

# Emmitsburg NEWS-JOURNAL

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

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## Bridge replacement could stretch into 2020

On any given day, the conversation in Harrington's Lawn Equipment repair of East Main street will eventually turn to jokes about what decade the Flat Run Bridge work will finally be completed. Paul Harrington even muses about starting a betting pool to see who could come closest to the date ... "whatever decade that may be."

For the past year work on the bridge has been, for all intents and purposes, at a standstill, but getting answers concerning the delay has proven harder than imagined. Questions to the town staff are answered with, "Go ask the state." Questions to the state are answered with, "Go ask the town!"

It's been almost four years (October 2014) since plans were finalized by the State Highway Administration (SHA) to replace the bridge on Route 140 (East Main Street) over Flat Run. At that time the SHA predicted the bridge replacement would take less than nine months, with work beginning in the fall of 2015. The replacement plan also entailed shifting the bridge slightly from its present location thereby

enabling a sidewalk to be added to the north side of the bridge.

In January 2015, the SHA announced that work on the bridge would be advanced three months and begin in the summer of 2015. However, summer came and went without a peep from the SHA or the town. In November 2015, the town approved its Comprehensive Plan, which included language to the effect that replacement work on the bridge would begin spring of 2016. But that date slipped quietly too, and it was not until the fall of 2016 that the SHA 'officially' began work on the bridge.

The "new" projected completion date for the bridge was the summer of 2018 – which obviously has come and gone – leaving many users of Rt-140 with a growing sense of frustration over the lack of transparency concerning the reasons for the delay in the bridge work and uncertainty as to when the work will be done.

The reasons for the delay are varied. The initial delay, according to the state, was a result of drainage issues, which first occurred before the project was underway,



Four years have passed since plans were finalized to replace the bridge over Flat Run, and it's anyone's guess when it will finally be done.

back in 2015. Drainage alongside Flat Run Bridge had to undergo a re-design phase to allow the project to proceed. However, according to the SHA these issues were minor and didn't majorly contribute to the delay.

The SHA stated that the main problem that contributed to the delay was the discovery of a water line, adjacent to the bridge, which had not been accounted for in the planning phase. As explained by the SHA, the town owns the water line and it was

initially deemed that the line was located far enough away from the project not to cause an issue when the project was slated to begin in 2015. In a typical he said/she said commentary, Town staff noted that they had warned the state from the very beginning of the project that the water line would be an issue and advised revising their site plans. According to the state, when the contractor first surveyed the project, he flagged the water line as an issue

Continued on page 2

## PennDot takes action on Orchard Road

The intersection of Orchard Rd. and Route 16 (Waynesboro Pike) is finally undergoing construction to make it safer for vehicular traffic. Residents of Liberty Township and those who travel the route often are excited that action has finally been taken to make this location safer.

This intersection has been a major source of vehicular accidents for the past several years. Most recently, on February 9, just three weeks after a fatal accident on January 19, which took the life of an eleven-year-old girl, a young man was seriously injured in a car accident involving himself and a tractor-trailer. Residents of Liberty Township have been tired of bearing witness to accidents occurring at the same location without any intervention from the state to make safety changes, and have been urging officials to do something.

After the more recent accidents, residents and Township officials decided to petition the state to construct a turning lane on Route 16. After being run through the gambit of state road officials, including the traffic division of

the Pennsylvania Department of Transportation (PennDOT), Liberty Township Supervisor Mickey Barlow was told that PennDOT "cant help you with that situation, that's a township road issue," and there isn't much more to be done on their end. Seeing this as an unacceptable answer, petitions and information were sent to State Senators and Representatives in hopes of raising more awareness for this issue.

After a meeting between Representative Dan Moul and PennDOT, it was decided that a temporary digital sign would be placed showing drivers' speed approaching the intersection. PennDot also agreed to draw up plans for the potential addition of a turning lane on Waynesboro Pike at its intersection with Orchard Road. Now, finally, after months, the state has decided to take action and fix the intersection, which will hopefully minimize accidents at this intersection in the future.

State Representative Dan Moul sent Liberty Township officials an email containing a rough outline of work on this project. The



After years of complaints, and the tragic death of an 11-year old, work has finally begun to make the RT 116-Orchard Rd. interchange safer.

scope of the project will be to add a designated center left turn lane for southbound traffic. Representative Moul also asked PennDot to consider installing rumble-type strips in the painted lines forcing straight thru southbound traffic into the right lane.

Work is slated to begin on August 1, contingent upon the relocation of the utility poles. This project will take an estimated six to eight weeks to complete, bring the completion date to October 15. Traffic delays can be expected throughout the course of this project.

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# EMMITSBURG NEWS

Continued from page 1

and decided that a memorandum of understanding was necessary between the town, SHA, and the contractor as to who would cover the cost of relocating the line, as that was not within the original scope of the project.

In order for the project to continue the SHA determined that the water line would need to be moved, potentially costing the town \$38,000. The town, however, refused to pay, and for the next year, drivers were inconvenienced as the town and state bickered over who would pay. It wasn't until late fall of 2017 that town staff finally notified the Board of Commissioners that the yearlong hold up was because the town refused to pay the \$38,000 to relocate the water line.

In March of this year, an agreement was finally reached wherein

the contractor and the SHA would be splitting the cost of replacing the line. With the town cut out, work on the water line finally began and was quickly completed by the end of April. Things were looking up until the wet weather this late spring/early summer held off pouring concrete for the bridges' abutments halting, once again, progress on the bridge's completion.

In regards to the cost of the project, the SHA was unwilling to estimate the final cost of the two-year delay in getting the bridge-work going. Instead, it stuck by its original estimate of \$4.3 million, although it was noted that the actual end cost could be much higher given all the delays thus far and the fact construction crews sat around doing nothing with the town and state bickered.

Originally slated to take only

a year to complete, actual work on the bridge will supposedly begin in earnest this fall, three years behind schedule. According to Mayor Briggs, the bridge is still "on schedule" for completion "on time." The goal for the completion of this project is December 2019 and has been the goal "all along" said Briggs. The SHA, however, contradicted Briggs' statement, stating that the original predicted completion date was the summer 2016.

According to the SHA, if no further complications come up, the bridge may be completed before the turn of the next decade, three and a half years longer than the original plan.

It's worth noting that Flat Run Bridge being replaced was constructed in less than six months in 1912 at a cost of just under \$21,000.

## Town election scheduled for October

Two seats on the Emmitsburg Town Board of Commissioners will be up for election on September 25. The two seats that will become vacant are those presently occupied by Commissioners Tim O'Donnell and Clifford Sweeney. Both of the positions up for election are three-year terms, with a compensation of \$4,000 annually. Candidates wishing to be listed on the printed election ballot must file before August 27 at 4 p.m., and individuals interested in becoming write-in candidates must file prior to September 18 at noon.

Three years ago, Commissioners O'Donnell and Sweeney ran unopposed in the election. Of the 1,692 registered voters in Emmitsburg, only 38, or 2%

turned out for the election, the lowest turnout for any election since the founding of Emmitsburg in 1825. During last year's election, with one Commissioner seat up for election and Mayor Don Briggs' seat open, only 118 votes were cast. This number only represented 7% of the 1,754 registered voters in Emmitsburg.

Commissioner O'Donnell currently serves as the President of the Board of Commissioners and has served on the board for nine years now. He is currently in his third term, and will be running for a fourth term in the upcoming election. Throughout his terms thus far, he has been a strong advocate and liaison for Emmitsburg's multi-user trail system, organizing

trail clean-up days and advocating for additions to the trail system. When asked about his accomplishments in his current term and his goals, if elected, in his next term, O'Donnell failed to respond.

Commissioner Sweeney currently serves as the Vice President of the Board. Sweeney has served on the board for twenty years, beginning back in 1996, making him the longest serving member of the current Council. Sweeney will be running for his seat again, and if elected will be entering his eighth term as Emmitsburg Commissioner. If elected, Sweeney said that he "would like to get the town finished side walk bridge trees square new water and sewer replacements were needed more public parking

## Emmitsburg area news-briefs. . .

### Lagoon storage contract modified

Emmitsburg's lagoon storage contract underwent a minor amendment during the July 9 town meeting.

In November 2016, the Emmitsburg Board of Commissioners approved the storage and lease agreement from Enviro-Organic Technologies (EOT) to use one of the town's empty lagoons to temporarily store food process residuals from poultry processing plants. EOT was contracted to use lagoon 3 from November 8 to February 28. According to the contract, come March 1, EOT would take the mate-

rial out of the lagoons and spread it on the farmland. The proposal came with an \$80,000 rental agreement for the four months.

Last year, on June 25, Denali Water Solutions bought out EOT, whom Emmitsburg was contracted with to utilize a once empty lagoon in exchange for a monetary fee every year. The town received a letter in April asking that the name change be included as an amendment to the original contract. According to Town Manager Cathy Willets, the agreement with EOT was written for five years, and it will be respected and continued by Denali Water Solutions in

totality. The \$80,000 payment to the town remains in effect as does the limit on hauling days; twelve hauling days in the spring and in the fall. The only real change to the contract was the name change from EOT to Denali Water Solutions.

So far this year, there has been no hauling out of the lagoon. Nothing was brought in and deposited into the lagoon this past winter, so no hauling occurred this spring.

### Community Legacy Grant applications submitted

During the July 9 Emmitsburg Town meeting, Commissioners voted to approve the submission of Commu-



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try to get some new businesses to come to town and trying to get our developments finished it will be a busy new terminology very excited can't wait to continue serving the citizens of Emmitsburg an 8th term."

Both Sweeney and O'Donnell intend on running again for their seat. As of the issuance of this edi-

tion, no other candidates have filed to run against them. Individuals interested in running for one of the open commissioners' seats can do so by filing their candidacy papers, available at the town offices. All candidates will be provided free space in this paper to introduce themselves, and their goals, to Emmitsburg voters.

nity Legacy Grant applications to help fund future projects in the town.

As explained by Town Planner Sue Cipperly, the town prepared three applications to the Community Legacy Program. These projects include: a continuation of the façade and restoration program, a community pool house rehabilitation project, and the construction of an ADA playground. The town applied for \$75,000 for the façade and restoration, which if received, will require a \$10,000 match of in-kind staff hours. Cipperly noted that the town typically receives \$50,000 from Community Legacy towards this ongoing project.

