of maturity under his belt. In addition to being both an Eagle Scout and standout student, he finds time to pursue a double major in criminal justice and sociology, work on behalf of the Mount's Residence Life Office, and, most altruistically, volunteer with the Vigilant Hose Company. Devoting time to volunteering is important for McKenna as it ultimately enables him to fulfill his childhood dream and to follow in his brother and father's footsteps.

"When I first started, I was that hot-head rookie. I knew what I was doing,

-or I thought I knew what I was doing, wanted to tell everyone what to do, and I got knocked off my high horse pretty quick by some of the senior firefighters."

McKenna and his fellow firefighters never cease growing in their companionship and learning in their field. Daily pranks and lighthearted conversation keep the nerves to a minimum. Many of the volunteer firefighters who transition into career positions return to the Vigilant Hose Co. to share the different emergency training techniques that they have adopted. Ultimately, McKenna notes that the number of years the crewmen have worked together in resolving intensive community problems has created a strong sense of loyalty, trust, and comradery.

"You grow that bond and you know that this is the person I can go to if I have any questions and who I would want to have backing me up on the hoseline or next to me when I'm working a patient," McKenna says.

As a volunteer firefighter, McKenna provides an array of emergency services—ranging from assisting people out of minor situations, to providing emergency medical assistance, to rescuing people trapped in a fire. While McKenna notes that he is honored to help in any situation he can, he inevitably finds himself acting most decisively when the stakes are at their highest.

"You kind of step it up a few notches," he says.

As soon as they receive an emergency dispatch, McKenna and his crewmates starts creating a game plan. While they are never completely aware of the situation's gravity until they arrive at the

scene of action, McKenna's fellow firefighters consider the situation from all angles and strategize which roles each firefighter will play to remediate the situation.

"The adrenaline is pumping higher than ever. What's going through your mind is: 'What am I going to do?'"

When McKenna arrives at the scene, he abandons his nerves and wastes no time getting to work. McKenna describes just how transfixed he becomes during a rescue mission in saying, "Sometimes, time stops or slows. And it just seems like an eternity that it takes you to do something that in reality took you five minutes to do."

Inevitably, firefighting consistently ranks as one of the nation's most stressful jobs. McKenna admits that "Ultimately it's a rewarding job, but there are some side effects to it." He describes some of these 'side effects' saying that "Some people—myself included—have flashbacks, nightmares. You can't sleep for the first night or two. But that's normal because of what you've seen. And it's just the body healing."

Although his academic responsibilities and additional leadership obligations can at times exacerbate the stress associated with firefighting, McKenna hails the Mount St. Mary's University community and his fellow firefighting crew as integral support systems.

Though the stresses associated with firefighting take their toll, McKenna says rewards of volunteer firefighting far outweigh their challenges. When asked to identify his most rewarding experience, McKenna finds it difficult to pin down a single situation. However, some certainly stand out in his



VHC Firefighter Chris McKenna (MSM Class of 2017)

mind. In one case, McKenna provided emergency medical services to little boy suffering from a very traumatic injury. McKenna became deeply moved three months later when the young boy visited the firehouse to personally thank McKenna for saving his life.

"The reward of knowing that I was able to give that kid another chance—that makes it worth it," McKenna says. Another time, McKenna remembers having to leave in the middle of class in order to provide medical services to those involved in a car crash. Ironically, one of the victims of the crash was related to the professor of the class that he had just departed early from. McKenna, once again, was integral in providing exemplary medical services. He notes that "You can't save them all but the ones you do, it's totally worth giving that person more of a chance to live."

Though McKenna's work as a volunteer firefighter can sometimes overlap with his school responsibilities, the Mount has completely supported McKenna's work for the community. Simon Newman, the Mount's new president, recently awarded McKenna

with the President's Leadership Award for his valor in helping stomp out the two deadly fires that took place in early December.

Upon graduation, McKenna aspires to become a police officer. While he had always planned on pursuing a career in firefighting, one particular emergency situation motivated McKenna to pursue a career in criminal justice instead. McKenna describes an emergency dispatch he received regarding a domestic violence situation. He recalls arriving at the home to provide medical assistance and seeing the severely beaten individual and police officers swarming the scene.

"At that moment, I was like 'I want to continue to help people in emergency situations, but I want to get there first. I want to be able to get there and hopefully help that individual that's really in need. We do a lot of the same jobs. A lot of the mission statements are similar. But it's helping people in a different role.'" McKenna plans on continuing to serve as a volunteer firefighter while working as a police officer.

Indeed, McKenna's multifaceted heroism falls nothing short of super.

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WWI NEWS REPORTS FROM THE FRONT

Montenegro falls, Mesopotamia erupts



With the war in Europe dragging on with no winner in sight, Americans were quickly souring on any thought of entering the fray – clinging to the safety of neutrality.

January 7

The slogan “1916 will be our year of victory” - is being echoed in all Allied nations today. From the highest official to the lowest peasantry there is the sincerest optimism despite the Allies will win the war in spite of the Central Powers ascendancy on practically every battlefield.

Greece has protested against the arrest of the consuls of the Central Powers at Soloniki, which it terms a violation of Greece's sovereign rights. The arrests was ordered by the French commander as a result of a German airplane attack upon the city. British and French troops surrounded the consulates, arresting all the members of their staff and seizing their archives.

Soloniki is supposed to be neutral territory, but the presence of the Central Powers consulates at the base of the British and French armies has been a serious menace, according to the British.

The Central Powers have yet to make a decision as to whether action would be pursued against the British and French forces taking refuge on Greek territory. Greece has made it clear it is determined to maintain neutrality. The German ambassador to Greece has told the Greek prime year that the best interest of Greek demanded the removal of the French and British.

The Greek king has questioned why the Allies are remaining at Soloniki. The King said he could understand their presence so long as there was a possibility of aiding Serbia, but now that the objective of that mission has failed, he does not understand why they remain. “No useful military purpose is to be served,” said the king, “and it is fairly obvious that if the French and British withdrew, the armies of the Central Powers would also withdraw, ending any threat against Greece.”

Meanwhile the Bulgarians have abandoned further pursuit of the remnants of the Serbian army into

Albania on account of the wretched conditions they are facing. The Albanians themselves are attending to the completion of the destruction of the Serbian army.

On the Eastern front, the rejuvenated Russian army, equipped with munitions from Japan, America and England, is engaged in a great attack on the Austrian forces in Galicia where the Russians have pierced the Austrian positions in the immediate vicinity of Czernowitz, compelling the Austrians to fall back to their secondary line and assume the defensive.

Russian officers speak of the enormous difficulties Russians have had to surmount the Austrian trenches, where an entanglements of barb wire are often laid 24 feet deep and charged with powerful electric currents, supplied from stations especially erected for that purpose.

Czernowitz lies in a deep valley. The town itself is not a great strategic value. Its fall is likely to have greater political than military significance, as a success by the Russians at this time would be likely to have a far-reaching effect on the Romanians.

January 14

The Russian offensive still occupies the most important place in the news of the war, with the capture of Czernowitz as the latest achievement reported.

It is not yet clear whether the Russian operation in this theater heralds a big new offensive movement of all the Russian armies from the Baltic to the Romanian border, or merely indicates a diversion of unparalleled magnitude and fierceness designed to weaken the pressure of the Central Powers in the Balkans and on the Italian front.

The fighting has been of the bitterest character, according to both Austrian and Russian reports. Few prisoners are being taken, and the infantry engagements are largely

in the nature of hand-to-hand encounters.

The Russian offensive has been well prepared, and the Russians have great reserves of men in artillery, and if successful, the offensive may encourage Romania and Greece to enter the war on the side of the Allies.

The Austrians and Germans appeared to have abandoned hope of the recapture of the territory lost in the fighting with the Russians, and a general evacuation of the forward basis by both Germans and Austrians is proceeding vigorously. For months passed, the Germans and Austrians had been accumulating military stores for a spring offensive. Enormous warehouses have been filled from floor to roof with military stores. These warehouses are now being hastily evacuated to the rear other present front-line.

On Monday, the British announced that the complete evacuation of the Gallipoli Peninsula had been successfully carried out. The London morning papers comment with satisfaction and relief on the successful evacuation of Gallipoli.

The news of the failure of the Dardanelles expedition aroused enormous joy and satisfaction in Constantinople. Berlin newspapers are full of stories on what this means for the British, besides the enormous losses of men, ships and money. They recall the proud words of Mr. Churchill that through the Dardanelles were the shortest roads to triumph. With the threat posed to Constantinople over, important Turkish troops are now free for action in other fields.

Meanwhile, the announcement of the occupation by Austria of Mount Loveen in Montenegro on Tuesday is serious, owing to the fact that it dominates Cattaro Bay, the principal Austrian naval base.

The question is being anxiously raised as to why the Allies did not long ago sent aid to Montenegro, and in particular, why Italy, which is more acutely affected by this Austrian invasion, had not taken preventative measures. Military critics point out that with the capture of Mount Loveen, Austria gained the domination of the Adriatic coast and will be able to invade northern Albania now with ease.

On Thursday, the Austrians captured Cetinje, the capital of Montenegro. With Cetinje in the hands of the Austrians, the Montenegrins are hemmed in on almost every side, and, unlike the Serbians, have little opportunity to retreat beyond the borders of their country. It is doubtful whether they would be able to escape into northern Albania, and should they do so they would be opposed by the hostile tribes of that region. Reports have been received of an armistice between Austrian and Montenegro with the purpose of negotiating a separate peace.

The British Army at Kut-el-Amara, in Mesopotamia, has been surrounded by the Turks. The main



Like most European countries, Montenegro was drawn into WWI as a result of a treat – in her case, with Serbia. Once Serbia fell, Montenegro was no match for Austria, and quickly surrendered.

British army in Mesopotamia, is in retreat, 10,000 men having been left in Kut-el-Amara to cover the movement. The retreat from Kut-el-Amara apparently means the abandonment by the British of any attempt, at an offensive campaign in Mesopotamia.

It was in November of 1914 that a British-Indian force, starting from the Persian Gulf, began marching north and west over the desert following the Tigris and Euphrates River. The fighting was exhausting, but the British pushed northward steadily until, in September, they reached Kut-el-Amara. They defeated the Turks there and advanced to within 18 miles of Baghdad. The Turks sent a large force to save Baghdad and won a victory over the British. The British fell back on Kut-el-Amara, 105 miles Southeast of Baghdad.

A British force which apparently was on the way to reinforce Kut-el-Amara, lost 3,000 men when it attacked Turkey's positions at Sheik Said some twenty miles for Kut-el-Amara. The British force is still halted at Sheik Sadd due to weather conditions and the necessity of removing the wounded by river.

January 21

The Russian offensive, resumed in force after a brief halt, is being pressed with more determination than before. Russian attacks on Austrian positions are increasing in intensity, the Russians repeatedly charging in masses. The Russian losses are said to have been frightful, at one point 1,000 dead having been left before the position of an

Austrian brigade.

In Montenegro, the Austrians, following up upon their capture of Cetinje, are pursuing the depleted forces of King Nicholas of Montenegro, and have made additional captures. King Nicholas has issued a proclamation to his people declaring that surrender was necessary in order to prevent the complete ruin of his country.

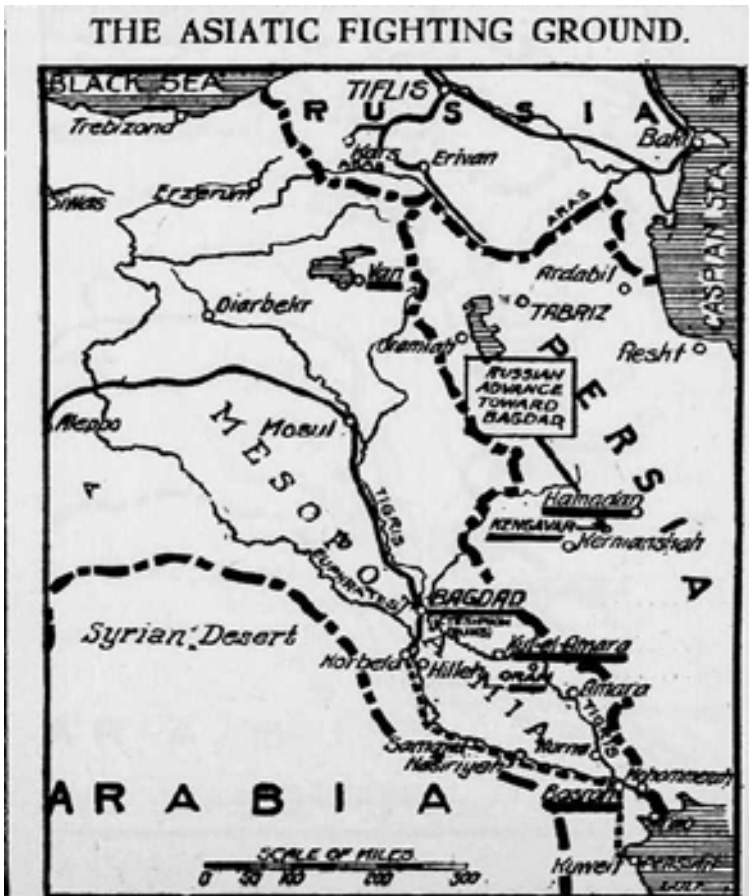
A considerable share of editorial space in the morning newspapers have been devoted to Montenegro's surrender. Which is generally characterized as the work of court influences, with dynastic rather than national aims. This is sorry to the glorious history of Montenegro, which henceforth will only be a vassal state of Austria.

An ultimatum has been given to the Greeks by the French and British, calling for Greece to expel the ambassadors of the Central Powers within 48 hours, failing which, the Allies we'll take necessary measures.

Berlin newspapers are united in stating that the Allies seem to have abandoned all regard for Greek neutrality and sovereignty. The fact that the British are blockading the Greek coast is interpreted by the papers as meaning that the Allies are preparing the overthrow of the Greek government. German newspapers point out that the entire Greek army and the majority of the Greek population is on the King's side and will frustrate all attempts against the king.

The Greek king stated his profound indignation at which he termed the unheard-of high handedness of the Allies towards Greece. The king recited a long list of which he called the Allies encroachment

JANUARY, 1916



With the Balkans firmly in control of the Central Powers, fighting shifted to the warmer climate of Mesopotamia, where the Germans hoped to seize the Suez Canal.

official statement declares that the Turkish army in the vicinity of Erzerum had been defeated and was retreating precipitously to the protection of forts.

Russian columns operating in Persia have pushed to and occupy the town of Sultanabad, 150 miles southwest of Teheran and about an equal distance northwest of Ispahan.

Petrograd attaches great importance to the defeat of the Center of the Turkish army along a 60-mile front between Lake Tortum and the Gelia River, with the result and capture other fortifications of Keupri Keui, which was defended by nearly an army corps.

The importance of Keupri Keui is due to the fact that it is the last natural stronghold on the road to Erzeru, 30 miles to the west, to which the Turks are retiring. It is considered possible that the victory will have influence on the situation in Mesopotamia and oblige the Turks to withdraw forces for the defense of Erzerum.

The Russian Caucasus campaign began towards the end of summer. During autumn three Turkish divisions were thrown back at Olti, while in the district of Lake Van a division of Turks was defeated. The operation towards Urumiah ended with the defeat of the Persians, Turks, and Germans, thus guaranteeing the safety of the Russian flanks.

In December the Russians began an active attack against the Turkish center, and on January 3 broke the lines of the Turkish 11th Corps, so that these forces were obliged to retire in disorder. Not until three days after the beginning of the retreat of the main Turkish army was an attempt made to threaten the Russian right along the sea. This offensive was quickly stopped. After a breach had been forced in the positions of the Turkish 11th Corps the retreat became a rout, the Turkish forces falling back upon the Erzerum fortress, leaving dead, wounded and equipment behind.

News of the Russian success is causing great optimism in London, for it would appear that the Allied War Council plan of stretching the military wall between the Turks and British and Russian Asiatic territory is about to succeed.

Reports come from Constantinople that the famous German Field Marshal, Baron von der Goltz, has been appointed Commander-in-Chief of the Turkish forces in the Caucasus. The Field Marshal, who was sent from Germany several years ago to reorganize the Turkish



Egypt was the key to controlling the Suez Canal. Had the Germans been able to seize the Canal, England would very likely have lost all its Far East colonial territories, including India, which was always on the verge of revolt. Additionally, the loss of supplies and men from these colonies would have crippled England's ability to wage war. So seizing control of the Canal was a major imperative of the German High Command.

army, is one of the most remarkable of Turkey's military leaders and his appointment doubtlessly highlights the successes of the Russians in that theater. The Field Marshal will be opposed by Grand Duke Nicholas, who, with his reinforced army, has won recently a series of victories in that theater.

British possession of territory protecting the Suez Canal at its southern end is imperiled by attacks made by large bodies of Arabs and Turks on the British forces in southwestern Arabia. The British have been driven from all the territory they held in that section of the country and has suffered extremely heavy losses in the fighting. It is reported that the British have lost 15,000 killed and 20,000 wounded. The implications of the attacks is that the British army in Egypt is now virtually cooped up in Aden, near the entrance to the Red Sea, which must be held if the southerly approach to the Suez Canal is to be protected.