The community pool house renovation will include interior renovations such as replacing the showers

ad plumbing. The town applied for \$94,755 to help fund this project.

Finally, the ADA accessible playground will be an extension of the existing playground already located in Community Park, with all equipment and surfaces accessible for those with disabilities. The town submitted an application for the amount of \$207,378 to help fund this project. Town Manager Cathy Willets mentioned that the town has also applied for other grants for the pool house renovation and the ADA playground, including Project Open Space, in hopes of securing enough funds to cover the costs of these projects.

The Community Legacy Program will announce their grant funds this September.



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# FAIRFIELD/CARROLL VALLEY NEWS

## Liberty votes against civil lawsuit

Liberty Township officials voted in opposition of pursuing civil action against past Secretary/Treasurer LeeEsta Shaffer during their June 19 Board of Supervisors workshop meeting. Residents spoke out against the decision at the July 3 regular Board meeting, which was well attended by members of the community.

The June 19 workshop meeting was mostly empty, with very few residents in attendance, but Supervisors Bob Jackson and John Bostek still chose to vote on the topic of filing a civil lawsuit against Shaffer. Back in May, Supervisors moved to authorize special counsel Zachary Mills to file a claim to the bonding companies Cincinnati Bond Company and Travelers Bond Company for a total amount of losses at approximately

\$278,000. Residents were on board with this decision, which has been two years in the making; however, they were still hoping that the township would file civil action against Shaffer for the losses she cost the taxpayers of the community.

Supervisor Jackson made a motion at the June 19 meeting not to pursue civil action against Shaffer, simply stating that the bonding company may see the action and hold their decision until after the civil lawsuit is complete, which could potentially extend the entire process for several more months. Bostek agreed and a vote was taken, 2-1 with Barlow against.

Later, during the July meeting, residents questioned the Supervisors' decision in regards to not taking civil action. Township Solicitor John

Lisko stepped in and urged Supervisors to be cautious about what they say concerning the Shaffer lawsuit, and advised them not to mention any specific reasons for their decision. Anything brought out against that case could be seen as a weakness in the eyes of the bonding company, according to Lisko.

However, Lisko did mention that there were many reasons that went into the decision, specifically mentioning the significant cost of legal fees. Litigation expenses really add up and could cost the township tens of thousands of dollars, Lisko said, noting Shaffer may not be able to make restitution anyway. As Lisko noted, Shaffer does not have many assets. She does have a home, which was a point brought up by residents, however, she

owns that home with her husband. In Pennsylvania a judgment would need to be taken of both homeowners, and in this case, Shaffer's husband had nothing to do with Shaffer's fraudulent behavior.

Mills also mentioned that the decision not to pursue civil action against Shaffer does not disallow the township to recoup the full losses sought from the bond companies.

According to both Lisko and Mills, the decision not to file a civil lawsuit won't affect the lawsuit with the bonding company. Also, if the bonding company decides not to give the township the full amount they can go after Shaffer themselves, stated Lisko.

Mills is currently waiting on the bond companies to make their offers. Once the offers are made, the board will then be faced with making a decision to either accept the

amount offered or try to recover the full amount by taking civil action against Shaffer.

One resident, Bob Keilholtz told the Supervisors that he was disappointed in their decision not to pursue civil action against Shaffer. He believes that taking action against her, even if it is costly, would be well worth it, considering the amount of money Shaffer cost the taxpayers of the township. Supervisors made no comments in response to his statements.

Resident Donna Powers followed the discussion by asking for an update on the criminal charges against Shaffer. Mills told residents that he has spoken to the District Attorney and provided all documentation that he had. The evidence and case is now in the hands of the District Attorney, stated Mills. Any updates will be presented as they come in.

## Borough mulls stricter property regulations

During Carroll Valley's July 10 Borough Council meeting, Borough Manager Dave Hazlett proposed setting stricter property maintenance regulations for residents of the Borough.

As mentioned by Hazlett, Borough staff was inundated with numerous complaints throughout the past few months concerning how properties throughout the Borough are kept. Complaints received included concerns over trash and unsightly "junk" outside homes, dilapidated vehicles and length of grass and weeds on a property. Hazlett informed the Council that Carroll Valley currently has one of the most relaxed property main-

tenance codes he has witnessed in his professional career. Many other communities in the area have "dangerous building ordinances" for homes or structures falling into disrepair, regulating what is unfit and what needs fixed. Carroll Valley has nothing even similar to these ordinances. There aren't even regulations to specify how many vehicles can be located on a property, even unsightly ones.

Additionally, with the code that is currently in place, with its limited regulations, Borough staff have their hands tied if/when trying to address residents' complaints. "The Borough can only currently have someone cut their grass

and pick up a bag of trash – that's all they're really permitted to do under the current code," stated Hazlett. Considering this has been an ongoing issue for years, he recommended the Council consider establishing more regulations for property maintenance. "We don't like to issue citations to people," mentioned Hazlett. "We like to reach out first to help them amend the issue." However, a set of regulations still needs to be set in place in order to properly address concerns and take action.

Borough Council President Sarah Skoczen and Vice President Tyler Pyles both agreed that some changes and additions to the ordinance should be

made. Skoczen mentioned that anything unkempt that could collect water would be considered a serious health concern for neighbors, because it would create a breeding facility for mosquitoes and other insects. Council member Richard Matthews was also supportive of changes that would create rules to enforce residents to clean up their yards, remove derelict vehicles and trash as well as anything else that would be considered detrimental to the overall aesthetics of the Borough. Matthews also asked why this topic hasn't been addressed before if it's been an ongoing issue. Hazlett said that this is the first time he has been in front of a

group of Carroll Valley Council members that have supported the addition of more regulations.

Borough staff recommended that Council look at this item and make some recommendations to move forward. Enforcing rules pertaining to standing water, vehicles, grass, trash etc. would be a step in the right direction. As Hazlett noted, he would like to make the code as black and white as possible. Allowing decisions to be made at the discretion of zoning officers or staff could prove to be tricky.

Hazlett was asked to send Council members a list of complaints received thus far so they could assess them and compile a list of recommended regulations to present at a future meeting.

## Fairfield area news-briefs. . .

### Carroll Valley's 4th celebration encounters severe weather

Carroll Valley's annual 4th of July celebration was sure to promise a day full of fun for all who wanted to stop by. However, severe weather hindered some of the activities planned and the park was shut down early in the evening for safety reasons.

However, around 4 p.m., Carroll Valley was hit with severe thunderstorms, causing high winds, heavy rain, and thunder and lightening. Around 5:30, Carroll Valley Borough officials made the decision to shut the festivities down due to damage incurred by the heavy winds and flooding. Some vendors in attendance actually experienced their tents lifting off of the ground from the high winds, with merchandise blowing all over the park. Families were ushering their children to the car and the Borough building to avoid the winds and rain.

As noted by Mayor Ron Harris, this was the first time since 2005 that Carroll Valley's 4th of July celebration encountered such heavy rains and heavy winds. Approximately three and a half inches of rain fell during a 45-minute period of time. The Carroll Valley Park did sustain some damage, losing six trees and several pop-up tents from the heavy winds. However, staff members were able to get all the downed limbs and debris cleaned up in a timely manner to have the park re-opened the following weekend.

### Hamiltonban Community Park phase 2 delayed

Construction on Hamiltonban Community Park phase 2 will be delayed due to an injury sustained by the project's contractor. Construction for phase 2 was slated to begin on July 11. No official start date for construction has been announced yet.

Phase 2 of the project is already fully funded through community and business donations as well as grant funds. It will include the completion of a quarter mile walking path with five adult fitness challenge stations, a swing set, a natural play area, a demonstration pollinator meadow and interpretive signage that will highlight local history, our Fruit Belt and the area's watershed. The fitness stations will be ADA accessible and will be positioned along the walking path. They will include a chest

press, lat pull down, balance steps, dual leg press and a dual ski-walker.

### Liberty Township debates fire tax allocation

Earlier this year, Liberty Township Supervisors began looking at the distribution of fire tax monies in an effort to determine if they are distributed appropriately between the three fire departments that cover the township.

As it currently stands, and has stood for years, Liberty Township has a budget line item for fire tax monies in the amount of \$30,000 that is split evenly between Fairfield Fire Department, Fountaindale Fire Department, and the Vigilant Hose Company (VHC) in Emmitsburg. However, Supervisor Mickey Barlow dug a little deeper earlier this year and reported to the Board at a Febru-

ary meeting that Fairfield makes the most calls, by far, to the township. The VHC, on the other hand, made only a few calls to the township.

The topic was brought up once again during the July meeting, only to spur a heated argument between Supervisors Barlow and John Bostek. The arguments only resulted in a disparity and lack of understanding between what the real numbers reported are for each fire department and the numbers presented earlier this

year by Barlow, who received year-end annual reports from the departments. It was decided that in order to fully understand how fire coverage is determined amongst the different fire departments, Liberty Township would invite Fountaindale Fire Chief Dave Martin to attend a future meeting. At a later date, the Township may decide to invite other representatives from all three fire departments to explain their calls and how the fire tax money is used within the departments.