At the beginning of the war the British were in possession of 250,000 km² in southern and southwestern Arabia, all which has been lost. All the Arab chiefs join the Turks and are now using successfully against the British the arms supply to them.

Aden, in southwestern Arabia, has been heavily fortified by the British and is referred to as the Gibraltar of the East. Several times

since the beginning of the war Turkish forces have threatened the city, but there have been no previous reports of heavy fighting, and London has professed confidence in the ability of the British troops to repel all attacks.

The American Ambassador to Germany report on the conditions of British civilians interned by the Germans has brought an outcry in London circles. According to the report, the Ambassador criticized the British citizens for their laziness. "The British citizens," said the Ambassador, "are adverse to doing any manual labor whatever, but instead sit in deck chairs and listen to concerts, attend the cinema and theater, play tennis, golf or cricket, and enjoy themselves at private clubs. In short," said the ambassador, "they are having a jolly good time at the expense of England while English soldiers are freezing to death in trenches." "To make matters worse," continued the report, "British prisoners are made to do all the fatiguing work to keep up the standard of living of the civilians." The ambassador's report notes that the British government is distributing about 60,000 Marks monthly to the interned citizens to maintain their carefree lifestyle.

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on the sovereignty of Greece.

The king called Great Britain and France hypocrites - citing their talk about the violation of the neutrality of Belgium and Luxembourg by Germany - while they themselves have done that very thing in Greece.

"Just look at the list of Greek territory already occupied by Allied troops," said the king, "in proportion to all Greece it is as if that part of the United States which was won from Mexico after the Mexican war was occupied by foreign troops - and not so much as - 'by your leave.' What matters that they promised to pay for the damage done when the war is over? They cannot pay for the suffering of my people, driven out of their homes. They plead military necessity. Yet it was under the constraint of military necessity that Germany invaded Belgium and occupied Luxembourg."

"The history of the Balkan politics of the Allies is the record of one crass mistake after another," continued the king, "and now, through pique over the failure of every Balkan calculation, they tried to unload the result of their own stupidity. We warned them that the Gallipoli enterprise was bound to fail, that negotiations with Bulgaria would be fruitless, and that Austria and Germany would certainly crush Serbia. They would not believe us, and now, like angry, unreasonable children, the Allies turn upon Greece. They have deliberately thrown away every advantage they ever had of Greek sympathy. At the beginning of the war 80% of the Greeks were favorable to the Allies. Today, not 20% would turn their hand to aid the Allies."

In his closing remarks, the Greek king said that he believed that if Germany were not economically exhausted, the outcome of the war would be a draw.

In Mesopotamia, Turkish cavalry forces are making effective raids in Persian territory and have defeated Russian cavalry forces opposing

them. Turkish troops also have entered the so-called new Persian capital, Kermanshah, and were heartily greeted by the population of the town, which was decorated with bunting. Persians from the country around the city are arriving in large numbers to welcome the Turks.

British newspapers are pointing out that the reported invasion of Persia by Turkish regular forces is another step in the German thrust eastward. Kermanshah is known to be the headquarters of German intriguers in Persia and has been for some time under German control. It is an important point to hold, because the roads from the Turkish frontier meet there. Last December there were reports of an impending march by the Turks and the Germans across the country on India.

London meanwhile reports that Turkish forces have fallen back to within 6 miles of Kut-el-Amara. The Turks retreated, as a result of another British victory. This is the second defeat for the Turks in Mesopotamia in the last few days, as given in British official reports. It was announced in London on Wednesday that the Turks were beaten at Orah, on the Tigris, 25 miles below Kut-el-Amara, and were in retreat.

January 28

On the field of war in Asia further success had been gained by the Russians against the Turks in the Caucasus campaign, the latest Russian

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HISTORY

Rediscovering Colonial America

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Part 3

In early September, 1758, the advance of the British army was less than fifty miles east of Fort Duquesne. As construction on the future Fort Ligonier continued, the work details and soldiers were periodically harassed by detachments of French soldiers and their Indian allies. With all of the skirmishing, many of the British and Royal American officers were growing increasingly impatient with the situation. Many wanted to take the fight directly to Fort Duquesne.

Brigadier General John Forbes and Colonel Henry Bouquet had some conversation about sending a small detachment of men to attack Fort Duquesne, and doing so at night. This would conceal their movements and hide

themselves from the French. Such a maneuver would allow the British to gather intelligence about the layout of the fort and camps. But with very little information coming to Brig. Gen. Forbes from the numerous scouting parties, he felt such an attack was too risky and it was not the right time.

When Major James Grant arrived at Loyalhanna on September 7, he met with Col. Bouquet, and suggested that they make a move to Fort Duquesne. This would lessen the pressure placed on the British. The plan between the two men went completely against Brig. Gen. Forbes orders. On the positive side, by sending Major Grant out, information and intelligence could help to speed the process of the campaign. Information such as the strength of the French fort and their Indian allies was lacking. He could also report back as



Crossed pickets in front of and on top of fort walls were effective in breaking up frontal assaults by mass troops during the French and Indian War.

to the layout of the fortification itself. Such an operation would have to be kept secret.

It was decided that a mixed force of British and Royal American soldiers, consisting of about 860 men and 38 officers would move against the French at Fort Duquesne. Major Grant would begin his movements on September 9. He was to move to Grant's Paradise, and reinforce the area with breastworks. The next day Major Grant was met by Col. Bouquet, where last minute details were discussed.

By September 12, Major Grant was within ten miles of Fort Duquesne and had yet to be detected. He sent out various detachments of the Virginia regiment to gather information. Ensign Allen reported back that night that campfires dotted both sides of the river where Fort Duquesne was located. But for unknown reasons, this information was discounted or ignored by Major Grant.

The next day, Major Grant began his movements once again. He ordered Major Andrew Lewis

and 200 men to post themselves five miles from the Fort. Later in the day, Major Grant moved forward and linked up with Major Lewis. By evening, Major Grant again moved forward. By 11:00 p.m., Major Grant moved onto a high hill, four miles away from the French fort. Not one campfire was seen in the distance. Violating his orders, and thinking a small garrison guarded the fort, Major Grant decided to attack the French fort.

Before dawn, in the early morning hours of September 14, Major Grant's men began penetrating the French exterior hornwork, setting fire to one of the buildings. As daylight came, Major Grant decided to draw up the plans of the fort. But since his force was divided into several sections, the left flank had been discovered, and the ambush that was meant for the French fell apart. Instead, the French and allies, totaling 500 men, ambushed the left flank of Major Grant. Soon, the French and their Indian allies attacked Major Grant's position. Platoon after platoon began firing. Within a short amount of time Indians began to surround Major Grant's position, using the banks of the rivers to conceal their movements. Then Major Grant's left and right flanks began to collapse. The same tactic used to attack Major General Edward Braddock was being used on Major Grant's command.

Before Major Grant's command collapsed, he ordered Ensign Alexander Grant back to Loyalhanna for reinforcements. But no help would come. Out of 38 officers, 22 were killed, wounded or captured. Of the 860 men, almost 400 would be killed, wounded or captured. Major Grant himself was captured during the battle. The French losses

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HISTORY

were a mere 16 killed or wounded. Whether Major Grant was making a name for himself or not, once news got back to Col. Bouquet, he was quite upset. The news then had to be reported to Brig. Gen. Forbes, who in return, was also very displeased with the situation.

Brigadier General Forbes did see the brighter side of Grant's massacre. The French and their Indian allies had felt that they destroyed another major army. Because of this, many of the Indians began to leave to prepare for the winter. Brig. Gen. Forbes would use that to his advantage as he planned for the final push toward Fort Duquesne late in the Fall. In preparation of the attack, the men back at Loyalhanna strengthened their fortifications, expecting a counterattack, but one never came.

The building of the British fort continued under the command of Colonel Burd while Col. Bouquet moved back east to oversee operations on top of the Allegheny Mountain. For a few weeks, the British and Provisionals did not see any Indians. As building progressed, more Provisional troops were marching along the

way. Near the middle of October, troop levels were estimated to be around 2,000 men.


By mid October, the French knew which direction the British army would advance upon them, and scouts were sent out to observe the British army. The French knew that they needed to inflict one more disaster on the British army, which would stall their campaign until the next Spring. Knowing that the encampment at Fort Ligonier was a strong position, the French decided to focus on supplies rather than taking the fort. The French commander Captain François-Marie Le Marchand de Lignery at Fort Duquesne dispatched 440 French Marines and Canadian Militia, along with 150 Indians under Captain Charles Philip Aubrey. Their goal was to inflict as much damage as possible on the British forward logistics.

On October 12, the French closed in on Loyalhanna. Guards were stationed outside of the fort's walls. Known as the "Grass Guards," these men were located about one and a half miles outside of the fort guarding livestock. At 11:00 a.m. shots were fired.

Col. Burd ordered 200 men from the Maryland Battalion out, but they were quickly driven back. The Marylanders were reinforced by 500 men of the 1st Pennsylvania Battalion and three companies of the North Carolina Provincials, but the larger French force drove them back to the fort. Soon the entire garrison was under arms.

As the French approached the garrison, the men unloaded their weapons on them. After about two hours of fighting, the French were driven back by the British artillery. The French and their allies waited for darkness. By 9:00 p.m., the French attacked, but the British artillery forced them to fall back again. Early the next morning, the French Marines, the Canadian Militia and the Indians fell back and began to march to Fort Duquesne. By the end of the battle, the British losses were 61 men killed, wounded or missing, and upwards of 200 livestock killed. The French losses were light, at 2 killed and 7 wounded.

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MOM'S TIME OUT

Resolutions you'll want to keep

Mary Angel

Can you believe it is already 2016? I know I can't. This is the time of year when people start making their New Year's resolutions. Most of which do not last past the end of February and most of which have something to do with self-improvement. Many times it is some sort of a weight loss or exercise resolution. What if this year we all made a resolution that was for the people around us or for improving the world we live in?

Your resolution might still involve exercise or weight loss, but what if your motivation wasn't to look better but to prolong your life and improve your quality of life for those around you. What if your goal was for the ones you loved. Maybe if you set an exercise goal for your family, maybe as simple as being more active together. You could join a gym as a family or go for family bike rides. Maybe you could set a goal to tour all of the National Parks in your area. Let me tell you that would be a lot of walking and educational as well. Maybe you could resolve to eat healthier as a family. You could plan a healthy new recipe night. Once a week you could take turns picking a healthy recipe to try. Make dinner as a family and then you can make a recipe book of the ones you want to have a second time.

Then take recipe night a step further and turn that night into family dinner night. Making a resolution to spend more time together could start with family dinner night. One night a week (and it can vary based on schedules) resolve to all sit down as a family and eat dinner together. You can each talk about your day or your week and enjoy good times and good food all while making memories. If conflicting schedules make dinner impossible then make a family game night. One night a week after everyone is home and meals are eaten and homework is done everyone takes turns picking a game and you play and laugh and have fun. Maybe board games aren't your thing then make it family movie night. Take turns each week picking a movie, make popcorn and have drinks, all while watching a movie together. Maybe afterwards you can talk about what you liked and what you didn't.

Maybe you want to branch out from your home to help people; many times you don't have to look past your church. Many churches run soup kitchens or food pantries that your family could volunteer at or your family could do a food drive to collect canned good for. In the spring you could have a yard sale and donate the profits to the soup kitchen for buying more food or supplies. Even if your church doesn't run one of the local



This year, make a New Year's Resolution to help people around you or for improving the world we live in.

food pantries they are all around you. Maybe your church has spaghetti dinner night that your family could volunteer to help with. Some churches even have groups that get together and do yard work for the elderly in their congregation. Even if there isn't yard work to be done, there is always some house hold work that people can use help with.

Maybe you want an even broader approach. There are all kinds of non-profits in this area and in others. If you are unsure where to locate one simply try googling nonprofit in your area or check with your local government or churches. There are so many places and people in every area that need help and would love to see a family come and volunteer together. If you have a busy schedule many places schedule volunteers to help at specific times. An example might

be when a nonprofit has a scheduled delivery they might schedule a bunch of people on these dates to help unload trucks or put away food, supplies, or whatever else has been unloaded.

Maybe your resolution could be to change the world one person at a time. Simply said, put a smile on the faces of those you meet. Maybe you will resolve to smile more often. If someone seems to be having a bad day give them a little smile or a "good morning". That may be all it takes to brighten their day. The other day I saw a friend in the drive thru at Dunkin Donuts. I waved and beeped and she did the same. My bad morning was suddenly better. The smile on my face grew tenfold when I got to the window and realized she had paid for my donut. It was a small gesture that made this lady smile for the rest of the day. These

kinds of gestures to improve the world around us do not have to be grand or earth shattering or even cost a lot of money, they just need to come from the heart.

Let's resolve to make 2016 a fabulously kind hearted and thoughtful year. Let's put others before ourselves and make the small changes to brighten the day of the people around you. Spend more time with family and friends and try to help those in need. I sometimes get so busy I don't take the time to count my blessings and realize how very lucky I am. My family has so much and I am going to resolve to help others and slow down enough to appreciate the wonderful family and friends who surround me. I hope you all can do the same. Happy New Year!!!

To read past editions of Mom's Time Out visit the Authors' section of Emmitsburg.net.

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New Year, new you?

Brooke Hagerty

Let's face it at the start of the new year we all have wonderful ambitions of eating right! All very wonderful intentions but things don't always work out as planned and our new years resolutions are usually by the wayside within the first sixty days of the year. A big part of this is not because of a lack of wanting to change but by a lack of planning. All good things need a plan.

So let's talk about our proper eating plan. Notice I did not call it our diet plan. The word "diet" itself can have a negative connotation and can tend to make us feel bad about the shape we have gotten ourselves into. Therefore, this is our Proper Eating Plan. The first thing we need to do is clean house in our kitchen. Go through your pantry and get rid of the items that you know just don't belong in your belly. You know what I am talking about, the chips and other unhealthy snacks. Then do the same thing in your refrigerator and freezer. You will be surprised at how liberating this can be!

Now it's time to restock! Perfect pantry items include items like whole grain or brown rice pastas, quinoa all natural almond butter in place of peanut butter. Oatmeal, dried and canned beans and nuts are all amazing items to have on hand. And the recipe ideas are endless for all of these items!

Our refrigerator also gets a makeover. Now that we have cleaned out the "bad" in our cold storage units we can reload with some amazing items. I am sure you have all heard the old saying about the more colorful your plate the more nutritious it is. Well, it is the same thing for your frig and freezer. I know that I just recently restocked my refrigerator and it is a sea of greens and yellows, oranges and reds!

These are great raw in a salad or also as a quick sauté with a zing of ginger for an unexpectedly amazing

flavor. A plethora of peppers again, raw or sautéed are a great addition to any meal. One of my favorite items to have on hand at all times is the ever popular avocado. What I love so much about the avocado is that believe it or not has a relatively long shelf life. When you are picking your avocado's be sure to get varying degrees of ripeness. I always try to buy a couple of hard ones and then a couple more that are a little riper. Once they have ripened on your counter to your desired ripeness you can store them in your refrigerator for up to about ten days.

Let's not forget about our freezers. My freezer routinely has lots of frozen berries. They are perfect for juicing and can have more nutrients than their fresh counter parts as once they are frozen they do not lose any nutrients. Fresh fruits and berries begin losing their nutritional value as soon as they are picked as they are not being fed anymore by mother earth. One of my favorite juices is filled with things I have written about in this article; baby spinach, frozen berries, avocado and cashew milk all blended together make for a great mid day snack or lunch replacement.

Eating healthy does not have to be hard or time consuming AND it definitely does not have to be boring. Juicing is a great way to fill your tummy and get your day started or as a mid afternoon snack.

Remember our colorful refrigerator and freezer redo for the month? Try this great recipe using items from both for a pick me up any time of the day!

Protein Shake

Ingredients

- 1 handful baby spinach
- 1/2 avocado or 1 whole banana
- 1 handful of your favorite frozen berries
- 1 tablespoon each hemp meal and chia meal
- 1/2 cup unsweetened cashew or almond milk



Mediterranean style quinoa is a wonderful grain, packed with protein and oh so easy to prepare.

Combine all of the ingredients in your blender or juicer and mix to desired consistency. Note: the avocado or banana adds a special creaminess to this amazing beverage!

Mediterranean Style Quinoa

Another great and simply delicious choice is Quinoa. This wonderful grain is packed with protein and oh so easy to prepare. When purchasing your quinoa do not get the flavored ones, be sure to get organic. If you would like to add a little more color to your dish get the tri-colored quinoa. This recipe does not have quantities; base it according to the package directions on the box of quinoa.

Ingredients

- Tri-colored quinoa Red, yellow and orange peppers - diced Vidalia Onion - diced
- Minced garlic
- Kalamata Olives - rough chopped
- Feta Cheese
- Fresh basil - shredded

Prepare quinoa according to package directions. Meanwhile, sauté

your peppers and onions in a little bit of EVOO and white wine and garlic. Once both the quinoa and the pepper mix are complete combine together in a separate bowl. Add in your Kalamata olives and fresh basil. Salt and pepper to taste and top with shredded fresh basil.

This is a great side dish for salmon that is grilled or roasted with a generous amount of fresh lemon juice (I suggest 1/2 lemon for each piece of salmon). Garnish with lemon zest and serve over the quinoa mix.

Twice Baked Potato

Ingredients

- 2 whole baking potatoes or sweet potatoes, rinsed
- EVOO, Montreal Steak seasoning, lemon pepper, fresh garlic and rice wine vinegar
- Low-fat cheese of your choice
- Green onion, thinly sliced on the round

Pierce holes in potatoes and rub with EVOO and Montreal Steak seasoning. Wrap in foil and bake in a 350 degree oven for approximately 45 minutes. Once potatoes are fork tender remove foil and slice in half lengthwise. Gently scoop out inside of potato and place in a mixing bowl! To desired taste, add Montreal Steak seasoning, lemon pepper, garlic, white wine and low-fat cheese. Once mixed together scoop back into potato skin, top with a little cheese and melt in oven. Remove from oven and garnish with green onion.

As always, should you have a question, an idea for an article or are in need of my personal chef/catering services please contact me at brooke@thefoodchick.biz. Be sure to check out my website, www.thefoodchick.biz.

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SCHOOL AND LIBRARY NEWS

Gearing up!

Katie Groth
Frederick County Board
of Education

You may wonder what the opening of the Maryland General Assembly has to do with the Frederick County Public Schools. The answer is: quite a lot. The State of Maryland pays approximately half the operating cost of our school system and a significant portion of our capital budget. Although that varies greatly from year to year, it is currently about 11% of the budget.

We also know that there is a single pot of money dedicated to public schools in Maryland, and it is through a set of formulas that each county school system is granted its portion. If you add to that amount of money the share paid by Frederick County, you have the total op-

erating funds for FCPS.

There are other funds also, some paid directly by the Federal government, but that money is earmarked for such things as school meal programs or programs for children in poverty. The vast majority of the funding is State and County funds. Only about 5% of funds come from the federal government.

The Maryland General Assembly, composed of the Senate and the House of Delegates, will open their 2016 session on January 13 this year. The scheduled day for the session to end is called "Sine Die," or "the end."

Because local boards of education have no taxing authority, in order for us to provide for our school systems, we must prevail upon our elected officials to designate funding so that we can keep

our schools open and at peak efficiency in every way. This is how we as a local Board, ensure that our students have the best education we can provide.

Before the legislative session starts, however, our local Board of Education meets with members of our local delegation to the General Assembly. We usually meet with them in September to discuss in broad terms what it is that we need in the way of programs and funding for our schools. It is at that time that we begin to develop our own legislative priorities. We share our list of priorities, then, at another meeting in December. That list of priorities was covered in an article in last month's Journal. We send our delegation off to Annapolis with copies of that list of priorities and hope they keep it all in mind as they write bills and debate issues – such as programs, priorities, politics and funding formulas.

It is during the legislative ses-

sion of the General Assembly that our state funds are established. It is also during the legislative session that we as school board members go Annapolis along with other members of the community to meet with our elected representatives and consult on various bills that would provide needed funding for programs and services.

In addition, some of us are asked to testify for or against bills that have gone from delegations or subcommittees to be heard and voted on in public session before the designated body – the Senate or the House of Delegates. To be in Annapolis and to be able to testify is a great and exciting experience. You realize how important a single voice can be when it represents a large constituency. Frederick County is usually well-represented during the session.

As soon as the legislative session is concluded, we must con-

sult with our County leadership to establish the locally funded portion of our budget. That requires a whole new round of lobbying – including testifying at local public hearings, having conversations with our Council and County Executive and working with members of our community, encouraging them to come forward and advocate with us. It is as a result of all that has gone before that a new Board of Education adopted operating budget is finally brought to the public for a vote.

Of course, the process that we work through as a BOE is very complex and often some very difficult decisions have to be made. It takes a few months and much negotiation. But in the end, we seek to bring to our community the very best budget we can to provide what is needed to keep our county schools operating and giving our students the best education we can.

January events at Blue Ridge Summit Free Library

Free Movies

- Jan. 12th at 6p.m. Disney's "The Jungle Book" will be shown. Learn the "Bare Necessities" of life with Mowgli, Baloo, Bagheera, and the rest of the gang!

- Jan. 21st we will be showing Marvel's "Ant Man", rated PG-13. Movie will start at 6p.m. Bring your pillows!!!!

Coffee house: "Coffee, Tea, and Thee" every Wednesday from 3-5p.m. Ring in the new year

with homebaked goodies, puzzles, board games, adult coloring pages, and good conversation.

Teen night every Thursday from 3:30p.m.-5p.m. Wii has started! New board games have arrived! Appalachian Trail Club starting soon.

Story hour is every Saturday from 11:00-noon.

- Jan. 2nd: Big Snow by Jonathan Bean
- Jan. 9th: Under The Moon by Joanne Ryder
- Jan. 16th: One World One Day by Barbara Kerley

- Jan. 23rd: The Gruffalos' Child by Julie Donaldson
- Jan. 30th: Frog In Winter by Max Velthuijs

Every Monday is now Lego night!!! Challenge your creative side. All ages welcome.

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SCHOOL AND LIBRARY NEWS

Happy New Year from MSS

Lynn Tayler
Mother Seton School

Hello 2016! Like a fresh set of H sheets on the bed, or a blanket of snow on the ground before it's disturbed by footprints, January brings with it that lovely feeling of a newness. It's a time when most people open their hearts and minds to the endless possibilities the new year may bring. In January, you feel as though you can achieve anything, and you have 366 whole days in which to do so. It's why the idea of making resolutions is so attractive to many, even if by March most of us have abandoned them.

I stopped making resolutions, or rather a list of resolutions. I hated that feeling of failure when I didn't follow through with something, whether it was by choice or circumstance. Instead, I have one simple resolution I make each and every day throughout the year: Do Better. When being cooped

up in the house on bad weather days makes me snarly and impatient, when I find I'm rewashing clothes because certain children thought it easier to throw it back in the hamper than in their drawers, when I'm so overwhelmed with everything I have to do that nothing gets done, it's those two little words that get me to sleep at night. Do Better.

The beauty of that simple mantra is that it holds so many different meanings and it encompasses nearly every resolution you can think of. Some people thrive on specific goals, and certainly being specific has its place in our lives. But for me, and I suspect for many, simplicity is supreme. When I resolve to Do Better, I mean I will practice patience with my family. I will have water instead of soda. I will pray more and binge-watch Netflix less. I will not have that third plate of spaghetti at our annual All-You-Can-Eat Spaghetti Supper. (Though I

probably will have an extra meatball or two—I mean, who can resist those?)

The Spaghetti Supper is another reason to love January, as it gives us our first opportunity of the new year to welcome you into our school just in time for National Catholic Schools Week (NCSW). NCSW is sort of like the Super Bowl for Catholic education, except instead of competing with one another, Catholic schools are all on the same team with one mission: to provide a solid, Christ-centered and academically challenging education to everyone who wants one. Also, at the end of the week, we aren't allowed to dump a cooler of Gatorade on our "coach". This week-long celebration of Catholic schools, January 31st – February 6th, highlights those things that make Mother Seton School—and Catholic education in general—so great. The students enjoy showing off their accomplishments and



Mrs. Dorsey's and Mrs. Kirby's first graders performing at the Mother Seton school Christmas program.

their MSS pride with a variety of activities and events. It's such a festive spirit that comes alive in the hallways, and by the end of January, so far removed from Christmas, it's much needed.

We hope your holidays were filled with the love and wonder that is Christmas and that we will see you in the New Year. Be sure to join us for delicious spaghetti and meatballs, some entertain-

ment, some fellowship—and did I mention the spaghetti and meatballs? We'll save you a seat—but come early, because I can't promise we'll save dessert.

The Mother Seton School All-You-Can-Eat-Spaghetti Supper and Open House will be January 24, from Noon-3:00 p.m. (Snow Date: January 31) Visit www.mothersetonschool.org for more information and to buy tickets!

Library news

Linda Frydl
Frederick County Public Libraries

In this New Year, the library will be reaching out to partner more than ever to make your regional library truly the community center of the North County area. Here are just a few projects we're working on...

National Park Service and Libraries Celebrate the Centennial

Frederick County Public Library and the National Park Service are teaming up throughout 2016 to celebrate the National Park Service's 100th Birthday. Working with the five National Parks in Frederick County, we'll be kicking off a second century of stewardship for America's national parks to give everyone a chance to embrace the opportunities to explore, learn, be inspired or simply have fun. Programs for all ages will be held in libraries as well as in the parks. Look for more information in your local library as well as on the library's website. Family biking on the C & O Canal, 'Find Your Storytime in A National Park, visits with the NPS Buffalo mascot, historical lectures, displays and so much more are being planned. The public library and our local National Park Service are both community-based organizations and by joining together, plan to include everyone in this very happy birthday celebration. One of the first programs, 'Find Your Storytime in a National Park' with Miss Barbara will be held on Saturday, January 16 at 1 pm at Catoctin Mountain Park. Families, kids and nature lovers - join library staff for an easy walk at Park's Blue Blazes Whiskey Still trail followed by a few stories about

winter in the forest. Dress warm! Snow date: February 13 at 1 pm. Register online at fcpl.org, or call 301-600-7212. On February 18 at 6 pm at the Thurmont Regional Library, learn about Morel Mushrooms and other local wild food finds with Becky Loncosky, National Park Service Biologist. Register online at fcpl.org. Snow Date: March 17

Library Fun Festival planned for April

Mark your calendar now for Saturday, April 23 from 10-2 for the Library Fun Festival at the Thurmont Regional Library. We are inviting the entire northern community to be part of this fun opportunity. There will be literacy activities, games and fun throughout the entire library as well as in our outside areas like the deck.

Local organizations are invited to sign up to host a table to share information or provide a family-friendly activity. Entertainment is being planned plus there will be arts and crafts and so much more. And everything will be free. Planning is underway so if you want to be involved, contact Branch Administrator Erin Dingle at edingle@frederickcountymd.gov or call her at 301-600-7201.

January Programs at the library: Family Night

Join us on Family Night where we'll be reading a selection of winter-themed stories. We'll also have a winter art project for you to make and take. Thursday, January 14 at 6 pm. All ages with an adult. Registration required. Register online at fcpl.org, or call 301-600-6331.

Family Bingo Night

Bring the family and let's have fun playing Bingo at the Library! Thursday, January 28 at 6pm.

Stem Saturday

Learn to use microscopes in order to view insects and plant parts. Put together snap circuits in order to learn how electricity works. Best for ages 8-12. Saturday, January 16 at 11am. Registration required. Register online at fcpl.org, or call 301-600-6331.

PANDAmonium: The Secret Life of Pandas

Gear up for the release of Kung Fu Panda 3 with a morning of fun and learning as we uncover the world of the giant panda through stories, crafts, and more. Ages 3-10. Saturday, January 23 at 11am. Registration required. Register online at fcpl.org, or call 301-600-6331.

Playdough Playtime

Come join your friends at the library for some playdough modeling fun! Ages 2-5. Wednesday, January 20th at 2pm.

Drop in for a Play Date!

Every Monday drop in for a special play-group. We'll start off with a fun story. Afterwards, you can meet new friends, read books, and play with toys. For ages 0-5. Mondays, 10:30am – 11 am.

Full "Steam" Ahead

Play, Learn, and Explore at our pop-up "STEAM" lab. A variety of activities will be available. Try one or all. Tuesday, January 26, 4-6pm.

All Frederick County Public Libraries will be closed Monday, January 18th in honor of Martin Luther King Day.

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FOUR YEARS AT THE MOUNT

As the New Year rings in, we asked our writers to reflect on their beliefs about New Year's resolutions, what they think of them, and how they think they ought to be approached. If you have not yet picked yours, hopefully we can inspire you!

Freshman Year

Challenge accepted

Elizabeth Veronis
MSM Class of 2019

So, you want to lose 18 pounds, snail down your jump shot, drop a coin in the Trevi Fountain and pay off your Christmas credit card debt – all by the first of the year. I am rooting for you, buddy. That's because I am on team New Year's Resolutions. I know the odds are against us. I don't care. I shall shout my resolve to the rafters. I will double down when the going gets tough. Like Gloria Gaynor, I will survive.

Survive what, exactly? For most of January, that would be the parking lot at my health club or the line at the elliptical. Research has shown that just about 50 percent of us participate in the long tradition of setting goals at the New Year. The most common involve losing weight. All over America, the bloated masses will descend upon fitness clubs with a steely resolve to shed excess pounds. These newcomers are the bane of true gym rats, who resent their presence. They needn't worry. Statistically speaking, they will soon

have the run of the place. In fact, by February, 25 percent of resolution-setters have given up. And it gets worse as the year goes on. In fact, just eight percent of people say they actually achieve their resolutions. But I don't think that's any reason not to make them.

Like most athletes, I am a committed goal setter. I've got short-term, long-term, and downright fantastical goals. I visualize ascending the winner's stand. I block out negative thoughts. I write down all the steps necessary to achieve even the smallest of milestones. Why do I bother? Because study after study has proven that goal setting increases both motivation and achievement.

There is another trick to dramatically improving the odds of keeping a goal: just share it with someone. Apparently, voicing our hopes and dreams help make them so. I learned that from Oprah Winfrey. She is a big fan of resolutions, who looks upon the New Year as "another chance for us to get it right."

The optimist in me concurs. The New Year should be viewed as a chance to wipe clean the slate, to

eliminate the clutter that drags us down. Frequently, the worst form of clutter is mental. Doubt creeps in. But we have to be resilient enough and disciplined enough to power through. Sometimes that means asking for a side of kale instead of French fries. Other times that means rolling out of bed instead of rolling over.

Experts agree that it is important to set realistic, specific, and measurable resolutions. Face it. You aren't going to become fluent in Spanish just by ordering Rosetta Stone. But if you log effort every day you probably can order some pico de gallo by Cinco de Mayo. Actually, that reminds me of the importance of celebrating even small successes. High fives all around, because rewarding yourself on an incremental basis can keep you on the right track. And if you happen to stumble along the way, just start over. There is nothing easy about building new habits and backsliding should be expected.

My track record for achieving goals is probably less than 1 percent. But, just as in baseball, that's not a bad average. I didn't start dating Harry Styles this year, but I got floor seats to a One Direction concert. I didn't win a state champion-

ship in basketball, but my team did come in second. We made the run to the finals through a combination of heart, a little luck, and the fundamentals that were beaten into us one drill at a time.

I learned the importance of finishing strong from Jim Rohn, the motivational speaker who pretty much invented the field of personal development. He was fond of saying that "Discipline is the bridge between goals and accomplishment." Few people want to hear that, but, sadly, it's true. There is simply no substitute for practice, no secret short cut to getting better. Like jailhouse felons, we only get credit for time served. Notre Dame Coach Lou Holtz summed it up this way: "Winners embrace hard work. They love the discipline of it, the trade-off they're making to win. Losers, on the other hand, see it as punishment. And that's the difference."

That may sound a bit harsh, but Lou is ultimately right. We all fall victim to self-defeating habits. We make excuses, blame others, and give up. We postpone, self-sabotage, and whine about the fact that nothing has changed. That's sad. Every year, we should strive to be better than we were the year before. We

all have a slightly different notion of what "better" means. A better version of me would be more politically involved and more grateful to the people who support me. So, I intend to register to vote and to read a daily news feed to keep current on the issues. My personal favorite is a website called www.theskimm.com. It's slightly cynical, mercifully brief, and filled with hilarious takes on the top stories of the day.

To demonstrate my gratitude, I am going to do something my sister did last year. For one full month, she wrote a thank you note a day – yes real snail mail – to someone who had made a difference in her life. She wound up getting lots of mail in return, from people who were touched by such a small, yet meaningful gesture.

These won't be my only resolutions. New Year's is just one day on the calendar and I will set and re-set goals throughout the year. I probably won't succeed at them all. But that's not going to stop me. I am fully on board. It's crunch time, kids. And I've got just two words for all you haters: Challenge accepted.

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

Sophomore Year

Mending Fences

Sarah Muir
MSM Class of 2018

It begins. The seasons have changed, the Christmas decorations have been hauled either up to the dusty, further most corners of the attic, or beginning to collect cobwebs in the basement. We have swept up the confetti and the party favors and are ready to start again. The New Year signifies the time to make your resolutions for the coming year and many people out there pledge to lose that weight or eat better or smile more. However, I am going to ask you to try to do something different. Do not worry, you do not have to physically exert yourself in any way or restrain yourself from that treat you have been thinking about all day. Instead, I

would like for whoever is reading this to mend some fences in their personal lives.