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# THURMONT NEWS

## Fox 5 Morning News Zip trip comes to Thurmont

This summer Fox 5 Morning News took their show on the road for their fourth season of Zip Trip! Fox 5 Zip Trips expose their viewers to communities within the DC, Maryland, and Virginia areas that are great getaways within an hour of the DC metropolitan district. Thurmont was chosen this year as a Fox 5 Morning News Zip Trip, after applying to Fox 5 in the summer of 2017. Thurmont was spotlighted July 13 to hundreds of thousands of viewers for Zip Trip! Fox 5 personalities that hosted the Zip Trip in Thurmont were Meteorologist Tucker Barnes, and Anchors Maureen Umeh and Annie Yu. Zip Trip was live every fifteen minutes with segments that included an interview with Mayor Kinnaird and Thurmont trivia, a First Responders interview with the Guardian Hose Company, Thurmont Ambulance Company, and the Thurmont Police Department. Thurmont's Gateway Brass

Band played at Mechanicstown Square Park, National-Award Winning Esp Dance performed twice during the broadcast, and three local restaurants and their cuisine were spot-lighted: Bollinger's Family Restaurant, Rocky's Pizza, and Simply Asia. Other segments included the Fox 5, Five-Year-Old of the Day, Hannah Lawrence, a Junior Reporter with Warren Schafer doing a weather hit with Tucker Barnes, and a segment sponsored by the Washington Nationals titled the "Hometown Team" where the Thurmont Little League was showcased. Another highlighted interview for Zip Trip was the "Hometown Hero" segment, which was Mr. Ed Schildt who is making a difference in addiction after the passing of his son Christopher. The "5 Must Stops" to see when visiting Thurmont, a pre-recorded segment, played throughout the broadcast featuring The

Main Street Center, Timeless Trends Boutique, The Eylers Stable Flea Market, Cunningham Falls, and the Catoctin Wildlife Preserve and Zoo. It was an amazing day for Thurmont to be featured on Fox 5 Morning News Zip Trip, but what made the day so amazing? Many of the town's non-profit organizations came out in force and setup tents and their displays at 5 a.m. to showcase their organizations and pride for their town. The non-profits and local residents who came out were an incredible cheering section showing all viewers how much fun and spirit Thurmont has to offer! Thurmont is in a prestigious group of cities chosen by Fox 5 to visit for the 2018 Zip Trip series such as Laurel, Silver Spring, Bethesda, Frederick, Alexandria, Woodbridge, Reston, Winchester, Leesburg, and the National Harbor. If you missed Thurmont's Zip Trip you



Thurmont residents and businesses arrived in droves to the taping of Fox 5 Zip Trip on July 13. It was a great day for Thurmont to be featured.

can view the sponsored segments by googling Fox 5 Zip Trip Thurmont. Fox 5 Zip Trips are broadcasted live every Friday from 6-11 a.m. and run from Memorial Day through Labor Day.

## Railroad bridge to receive painted overhaul

The Maryland Midland Railroad Bridge will soon undergo the first step in its long overdue rehab. The bridge, which many residents in Thurmont see currently as an eyesore, will be cleaned up and see a new coat of paint. Thurmont's Board of Commissioners voted to approve a \$25,100 bid by Blackland Industries, located out of Baltimore. The scope of work for this project includes the cleaning and preparation of the bridge's surface, painting the bridge, and applying 'Thurmont' in white, block lettering on two sides of the bridge. Three contractors submitted bids

for this project, but the town could only consider two of the bids because the third bid was deemed incomplete. The other contender was Titan Industrial Services, also out of Baltimore, who submitted a \$28,000 bid to implement the same scope of work. The Board unanimously voted to accept the lowest bid by Blackland Industries. In order to help cover the cost of this project, the town will use a \$20,000 Community Legacy Grant as well as \$20,000 in matching funds that they have available within the FY18 budget. Town staff recommended the Board choose to use the

remaining funds to help offset traffic management costs as well as the right of entry permit from Genesee & Wyoming Railroad Services. Blackland Industries expects the project to take five business days to complete with a single lane closure. The bridge will be completed one side at a time, and should hopefully be finished by the end of August. As noted by Chief Administrative Officer Jim Humerick, using four staff members for five business days could really create an impact on town staff. He recommended subcontracting with a flagging company for at least three of the days.

In regards to the lettering on the side of the bridge, Mayor John Kinnaird stated that he would personally like to see "Western Maryland style lettering" as a nod to the original company who built the bridge. It is a form of block lettering, but would tie into the history of the bridge. Commissioner Marty Burns, who started an advisory committee to work on ideas for this bridge, said that he

would bring this back to the committee for consideration. Everyone on the Board noted their excitement that this project is finally coming to fruition. "Thanks to everyone who has been involved in this," said Mayor Kinnaird. It's well past time to have this bridge painted; it's been close to 50 years now since the last time the bridge saw a fresh coat of paint.

### 9th Annual Tommy West Memorial Ride

Join us for a day of fun for the 9th Annual Tommy West Memorial Ride on August 18, brought to you by the Tommy West Memorial Fund. This year's ride will begin at the Thurmont American Legion with kickstands up at 10:45 a.m. and travel through Frederick and Carroll counties making various stops at local establishments along the way. The Tommy West Memorial Fund is a 501(c)3 non-profit organization that has donated over \$50,000 since 2010 to various local charities such as the Thurmont Food Bank, Thurmont Little League, Frederick Challengers Little League, Catoctin Recreation Council, Catoctin High School Safe and Sane, Emmitsburg Lions Club, adopting families at Christmas, and assisting multiple individuals and families in times of need. For more information regarding the Tommy West Memorial Fund or the Tommy West Memorial Ride, please visit us at [www.tommywest-memorialfund.org](http://www.tommywest-memorialfund.org) or visit us on FaceBook at Tommy West Memorial Fund. All motorcycles and vehicles are welcome. We look forward to another fun day and successful ride so we can keep paying it forward.

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<b>Corona PREMIER.</b> 12 PAK CANS/BOTTLES 6 PAK BOTTLES	<b>NEW! peak organic BEER</b> 6 PAK	<b>Paul's Pit Stop</b> DISCOUNT BEER, WINE & LIQUOR Website: <a href="http://m.paulspitstop.net">m.paulspitstop.net</a> 150 S. Seton Ave., Emmitsburg <b>301-447-6262</b> Monday-Thursday 9 am-10 pm, Friday & Saturday 9 am-11 pm, Sunday 11-8 pm	<b>NEW! IMAGERY ESTATE WINERY WINE</b> From California Cabernet, Chardonnay & Sauvignon Blanc 750ML

## 100 YEARS AGO THIS MONTH

## August 1918

## August 2

**New Parking Law**

The new parking law established by the Board of Commissioners of Thurmont is being fairly well observed by all persons coming to town in teams. Saturday night, the usual number of machines and buggies were on the streets. Some drivers had to be shown by Mayor Lidie, who took the task of directing traffic upon himself. However, by leaving a hitching post in the restricted area, the Commissioners, in a way, induced a violation of their own law. While mingling with the crowds on the streets, we heard a general remark that the parking law was the best decision the Commissioners have made in many years.

**More Eggs Stolen**

The egg thieves who have been stealing at will in Emmitsburg are back on the job once more. The latest victim is Harry Harner of Four Points, who had 450 dozen eggs, worth \$180, stolen on Monday night. Mr. Harner discovered his loss on Tuesday morning when he went to the wagon shed to take the eggs to the railroad station. 100 pounds of butter and several coops of chickens were not touched. There were 15 cases of eggs with 30 dozen in each for 5,400 eggs. Tracks of a four-wheeled vehicle leading from the wagon shed to the state road were found. It is believed that three men operated within the party. The proprietors of the Blue Ribbon Egg Company in Emmitsburg have been robbed of eggs three different times. None of the thieves have been caught.

## August 9

**Lightning Destroys Barn**

The drought of the past month ended early Monday morning when a heavy thunderstorm passed over this section of the county. About 10 o'clock Sunday morning, lightning flashed across the sky. The strikes became more and more frequent, and rain began to fall around twelve thirty. The storm reached its full force around one o'clock. Soon, a bright light appeared to the east indicating that a building had been struck by one of the flashes of lightning. The

area, the property of William Fleagle near Rocky Ridge, was lit up by the fire for miles around. Three horses and two calves perished in the blaze. 65 tons of hay and 30 barrels of corn were also destroyed. The horses that were in the barn were rescued, but it was impossible to save the rest of the animals.

**Keep To The Right**

Thurmont has posted a sign bearing the words "Keep to the Right" in the center of the public square. The post was placed for the benefit of those traveling in teams and automobiles, and as a warning to those who do not pay attention to traffic rules. An American flag was placed on top of the post. "To knock down the post means to knock down the flag, and we are sure no one will want to desecrate the flag," said the Mayor. The driver of one car on Sunday was so impressed with the sign that he kept looking at it after passing and his car struck the telephone pole at the corner of the square.

## August 16

**Concert**

Each Wednesday morning during the summer months, the younger school-children of Thurmont receive instructions in vocal music from Miss Lillian Kefauver. The rehearsals have been held in the high school auditorium, and, despite the extreme warm weather, much interest has been manifested. A concert is scheduled for Thursday evening at the town hall. Adult singers and players will assist the children, and the concert will doubtlessly prove very pleasing. An admission of \$0.15 will be charged and the proceeds will be given to the Red Cross.

**Three Auto Accidents**

Three big automobiles were put out of business Saturday within a few miles of town. Two were rammed into a culvert, and the third side-swiped a telephone pole near Catocin Furnace. One of the autos, damaged at Franklinville, was taken to Emmitsburg; the left front wheel was smashed, and the axle was bent and otherwise damaged. The other car was too badly damaged to repair, and Dr. Brokaw was called out to shoot it.

The car damaged near Catocin Furnace evidently misjudged the distance between the car in the telephone pole and the left rear wheel hooked the pole. The rear axle was damaged and the casing over the transmission was broken. Apparently the woman driving was putting on makeup when the accident happened – "one more reason not to allow women to drive," Mayor Annan said.

## August 23

**Congress Proposes Tax On Whiskey**

When Congress reassembles after their summer break, prohibitionists will insist on the prohibition of the sale of liquor for the duration of the war. Whether prohibition is made mandatory or not, there is little doubt of the act coming to pass. If the Revenue Bill, as proposed, is enacted into law, a tax of eight dollars on a gallon of whiskey and the doubling of the tax on beer would put three fourths of the saloons out of business, for notwithstanding the great increase in wages, the average working man will not feel inclined to pay as much as \$0.50 for a drink of liquor or as much as \$0.15 for a glass of beer. There is no way for dealers to escape the tax.

**Little Wounded In The War**

Among the names published in the casualty list this week appears the name of Thomas Little of Emmitsburg, who is listed as being severely wounded.

**Water Supply Low**

Due to the prolonged dry spell, streams in the vicinity are very low and the water supply is short. The Thurmont Water Company sent notice to all persons using water from the company to discontinue using water for sprinkling gardens, ponds or clearing streets until the supply in the reservoir has materially increased. Considerable rain must fall before the shortage is relieved.

## August 30

**Must Not Use Gasoline**

The Fuel Administration called upon the public in the states to cease using all classes of automobiles, with a few named exceptions on Sundays, until

further notice as a gasoline conservation measure. Only voluntary compliance with a letter and spirit of the request will prevent the issuance of a mandatory order prohibiting the use of gasoline on Sunday.