Mending fences is a term, which here means, improving poor relations or reuniting with someone who had wronged you in the past. Forgiveness is difficult, but what weighs more on the soul is holding a grudge. I am not asking you to forget the insult (real or imagined), all I am asking you to let it go! Let go of the hate or the anger you hold for that person, stop blaming them for where you are in your life or what you have done since then. The past is the past and no matter what they did to you, you have the power over how you react and how you recover.

Forgiveness seems to be talked about, but seldom put into prac-

tice. This is most likely due to the fact that one has to swallow their pride and get up the nerve to say, "I'm sorry." There are even physical pitfalls to holding grudges. They can cause stress levels to rise and place you in a negative frame of mind. This means you are becoming agitated and wasting energy on someone with whom you cannot even be bothered to hold a civil conversation.

I personally find grudges tiresome and can seldom keep up the façade of distain and loathing. I find it easier to forgive and move on; I may not like the person anymore, but I free myself of the responsibility of going out of my way to hate them. I also know that there is enough hate in the world already without petty resentments adding to them.

As we ring in the New Year with confetti and lights and laughter, let us try to push the reset button and remember all the old acquaintances we have purposefully forgotten. New Year's Day has always been my favorite, I feel lighter as the old year sheds its coat and it seems as if the world is shiny and new. It is time to forget about the past mistakes, pains, and heartaches and change; evolve into a better version of ourselves. We need to forgive others of their mistakes and ask for forgiveness in return.

We think about the people who are estranged from us, especially around the holidays; those friends or family that we no lon-

ger talk to because of some argument which nobody remembers. It is a shame that long-ago grievances cause families to divide and set an example for younger generations. This is most likely confusing to them because they are taught their whole life to say "sorry," but never hear it from adults.

You cannot live your life angry and sometimes you have to forgive yourself before you can begin to forgive others. Chances are, the person that you want to make amends to wants to do the same, but is unsure how to make the first step. So, the ball is in your court; it is up to you to be the bigger person and initiate the healing process. If they do not accept, then you can tell yourself you tried, and when they grow enough to forgive or accept forgiveness, then you will be waiting.

We tear up at movies or television shows when the protagonist has a moment of clarity and forgives the person you wronged them or who they have wronged. We preach to others about letting go and forgiving and we teach it to our kids. However, we fail to follow our own advice.

I am not asking for you to do this for everyone else. I am asking you to do this for you. You deserve to be free from the burden of grudges and hate. You deserve for this year to be one of hope and happiness and not bogged down by resentment and anger. This is for you; the fact that it has

the potential to help another person, is a happy coincidence.

This is all wonderful, and it is easier said than done; but it is a noble task to undertake for this coming New Year. Every day we are given the chance to be a better person than who we were and have the chance to help others do the same. However impossible it seems, we take this challenge as to simply do something small every day, it is completely possible. Try that person that cut you off on your way to work, or the barista who did not get your order right. I think if you start letting go of the small things, you can begin to let go of the big ones too.

I hope this New Year's resolution seems attainable because no one deserves to carry the weight of a grudge. My hope is that you reach out to friends and family with whom you are on bad terms and try to bury the proverbial hatchet. The world is so divided today that we cannot afford to let disagreements come between our relationships.

Finally, I wish you the happiest of New Years. I pray that it will be filled with love and happiness. Whatever misfortunes come your way, may the people in your life be there for you and help you through both good times and bad. Happy New Year!

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NEW YEAR'S RESOLUTIONS

Junior Year

Don't sleep on it

Leeanne Leary
MSM Class of 2017

This morning I opened my email to scroll through the unread messages from the day before. At the top of the list was an email from my gym with the subject "Couch to CrossFit 2016." The email went into detail about this (awesome) 4-week program starting January 2, intended to be a slow and steady introduction to CrossFit. Note the start date, January 2, 2016, just in time for everybody's New Year's Resolutions to be put to the test! I laughed a little at this because I realized that the first day after the resolution is made, whether it be out loud at the stroke of midnight or planned and plotted weeks in advance, really is the hardest day.

The same way that every single morning I wake up to my alarm and think, do I really need to do that first thing on my to-do list that I made just twelve hours ago? Couldn't I just sleep for another hour and do that later? The answer is normally yes to the first question and no to the second, but in typical Leanne fashion, I normally get those responses a little confused in my half-woken state

and hit the snooze button. Now normally I make time later in the day and end up getting everything done even with the extra sleep, but sometimes I don't. Sometime that was the only chance I had, and I end up taking a loss on whatever it was that I was supposed to get done.

I bring this up because we all experience it – and if you don't, please contact me and share your secrets. I think it's natural and I think it's easy. It certainly isn't something I'm proud of, but it is life. Here's the problem I'm beginning to see with that – what if that mentality starts to transfer to bigger things in my life? Sure, now it is only showing itself in the wake of too little sleep and a buzzing alarm, but that could easily start to seep into later parts of my day when I don't have sleep deprivation as an excuse. How easily could it show itself on January 2, when I have to get dressed to go the gym, have to walk to the chapel to pray, have to study for the LSAT, or in the face of any of the other New Year's Resolutions I could make in a few short weeks.

That is why January 2nd is one of the hardest days for me. The thrill of New Year's Eve has worn off; I've had my traditional pork and sauerkraut on New Year's Day,

and now I'm waking up to start real life again. That's going to be a hard day.

I'm sort of posing an issue without offering a real solution here. I'm noting that that's going to be a hard mentality to overcome that day, and if it doesn't hit me right then, I'm sure it will one day in the weeks to follow. One day I'll probably look at my resolution and think it can wait for the day, or I don't have time for it that day. I'm completely sure that my 6 a.m. mentality will show its taunting and irresponsible face at some point in the journey of my 2016 resolution. I'm answering that issue simply by saying there is no real way to prevent it. It's going to happen. The answer, I guess at that point, is to respond exactly the opposite of the way I do most mornings. To not let that mentality get the best of my resolution, because the truth is resolutions are important.

I've never been a big fan of the New Year's Resolution idea. I'm not sure why, probably because all too often they only last about a week before people start to neglect them and they are often unrealistic. On the other hand, when they work, it is beautiful. When July comes around and I see "6 months sober" posts or anything of the sort, it really hits me how incredible the simple turn of the year can be. Nothing actually changes. We don't change overnight. The world doesn't change



This year, make a New Year's Resolution you'll want to keep - make one to serve your fellow man.

in any way when the calendar flips from December to January and our phones start to read "2016." I'm telling you, nothing changes. But I think sometimes the flip of the calendar is exactly what some people need to make a change.

It's really the perfect opportunity in a weird, unexplainable way. The idea that the New Year should bring out such changes is a human creation meant to provide an opportunity for people to finally set a goal, get started on a new life, make a change, or simply try a little harder. That is beautiful.

I spent years hating the idea of a New Year's Resolution. In fact, I haven't made a real one since I was probably 13. I've held on to the mentality that I don't need a date to tell me to make a change. Change should be made constantly. Improvement should be a never-ending goal and a simple calendar flip means nothing in a practical sense.

Thankfully, I think I'm ready to shed that mentality. Because who cares, right? Who cares that it's a human creation and promotion. The bottom line is that it is one that sometimes works. It can actually inspire people and actually gives people the excuse they've been searching for to finally go for something. That should truly be embraced, not rejected because of its "impracticality."

What I'm trying to say is I'm starting to see the beauty in the idea of a New Year's Resolution, but I also see how my 6 a.m. mentality could ruin it as early as January 2nd. So now the goal is to embrace the opportunity that the New Year brings and resist the urge to "sleep" on it as much as possible. I hope everyone joins me.

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

Senior Year

Seize the moment

Katie Powell
MSM Class of 2016

I wrote an article a few months ago that was about second chances. I claimed that they were miracles and explained why through a personal story. I feel that as a writer, part of my job is to challenge my readers to recognize the world in different ways and through different eyes. I apologize if you did not enjoy that approach because yet again, I have found a deep personal connection to discuss with you all on the topic of New Year's Resolutions.

New Year's Resolutions are just a fancy time of year for a second chance—New year, new you, as they say. People use it as a jumpstart to kick a bad habit, or as an excuse to wait further to start. For most people, they are simple things: going to the gym, eating healthier, reading the Bible front to back, or simply trying to be a positive person . . . things that they may start and stop or may hold on to forever. These things are not bad, but they are rarely drastic changes.

However, for some people they are. Some people take the "new you" rule very seriously and make radical changes in their lives. Some people quit their jobs and move to Florida, or buy a fancy car (somehow), or sell everything they own, move somewhere new, and literally start a new life. My late uncle was one of those

people, except he did not need the New Year to tell him to do it. He lived every day like it was the first day of the New Year and he never looked back. I think he set a great example of how to live one's life to the fullest.

My uncle believed that it was always a good time for a do-over, and he took them frequently. He was a professional body builder for many years and won several trophies and prizes through it. In fact, there is one too many pictures of him posing for competitions laying around my home for my liking.

He decided he wanted to settle down, so naturally he decided to be a police officer. I guess that was not exciting enough for him, because when he was offered a job as a prison guard, he took it and never looked back. This may be a good time to mention that on top of being a body builder, my uncle was covered head to toe in tattoos. He was very intimidating. He has been called "the enforcer."

Suddenly, probably about five years ago, he picked up and moved to Florida to start his own gym and start a "new life," and who knows what he meant by that. But, he moved and started working in a gym and lived in Florida, moved back after another two years, and started again.

A bad accident in February left him badly hurt. He was lucky to survive with his life. His leg was badly broken and he was confined to a wheelchair. The wounds did not heal, and he was in a great deal of pain for a long time. However, ever

the optimist, he believed that one day all would be solved.

Last Monday he told my mom he was starting over again. He said he was going to move away, get a new phone number, and start with a clean slate.

He died within a week.

Sad as it may be, my uncle lived a life of no regrets, and taught me a valuable lesson: Life is too short to wait for the New Year to start over. Don't get me wrong; I love the idea of New Years resolutions. I think it is a great way for your mentality to match the time of year. Everything starts fresh on 1/1/16 and all the stress and problems of 2015 melt away. It feels right. However, sometimes we push things off until the next New Year to do them, claiming it as a reason, when it is simply an excuse. I have done it. Now I ask: why do we wait for special times of the year to make these changes? Why can't the reason it is a special time of year be because you have made the change, and not why?

Life is unpredictable. In western society it is fast paced and we often get caught up in our daily lives, and our New Year's resolutions reflect that. If there are two things that I want you to take away from my uncle's story and this article, they are this: for one, if you are going to make a change, make it big and believe in your ability to accomplish it. For two, don't wait for the New Year. At any point you can decide that it is time for a change, and as my uncle told me, anything you choose to do may be the one thing that defines you. So make it count.

My uncle had big dreams, and he believed you could accomplish them any day of the week. He believed that every one deserved second chances, and he gave them freely and without prompt, expecting nothing in return. He believed very sincerely that you could always start over. You could always start fresh, sell everything you own, and move away. You could always go back home. He was a free spirit, a bit reckless, but one of the most loving and caring men you would ever meet, and yes- I still mean the body builder with the tattoos. Today is the perfect

day to start over. Every single morning is a new beginning, where the clock starts over and the hours begin again—as the sun rises, you too can rise with it and answer its challenge to illuminate the world as it does.

The New Year is a wonderful time to start over, but it is not the only time. The best time to make that change is right now. You never know what the future holds—why waste another day planning tomorrow?

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FASHION

Back to the basics

Valerie McPhail
MSM Class of 2015

Reconsider the basic pieces of your closet. The plain and simple V-neck pocket t-shirt that is lost in your drawer filled with graphic tees and sweatshirts, or your 90's Gap light-wash jean jacket that stays hanging in the back of your closet. Out of sight, out of mind. Despite the uninspired influence, these items remain a portion of your wardrobe. As we approach 2016, consider how simplicity is the key to brilliance; let us start with fashion.

The following is a shopping list of staple pieces that will bring your wardrobe back to the basics. I found the power of such pieces when traveling abroad two years back. While living in Dublin and traveling to Europe's largest cities, I lived in a duffel bag packed with basic pullovers, jeans and t-shirts. Basics are easy to match with one another and in return, easy to wear. (They also allow for traveling light.) Since my time abroad, I have become more adventurous in my style. I have been experimenting with menswear inspired pieces such as blazers and cigarette pants, aside from reconnecting with a bohemian sensibility by wearing floral prints and pleated maxi skirts.

In the past, I have felt that I have lost touch with the simple, minimal style I once was devoted to. However, each time I discover a well-made basic piece, my heart warms with happiness and I fall in love with fashion all over again. Such moments remind of the luxury these essentials possess. These sorts of experiences rekindle my de-

votion to impeccable quality. Thus, as I share from personal testimony, here are some staple items to aspire to enjoy this new season. These pieces can be styled in a countless ways, as layers to keep you warm through winter but as single, statement pieces as well. They will quickly become a resource because not only will they help simplify your wardrobe, but first and foremost get you organized for this New Year, putting your closet in order with style.

1. The Perfect T-shirt

The "Perfect T-shirt" is the one of the most sought-out pieces of fashion. Its popularity reigns in the curiosity for the search for its discovery. In part, its attraction lies in its mystery, and in the hope for the comfort it will bring. It is a term undeniably discussed in conversation across fashion blogs, fashion magazines and newspapers alike. The Perfect T-shirt is a hot topic. It is sought-out for with keen interest. However its mystery and chatter remains undiscovered until tried on.

Its design comes with variety: 100% cotton or jersey, a fitted or slouchy look and perhaps a front pocket. Despite this, one thing remains; that is, its fit on the body. When sizing a t-shirt, look at the shoulders of the body. The shoulder hem of the t-shirt should fall right at the shoulder of the body, extending around the armpit. The stitching that follows from the neck to the shoulders of some shirts should extend from the neck of the body and trail towards the shoulder hem. This attention to such details will help with fit, and with fit comes comfort.

Such a comfort originated as an undergarment commonly worn under-

neath sweaters and dress shirts. Since its original design, the common t-shirt has become a novelty item of fashion. Despite this change, the t-shirt remains an undershirt known to the menswear industry and yet has grown to a staple of sportswear, and an item that completes an outfit, rather than merely assisting.

Hanes Value Pack, Roots XL Collection and T Alexander Wang offer a classic t-shirt. From to austerity to luxury, these are all brands that I would recommend investing in. Not only have these brands developed my wardrobe of basic t-shirts, but they have stirred an appreciation for simplicity in clothing.

2. Jeans

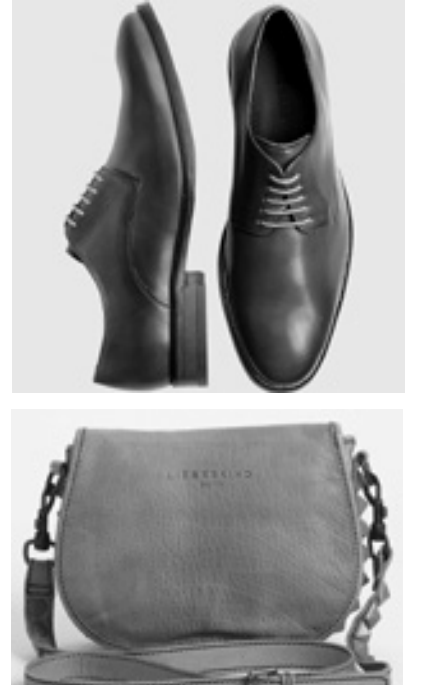
The hunt for jeans is similar to the search for the perfect t-shirt: extensive and time consuming. The experience is as tough and coarse as its fabric; it is notoriously frustrating and exhausting. As a result, shoppers have resorted to spending their daily lives in leggings and yoga pants. However, as a jean queen and denim enthusiast, I dare to encourage the search for perfect pair of jeans—in the end, the discovery is a rich reward.

When shopping for jeans, the inseam lining of the jean must run along the inner thigh, past the leg, trailing to the foot, while the outer lining follows along the hip, trailing the mid outer thigh along the calf until it meets the hem of the pant. This detail affects the fit, an attribute that defines the style and comfort of the jean. Overall, when the seams of clothing follow the frame of the body, the design of the article of clothing allows for comfort in mobility.

J Brand, TEXTILE Elizabeth and James and Rachel Comey are brands that design my favorite pairs of jeans. In my closet, denim is synonymous with comfort. The reason for why I continue to regularly wear jeans is because they are comfortable. It is no wonder why this staple has remained a consistent image and influence of American fashion since the 1950s, a time when jeans became a cultural symbol of comfort.

3. Jacket- jean spring/summer into fall, or leather fall/winter

Overall, jackets are a great piece to lay-



er. They are a great option that accompany any outfit. Jean jackets offer a great daytime look, especially during the spring and summer time, when the weather is warmer. Leather will provide for the cold weather months.

Although a popular staple in New York City, I find that a leather jacket is the ultimate evening coat. It has a dressy personality. In the end, jackets of great quality age well over time. When shopping for jean and leather jackets, consider the fit while consulting the design of the styles you explore.

The most important attribute of a jacket is breathability. There must be freedom to move in the jacket. The size of the jacket should look fitted, however not to the point of constraint. Similar to a shirt, the shoulder hem of the jacket should hit the shoulder and its sleeves should be long enough to cover any long sleeved shirt sleeves.

Both jean and leather jackets are a top layer upon an outfit. These pieces should be an asset to any outfit. They should be easy to add and remove from a look; which means a jacket should be easy to put on and to take off without hindrance.

Jean jackets are a style I have recently reunited with— my twin surprised me with a vintage Tommy Hilfiger coat she spotted at her favorite thrift store in Brooklyn. In the last few months, her gift has proven a good asset. I love my jean jacket. It is a great coat when the weather is mild and a fashion statement in Soho.

For a night-time look, the leather jacket is always a great option. Belstaff and Roots are brands to explore.

When investing in leather, consider the cost and construction. Great leather will only get better with age. Jean and leather jackets are classic pieces because they offer references of icon fashion statements— from John Travolta and Olivia Newton-John in Grease to Brigitte Bardot and Robert Redford.

4. The Dress Shoe for Men

The dress shoe is a classic shoe for men. Dress this shoe up or dress it down; there is always a need for this style. The only exception to this rule is the Birkenstock, which is acceptable during the summer months. Aside from this point, the dress shoe fashions in all situations.

Despite its high functioning role in the menswear industry, I am unapologetically obsessed. Memories of Andy Warhol's photography that captures his collection of loafers and my dad's vocal appreciation for his Cole Haan (Warhol wore Roots and my dad said that his Cole Haan dress shoes were his best pair thus far.) I appreciate the dress shoe for its practicality; it is a style a man can use in countless situations. Therefore, it must be a fundamental to every wardrobe.

5. Cross Body Bag for Women

The cross body bag is the style of the season. Its function institutes freedom. In construction and design, this handbag frees your hands. Let us hope it does so in fashion and style of course! Michael Kors and Liebeskind are two brands that have helped me appreciate this trend. Michael Kors' Fulton Cross Body was the bag I carried with me when studying abroad. Its built-in wallet provided great access for the essentials I typically carry in a bag. The cross body style was an additional benefit because it hangs close to the body without disrupting the hands and arms.

Liebeskind is a German brand from Berlin that I have recently discovered. Not only do I like the style of the brand, a relationship of sophistication and grunge expressed in hand bag design. I have also noticed that majority of the bags are offered as cross body bags. The cross body bag is a trendy piece. Its functionality, style and great fashion sense will make this bag even more special!

Start off 2016 in style. These basic items will help structure a new wardrobe while providing staple pieces that will bring a fresh eye for fashion this New Year.

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CREATIVE WRITING

Bake it forward

Lydia Olsen
MSM Class of 2016

Down the street, Erma shuffled to her mailbox that she had painted a while ago as a summer project with her son, Gavin. It was orange like the sunrise, her favorite color. She reached the place where her driveway met the paved road and turned to open her mailbox. Inside she found a plethora of shopping catalogs, a handful of news-related magazines, a stack of bills, and a couple of other envelopes. Erma sighed to herself and thought back to the way getting mail used to make her feel. It used to bring an excitement of the unknown, along with a feeling of importance. Now it had become just another task for another day and a reminder of consumerism.

Erma went back inside her house and dropped the mail on her kitchen counter. She poured herself some hot tea and sat down in her recliner to watch the news, followed by re-runs of her favorite TV dramas.

A knock on the door shook her from the sleep she had dozed into. She woke and looked at the clock to find that she had been sleeping for over an hour. She got out of her chair and steadied herself. Erma walked over to the front door and opened it, but no one was there.

"Ugh," she thought to herself. She could only assume this was some sort of ding-dong-ditch that the kids in the neighborhood were playing. Erma rolled her eyes and started to close the door when she noticed a tin on her floor mat. She bent over slowly and picked it up. It was red with silver snowflakes.

She closed the door and took it to her kitchen, confused. Placing it on the counter, she removed the lid. Inside were dozens of homemade cookies. Erma's eyes widened with surprise and excitement, but she wondered who they must be from. Unafraid and ea-

ger, she picked up a cookie with a jelly center and plopped it in her mouth.

As she stood at the kitchen counter she pulled the pile of her mail towards her and began to sort through it. She tossed the catalogs and magazines to the side, thinking maybe there was something in there that she had not learned yet or something that her grandchildren didn't already have. She opened up the bills and grunted, sure that there was some sort of miscalculation again. And then her eyes fell upon a handwritten envelope. Erma looked at it, puzzled and then opened it to find a card inside. On the outside of the card was a picture of cardinals in a snowy tree. Inside was a message:

"Mom, I hope that this card finds you well. I have been meaning to let you know how much I appreciate having you in my life. I'm sorry that sometimes life gets so busy that I forget to remind you how important you are to me. Enjoy the cookies—I know they are your favorite kind. Love, Gavin"

Erma was speechless. She knew her family loved her, but they weren't really the type to send love notes or leave gifts. She thought about the effort that must have gone into making the cookies—she knew better than anyone that they took a lot of patience and then for her son to have taken the time out of his commute to work to swing by and drop off this surprise was especially thoughtful.

Erma smiled, feeling loved as she grabbed another cookie. She paused for a moment, reflecting, and then walked over to her cabinet, grabbed her cook book and some ingredients and began baking her famous lemon tarts.

"If Gavin can bring so much joy to me with his cookies, maybe I can bring that much joy to others with my tarts and a few notes,"

Erma thought to herself, as she tied an apron around her waist and got started.

...

Todd grabbed his brief case from the passenger seat and shut his car door. He turned to face the school building with its massive concrete walls, scattered windows, and red roof.

"Another day," he thought to himself as he walked up to the front door and swiped his ID. Inside he was greeted by students and faculty members. Once he got to his office, he could feel the weight of the day's endless tasks. Being the principal always kept him on his toes. Some days it was tougher than others, but he always found it rewarding.

Todd had just finished meeting with the first grade teachers about their revised curriculum when his assistant knocked on the office door. She entered with a red metal tin with snowflakes on it.

"These were just dropped off for you," the assistant said as she handed him the tin. Todd was surprised but thanked his assistant and opened it. Inside he found dozens of lemon bars. Todd picked one up and bit into it eagerly. He saw an envelope taped to the lid of the tin and opened it to find a card. On the outside of the card was a drawing of a school house with smiling children. On the inside was a note that read:

"Dear Mr. Todd, I wanted to thank you for all that you do to help our church. You and your family's presence at Sunday services always warm my heart. I adore how lovingly you look at your wife and how affectionately you hold the hands of your children. I just wanted you to know that your kindness radiates and brings a smile to my face. Sincerely, Erma Anders."

Todd was surprised. He and Erma had grown close through church gatherings and events, but



he had no idea of the joy he and his family seemed to bring to her. Todd was flattered and felt honored. He was so grateful for such a sweet and thoughtful gift that he felt compelled to spread his joy. He picked up his phone and dialed his wife's cell phone number.

"Darling, tonight let's get the children together and bake for our friends and families. I'll stop by the grocery store on my way home this evening," Todd spoke into the phone as he grabbed a pen and paper and began to make a supply list for fudge brownies.

...

Nancy rushed down the stairs and out to her front door. She hurried to her car, already late for work. "Nancy!" yelled a man as he jogged towards her from the neighboring house. "The girls and I made fudge brownies last night and wanted to share some with you."

He quickly handed her the red tin. "Have a good day!" said the man as he turned back to walk towards his house. Nancy smiled and thanked him as she got into her car. She was taken-aback. This gesture was completely unexpected and yet incredibly thoughtful. Before she put the car in drive she grabbed the envelope from the top of the red tin and read the card inside.

"Dear Mrs. Nancy, We are so grateful to have you as a neighbor.

Thank you for always lending us baking supplies when we are in need and for taking care of our dogs when we go away. We appreciate you! Love, The Walsh Family"

Nancy smiled widely, feeling loved. "What a simple way to spread a little joy," she thought to herself as she drove off to work. Her worries about being late faded as she bit into a moist brownie with a fudge center. Throughout her commute, Nancy couldn't help but think about ways that she could spread some love to those around her.

That morning, she realized the importance of simple gestures and how they can have such widespread impacts. A brownie here, a cookie there, and eventually joy and love will spread and hopefully continue to be passed to all who give and all who receive. "This year," Nancy thought to herself, "I'll make more of an effort to be that beacon of hope."

She resolved to "bake-it-forward;" A spin off the notion of "paying-it-forward," where each action impacts an individual who goes and impacts another in ways that spread gratitude and compassion. Nancy laughed at herself and devised a strategic plan to bake-it-forward from that point on. She grabbed another brownie and bit into it eagerly.

To read past articles by Lydia Olsen visit the Authors' section of Emmitsburg.net.



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ARTS - 2016 SEASON

Totem Pole Playhouse

Totem Pole Playhouse, located in Caledonia State Park, Fayetteville, PA, announced that the following plays will comprise its 2016 season.

Six Dance Lessons In Six Weeks (May 27 - June 12) - Six Dance Lessons in Six Weeks is a touching and human comedy about a formidable retired woman, Lily Harrison, who hires an acerbic dance instructor, Michael Minetti, to give her private dance lessons—one per week for six weeks—in her gulf-front condo in St. Petersburg Beach, Florida. What begins as an antagonistic relationship blossoms into an intimate friendship as these two people from very different backgrounds reveal their secrets, fears, and joys while dancing the Swing, Tango, Waltz, Foxtrot, Cha-Cha, and Contemporary Dance. Michael and Lily learn to overcome their outward differences and discover an unlikely but profound connection. By the final lesson, Lily shares with Michael her most closely guarded secret and he shares with her his greatest gifts, his

loyalty and compassion. A comedy with music and dance, the play also addresses the serious issues of ageism and intolerance.

Forever Plaid (June 17 - July 3) - Once upon a time, there were four guys (Sparky, Smudge, Jinx and Frankie) who discovered they shared a love for music, and then got together to become their idols – The Four Freshman, The Hi-Lo's and The Crew Cuts. On the way to their first big gig, the "Plaids" are slammed broadside by a school bus and killed instantly. It is at the moment when their careers and lives end, that the story of Forever Plaid begins.... Singing in close harmony, squabbling boyishly over the smallest intonations, and executing their charmingly outlandish choreography with over-zealous precision, the "Plaids" are a guaranteed smash, with a program of beloved songs and delightful patter that keeps audiences rolling in the aisles when they're not humming along to some of the great nostalgic pop hits of the 1950's.

One Slight Hitch (July 8 - July

24) - Set in 1981, the play focuses on the Coleman family of Cincinnati, Ohio — Mom, Pop, and their three girls — on the day of their oldest daughter's backyard wedding. Mother Delia is frantic about flower arrangements, bug bombs, and all sorts of other last minute details, while father Doc is doing his best to keep Delia calm and the day running smoothly. The bride-to-be, Courtney is set to marry Harper, a conservative, straight-laced, all-American guy. However, that immediately becomes much more difficult when Courtney's long-time ex-boyfriend Ryan shows up at the front door apparently unaware of the day's significance and will not go away as the sometimes zany, sometimes heartfelt events unfold.

A Funny Thing Happened On The Way To The Forum (July 29 - August 14) -

Stephen Sondheim's joyous, musical romp through Rome has desperate lovers, scheming neighbors and secrets behind every toga. Broadway's greatest farce is light, fast-



paced, witty, irreverent and one of the funniest musicals ever written. A Funny Thing Happened on the Way to the Forum is a non-stop laugh-fest in which Pseudolus, a crafty slave, struggles to win the hand of a beautiful but slow-witted courtesan named Philia, for his young master, Hero, in exchange for freedom. The plot twists and turns with cases of

mistaken identity, slamming doors, and a showgirl or two. This unforgettable, hysterical musical allows a terrific ensemble of comedic actors to shine—"something for everyone, a comedy tonight!"

To purchase tickets please call 717-352-2164 or 888-805-8056 or visit www.totempoleplayhouse.org

Way Off Broadway

To launch Way Off Broadway's new expanded six-show 2016 Season, the theatre will open with the classic, Anything Goes. The Cole Porter musical will kick off the season on Friday evening, January 15th.

The show takes place on the S.S. American which is sailing between New York and England with a comically colorful assemblage of passengers: Reno Swee-

ney, a popular nightclub singer and former evangelist, her pal Billy Crocker, a lovelorn Wall Street broker who has come aboard to try to win the favor of his beloved Hope Harcourt (who is engaged to another passenger, Sir Evelyn Oakleigh), and a second-rate conman named Moonface Martin, aka "Public Enemy #13." Song, dance, and farcical antics ensue as Reno and Moon-

face try to help Billy win the love of his life.

The original production of Anything Goes opened on Broadway in the fall of 1934, starring Ethel Merman as Reno Sweeney. Despite the Great Depression, the show ran for a year, racking up 420 performances.

Anything Goes' most recent Broadway bow was in 2011 when Roundabout Theatre Company produced the show with a star-studded cast including Laura Osnes as Hope, Sutton Foster as Reno, and Joel Grey as Moonface Martin. The revival was scheduled to run from April through July for a limited engagement. However, the show was so popular, the run was extended three times before it finally closed after over 550 performances. Like the 1987 revival before it, Roundabout's pro-

duction won the Tony Awards for Best Revival of a Musical and Best Choreography. Foster also took home the Tony for Best Actress in a Leading Role.

Way Off Broadway's cast includes Sam Buchanan, DesWell Carr, Dino P. Coppa, Sr., Rebecca Eastman, Daniel Hafer, Rachel Kemp, Barbie McCarron, David I. Marcus, Ariel Messeca, Mallory Rome, Brett Stockman, Jordan B. Stockdale, Hillary Templeton, Joseph Waeyaert, Tori Weaver, Rick Weldon, and Megan E. West.

Leading the cast as Reno Sweeney, will be Melani Drummer, making her Way Off Broadway debut. Originally from South Africa, Drummer has performed on stages around the world including the world tour of Andrew Lloyd Webber's Cats (original cast), Fame, Evita, and the SA/European tour of Showboat (which she also choreographed).

Anything Goes has music and lyrics by Cole Porter, with an

original book by Guy Bolton, P.G. Wodehouse, Russel Crouse, and Howard Lindsay, and a revised book by Timothy Crouse and John Weidman. Way Off Broadway's production is directed by Bill Kiska, with choreography by Dee Buchanan, and music direction by Jordan B. Stockdale.

The theatre's 2016 Season-opener will run from January 15 - February 20, with performances every Friday and Saturday evening, and matinees on the 1st, 3rd, and 5th Sunday of each month. Ticket prices are \$45 on Friday evenings, \$48 on Saturday evenings, and \$44 on Sunday afternoons.

Following Anything Goes in the spring will be the backstage farce Noises Off.

For additional information about any of Way Off Broadway's productions or events, visit www.wayoffbroadway.com.



Band of Royal Marines - Thrill to the pomp, pageantry, and patriotic sights and sounds of two of Her Royal Majesty's most legendary regimental bands. Resplendent in their colorful uniforms, these active duty soldiers will muster a performance of fanfares, marches, light classics and traditional tunes, all while executing intricate marching maneuvers at the Majestic's Theaters in Gettysburg on January 14.

Art in the Civil Rights movement

Jack Williams
MSM Class of 2017

This year, Martin Luther King Jr. Day will be observed on Monday, January 18. There was great fervor to honor MLK Jr. after his assassination in April of 1968. After his death, labor unions campaigned to name a federal holiday in his memory. There was some initial resistance in Congress, as you would probably expect.

Two criticisms were raised against the motion: the first was that a paid holiday for federal employees would be economically disadvantageous. For any of you who may find that to be insulting to MLK Jr., and think that there may be subtle racial undertones to this line of reasoning, bear in mind that this argument was made from both parties, and is a common argument against the addition of any federal holidays to the calendar year.

The second criticism was more targeted toward tradition; until MLK Jr. Day, no private American citizen had ever been granted a federal holiday; the other individual men who have federal holidays are George Washington and Christopher Columbus. In time, however, Ronald Reagan signed the bill into law late into the year of 1983.

Today, around 26% of Americans celebrate MLK Jr. Day. If that sounds low, and for comparison's sake, around 21% of Americans celebrate Memorial Day, 8% celebrate Columbus Day, and 90-95% celebrate Christmas.

I don't wish to speak about the artwork created during The Civil Rights Movement in order to be politically poignant, or hit you over the head with a political message. That's not my job as a writer for this newspaper, and you'll find politically-centered writing earlier in this and every edition, in The American Mind, Words from Winterbilt, Down Under, and in the Common Cents commentaries. This article is not an endorsement of the Black Lives Matter movement, although the numerous arguments for and against this argument deserve consideration in their respective places. You will find, in this section of the paper, an insight into the artwork created by those who felt marginalized on a public and governmental level. Let's take a look into how these feelings were expressed.