Motor vehicles to which the restrictions do not apply include tractors and motor trucks employed in actual transportation of freight, vehicles of physicians, used in performance of professional duties, ambulances, fire apparatus, police wagons and undertaker conveyances used for funerals. In addition, motor vehicles on errands of necessity in rural communities where transportation by steam or electricity is not available are also excluded from the prohibition.

This action by the Fuel Administration was taken to meet a threatened shortage of gasoline for shipment overseas, created by increased domestic demand and extensive military operations in France. The appeal is made, therefore, to the people of the United States during the next few weeks as a necessity and practical act of patriotism.

**Hooch For Fuel?**

Dr. Brokaw, newly elected President of the Former Former Boozers Association, has sent a letter to Congress recommending that the Government drop its proposed tax on whiskey and instead promote 'White Lightning' as a replacement for gasoline. "Anyone who has ever tasted the hooch coming off the mountain knows it carries more punch than gasoline," Dr. Brokaw stated. "On more than one occasion when I needed to get to an emergency call, I would pour some of my stock into my trusty runabout and it would race down the road like a Boozer running from a deranged wife out to get his hard-earned money. Given the number of stills in the mountain, we could produce enough fuel for all of our needs, and still have enough for hard-working men seeking to escape nagging wives to enjoy."

To read past editions of 100 Year Ago this Month, visit the History section of [Emmitsburg.net](http://Emmitsburg.net).

## FROM THE DESK OF...

# County Council President Bud Otis

### Countless Positives in Frederick County

During this election season you will read and hear many negatives about what is and what isn't being done in Frederick County. Some will be alt-facts to garner votes using scare tactics. While some may argue this is effective, I contend the voters in our county are more concerned about the truth and want honest dialogue. Taking a stand and articulating my platform in the positive is the model I chose to use, based upon great examples of both President Abraham Lincoln and President Ronald Reagan.

There are great things happening in our local communities, which I cover in my council member comments at the conclusion of our legislative day council meetings.

For example, at our July 24th council workshop we recognized our Behavioral Health Division Director Andrea Walker and her team for reaching a remarkable milestone. As the leader of the Behavioral Health Services

Division, Mrs. Walker laid the groundwork and guided heartfelt excellence within her team to reach this difficult to accomplish official recognition from the Commission on Accreditation of Rehabilitation Facilities (CARF). It shines the light on the exceptional services and programs in place for our residents. This team was applauded for their combined efforts and corresponding remarkable results! Another noteworthy accomplishment is that the substance abuse treatment program in the Adult Detention Center also recently received a 3-year accreditation status on its first application. Again, amazing work for our citizenry by our extremely capable Health Department. Overall kudos to Dr. Barbara Brookmyer, Frederick County's Health Officer.

Upcoming at our September 25th council meeting will be a ceremony honoring one of our Gold Star Families. U.S. Army PFC James Moore Jr. was killed in action in Vietnam on April 2, 1966 – he was 19 years old. His

mother, Mrs. Katharine Moore and his sister, Mrs. Alma Palm will be recognized for their profound sacrifice. We have a number of political leaders, Fort Detrick's Commanders, Deputy Secretary of the MD VA and the President of Mount Saint Mary's University in Emmitsburg (retired Brigadier General Tim Trainor) coming to the event to honor this special family. Fort Detrick Color Guard will present the flags and Major General James Jackson (Executive Director of the Vietnam War Commemoration) will help us present this family with special pins and certificates of honor signed by the Secretary of Defense and the Chairman of the Joint Chiefs of Staff. It is truly time to honor them. The Vietnam War was a dark time in our history as a nation and many returning military members were not welcomed home, quite the opposite. I am grateful that PFC Moore's family will receive the recognition they richly deserve.

What else has been happening in Frederick County you ask? Summer carnivals and parades are

underway to help our local fire fighters with their yearly fundraisers. We cheered our graduates from the local high schools and recognized the work entailed to graduate from the county's drug treatment court. We have been honoring Veterans at various events as well as showing gratitude for the 1,000 non-profits in our community and the tremendous services they provide for our most vulnerable. We celebrated the 243rd birthday of the Army at Fort Detrick's 75th Anniversary event. I hosted the Vietnam War Era Veterans Pinning ceremony with Congressman Jamie Raskin at the American Legion's FSK Post 11 in April and we pinned 109 Vietnam Veterans – it was very moving. FCPS has 12 schools that were named a Blue Ribbon School.

We have new parks, libraries, schools, and better roads and bridges thanks to a conservative and thoughtful budget. Our teachers' pay scale has made strides going upwards to keep our teachers here and pull others to FCPS. Our county is growing and we are working to keep pace

with our infrastructure.

I co-sponsored two bills with Council Member Fitzwater addressing the need for affordable housing and allowing "tiny homes" to be built without impact fees. We are establishing a Veterans Advisory Council as a result of my Bill #18-11 co-sponsored by Council VP Keegan-Ayer and Council Member Chmelik, which passed unanimously.

We worked collaboratively on the Forest Resource Ordinance Bill #17-17 which was approved this year. Bill #18-12 Interagency Internal Audit Authority also passed which provides clear independence for this audit authority.

We formed a work group that met and provided a compromised solution to the Adequate Public Facilities - Adjustment of School Construction Fees (aka Mitigation Fees) Bill slated to be presented at First Reader on August 21st.

Research, conversation and compromise between people on both sides of the issues has been very fruitful for our county. I certainly hope to continue this process with the next council. I am so very proud to be living and working here!

## Town Commissioner Glenn Blanchard

The 2018 summer weather has turned out to be hot and wet. The heat has helped attendance at the community pool and the rain has helped the community garden. Pool attendance has been tremendous this summer.

The ease of entry without steps to climb has helped many more of our citizens to enjoy the pool. It is the last week of July as I write this article and my tomato plants are starting to fill up with fresh juicy tomatoes.

Emmitsburg's Community Day on June 30 was well-attended despite the oppressive weather. Much effort goes into this event every year. Many groups work together to make this annual event a success for all of our citizens.

The July 16 town meeting saw the completion of a number of projects in Emmitsburg. Thanks go to the initiative of Emmit Garden's citizens, especially the younger citizens, who spoke at a town meeting about the need for a playground in their neighborhood.

It was announced at the July town meeting that there will be a Community Clean-Up day on the second Saturday of each month through October. Our new town manager, Zachary Gulden, was introduced with parting words from retiring town manager Sue Cipperly. Mr. Gulden comes with extensive experience from working with both Upper Allen Township and Freedom Township in Pennsylvania.

In order to help town staff manage the ever increasing quantity of paper records required to be kept by the town, older town records will be shipped to the Maryland State Archives for safe storage. This will free up much needed space for newer incoming records.

The upcoming August 6th meeting will review the following: (1) Electric vehicle ordinance. The town hopes to have a charging station for electric cars in the near future. This will help tourism in the town and encourage people to stop in Emmitsburg; and (2) Discussion of a possible community garden for Scott Road.

# GOVERNMENT—SOUTH OF THE BORDER

## County Executive Jan Gardner

### Family, Values, and Our Future

Like many of you, I am blessed with a wonderful family. A few weeks ago, my family enjoyed spending some time together and there are four generations of us. As I sat with my parents, my children and my grandson, I began reflecting on how my family has influenced my public life.

My parents are 89 and 90 years old and have been married for 68 years, providing love and stability to our family over multiple generations. They grew up in a time when promises made were promises kept. They worked hard and were dedicated to shape a better life for their children. My work ethic, understanding

of right and wrong, and my commitment to a job well done were all learned from my parents.

My husband John and I have been married for 35 years and we have three grown children. Our children and my desire that they have the best educational opportunities played a large part in my choice to run for office and to serve Frederick County.

Now as I hold my beautiful grandson, I think about the future and what the next generations will inherit from us.

These family values are reflected in who I am and what I do as County Executive. I value honesty and fairness, public education, job oppor-

tunity, and respecting our seniors. I work hard to live the values of my parents and like most people still want to make my parents proud.

The foundation of it all is honesty and doing what's right for people. That's why adopting the strongest ethics laws in the state and restoring trust in county government was job #1.

I have championed senior causes, because I know what our older generation has sacrificed for the greater good. Our seniors deserve our gratitude and loving care as they grow older. People in our county will soon benefit from a new Senior Services division. The new Senior Services division will incorporate the former Department of Aging and its hard working staff. Services will be organized in a new way with two key focus areas. First, to take advantage of the wisdom and work experience of our active seniors by engaging them in meaningful volunteer work, new interests, education, social activities and even work. The second focus is to take care of our frail seniors and provide the services they need to age in place at home.

We can all be proud, that together, we have made sure that Frederick County will be different and unique in providing assisted living care for the indigent elderly at Montevue. That's why saving Citizens and Montevue was so important.

My children's generation face different challenges than their grandparents. That's why as County Executive, I have worked to ensure the best education for our community's children so they can be prepared for a rapidly changing economy and the jobs of the future. I have worked diligently to provide local jobs and opportunity for upward mobility in the job

market. We are fortunate to have a thriving economy and to have added 6,500 net new jobs over the past few years so more people can both live and work here.

Together, we have done something unique by co-locating Workforce Services and Frederick Community College Advance Technology and Training Center at the Monroe Avenue campus to connect people with job training and education for jobs that exist in our community. We have advanced innovation and technology at ROOT to turn big ideas into new businesses and more jobs.

To ensure a bright future for many generations to come, I initiated Livable Frederick. Citizens have come together to develop a vision and a framework for the future that ensures our high quality of life while protecting our rich history and the things we value about this place we call home. Livable Frederick is all about securing a prosperous future for my grandson's generation and beyond.

Everyone wants a Livable Frederick! If we truly want to manage growth and do better than we have in the past and make sure needed schools, roads and public safety, are in place, then we need to implement Livable Frederick. I firmly believe citizens should shape our future rather than allowing developers to decide the future for us.

As County Executive my goal is to make sure Frederick County remains the best place to live, work and raise a family in the county. Livable Frederick is all about delivering outstanding schools, safe communities, a vibrant economy, a transportation network that works, while we protect what we love and value about Frederick County like our rich history, agricultural heritage and cultural amenities.

Let's make it happen for your family and for mine.


As always, I would love to hear from you. You can send an email at [jgardner@frederickcountymd.gov](mailto:jgardner@frederickcountymd.gov) or by calling 301-600-3190.

**JOHN DANIELS**  
FOR JUDGE OF THE ORPHANS' COURT



[johndanielsforjudge.com](http://johndanielsforjudge.com)  
BY AUTHORITY JOHN DANIELS FOR JUDGE, JUDITH RICE, TREASURER

**DEMOCRATIC CANDIDATE**  
**SHANNON BOHRER**  
COUNCIL DISTRICT 5



**ENDORSED BY**  
Frederick County Teachers Assn.  
Sierra Club

**CORE PRINCIPLES:**

- Respect our citizens with honesty, integrity and civility.
- Manage growth responsibly for best results in schools, emergency services and county infrastructure.

- 42 years in Law Enforcement, 27 years as a Maryland State Trooper.
- Small farmer and small business owner in Frederick County.

NOTE: CITIZENS FOR SHANNON BOHRER, TREAS. BOB MARIE WOODRUFF

**ELECTION JUDGES NEEDED:**  
**2018 EMMITSBURG ELECTION**

The Emmitsburg Mayor and Board of Commissioners are seeking persons to serve as election judges for the September 25, 2018 town election.

In accordance with the Emmitsburg Town Code, judges must be registered and qualified voters and cannot hold or be a candidate for any other Emmitsburg public officer.

To apply, or for more information, call 301-600-6300 or e-mail [mshaw@emmitsburgmd.gov](mailto:mshaw@emmitsburgmd.gov)

**TOWN OF EMMITSBURG**  
**ELECTION DAY**  
**TUESDAY**  
**September 25, 2018**  
**22 East Main Street**  
**7:00 a.m. – 8:00 p.m.**

The last day to register to vote with Frederick County is August 27<sup>th</sup>.  
Registration applications can be obtained at the Town Office located at 300A South Seton Avenue Emmitsburg, Maryland or by visiting [www.elections.maryland.gov](http://www.elections.maryland.gov).

Candidates must file written application for candidacy and their Financial Disclosures with the Town Clerk no later than August 27<sup>th</sup> at 4:00 p.m.

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

The write-in deadline is September 18, 2018 at noon.

Two commissioner seats are up for election.

For more information visit [www.emmitsburgmd.gov](http://www.emmitsburgmd.gov) or call the Town Office at 301-600-6300.

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# FROM THE DESK OF CANDIDATE...

## Susan Reeder Jessee, County Council At-large (D)

I am honored to have been selected as one of the County Council At-large candidates that will compete in the general election. However I cannot rest on past success and now is the time to move forward and work for a victory in November! Running a campaign across the entire county is a costly production. I pride myself on being fiscally conservative and ran a lean primary campaign doing most everything myself. I developed my own website, Facebook and twitter accounts, had volunteers who took photos for me and a dear friend of mine developed my

marketing materials at now cost to my campaign. I am very luck to have so many great volunteers who believe in me.

As a native and life-long resident of Frederick County I have worked for positive change in many ways. I support:

- Creating and maintaining family-supporting jobs in Frederick County
- Providing an excellent public school system for our students and teachers
- Managed Growth that is good for families and businesses

- Keeping our first responders safe so that they can keep our citizens safe
  - Providing care and services to our most vulnerable citizens – our senior population
  - Finding solutions by working together to combat the opioid epidemic
  - Protecting our environment and our rich agriculture heritage
  - Fiscal responsibility in government – my taxes and yours
- I have always been very concerned about these issues and believe there are workable solutions available that

will benefit us all.

For this campaign to be successful, it will require a strong and organized effort including brochures, flyers, signs, advertisements, and canvassing. I cannot do it all alone. My time, devotion and energy are free but signs, flyers, and mailings – they all cost money. This is why I am asking for anyone that believes in me and my desire to serve the citizens of Frederick County, I ask for your help so that you can help me make a difference.

In order to serve the people of Frederick County I must con-

duct an aggressive campaign. If you wish to volunteer, I welcome you! Please contact me at 240-457-7827. Now more than ever, we must work together for good government for all citizens.

It is my passion to serve in a county that has been so good to me and would work hard and bring quality representation to the people of Frederick County. I learned how important this is while watching my father Bruce Reeder serve with such great dignity as a County Commissioner.

[www.susanreederjessee.com](http://www.susanreederjessee.com)

## Shannon Bohrer, County Council District 5 (D)

I have been asked many times why I am running for office. I am retired; I had a great career; and I have a very good life. While I am very content with my life, I have been disappointed with the politics in our county for several years. Our elected officials are supposed to work for the citizens: not just for their parties and certainly not for themselves. Accordingly, listening should be the first order of business for our county government officials. Working for the citizens also necessitates civility. When I say that I

want to bring some civility into the County Council, I mean it.

Disagreeing with someone does not require us to be disagreeable. We can have different views, even differences of opinions. It should not surprise anyone that we have differences; in fact we should expect them. During my long career in law enforcement I experienced those differences many times. Sitting in a courtroom, I would hear one side of a case, and when the other side spoke, my first thought was that there were two different cases.

While the differences I encountered in law enforcement were sometimes intense, our current political disagreements seem confrontational to the point of being dysfunctional. When people don't work together, very little gets done, and citizens are deprived of effective representation. The people of this county are entitled not only to an accounting of how their tax dollars spent but also to transparency in the representation provided by elected county officials.

Disappointment with politics is not new and is, in fact, very normal

in our society. We make jokes about politicians and the political processes, for example. As Theodore Roosevelt said, "To announce that there must be no criticism of the president... is morally treasonable to the American public." I believe it is the citizens' responsibility to critique government and, if possible, to engage in making the necessary changes or solutions.

### About me

My wife, Susanne, and I reside on a small farm outside of Emmitsburg. We are both retired and enjoy our

farm, neighbors, horses, and dog. We very much like where we live and believe that we are fortunate to live in Frederick County, Maryland, where my family has lived for generations.

My background includes 42 years in Law Enforcement, 27 years of which were as a Maryland State Trooper. Currently, I am a small farmer and small business owner in Frederick County. I hold a Bachelor's degree in Criminal Justice and a Master's Degree in Business Administration. Please visit my website, [shannonbohrer.com](http://shannonbohrer.com) for more information.

## Megan LeRoux, Clerk of the Court (D)

In this first of four articles, I will explain to you why the clerk's office matters to you. I will reach out to you again and introduce myself to you and explain to you why it is that I am running for office. Finally, I will write to you as to why you should vote for me.

The clerk's office matters to you. Most people do not realize how much our office affects Frederick County residents. The Clerk's office is a local office that interacts with citizens every day.

We issue marriage licenses and can perform marriage ceremonies on site if desired. We issue business licenses and record land and property transactions. Many of Frederick County's historical documents are safely housed at the clerk's office. History buffs love combing through these records for a glimpse at Frederick County's rich past.

The Circuit Court is the family court. Custody, child support, visi-

tation, and divorce are all filed at the clerk's office. If you are involved in a abusive domestic relationship, you can come to the clerk's office to file a petition for protection and obtain the safety that you deserve.

You can petition the court if you would like to change your name. Citizens change their names for a myriad of reason to include marriage, divorce, personal family meaning, errors on birth records, and gender identification.

The clerk's office maintains the record in the courtroom for jury trials and civil litigation trials. Frederick County Circuit Court operates a voluntary drug court program with the goal of reducing substance abuse and improving safety in Frederick County.

We maintain confidential matters such as adoptions, children in need of assistance and juvenile cases.

The clerk's office can assist you by


helping you to understand the process and procedure of your case. We are happy to explain the process to you over and over until you are satisfied that you comprehend it. We understand that if you are at our office, you likely are in a stressful period in your life. We realize that you are likely not familiar with the terminology and acronyms that are frequently used and we do our best to explain them to you.

You see, the clerk's office really does matter to you.....and you matter to me!

Other than being an elected position, there is nothing political about the Clerk of the Court. The Clerk of the Court does not create or influence policy.

Stay tuned for the next article as to who I am and why it is that I am running for Clerk of the Court. My final article will be why you should vote for me for Clerk of the Court.

### I'm asking you to please Re-Elect Me, "Sandra D"



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Sandra K. Dalton  
Clerk of the Circuit Court**

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### FIND THE WORDS

Circle the 8 words listed below. Letters may be used more than once and in any direction.

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G	P	L	E	O	S	C	M	Y	A
G	O	F	N	O	V	D	R	M	G
T	E	K	C	O	D	U	E	L	E
D	O	D	S	O	J	F	O	E	P
R	R	W	W	L	R	D	L	A	D

AUTHORITY: JOANN M. HEVEY, CPA, PFS, TREASURER



## GOVERNMENT—SOUTH OF THE BORDER

### Jessica Douglass, State Senate (D)

“Treat every gun as if it was loaded. Don't point the gun at something you don't intend to kill. Keep your finger away from the trigger until you are aimed at your target and ready to shoot. Know what's behind your target as well.” These are the rules my dad taught me about gun safety. The summer after I turned 12, he let me practice handling a small, .22 rifle and then he

let me shoot at paper targets we set up at the tree line. Before that, the rule was “Don't Touch It!”

Now, as a mom, it is my responsibility to teach my kids about gun safety. In the United States, one-third of households with children also contain guns. What happens when a child unexpectedly encounters a firearm? In Maryland, we can't be sure, because gun

safety is not part of the public-school curriculum. We can only hope that kids have been exposed to gun safety rules at home. The health curriculum in Maryland schools contains standards for personal safety beginning in pre-K and runs through high school, teaching age-appropriate topics throughout. Everything from sun exposure to dating, and from bike helmets to stranger

danger – children in Maryland are taught how to handle potentially dangerous situations. Why is gun safety not part of the health curriculum?

As a teacher, it seems clear that gun safety units are a simple measure to ensure that Maryland youth are less likely to kill or injure themselves or loved ones if they come across a firearm unexpectedly. On average, one child in the US dies from gun accidents per week. Maryland public schools can

help to protect our children by teaching gun safety.

As a candidate, and legislative hopeful, I would like to explore the effectiveness of a bill that would require The State Board of Education to develop and implement a program of age-appropriate education on gun safety. We must prepare our kids for a chance encounter with a firearm. Gun safety units embedded in public school health curricula may prove to save lives.