Why not start with the easiest one to understand, Barbara Jones-Hogu's *Unite* (1971)? This piece was created in a period of time some historians refer to as the Post-Civil Rights Movement, the time where black Americans needed to decide the necessary steps of desegregation in American society, governmental and non-governmental.

This piece is both direct and subtle in its intentions. It is a screen print, 22 1/2 by 30 inches, and includes several African-American men and women standing side-by-side, looking into one another's eyes with their fists held in the air. Behind them is the word *Unite!* in bright capital letters, written multiple times in a number of different colors.

The piece is direct, as you can probably surmise, in the fact that this group of men and women are looking to unite against an injustice. There is one woman in the piece who does not stare at another person in the painting, instead directing her gaze at the viewer. This, again, is Jones-

Hogu's way of asking whether you, yourself, will fight for unity.

But it's subtle as well. Why would she choose such bright, distracting colors and lettering? Wouldn't you think that for such a revolutionary movement, with black men and women in such a struggle for freedom and equality, that the primary draw to the viewer ought to be these men and women in the first place? Or maybe The Civil Rights Movement had more significance than just the black men and women who were being mistreated at the time. Perhaps, instead, we ought to direct our attention toward all forms of unification against injustice.

The Civil Rights Movement is about more than just African-Americans; it is simply an instance of history where one disenfranchised group is fighting for equal freedom and consideration, akin to the Women's Suffrage movement which led to the passing of a constitutional amendment.

Or what about a more "traditional" form of artwork, an oil on canvas by the great Allan Rohan Crite? His famous work, *School's Out* (1936) is an incredibly detailed rendering of mothers walking their children home after a day at school. The painting is characterized by a great crowd of African-American schoolchildren, neatly dressed, talking with their friends and being walked home by their mothers. This scene occurs in a relatively urban area, and reveals two integral details which were focal points to The Civil Rights Movement.

During this period of American history, white and black children were segregated into different schools, or if they were integrated, they had different bathrooms and separate areas to spend their time. What's indicative in this painting is that there is not one white person in sight. Instead, a scene where many black women are present dominates the perspective of the viewer. (It is also worth noting, if this is of interest to you, that segregation of a kind still exist in American schools, but this is due more to poverty level and the location of the schools in question).

The message which Crite is attempting to relay in this painting is the nature of the sharp divide in American schooling during this period in time. Plessy vs. Ferguson ruled that holding separate facilities for black and white children in schools

was constitutional, if and only if these facilities were equal in quality. Plessy vs. Ferguson still controlled the nature of American schooling when this painting was created, and Crite's work demonstrates just how sharp this divide could be perceived in certain areas of the United States.

There were areas of the United States which were explicitly racist toward African-Americans, and one of these places (at least in certain places) was Mississippi. Up until 1970, the Miss American pageant did not allow the participation of any African-American women. There were critics of this idea at the time, and it is certainly offensive by the standards of the modern day. It was so off-putting that a beauty pageant was held which only included African-American women, and took place in the state of Mississippi.

The artwork in question, aptly titled *A Beauty Pageant*, shows spite for this decision by the Miss America Pageant in its title. The pageant in Mississippi is not claimed to be the pageant; it is only a pageant. In the title alone, it mocks the notion that a competition that only includes participants of one race is not authoritative enough to be named the pageant.

This pageant took place on a street in a rural area of the state, and features four absolutely beautiful women walking in pose on an empty street, with young black girls looking on.

Again, there is not a single white person in sight in this photograph. This absence is deliberate. This photograph is a black-and-white shot gelatin silver print. A gelatin silver print, for all the non-photographers out there, is just a means of manipulating film to achieve a desired effect. To achieve this effect, a photographer creates a solute of silver salts in a gelatin solution, then coats this onto a piece of glass where the piece of film is placed.

This photograph, a fantastic piece with great depth just in its aesthetic, also relays a great amount of depth in meaning. The incredibly informal venue of the photograph contrasts with the beautiful dresses and appearance of the women who take place in the pageant. It also implies that beauty can be drawn from the places that many people would choose to avoid, if they had the option. Even in poverty-stricken areas with rampant racism, beauty exists that can draw us in. Finding beauty in ugliness is a characteristic of aesthetic



Allan Rohan Crite's famous work, *School's Out* (1936) is an incredibly detailed rendering of mothers walking their children home after a day at school. In this painting, Crite attempts to relay the nature of the sharp divide in American schooling during this period in time.

art, and this photograph does a wonderful job in producing this effect.

The last work of art I'd like to draw your attention to is one you may already be familiar with: *Ali Jumping Rope* (1966). This piece, like *A Beauty Pageant*, is a gelatin silver print that records Muhammad Ali training in the city of Miami in order to achieve his self-imposed title as "The Greatest." What's striking about this photograph, an element of which is deliberate, is Ali's outfit. Ali chose to wear strikingly white boxing pants for this shot, ones that can be seen in the mirror he is staring into. In this mirror, Ali sees himself putting in work, with the contrasting black tone of his skin and the white hue of his training shorts, to work toward an ideal.

If this sounds like an over-interpretation to create a certain impression, I would understand your point of view. Sometimes artwork can be over-interpreted, strictly in the sense of trying to impose mean-

ing that the artist intended – to follow the whims of the viewer. This is not the case here. Both Ali and Gordon Parks prepared for this photograph with these specific intentions in mind. Maybe Ali's goal in this photograph is not so farfetched; perhaps it is possible that all of us, black and white alike, can work together as one to become "The Greatest." Perhaps we can all work together to create the ideal society which every one of us envisions.

I hope this article helped to expose you to the sentiments that some of MLK Jr.'s contemporaries felt at this tumultuous period of American history. For full photographs, with additional video to accompany the works of art in question can be found at emmitsburgartscene.wordpress.com/

To read other articles by Jack Williams visit the Authors section of Emmitsburg.net, or emmitsburgartscene.wordpress.com.

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SPORTS

Catoctin basketball

Michael Donahue

The Lady Cougars have had a tough start to their season. They went face to face against three tremendous opponents and took some damage along the way. Hopefully, they have learned from each matchup and improved. They have the chance to prove to themselves they are capable of coming back from this disappointing start. It is obvious they have the skill defensively. Now, they just need to connect the dots offensively.

On December 11, the Lady Cougars took on the red hot Linganore Lancers. The Lady Lancers headed into Catoctin undefeated with an obvious purpose to keep their winning streak alive. On the opposite side of the floor, the Cougars looked to avenge their disappointing loss against Williamsport.

To begin the match, neither team found their rhythm offensively. Linganore was using a passive defense on the perimeter while they choked Catoctin's offense on the inside and forced the guards to work from the outside. Catoctin used their aggressive defense they preached during the offseason, to unsettle Linganore's offense. However, the Linganore play-makers eventually broke the scoreless tie when they snatched a rebound and laid the ball in for the first basket of the game.

On the opposite side of the floor, Catoctin struggled throughout the entire contest. It seemed impossi-

ble to grab a simple point. The ball seemed to have a mind of its own, as it refused to fall for the Cougars.

Heading into the second quarter, Catoctin was down 11 points. Their tenacious defense was keeping them in the game by pressuring Linganore into making contested shots and Hannah Grey grabbed a few rebounds on the defensive side of the floor. However, their offense was struggling. The Lancers' defense was keeping Catoctin outside of the paint and the Cougars were struggling to make anything from range. In fact, Catoctin had a less-than-stellar shooting percentage heading into the second half, at less than 10%.

In the third quarter, Catoctin's offensive woes climaxed. Throughout the eight minutes, Catoctin scored two points. Linganore began to dominate the boards on both sides of the floor and the Lancers held possession for most of the second half. The fourth was a similar story. Catoctin finally generated some offense. Taylor Crum finished with six points. Four came from the line, while Hannah Grey finished with six points as well, and went 2/9 from the field.

The Lady Cougars have played outstanding defense against extremely tough opponents, however, they have struggled on offense. While it is true, Catoctin has played three stellar opponents, the team needs to fix the offensive problems heading into January. Defensively, the Cougars have a few small nuances to clear up. How-

ever, they will look to "put a complete game together," and "execute on the offensive side of the floor," according to Amy Entwistle, the women's head coach. However, Entwistle is extremely proud of her team. She said "there is nothing more I can ask for when my players give their all... they fought tooth and nail against [Urbana.]" The Lady Cougars will work to figure out their troubles on offense.

To begin the season for the men, the Cougars traveled to FSK. On opening night, Catoctin lost 80-60. The following game, Catoctin lost once again against Linganore 85-37. Finally, Catoctin took on Urbana on December 15.

On the Cougars home opener, the Urbana Hawks stood on the opposing side of the floor. Urbana, a 3A power house, was going to be a tremendous task for the winless Cougars to overcome. The Hawks were coming into the game on a two game winning streak against South Hagerstown and Westminster.

At the tip, Urbana grabbed possession and headed the length of the floor. Quickly, they swung the ball around the arc twice. Finally, the Hawks cut toward the basket and attempted a lay-up. However, the ball bounced off the rim and back out. Jared Pawlus grabbed the rebound and headed back down the length of the floor toward the Urbana basket. Yet, nothing came from Catoctin's first possession or the next few. The Hawks took advantage and broke the



Catoctin's Seth Gillis being introduced to the fans.

game open in the first quarter. They began the game with a 22-2 run and took the lead heading into the second quarter 27-7.

However, the Cougars, led by Michael Tylicki and Pawlus, began to shrink the lead. Pawlus, whose specialty seemed to be cutting to the basket, grabbed back to back difficult field goals in the paint as well as two trips to the line. The Cougars' defense also stiffened in the second quarter. They began to pressure the defense and demanded a greater effort from Urbana's offense. Slowly, they cut the lead in the second quarter down to 15 points.

To start the third, Catoctin's defense struggled against Urbana's up-tempo offense. However, they kept pace on the offensive side of the floor with an improved range attack led by Tylicki. Quickly, Tylicki hit three field goals to generate nine points for the Cougars to open the third.

While they did struggle to keep the Hawks outside of the paint, the

Cougars forced the Hawks to work for each point inside. This aggressive defense slowly worked on the Hawks. This strategy slowed their offense in the fourth quarter.

Up fourteen, the Hawks offense stalled. With Tylicki and Pawlus leading the offense, some timely threes brought the Cougars within nine. However, once Catoctin was within ten, Urbana began to play some amazing defense and the Cougars no longer had the touch they found at the beginning of the third quarter. Slowly, Urbana stretched their lead to 11 while destroying Catoctin's hopes of perfecting the comeback.

The Knights beat FSK, yet lost to Linganore; the two common opponents Catoctin and Middletown share. This matchup will be a chance to show how Catoctin has evolved over the season. The Cougars next home game during January will be when Catoctin hosts a stellar Smithsburg team on the 13th.

Looking Back... behind the plate

Blaine Young
Thurmont Little League
Umpire-In-Chief

Mark Twain said "The universal brotherhood of man is our most precious possession."

We experience brotherhood, or community involvement, at various stages in life and some of my favorite memories are from youth sports. Thurmont and the surrounding area has been and continues to be a great place to participate in youth sports. Thurmont Little League is where I met many friends, and sometimes foes, almost 40 years ago. I started out playing for Larry Dubel on the Minor League Bombers and ended up at Senior League playing for Brian Boller and Ricky Wastler. I wasn't a stand-out player by any stretch but I could drop an outfield catch as good as anyone in Minors and even the Ott brothers couldn't help me keep up with the speed of Senior League pitchers.

Other youth sports were great too, and high school football was certainly a very fun time, but I landed back at Thurmont Little League in 2002 when my daughter started softball, and following on through my son's time in baseball. Always eager to volunteer, I helped the coaches in whatever way

I was asked. They eventually asked me to umpire a few minor league games. "WHAT? You want me to do what?" So that was fun... I realized quickly that I needed to learn the game in a different way than I ever knew it before. Actually the other parents were really helpful in making me realize that. The President of the league offered me an opportunity to attend an umpire clinic and I did. The clinic helped me understand many aspects of the game that I hadn't previously considered and it sparked a bigger interest. Years later and I'm registered with the Maryland State Umpire's Association. While my children have grown out of youth sports I guess that I haven't.

The task of umpiring youth baseball and softball can be challenging when you consider: sometimes uncertain scheduling, striving to make the right call, insuring the safety of the players, and of course dealing with the emotions of the coaches and parents. However, I'd like to offer a few points that I hope might urge people in our community to consider getting involved in their community through volunteer umpiring... Umpires get the best view of the game, Umpires get the opportunity to see players go through lows and highs (and it's great seeing the highs up close), Umpires have

numerous clinics and resources to help them gain necessary knowledge and confidence, Umpires reinforce the lessons taught by coaches, and Umpires apply rules which provide safety and structure for the players. There is also opportunity for umpires to get involved even deeper with the league to help provide great experiences for families in the community.

Since its start in 1952, Thurmont Little League has been a place where skills are passed along and memories are made. The league continues to have great volunteers who strive to create success for the youth of our community and pass along the spirit of brotherhood to our youth. As Umpire in Chief of Thurmont Little League, I want to invite members of the community to consider volunteering with a great organization as we approach our 65th year of Little League Baseball in the Thurmont area. There are many ways in which you can take part in the organization, including umpiring! Please visit the Thurmont Little League website at www.tllbaseball.com where you can find out more about today's TLL and how you might take part in a great youth sports organization. You will also find my contact info and an umpiring link where you can learn more about opportu-



Little League baseball - what can be more American than that?

nities to help in that capacity.

Community brotherhood can be very rewarding to experience and to help build.

Registration Information

Registration for the TLL 2016 Spring Season is open until Tuesday March 1st, 2016. Online Registration is available at our website at www.TLLbaseball.com. Register prior to 12/31/15 and receive

an early discount of \$10 off of your registration. Players for Thurmont, Sabillasville, Emmitsburg, Rocky Ridge, Woodsboro, Taneytown and Union Bridge are welcome to register. Come be a part of the Little League experience, we are looking forward to seeing your player on the Little League Ball Fields. Feel free to call 267-664-5059 with questions or email us at thurmontbaseball@hotmail.com.

MOUNT SPORTS

A blizzard of Mount sports

Brian Vogelgesang
MSM Class of 2016

Mount St. Mary's University enters 2016 with high hopes as their athletic teams look to do big things this January. Mount athletic teams prepare to run revolutions around their opponents, as men's basketball faces conference rivals, track and field continues to show new potential, and men's and women's tennis enter into their spring season. The excitement doesn't seem to end.

Men's basketball is on a roll to victory with the way they have been capturing the eyes of many as they defeat opponents such as Bucknell University and Loyola. The team has been led by outstanding guards, B.K. Ash and Junior Robinson. These players have contributed to the team's success in key ways.

Against Bucknell University, Robinson made some great plays, gaining momentum for the Mount that led them to their victory. Ash made some impressive shots against Loyola, scoring 22 points that game. Head Coach Jamion Christian referred to the two men as, "two of the top guards in the country." With a statement like that, it is no wonder why Mount basketball is said by many, to be such a pleasure to watch.

The men's basketball team is coming into heavy conference play as they enter into the New Year. MSMU hosts four consecutive home games against conference rivals in the beginning of January. The Mount is playing LIU Brooklyn on January 2, Saint Francis Brooklyn on January 4, Central Connecticut State on January 7, and Bryant University on January 9. The men's basketball team has been preparing for these teams since day one. One can see this preparation through the successes that the team has already accomplished this year.

The Mount's sports thrill does not stop with men's basketball; track and field expect to have a groundbreaking season this year. The winter track events feature Mount athletes that bring their best to the table. Coach Jay Phillips commented on team's performance stating, "Our performance goal for this year is to improve since last season. We did not finish where we wanted to last year."

There have already been great improvements seen since last year. The Mount faced the Naval Academy in a meet a couple of weeks ago where they broke two school records and had top three finishes. One notable finish was that of Chase Boyle's victory. Boyle's winning throw of 18.19m (59' 8.25") broke the Mount's school record.

Coach Phillips commented

that to make the improvements, as seen with Navy, "we (had) to become a closer team and really support each other and the Mount community. We want to be engaged and present at all times. This is very important, especially for a track and field team where at meets, each player's events can be far apart, in between and spread throughout the course of the day."

The women's and men's side of the track and field team has much to offer for the fans. On the women's side be sure to look out for freshman Erin Sample and senior Virginia Owusu-Mainoo. For the men, watch out for distance runners Kody Wilson and Chris Eltringham. The two seniors are returning conference champs for the Mount. Regardless of whether it is men's or women's, Mount track is ready to leave a trail of fire as they sprint to the victory.

Another sport to look out for is Mount St. Mary's tennis. Both the men's and women's divisions compete a high level that should be expected of NCAA athletes. The tennis team had a longer than usual season this past fall, giving them an edge coming into the spring. Head Coach Samantha Pinchoff said, "In order to prepare for the upcoming spring season we have been focusing on mental play. We want to have mental preparedness as well as physical preparedness. In addition to mental conditioning we have been doing cross conditioning, spin, running, and weightlifting."