### Sharon Keller, Register of Wills (R)

It has recently come to my attention that there are social media posts promoting online will preparation services. These services encourage people to write their own Last Will and Testament: “the modern way – at your own pace, from the comfort of your home.” I don't often weigh in on internet commentary, but this is an important topic.

As your Register of Wills, I cannot endorse any form will or similar canned product. Drafting your own will or using generic forms is risky. Through my years of experience, I have seen firsthand, more often than not, that self-prepared or form wills have been fatal to a decedent's wishes.

As part of my Register's community outreach program, I often have conver-

sations with organizations and groups regarding the importance of having a will. Occasionally I receive requests from the public asking our office to draft a will. While the Register of Wills' office does offer safe keeping of wills, we are not permitted under Maryland law to draft wills. I encourage the public to take advantage of our will safekeeping service. But, storing wills in our vault is a very small percentage of the work we perform for the public.

The largest service we provide is the administration of decedent's estates (this is after death and the original will is a vital part of the proceeding). In 2017 we opened 1350 estates and 68% of those estates were handled entirely by the Register of Wills without legal counsel. Having a Last

Will & Testament in place makes the administration process much easier for our loved ones. I recommend folks reach out to their family lawyer or estate planning professional to get the “right” documents, including a will, in place. Not all of us need complex estate planning documents but at the very least, we need a simple will. We all need someone to take care of our final affairs and potentially probate any asset titled in our sole name.

My experience has repeatedly shown me that form wills generally present the same three problems: a missing clause required to effectuate an aspect of administration – perhaps appointment of an executor or a resident clause; little words such as, “or - and - if” can cause BIG problems, and;

improper execution of the will can be fatal, rendering the will invalid. Maryland law has specific requirements of how a will is “executed” – how people sign and witness the document. Many form documents contain language and terms that lay people simply don't understand. Rather than cutting and pasting together a legal document that includes legalese which looks like a foreign language, or that doesn't work at all; reliance on a professional makes more sense. Frederick County has many excellent attorneys that have dedicated their practice to Estates and Trusts law. I would recommend you speak with a professional to discuss your personal and specific needs.

Making the process easier on the survivors is worth the effort. The alternative is that under the laws of intestacy (dying without a will), the Court

and statutory default control who gets your property, who can serve as your executor, and even who can serve as guardian of your minor children.

A qualified Register of Wills understands the requirements set out in the Maryland Annotated Code that relate to Wills. For that reason, I have never endorsed a “product” or form will. I recommend that – if you have enough property to lock your door at night and if you have a family to consider – you should talk with a professional to make sure your loved ones will be secure no matter what. Frederick County families are best served by a Register of Wills that has in-depth knowledge of the Maryland Code and years of hands-on experience.

Your vote matters this November. Real experience counts because people really do matter.

### Sandy Dalton, Clerk of Court (R)

#### Clerk of the Circuit Court? What's that?

If you have ever needed a marriage or business license, to record a deed, mortgage, take the Notary or Elected Official Oath, been involved with a criminal, civil, child support or juvenile case, jury duty, file your DD-214 or genealogy research, then you have just used the services of your Clerk's office!

While individually elected, the Circuit and District Courts are now under the Judicial branch of Government and more specifically the AOC (Administrative Office of the Courts.) Technology is provided by the JIS (Judicial Information Systems.) Each document we handle is treated with the utmost respect as it represents an important event in someone's life, possibly yours!

Have you visited MDCOURTS.gov to see all of the info that is in one place?

You'll find: Access to all courts in Maryland, the Jury Video – also in Closed Caption, CaseSearch (for tracking civil and criminal cases), job openings and much more.

To find Land Records and Plats, first start at the Maryland State Archives site, get a free sign in and do all of your research from work or home.

In my service as your elected Clerk, I have worked on numerous committees to roll-out and perfect many of the above enhancements. This is an on-going process, one that is designed to enhance access to your court and court records.

As Clerk, my report card to you is:

- October 2017, our office went

live with E-filing of civil and criminal cases.

- July 2018, we went live with E-Recording for Land Records.
- July 2018, our courthouse now has a full time Self-Help Center, in addition to our current program.
- Jury system was computerized, the term reduced from one month to one week. Now upgraded to allow a juror to qualify themselves or a one-time postponement via the internet. Coming soon will be the ability to opt-in for text messages concerning jury reporting!
- The Generous Juror program - jurors can choose to donate their jury stipend to supplement extra needs for foster children.
- Implemented electronic transfers of Jury Trail Prayers from District Court to the Circuit Court.
- Received several “no-findings” Legislative Audits.
- Number 1, or in the top 5, for yearly review of Case Time Standards for medium large sized counties.
- Marriage & Business License programs installed, older marriage records scanned.
- GEARS program (people soft) was implemented for the entire Judiciary's Accounting Program.
- CONNECT program eliminates the need for paper timesheets and additional enhancements for HR processes.
- Provide input and often testify for or against Bills in the Legis-

lature that affect the Judiciary.

As your Clerk I have served as the Chair of the Maryland Jury Commissioners and Clerks for over 15 years. I have also served as, or am currently still a member of, the Court Automation Committee, Justice Matters editorial board, Criminal Justice Access Committee, Court Executive Committee, Court Reporters Committee, President of the Circuit Court Clerks Association, Chair of the Conference of Circuit Court Clerks, member of the Access to Justice Commission, Judicial Council, and have served in training and

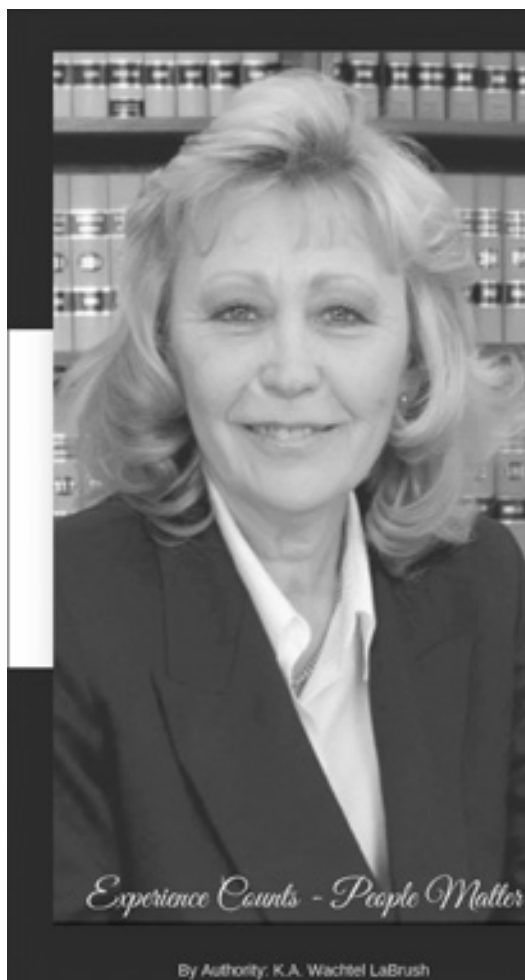
leadership positions. I am a graduate of the Institute for Court Management as a Certified Court Manager, Michigan State University Court Management program, & Leadership Frederick County.

In our community I am a member of the Woman's Giving Circle, Frederick Woman's Civic Club and a former member of Frederick Business and Professional Women. My husband and I contribute to many organizations in our community. Included are, Maryland Charities, United Way, Shared Vision, Weinberg Center, Great Frederick Fair, Big Brothers/Big Sisters, Patty Pollatos Fund, Red Cross Blood and Apheresis Donor, St. Timothy

Roman Catholic Church and other non-profit organizations.

In closing, mine is a Fiduciary responsibility, one handled with the greatest of diligencemy goal is to continue to work to make this office more efficient, customer service driven and an environment that appreciates each and every employee's contribution to the citizens and justice partners we serve. Please continue to trust me to represent your interests in the Justice process and show that trust by casting your vote to re-elect me, Sandra D as your Clerk!

*Thank you and God Bless. Vote for Me, Sandra D!*



# SHARON KELLER

## Re-Elect Your Experienced Register of Wills

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## FROM THE DESK...

# Carroll Valley Mayor Ron Harris

The Carroll Valley July 4th Celebration started off with great weather but around 4 p.m. a heavy rain storm came in and the entertainment portion of the program had to be canceled. However, we did have a great firework show in the evening. Thanks go to the following people for the July 4th event: Amanda, Steve, and Jayden Bell, Moran Bolinger, Frank Buhrman, Dave, Leann, Noah, and Josh Hazlett, Erika Hetlyn, Jeni, Jim, and CJ Jarrell, Bob Jester, Jessica, Jacoby, Caroline and Jesse Kraft, Josh and Erin Laird, Charlee and Gayle Marthers, Richard Mathews, Cali and Hunter Paulus, Daniel Sanders, Marie Schwartz, Desirae Shane, Tim Skoczen, Laura and Thomas Wagaman, Rose Welsh and James Whittington. "The wealth of your efforts was enjoyed by those who attended the event." I would also like to thank the major sponsors of the event: Liberty Mountain Resort & Conference Center, Adams Electric Cooperative Inc., GMS Funding Solutions, and Park's Garbage Service, Inc. To see the pictures, go to [ronspictures.net](http://ronspictures.net).

At the July 10th Borough Council

meeting, Corporal Clifford J. Weikert was awarded a Class I Commendation and Chief Richard L. Hileman a Class II Commendation for their outstanding investigative work on the pursuit and apprehension of the individual who was involved in the robbery of Carroll Valley's PNC on April 25th and M&T Bank in Blue Ridge Summit on May 3rd. Congratulations gentlemen! On July 14th, the E-Waste Recycling was held at Highland Township for residents of Carroll Valley and Fairfield Boroughs, Freedom, Hamiltonban and Liberty Townships. They turned in monitors, televisions and other electronic devices. Approximately, 2.5 tons of electronics were collected. If you missed this one, the next is scheduled for October 13th at Highland Township from 8:00 to Noon.