This preparation will pay off as the Mount approaches their first spring event on January 30 at Howard.

Coach Pinchoff discussed the team's goals for this year. She said that "each team member had to name an individual mission statement for themselves. Then I ask them how it applies to their hearts."

Mount tennis, as seen through Coach Pinchoff's words, is all about heart. They strive to give their all every time they step on the court and off the court. The tennis team has exceeded expectations according to coach Pinchoff. "As a young coach I want to come out with guns blazing but still be relatable. I want to create an environment where the players have the opportunity to top themselves in regards to their potential." She spoke with a lot of confidence that the players will continue to reach their potential as they enter into their spring season.

On the men's side be sure to look out for seniors Anthony Adams and Austin Blake. Adams currently holds a 6-0 record and Blake is not far behind with a record of 6-2. Also look out for the impressive freshman, Sean McNulty. McNulty holds a 6-1 record after the fall season. The women also have some impressive athletes. Senior Isabella Draper is coming off the fall season with a 5-4 record. Sophomore Sruthi Kamprath and freshman Brittany Poje also hold records of 5-4. The Mount certainly is

bringing some great athletes to compete in their matches this spring.

One thing that is beautiful about sports like tennis is the ability to give back to what was given to you as a younger player. The tennis team, according to coach Pinchoff, loves to give back to the Emmitsburg community. They love to inspire those who come out to their matches, especially the kids. Overall the Mount tennis team is a class act and continues to represent the Mount in a great way.

Mount St. Mary's Universi-

ty sports is always a big part of the Mount community. This aspect of the community always brings excitement and pride to the Mount campus. It is always encouraged that people from the surrounding Emmitsburg community share in this excitement and pride. The teams love to see familiar and not so familiar faces at their events, cheering them on. In a way the Emmitsburg and Mount communities becomes one when they mesh together at events such as those that Mount Athletics proudly provides. This January is surely an exciting month because of the New Year and also because Mount St. Mary's sports have a lot to offer.

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COMPLEMENTARY CORNER



Renee Lehman

In China, the dragon is a magical being. The Chinese dragon is able to breathe fire, summon wind and call for rain, fly into the clouds and hide at the bottom of the sea. Along with these abilities, the dragon signifies power, strength, and good luck. Unlike castle-burning dragons of Western stories, the Chinese Dragon is a benevolent symbol in Chinese culture. It is a symbol of miraculous things and represents the collective wisdom of Chinese culture, encompassing the art of Traditional Chinese Medicine (TCM), art and architecture, calligraphy, music, martial arts and Feng Shui (pronounced fēng shuǐ).

The Dragon's Way® is a wellness program that was developed in the 1990's by Nan Lu, OMD, the founding director of the Traditional Chinese Medicine World Foundation and the Tao of Healing in New York City (read his biography at www.tcmworld.org); and has helped thousands of people lose weight, improve numerous health conditions, and discover their own healing abilities. It is deeply rooted in TCM, the oldest continuously practiced medical system in the world (more than five thousand years). The Dragon's Way® program is one of wisdom, where you learn how to reconnect to your own powerful healing ability.

As I have discussed in previous articles, TCM deals with balancing the flow of the natural vital energy, or Qi (pronounced "chee"), which flows through

all living things. This Qi flows through the body on specific pathways called Meridians, and is essential for health.

When the Qi is balanced, moving smoothly, and in sufficient quality and quantity, health and wellness are promoted. When the Qi is unbalanced or blocked in any way, disease or disease, will occur. This disease may show up as symptoms on a physical, mental/emotional, or spiritual level. It is important to realize that these symptoms are only the end result of an imbalance, and not the illness itself.

Weight gain and feeling chronically "stressed out" are examples of signs/symptoms from the body, mind, and spirit that there is something out of balance within us, and needs to be addressed. It is important to realize that TCM does not "fix" the signs/symptoms. TCM is focused on bringing the whole person into harmony, and getting to the root of the problem. So, the underlying root cause (energetic cause) of weight gain or "stress" is addressed. Therefore, if you resolve the root problem (body out of balance), the symptom (excess weight) will be resolved! The Dragon's Way® program helps you to address the root problem of your symptoms.

The Dragon's Way program is a six-week weight and stress-management program that helps you to learn self-healing tools to bring the body into balance and harmony, to cultivate Qi, and to tap into the body's innate healing ability.

The Dragon's Way® program

is not about food restrictions, appetite suppression, or vigorous exercise. It is about understanding the miraculous complexity and delicacy of the body and the way it truly works, about how the organs should operate in harmony, and how Qi powers all its functions. This program provides a real owner's manual for the body. The main components and principles of the program are Wu Ming Meridian Therapy Qigong, an Eating for Healing Plan, Herbal Supplements, and learning how your body works from the TCM perspective so that you can apply practical lifestyle changes and unique stress release techniques drawn from TCM healing practices.

The Wu Ming Meridian Therapy Qigong is an ancient energy practice of ten simple movements that can increase energy, open energy blocks, and prevent energy from stagnating. TCM uses qigong as a way to open the door to healing (therefore, getting to the root cause) and allow the body's organ systems to work in harmony. This qigong can help you deal with stress, lose or maintain weight, and increase your energy because it reawakens your body's own natural healing ability.

The Eating for Healing Plan chooses foods for their ability to heal and build your energy. Food is not looked at as an enemy; it is viewed as an ally. This is not a DIET! It is a way to use food to help heal the root cause of weight and stress issues (the body's organs not working in harmony).

The Herbal Supplements are a combination of herbs that are ancient TCM formulations. They work in harmony with your body and have been safely used in China for thousands of years. Also, Dr. Lu has used these formulations with thousands of people for many years in both his private practice and in this program. The herbs are not stimulants or appetite suppressants. They help strengthen and rebalance your internal organ systems. The herbs recommended in this program can help boost your body's healing ability.

Based on the TCM Principles, one learns to listen to what your body wants to eat, when to sleep, and how to function. On the deepest level, the body has wisdom far beyond anything we generally acknowledge. The body is constantly communicating with us through "signals/symptoms." Recognize that these signals/messages, are early warning signs of the body/mind/spirit being out of balance. Therefore, by learning to see your body through TCM principles, you have the opportunity to open lines of communication within your own body, and become healthier.

A recent study by the TCM World Foundation found that The Dragon's Way program may relieve several physical and emotional health issues. The research data confirmed clinical observations of The Dragon's Way's effectiveness in lowering stress and increasing overall wellness for a diverse population, with a majority of subjects reporting significant relief from both physical and psychological symptoms, including anxiety and depression, over a two-year period.

Data collected from 102 subjects (88 women and 14 men), before and after each Dragon's Way program showed that 80 percent of participants experienced a reduction or complete disappearance of chronic physical

and emotional symptoms associated with stress, including anxiety, fatigue, muscle tension, back pain, forgetfulness, nervousness, shortness of breath, insomnia, abdominal distention, depression and headache. In addition, 90 percent of subjects reported improved anxiety and depressive symptoms.

Based on these findings, TCM World Foundation is planning a second study on the impact of the Dragon's Way program using standard psychological instruments to measure emotional and physical changes in subjects. A third study will measure biochemical changes affected by this unique holistic intervention.

The following are just a few comments from participants of my previous Dragon's Way classes: "My anxiety has decreased dramatically." "My A1C (average blood sugar level over a 2 - 3 month time period) dropped from 9 to 7." "I now have regular bowel movements, and I, in my whole life, have never been regular!" "My back pain is gone." "I've lost 6 pounds and feel great!"

As people become aware of the negative impact of stress on their health and well-being, finding ways to reduce these effects are of great importance. The Dragon's Way may be one of the solutions! If you are interested in getting to the root of any weight or stress-management issues, please call Renee Lehman at the number given below. The next Dragon's Way program will start on January 20 in Gettysburg.

Make the Dragon's Way Your Way!

Renee Lehman is a licensed acupuncturist, physical therapist, and certified Dragon's Way instructor with over 25 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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Energy is one of the best benefits of a regular exercise program. While you may be a bit tired when you finish your workout, usually by the time you change clothes and get to work or your next project of the day you feel energized. I'm sure you have heard that if you don't get up and move your body will stay at rest. Of course, we need to rest but sitting around most of the day will actually make you more tired than being active. Sometimes it is very hard to talk ourselves into taking a walk or getting on the bike or treadmill but once you finish a brisk workout you have more energy. Several of my clients tell me they really don't feel like exercising some days but after their session they are so glad they did. That is one of the ad-

vantages of going to a personal trainer. Many of my clients admit that if they did not have that scheduled appointment they would have skipped their workout that day. Talking yourself into doing something else instead of exercising is very easy to do. The hard part is talking yourself into doing some type of exercise each day. It is alright to give yourself a break once in a while but missing too many sessions can become a habit and interrupt the progress you are working toward.

People are hearing more and more about the importance of exercise. With today's automated world, people need to realize the short and long term health risks of this sedentary lifestyle. So many people work long, hard hours and don't take the time to care for their bodies. Exercise is as important as brushing your teeth or any of the other daily activities you do to take care of your body. If you don't maintain your bones and muscles, they lose their ability to function. Osteoporosis is one of the fastest growing problems for women, as well as men, today. Proper diet and exercise help prevent this disease and many others, such as high blood pressure, diabetes, high cholesterol and even depression. The health benefits of exercise are unlimited. Along with improving your health, exercise also benefits many sports activities. Golf, baseball, archery, horseback riding or just about any sport or activity will be improved if your body is in its best shape. The satisfaction and feeling you get after exercise far exceeds how you feel from giving into the temptation to skip your workout for that day. Think about it.

Do something for yourself and encourage family and friends to do the same. Come see what I have to offer and what you have to gain. I am conveniently located just minutes from Emmitsburg, Gettysburg, Thurmont, Fairfield and you at 285 Boyle Rd. Stop by or call for more information or directions. 717-334-6009. If the open house date or time is not convenient for you, give me a call to schedule another time. Gift certificates available. FREE CONSULTATION WITH A CERTIFIED PERSONAL TRAINER! SEE YOU THERE!

Remember, Keep Moving.

The Visiting Angels

Richard Ruda had it drilled into his head from a young age that he was going to graduate high school, go to college and get his degree.

He followed that plan, and from the time he graduated from his master's program, Ruda had been working to further his career and earn a living that allows him take care of his family. But when his father fell ill and died a couple of years ago, Ruda had an epiphany.

"My dad did a small act of kindness for a homeless person when I was a kid, and it didn't mean anything to me at all," the Carlisle resident said. "Thirty years later, I was going to his wake, and that thought hit me. And I was able to connect to my purpose, and that's helping the homeless. And ever since I did that, things have happened that have just been unbelievable."

As soon as he figured out his purpose, Ruda said, his life started changing positively. One day he crossed paths with someone from Visiting Angels, an international company that provides adults and seniors with assistance so they can continue living at home. From there, it became evident to Ruda that he needed to invest in Visiting Angels and help as many people in the community as he could.

Fast forward to Jan of last year and Ruda and his wife, Julie, became the new owners of Visiting Angels in the tri-county area, covering Cumberland, Franklin and Adams counties. The couple has since turned the place upside down.

Since taking over, Ruda changed the focus of the care that is provided, following the advice from a book he read called "The Serving Leader" by John Stahl-Wert and Ken Jennings. He said it really changed how he runs everything.

"Our business is built on what we call a servitude attitude, and our organization structure reflects that," he said. "Our motto is the more you give, the more you get. Our patients are actually on the

top of our organization chart. It sounds corny, but it's very, very powerful. Because it's a mindset, it's a serving mindset."

Visiting Angels is a franchised, nonmedical care agency that can be called in for services, such as bathing and dressing assistance, grooming, medication reminders, shopping, light housekeeping, meal preparation and companionship. Ruda said he has worked in health care for more than 25 years and he

also watched his parents age, so he understands both sides of the coin and is able to sympathize with his clients.

Ruda said when it comes down to it, he wants to be able to grow the Visiting Angels business to be able to help more people throughout the tri-county area. "Our goal is not to be the biggest, but it's to be the best in the tri-county area," Julie Ruda said. "We're serving the families and our employees."

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ASTRONOMY

The night sky of January

For January 2016, the Moon will be last quarter on January 2nd. It will interfere greatly with the peak for Quadrantid Meteor Shower on the following morning, with perhaps 30 meteors per hour coming out of the NE in the morning sky. The first week of 2016 finds the moon waning in the morning sky. The waning crescent moon sits 3 degrees south of Venus and Saturn on January 6th. The new moon is on January 9th, and begins the Chinese New Year. The first quarter moon is on January 16th, and the full moon, the moon of the breaking branches in Woods Indian Lore, is on January 23rd. The waning gibbous moon passes 1.4 degrees south of Jupiter, with both rising about 10 PM, on January 27th.

While the naked eye, dark adapted by several minutes away from any bright lights, is a wonderful instrument to stare up into deep space, far beyond our own Milky Way, binoculars are better for spotting specific deep sky objects. For a detailed map of northern hemisphere skies, about December 30th visit the www.skymaps.com website and download the map for January 2016; it will have a more extensive calendar, and list of best objects for the naked eyes, binoculars, and scopes on the back of the map. There is wonderful video exploring the January sky, from the Hubble



Beginning each New Year and lasting for nearly a week, the Quadrantid Meteor Shower sparkles across the night sky. Its radiance belongs to an extinct constellation once known as Quadran Muralis, but any meteors will seem to come from the general direction of bright Arcturus and Bootes. According to recent data, the Quadrantid meteors may have been formed about five centuries ago when a near-Earth asteroid named 2003 EH1 and a comet collided.

ST website at: http://hubblesite.org/explore_astronomy/tonights_sky/.

No visible planets grace the January evening skies. Mercury is too close to the sun all month. Venus passes by Saturn in Scorpius in the morning sky on January 6th. Mars is faint, and close to Spica in Virgo in the dawn. Jupiter is on the border between Leo and Virgo, rising just before midnight.

The constellation Cassiopeia makes a striking W in the NW.

She contains many nice star clusters for binocular users in her outer arm of our Milky Way, extending to the NE now. Her daughter, Andromeda, starts with the NE corner star of Pegasus" Square, and goes NE with two more bright stars in a row. It is from the middle star, beta Andromeda, that we proceed about a quarter the way to the top star in the W of Cassiopeia, and look for a faint blur with the naked eye.

M-31, the Andromeda Galaxy, is the most distant object visible with the naked eye, lying about 2.5 million light years distant. Overhead is Andromeda's hero, Perseus, rises. Between him and Cassiopeia is the fine Double Cluster, faintly visible with the naked eye and two fine binocular objects in the same field. Perseus con-

tains the famed eclipsing binary star Algol, where the Arabs imagined the eye of the gorgon Medusa would lie. It fades to a third its normal brightness for six out of every 70 hours, as a larger but cooler orange giant covers about 80% of the smaller but hotter and thus brighter companion as seen from Earth.

Look at Perseus' feet for the famed Pleiades cluster; they lie about 400 light years distant, and over 250 stars are members of this fine group. East of the seven sisters is the V of stars marking the face of Taurus the Bull, with bright orange Aldebaran as his eye. The V of stars is the Hyades cluster, older than the blue Pleiades, but about half their distance. Yellow Capella, a giant star the same temperature and color as our much smaller Sun, dominates the overhead

sky. It is part of the pentagon on stars making up Auriga, the Charioteer (think Ben Hur). Several nice binocular Messier open clusters are found in the winter milky way here. East of Auriga, the twins, Castor and Pollux highlight the Gemini. UWF alumni can associate the pair with Jason and the Golden Fleece legend, for they were the first two Argonauts to sign up on his crew of adventurers.

South of Gemini, Orion is the most familiar winter constellation, dominating the eastern sky at dusk. The reddish supergiant Betelgeuse marks his eastern shoulder, while blue-white supergiant Rigel stands opposite on his west knee. Just south of the belt, hanging like a sword downward, is M-42, the Great Nebula of Orion, an outstanding binocular and telescopic stellar nursery. It is part of a huge spiral arm gas cloud, with active starbirth all over the place. You should be able to glimpse this stellar birthplace as a faint blur with just your naked eyes, and the larger your binoculars or telescope, the better the view becomes.

Last but certainly not least, in the east rise the hunter's two faithful companions, Canis major and minor. Procyon is the bright star in the little dog, and rises minutes before Sirius, the brightest star in the sky. Sirius dominates the SE sky by 7 PM, and as it rises, the turbulent winter air causes it to sparkle with shafts of spectral fire. Beautiful as the twinkling appears to the naked eye, for astronomers this means the image is blurry; only in space can we truly see "clearly now". At 8 light years distance, Sirius is the closest star we can easily see with the naked eye. Below Sirius in binoculars is another fine open cluster, M-41, a fitting dessert for New Year's sky feast.