August 4th is U.S. Coast Guard Day. It is a day to honor the military branch that protects our waters and shorelines. The Revenue Cutter Service, which was the predecessor of the U.S. Coast Guard, was created on August 4, 1790 by Congress to enforce U.S. tariff laws. The title "Coast Guard"

was first used in 1915. A few Carroll Valley Library dates you may want to mark on your calendar are: August 2nd Thursday at 6:30 pm the Cookbook Club will meet. Make your favorite soup and/or salad recipe and bring it to the library to share. August 6th Monday at 6:30 p.m. practice reading with Danny, our therapy dog. Our local and visitor travelers need to be a little more vigilant when driving thru the intersection of Sanders and Fairfield Roads (Rt 116). Two traffic accidents have occurred in the past three months. Not related to these accidents, it seems our drivers are starting to develop the "Carroll Valley Roll" when stopping at a Stop sign and it is catching on. What is the "Carroll Valley Roll"? It refers to slow rolling through a Stop sign without really stopping. Remember when you were taking the driving's test. You had to come to a full stop (1-2 seconds), brakes in full lock, 0 MPH, and look to your left and right before proceeding. Just saying! A couple of seconds out of your day – it's worth thinking about. You are not wasting your time.

August is usually the month

that many of us go on vacation. But please do not overlook making sure your home is safe when you are a way. There are several things you should consider doing to protect your home. According to the FBI, more than half of home burglaries happen during the day. Here are a few tips: (1) Lock your doors and windows if you leave your house; (2) Do not share the details of your vacation with everyone and especially on social media, like Facebook when you are on vacation – remember, if you are there, I know where you are not ; (3) Make the house look as if someone is home by using light timers throughout the house; (4) Go to the Post Office and delay mail delivery; (5) Contract with a security company and when selecting one, check out their references by going to [www.bbb.org](http://www.bbb.org); and (6) Contact the Carroll Valley Police Department to be placed on their house checklist. And, by the way, have a great, safe, and relaxing vacation.

Please mark your calendar for Carroll Valley Borough's National Night Out (NNO) event to be held on Tuesday, August 7th from 5:00 to 8 p.m. (rain or shine). NNO is celebrated each year across the United States to increase aware-

ness for safety within the community, and to educate residents on how to protect their families and familiarize them with available services. Young people up to the age of 12 will receive a free meal consisting of a hot dog, a bag of potato chips and a drink. Cub Scout Pack 76 will be conducting a bike rodeo. Children should bring their bikes and helmets. Adams County SPCA will provide dogs with rabies shots (\$10) and microchips (\$25). DOGS ONLY. Take advantage of these low-cost options and get that required rabies shot. There will be games; fire and police display; counseling services; food for everyone to enjoy. NNO is a time to strengthen neighborhood spirit and police-community partnerships. The children should see our police officers as people who can help them in their time of need. I do hope you take the time to come and join us.

The Borough meetings for August are: Planning Commission (Aug 6th), Borough Council (Aug 14th) and the Parks and Recreation Committee (Aug 22rd). If you have any questions, call me at 301-606-2021 or email me at [Mayor-RonHarris@comcast.net](mailto:Mayor-RonHarris@comcast.net). Please always lock your car whether you are at home or on the road.

# State Representative Candidate Marty Qually

In 2012 I was appointed to be the Adams County Commissioner on the board of the Adams County Economic Development Corporation (ACEDC). It was a great honor to be on a board with many respected leaders within our community. One of the items that came up early in the year was the proposed ACNB bank sale of a derelict piece of property in Gettysburg.

Gettysburg Station is the name of the property between the Gettysburg bus station, the railroad tracks, and Stratton street. While it is a small parcel, it is also without a doubt one of the most important pieces of undeveloped property in Adams County. The board of the ACEDC was concerned that at bank sale, the property could easily have been sold to a developer, who may not care about the needs of downtown Gettysburg and the Adams County community at large.

The challenge of the day was how to get \$1,000,000 in order to purchase the site and gain access

to funding which Senators Punt and Alloway had secured for this property. Senator Richard Alloway and his predecessor, Senator Terry Punt, had already obtained funding to demolish the unsightly abandoned buildings and set aside some funds to purchase the lot.

It is common that state grants reimburse entities for worthwhile projects, so while these funds were reserved for the project, the ACEDC did not have \$1,000,000 to purchase the site and begin demolition and clean up efforts. Sitting in the back of my mind was a recent discussion that the Board of Commissioners had with our financial advisors. The County had the benefit of significant money in reserves, but few investment options. While we had options, interest rates were pretty low. That is when the light bulb went off in my head: Adams County should become more proactive in local economic development.

So I did what anyone in my position would do, I texted from the meeting to our County Man-

ager: "Do we have \$1,000,000 in reserves to assist the Industrial Development Corporation (IDA), a partner of the ACEDC, to purchase the Gettysburg Station project?" (I never suggest texting others while in an important meeting, but in this case the ACEDC board forgave me.) I shared the idea that the county would discuss loaning \$1,000,000 to the IDA to control the development of this site.

Fast forward to today, and we now have community partners focused on this vital space in Adams County, new business friendly ordinances for the site, three taxing bodies creating tax incentives, a contract for sale at \$1,000,000, and the purchaser is preparing plans for a mixed-use project. Our community should be proud of the team led by Robin Fitzpatrick and the Herculean efforts they have taken to keep this project on the path to success.

This is just one example of how the county has been working with our economic development partners to improve our community. Over the past six years I have used my position on the Adams County Economic Development Corporation's board to create a stronger partnership with the county and to initiate a variety of projects for the benefit of the community.

Adams County has always had a strong relationship with the ACEDC. Adams County is the ACEDC's largest investor, but it takes more than money to succeed. It takes vision. A new project on the horizon won't involve a single brick, but it may be a game changer in the Fairfield area.

On May 8, Jeff Newhouse, the plant director of Quad/Graphics, and his staff invited a small group of local education and economic development leaders to their factory to discuss career training opportunities. Quad/Graphics was founded on the vision that an employee owned and managed company should create prosperity for all members of the business. Their model of "building" employees has led to success.

They are now the second largest printer in America with 22,500 employees worldwide. The Fairfield plant is only one of 50 printing facilities in the US and abroad. Quad/Graphics also owns 70 locations dedicated to creative design of books and printed materials. In Fairfield alone, they have over 300 employees and print 50 million books per year. What a great partner for area schools to encourage students to apprentice and learn a career.

In Adams County we need to focus on improving our mid-level technically skilled workforce. The best way to achieve this is to work with our area high schools and HACC to add more technical certificate classes. Having visited HACC's mechatronics department, I know they are already producing students perfectly skilled for maintaining and repairing book printing manufacturing lines.

I envision our education partners taking a lead role in expanding these educational offerings and working with local companies, like Quad/Graphics, to begin apprenticeship programs, work study options, and practical on-the-job training experiences. Wouldn't it

be great to see our children graduate from high school and find family-sustaining jobs locally?

Right now in Adams County our youth from ages 20-29 are leaving faster than we can replace them. It is basic economics. They can make more money elsewhere, so when they leave for greener pastures, they are not all coming back. We also currently have almost 50 percent of our workforce working outside of the county. Both of these challenges can be overcome through local schools and businesses partnering to develop the right resources to connect students to family sustaining jobs. In order for this to happen we need to maintain a strong Adams County Economic Development Corporation.

Some of our economic successes will be measured by buildings built and property base increases, while others will be based upon smart educational efforts. The Gettysburg Station Project and the Quad/Graphics initiative are just two examples of a larger focused effort to improve our community. I am proud to have been included in both of these projects and to be helping our community succeed. On November 6, you will have a choice on the ballot for State House in the 91st legislative district. I would appreciate your vote and together we can focus state resources on improving our local economic development efforts.

If you have any questions about my campaign or about economic development plans in our county, please contact me at 717-339-6514, [martyqually@gmail.com](mailto:martyqually@gmail.com), or join the conversation on Facebook at [www.facebook.com/martyqually](http://www.facebook.com/martyqually).



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# GOVERNMENT—NORTH OF THE BORDER

## County Commissioner Marty Qually

I had an opportunity to join our local orchard industry in celebrating the 100-year anniversary of the Adams County Fruit Research and Extension Center (FREC). Our \$580,000,000 fruit industry is a success because of three factors: natural resources, scientific research, and hard work. It was an honor joining the people who have made this area so successful.

The research lab is not as well known as our local Penn State Extension (PSE) office, but it is equally important to our local economy. A great example of their role in supporting our community was their quick reaction to the potentially devastating frosts that hit our orchards last April. Following a very warm March, the multiple cold nights in April almost resulted in the loss of our peach, apple, cherry, plum, and pear crops. Penn State Extension scientist Dr. Tara Baugher and Fruit Research and Extension Center director Dr. Jim Schupp knew they needed to analyze the damage and begin to educate the fruit growers as to the next step. After a few days of analysis they were able to alleviate many of the

fruit growers' concerns, and were confident that many orchards would not see significant apple or peach crop loss. Throughout the year these scientists work to find ways to improve our orchards, but in this case their hard work in defining the damage went a long way to reducing the stress that each orchard family was experiencing. While our April frosts would seem to only be a concern for the orchard families, these families and their employees represent a significant portion of our economy. Without the confidence that their crops will come in, they would cut back on hiring new employees, expanding their business, or on a personal level commit to hiring a painter, plumber, or electrician to work on their house. In Adams County Penn State Extension and the fruit lab help us all understand that we are connected to each other and that the more educated we become the better we become.

Our orchard industry success goes hand in hand with the success of FREC. With every pest that invaded our orchards, FREC researcher found solutions. Plum pox, lead rollers, stinkbugs, and

the spotted lantern fly have all endangered this industry and they will all be fought back. The next stage of the industry will include an increased use of technology in orchards. While only theoretical now, research has already begun in using robotics to harvest fruit. Robots picking fruit is not as far fetched as you would think. Most orchard labor is provided by immigrant labor. As the challenges to attract foreign labor increase, it may become more cost effective to harvest fruit with machines. Clearly, we've come a long way in Adams County.

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

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

in Adams County. While people may think that this idea or the subsequent formation of Adams County Connect, was started by some group of IT geeks, it originated with Penn State Extension. So too did they notice that the lack of truly high speed Internet was affecting all aspects of our community.