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—John Gruber
(1768-1857)

Mid-Atlantic Weather Watch:

Periods of showers, the severe storms (1, 2, 3, 4, 5, 6, 7, 8, 9, 10) turning fair and very warm (11, 12). Rain (13, 14) turning fair and warm again (15,16). Severe storms (17, 18) with warm and humid weather (19, 20, 21). Remnants of Gulf hurricane with heavy rain, storms (22, 23, 24). Fair and warm (25, 26) with more STORMS (27, 28, 29) turning fair and cooler (30).

Tornado Watch: Watch out! The Town and Country Almanack sees possible tornado activity in the Mid-Atlantic Region from January 14th to the 20th.

Full Moon: While it has often been referred to as Hunger Moon by many Native American tribes because of the scarcity of food at this time of year, it has also been called Wolf Moon because of the increased boldness of wolf packs venturing closure and closer to their camps looking for food. It will occur on Sunday, December 27th.

Special Notes: A winter auto safety tip: Always clear snow away from your car's exhaust pipes before starting. This will prevent dangerous carbon monoxide from seeping back into the car. NEVER warm up a car in an attached or stand-alone garage, even if the door is open!

Holidays: Ring in 2016 on New Year's Day, which falls on Friday, January 1st. On January 15th, in 1929, famed civil rights leader Martin Luther King, Jr. was born. The official day set aside for his re-

membrance (the third Monday of January) falls on January 22nd. Remember to take time to honor him on this day and reflect on the great social changes he brought about in this country and the sacrifices he made pursuing unity and harmony.

The Garden: Give your balled-and-burlapped Christmas tree a permanent home in your landscape. If you're not ready or able to plant a tree now, move it outside to a sheltered location and supply water as needed. Mulch landscape beds for winter if you haven't already (and if the weather allows). Mulching prevents erosion, protects against soil freezes and thaws, and helps retain moisture - all particularly beneficial over a dry winter. There are many different types of mulch. You can even recycle your cut Christmas tree and use the branches to cover perennials!

J. Gruber's Thought For Today's Living

Resolutions are only as good as the intent is to keep them.

COMPUTER Q&A

New Computers—What to expect

Ayse Stenabaugh
Jester's Computer Services

Buying a new computer can be exciting especially if you are upgrading from what you previously had. Turning the new computer on can be a bit intimidating after being comfortable with your previous computer and the programs that you previously used. Here are some things that you can expect from a new computer and things you may need to setup with your new PC.

First things first...

Your new computer might have Windows 10 on it which will require a little getting used to but in general it is a fairly easy system to learn to use (much easier than Windows 8 was!). When you first setup your new computer you will probably need to setup user accounts and select some default settings for your device. Once that is completed you will be presented with an unfamiliar desktop which will likely contain some trial software.

Most manufacturers pre-install an Antivirus trial which can range from 30 days to 1 year. If you have your own antivirus you will need to uninstall what is on your new computer and install your antivirus (from the disc or website that you obtained it from). If you are still using your old computer, you will want to check to ensure you can install the software on multiple devices. If you purchased AVG from us at Jesters Computers, we will transfer your AVG to the new computer (or add a license if you will be using the old PC).

If your old computer had any additional software such as Microsoft Office, QuickBooks, Photoshop etc. you will need to install this software on your new computer. If you're looking for an alternative to Office you can download Open Office for free from www.openoffice.org.

Setting up existing devices...

You may already have a printer, scanner or other devices that you used with your previous computer. These devices will need to be installed and configured to be used with your new PC. We highly recommend visiting the manufacturers website (HP, Brother, Epson etc.) to download the latest drivers and software that are available for your PC. Make sure to visit the correct website (many download websites exist that will bundle junk software with the software you are trying to download) and choose the correct operating system (Windows 10 etc.) if you aren't sure what you have or whether or not you need 32-bit or 64-bit you can right click on "My PC" or "My Computer" and then choose properties. Your computer will display your operating system information.

Using the web on your new PC...

By default, a Windows 10 PC will come with the new Microsoft Edge browser. Searching your computer, you can also find that Internet Explorer is also pre-installed. We rec-

ommend using either Mozilla Firefox or Google Chrome on your computer for faster browsing and increased security. Once they are downloaded you will need to make them your default web browser. To do this, click in your search box (where it says "I'm Cortana. Ask me anything.") and type default. From the search results choose "Default Programs" (choose the one with the gear). Under Web Browser click the plus sign (or the existing default browser listed) to set your default and choose the browser you wish to use.

Unless you had your data transferred from your old PC to your new PC (This can be done at Jesters Computers for a flat fee of \$65), your favorites, passwords, etc. will not be on your new computer and you will have to re-enter and save this information on your new PC. It's important to note that any website you use online that requires you

to login such as email or Facebook will ALWAYS require you to enter a password. If you can't remember your password, you can click the forgot password link found on the login page. Any customizations or settings changes that you made on your old PC will also need to be done on your new computer.

If you check your email online through your web browser, you won't need to do anything special to setup your email besides logging in. If you previously used a program such as Windows Live Mail, Thunderbird or Outlook you may choose to setup your email through a similar application. Windows 10 has a built in "Mail" program which is a basic program to check your email. The Windows Mail program will automatically setup your email with most providers however some may require additional information to complete the process.



Learning how to use your new PC

If you need some one-on-one assistance to learn your new computer, contact Jester's Computers to schedule a class with Ayse our very own computer tutor! In addition to computer classes Ayse also can show you how to use other devices such as smart phones or tablets!

For fast and affordable computer

service visit Jester's Computers located at 5135 Fairfield Road or visit us on the web at www.jesterscomputers.com. We can be reached at 717-642-6611 and on our Facebook page!

As always for computer repair service and technology advice you can trust contact Jester's Computer Services at 717-642-6611 or visit us on the web at www.jesterscomputers.com

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UPCOMING EVENTS

Gettysburg National Park's Mid-Winter lecture series

(All lectures will take place in the Gettysburg National Military Park Museum and Visitor Center Theater. For more information call 717-334-1124 or visit www.nps.gov/gett)

January 9: Jubal Early and the Molding of Confederate Memory. Explore the post-war life of former Confederate General Jubal A. Early. During the Civil War Early saw extensive service in most of the major campaigns of the eastern theater. Known for his profane and blunt personality, he served as a writer and editor of the Southern Historical Society Papers, and played a major role in shaping how southerners remembered Gettysburg, Robert E. Lee, and what became known as "The Lost Cause." By laying aside the sword and taking up the pen, Early made a direct impact on how generations of Americans would understand the Civil War.

January 10: Follow the career of former Confederate General James Longstreet from the end of the Civil War to Reconstruction-era New Orleans. Longstreet's post-

war politics, his role in shaping reconstruction in Louisiana, his involvement with some of the era's major players, and his participation in the Battle of Liberty Place.

January 16: The Psychology of the "Loyal Slave" and "Mammy". In the final days of the American Civil War, previously isolated slave populations found the opportunity to run toward Union ships or infantry encampments. Likewise, as federal forces moved onto these plantations and publicly read the Emancipation Proclamation, newly freed slaves migrated in great numbers to the nearest city where the Freedman's Bureau worked to reunite scattered families and provide various forms of social or economic support. Southern planters watched their slaves leave with dismay, having lived under the delusion that their "human property" saw them as patriarchs who provided daily protection from birth to death. Their "defections" stripped away any pretense of the master-slave relationship. Explore the shattered notions of the "loyal slave" and "Mammy" following the end of the war and the transforma-

tion of southern society.

January 20: The Long Road to Reconciliation – Veterans and the Record of War. Following the conclusion of the Civil War, surviving Union and Confederate veterans returned home to face an unknown future. United by the shared experience of war, these former soldiers bonded through veterans organizations. In 1866, Union veterans established the Grand Army of the Republic. In 1889 former Confederates banded together and created the United Confederate Veterans. Both groups endeavored to "right the record" of the conflict. Examine how these two groups, through their newspapers, regimental histories, and reunions helped to shape our interpretation of the war.

January 23: Freedom, the Civil War, and its Complicated Legacy. More so than any other era of the nation's history, Americans have grappled with the meaning and legacy of the Civil War. Examine the continued relevance and the complex, controversial, and often contested legacies of the American Civil War.

January 24: The Rhetoric of Reconstruction and Reconciliation – What Does it All Mean? From the end of the war to the present day, Americans have seen their share of promises, proclamations, and declarations; all designed to encourage, enhance, or enforce a particular vision of the Civil War and its aftermath. From Lincoln's changing recognition of the ultimate meaning of the conflict, evident in his Second Inaugural Address, to the views of a collage of other wide-ranging personalities; from Frederick Douglass, to Woodrow Wilson and George Wallace – all have

tried to shape how Americans understand, view, and teach the war. Explore the decades, leaders, and demagogues of the post-Civil War period.

January 30: Colonels in War, Governors in Peace: Chamberlain and Oates in Reconstruction. The fight between the 20th Maine and the 15th Alabama on Little Round Top is among the most famous incidents of the Battle of Gettysburg, if not the American Civil War. What is less well known is what each regiment's leader - Joshua Lawrence Chamberlain and William Calvin Oates - did following the end of the conflict. Both men went on to become governor of his respective state, and both played a large role in the politics of Reconstruction and in shaping the memory of the Battle of Gettysburg and the American Civil War. Discover the post-war political careers of these two fascinating individuals.

January 31: "Monuments, Memory and Reconciliation at the High Water Mark." Few places on the Gettysburg battlefield are as highly visited or as symbolic as the High Water Mark. That something important and significant happened here is apparent to even the most casual visitor. Why else would this little knot of trees be enclosed by an iron fence, and an imposing bronze monument of an open book with the words "High Water Mark," flanked by cannons, stand in front of them? Monuments and National Park Service wayside exhibits cluster densely here as well. Through the decades it has always carried an importance for Americans. For Union veterans it was place to remind the nation of their great victory and sacrifice through monuments, a process sometimes

fiercely contested. It was also a place of great pain for veterans of both armies and it served some as a point to find peace and reconciliation with former enemies. Eventually the nation found it to be the ideal space for national reconciliation. Explore the major events up through the battle's 50th anniversary that transformed this simple landscape into one of America's most symbolic spaces.

Community events

January 8

Mother Seton School Feast of Elizabeth Ann Seton Mass at the National Shrine of St. Elizabeth Ann Seton Basilica. Come join us as we celebrate the Feast Day of our patron saint during a special Mass in her honor. For more information call 301-447-3161 or visit www.mothersetonschool.org.

January 10

St. Anthony's Parish All You Can Eat Breakfast - Menu: Scrambled eggs, French Toast, Pancakes, Sausage, Home Fries, Fruit cup, Toast, coffee/tea, orange or apple juice.

January 14

The Majestic Theater presents the Royal Marines Band, Featuring the Pipes & Drums of the Scots Guards Thrill to the pomp, pageantry, and patriotic sights and sounds of two of Her Royal Majesty's most legendary regimental bands with their colorful uniforms and intricate marching maneuvers. Majestic Theater, 25 Carlisle Street, Gettysburg. For more information call 717-337-8200 or visit www.gettysburgmajestic.org.

January 16

The Harney VFW, Monocacy Valley Memorial Post 6918 All You Can Eat Oyster/Chicken feed. By popular demand, the famous "Hooper's Island Seafood" will be at the Post pavilion steaming their delicious Chesapeake Bay oysters for your eating pleasure. In addition, the Men's Auxiliary will have their delicious deep fried chicken. The Ladies of the Auxiliary will prepare their large padded fried oysters. The delicious tasting Oyster stew will be made by the veterans. For further information please call the post at 410-756-6866 or

DANCE

Saturday, January 23, 2016
8:00 pm - 12:00 am

featuring

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Enjoy Original
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UPCOMING EVENTS

Frank Rauschenberg at 410-756-5444.

Hibrewnation Festival of Beer. Experience an uncompromising exploration of beer with a side of rare and hard to find. Hibrewnation is a tasting festival, not a drinking festival. It is not flagship beers in large quantities. It is smaller quantities of rare and harder to find beers and putting them in front of people who appreciate them. AllStar Events Complex, 2638 Emmitsburg Road, Gettysburg. For more information call 717-814-8087 or visit www.hibrewnation.com.

Project Leon's Nicaragua Auction Night. There will be a buffet serving several types of chili and an auction of hundreds of items including artwork, themed gift baskets, vacation packages and more. Hauser Field House - Gettysburg College, 300 North Washington Street, Gettysburg. For more information call 717-337-6490 or visit www.gettysburg-leon.org.

January 17
St. Mary's Catholic Church in Fairfield's all-you-can-eat pancake breakfast. Pancakes, eggs, hash-browns, bacon, sausage, coffee, tea, iced tea, and orange juice. Cost \$7 for adults, \$3 for children 6 to 12, under 6 free.

January 23
EBPA's Annual fundraiser dance featuring The Rock and Roll Rel-

ics. For more information call 301-447-7287.

January 24
Mother Seton School HSA Spaghetti Supper and Open House. Enjoy a delicious spaghetti supper among friends at our annual event. With meatballs and sausages and a homemade sauce, you will not leave hungry! Tickets are \$8 ages 11+, \$5 ages 3-10, ages 2 and under FREE. For more information call 301-447-

3161 or visit www.mothersetonschool.org.

January 27
500 card party at the Thurmont Senior Center. \$2 entry fee. Doors open at 6 pm, games begin at 7 pm. Come had have a thoroughly enjoyable evening!

February 3
Liberty Mountain Resort's Operation Thanks Choice of free 8-hour

lift ticket or a 2-hour tubing pass for all active military, law enforcement and EMS personnel. 78 Country Club Trail, Carroll Valley. For more information call 717-642-8282 or visit www.libertymountainresort.com.

February 13 & 14
The Central Maryland Antique Tractor Club Toy Auction and Show. Frederick Fairgrounds, 797 E Patrick St. For more information

call 717-552-7691 or visit www.cmatc.org.

February 20 & 21
Frederick Coin and Currency Show - Fifty coin and currency dealers! Elk Lodge, 289 Willowdale Dr., Frederick. For More Information call 443-623-7025 or visit www.coinshows.com.

For other upcoming events, visit the Events section of Emmitsburg.net

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2016 Adams County Home Show



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AllStar Events Complex
2638 Emmitsburg Road, Gettysburg, PA

Friday, February 19 • 4pm - 8pm
Saturday, February 20 • 10am - 6pm

<p>Featuring:</p> <ul style="list-style-type: none"> • Door Prizes • Student Design Competition • Children's Activities (10am-2pm Saturday) • Nail Pounding Competition • Good Food • Free Parking • 98.5 The Peak will be Broadcasting Live 	<p>Vendor Info:</p> <p>Contact Sue Miller at the BAAC at 717-337-5144 or suemiller88@comcast.net to become a vendor at the show.</p>
--	--

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Join us for #MountMayhem – the only NCAA Division I basketball you'll find in Frederick County



MEN'S TEAM HOME GAMES

- Jan. 2, LIU Brooklyn, 2 p.m.
- Jan. 4, St. Francis Brooklyn, 7 p.m.
- Jan. 7, Cent. Connecticut St., 7 p.m.
- Jan. 9, Bryant, 2 p.m.
- Jan. 28, Robert Morris, 7 p.m.
- Jan. 30, Wagner, 3 p.m.

WOMEN'S TEAM HOME GAMES

- Jan. 2, LIU Brooklyn, 4:30 p.m.
- Jan. 4, St. Francis Brooklyn, 4 p.m.
- Jan. 9, Cent. Connecticut St., 4:30 p.m.
- Jan. 11, Bryant, 4 p.m.
- Jan. 30, Wagner, 6 p.m.



NATIONAL SHRINE GROTTTO OF OUR LADY OF LOURDES

Hours: 8:30 a.m. – 4:30 p.m. (Gates close at 5.)
Offering Mass at 12 p.m. Thursday – Monday

Solemnity of Mary Feast Day Mass

- Friday, Jan. 1, Noon
- Our Lady of Lourdes Rosary Crusade
- Saturday, Jan. 9, 10:30 a.m.



UNIVERSITY CALENDAR OF EVENTS

Around the Mount Triathlon Registration Begins

Friday, Jan. 1
Register today for the third annual Around the Mount Triathlon! This sprint distance race is designed for all athletes – beginner and seasoned triathletes are welcome. The event will be held Saturday, April 30. Visit msmary.edu/triathlon to register. Don't delay – spaces fill up quickly.

AROUND THE MOUNT



Triathlon

A Night at the Delaplaine

Saturday, Jan. 23, 7:30 p.m.
Hornig Theater, Delaplaine Fine Arts Center
Another exciting semester of music at the Delaplaine Fine Arts Center opens with an evening of performances by the Mount's Visual and Performing Arts faculty. Admission is free.



A Concert by the Azimuth String Quartet

Saturday, Jan. 30, 7:30 p.m.
Hornig Theater, Delaplaine Fine Arts Center
Join us for an evening of string quartets by Beethoven and Mendelssohn performed by the Azimuth String Quartet. The group features James Tung, Mount St. Mary's strings instructor. Tung was also the former Concertmaster of the Frederick Symphony Orchestra, and has performed with the Annapolis Symphony, Maryland Symphony and Gettysburg Chamber Orchestra. Admission is free.