Have you been eager to eat the Mediterranean way, but are not sure where to start? Penn State Extension has a workshop to help you design and put the Mediterranean lifestyle into practice in your own life. That doesn't sound like the 4-H programs or other farm images that we envision from Penn State Extension. Or the Strong Women/Growing Stronger program, which is a safe, effective strength-training and nutrition program for individuals who have been active or sedentary for the past few years and are interested in improving their health. They also offer courses on canning foods, home gardening, food safety and more.

While my point is becoming redundant by now, this evolution in education and branching out into non-farm fields is keeping

PSE not just relevant in today's rapidly changing world, but is keeping them integral to our success. If you want to learn more about their programs visit their website for more information, [www.extension.psu.edu/adams](http://www.extension.psu.edu/adams).

I have had the honor to serve on the board of Penn State Extension for six years now and it is clear to me that they have come a long way. As a County Commissioner I spend much of my time attending events and learning about important parts of our community. My job then becomes to help others "connect the dots" and show them how often seemingly disparate groups actually have vital connections to one another. While few of us are involved with PSE and FREC, they are two critical organizations supporting our world-renowned \$580,000,000 fruit industry. I think we all can agree that is an important part of our way of life in Adams County.

*To learn more about the issues facing our wonderful and complex community please join me on facebook at Marty Qually Adams County Commissioner. And as always if you have any questions or concerns, do not hesitate to contact me at 717-339-6514 or [marty@martyqually.com](mailto:marty@martyqually.com).*

## State Representative Dan Moul

PASSHE Continues to Hike Tuition Despite More State Funding

When state lawmakers voted to increase funding for higher education in the 2018-19 state budget, House members on both sides of the political aisle urged the colleges and universities not to raise student tuition. Instead, they encouraged them to use the additional funding solely as it was intended – to make higher education more affordable for Pennsylvania students. Despite this, the 14 state-owned universities of Pennsylvania's State System of Higher Education (PASSHE) opted to hike tuition for the 10th consecutive year.

After collectively receiving \$468 million in state funding – an increase of \$15 million or 3.3 percent – PASSHE's Board of Governors promptly raised student tuition by another 3 percent at Kutztown, East Stroudsburg, Bloomsburg, California, Cheyney, Clarion, Edinboro, Indiana, Lock Haven, Mansfield, Millersville, Shippensburg, Slippery Rock and West Chester universities. Meanwhile enrollment at the state schools has been declining the past several years and is projected to decrease by another 2 percent this year.

As I see it, PASSHE does not need more money, nor should taxpayers be supporting them.

From June 2011 to June 2017, the rate of inflation rose by 9 percent. However, in the same period, the amount of revenue generated per student at PASSHE schools went up 19 percent – more than double the inflation rate.

In 2016, the PASSHE board

spent \$122 million more than it took in that year and \$248 million more than it took in during 2017, yet it approved a \$77 million in pay increases for its unionized faculty and staff. Some benefits outlined in that union contract for "fulltime" professors, teaching an average of 12 hours per week in the fall of 2018, include:

A maximum salary of \$117,632 with a 2.5 percent pay raise to \$120,572 for the spring of 2019.

Overtime is paid if a professor teaches more than 12 hours a week.

Each of the 14 local union presidents are required to teach only

nine hours a week to be considered "full time."

They receive full pay and benefits while on sabbatical.

The children and spouses of professors attend the schools tuition-free. The contract sets strict limits on hiring experienced part-time adjunct professors.

I fail to understand how the PASSHE board can approve such a generous union contract and then blame the Legislature for its decision to increase student tuition. I and several of my House colleagues are drafting legislation to give the

General Assembly the authority to approve contracts for PASSHE and the Association of Pennsylvania State Colleges and University Faculty.

About 100,000 students are enrolled in state system schools.

One measure that I would like to see passed would prohibit state system schools from getting any additional state funding unless they agree not to raise tuition on those students and their hard-working families.

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## THE PASTOR'S DESK

# What we've been waiting for?

Joyce Shutt  
Fairfield Mennonite Church

There is a Hasidic story about the birth of the world. In the beginning, this story goes, there was only darkness, but Ein Sof, the source of life, emerged from the heart of the holy darkness as a great ray of light. Then there was a terrible accident and the vessel containing the light, which was the wholeness of the world, was scattered into a thousand million fragments of light. These fragments fell into all events and all people where they remain hidden until this very day. But then we humans were created in response to this accident with the capacity to find the hidden light in all people and all situations and events. Our calling, according to this story, is to make the light visible once again, to lift it up, to share it with others and thereby restore wholeness to the world.

This story speaks to something deep within me, especially in these tumultuous times when fear of the other and political and religious polarization is tearing our country apart. There is so much beauty, so much good in all us and the world, and yet there is so much that is evil, wrong, unjust. The ways we treat "the least of these" affects the ways we treat each other and who we are. This is why not just our criminal justice system is broken but our immigration policies are so flawed. When those in power get to decide what is lawful or unlawful not based on guilt or innocence, need or opportunity, just or unjust, but on wealth and power and arbitrary rules, com-

passion and mercy have no place.

The story of Ein Sof, the birth of the world, speaks to my own experience and my journey in life as well as what we all have been seeing and hearing in the daily news... families separated, refugees turned away, a lack of civility, blaming and shaming that has taken the place of dialogue or civil conversation. There no longer seems to be a middle ground where we can meet to talk, listen, learn, discern even in our churches. We now define ourselves as Democrat or Republican, for Trump or against, not fellow sojourners, neighbors, friends.

Many of us still have the luxury of living in a fairly safe, sheltered world. Every time I hear this story of Ein Sof with its explanation for the existence of sin, evil, and suffering, deep questions arise for me. As part of a mixed race family with both black and Hispanic children and grandchildren I have been somewhat exposed to that other world where people are assumed lesser, automatically guilty by color of their skin or legal status.

That exposure has been both painful and precious. By adopting and loving these precious children I have been forced to face my own deeply ingrained prejudice and fear. I want to deny those deeply ingrained beliefs and fears, but they are still there. We all have them. We may protest, but they are still there and we need to own them. It takes courage to name them and claim them and then humbly ask God to remove these fears and defects of character. I find myself struggling every day with the question, "what

am I doing to lift up my fragment of light?" It is a hard question, but a good one, a life giving one.

Much as we may long to stop the world and get off in a safer, saner place and time, this is where we are. We now live in the world of almost weekly mass shootings, where owning guns seems more important than protecting and saving lives. That's why this is exactly where we are supposed to be: facing the challenges we are facing, for we are the very ones we've been waiting for. We are God's hands and feet, God's eyes and ears.

Ours are the arms which hug and hold or push away and reject. We are the ones who can make a difference. We are the ones who get to decide whether or not we step up as faithful followers of our master when he told us to not just love our neighbors as ourselves, but to love the stranger and enemy. We are the ones called to align ourselves with the One who designed the changing seasons, the swirling electrons, the majestic galaxies, the tiniest insect or singing bird, the One Who sent Jesus to show us how to relate to and love each other even when it is dangerous and difficult.

In spite of the way it often feels, you and I are not helpless. Even with our aging failing body parts. What we do matters, even when it doesn't feel like it. Even when we feel useless and forgotten. Together we are a mighty force. The healing of the world is not about one person bringing together all the fragments of light, but each of us holding up our little gleam. We become less than what God created us to be when we disengage from the God of the poor, the disenfranchised, the lost and forgotten.

I now believe that what God wants from each of us is to treat others with grace and love just as we want to be



treated. God wants us to respond to evil with good, to forgive the unforgivable and above all to practice gratitude, for when we are truly grateful we cannot be selfish and thoughtless. Gratitude opens the heart, gives birth to generosity and compassion. Gratitude helps us truly see with our eyes, hear with our ears, and love with all of our heart. We who have embraced Christ as our Savior and example are called to be little Christs to everyone that comes across our path, sharing and caring, accepting, forgiving, blessing, loving.

And that's something each of us can do. We can, if we but will, choose to allow nothing in life, no matter how rich or poor, sick or well, old or young, to keep us from practicing daily acts of kindness. Each smile, each apology, each kind word, each act of graciousness, each swallowed criticism, each unspoken grumble or gossiped word sends positive energy swirling into a world longing for love and reassurance.

Jesus said, "he who has eyes, let him see, and he who has ears, let him hear." If we look for the good around us, listen for the light and the lovely-

ness in life, we will find it precisely so we can pass it on. By deliberately practicing gratitude as our way of not just being in God's presence, but being God's presence, we become his hands and feet in the little everyday acts of thoughtfulness and thankfulness that transforms not just us but those we encounter.

You and I are called to let our light shine, tiny as each of our fragments may be. We are the ones we've been waiting for, the ones chosen to set the example for others, to show the way toward graciousness and civility, toward acceptance and tolerance. We are the one who can set this country on the path to a less divisive and prejudiced society. We are the ones we have been waiting for, the ones God's been waiting for to hold up His light of love and acceptance. We are the ones created by our loving Creator to be agents of goodness and gratitude.

*Joyce Shutt is the pastor emeritus of the Fairfield Mennonite Church. She writes a daily blog which can be accessed on Facebook at Steps To Hope@borntoblog.org or stepstohope.weebly.com*

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**National Shrine Grotto celebrates 60 years**

Sixty years ago, the National Shrine Grotto of Our Lady of Lourdes opened its doors to the public. Throughout the years, thousands of pilgrims have come seeking comfort, healing and conversion, and today over 400,000 pilgrims come annually to this holy shrine. Pilgrims come for diverse reasons: some out of a deep faith, and many seeking spiritual and physical healing for themselves or loved ones. Some pilgrims simply come out

of curiosity, but almost all who come find their hearts and souls strengthened through prayer, the sacraments and the sacred silence of the hallowed grotto. Pilgrims hail from almost every part of the globe, and on any given day the guestbook is filled with visitors from North and South America, Asia, Europe and many other states and nations. Many pilgrims hear about the Grotto by friends and relatives, and the numbers continue to grow as more and more people

spread the devotion to Our Lady that is cultivated on Mary's Mountain. Throughout her history, the National Shrine Grotto has been home to men, women and children of all walks of life. Rich, poor, saints and sinners have crossed the threshold of the Grotto, and, remembering this holy heritage, the National Shrine Grotto keeps alive the tradition laid out by Monsignor Philips, the great restorer of the Grotto who laid out a plan for the future during his 43 year tenure as chaplain of the Grotto. Many remember the Grotto as it was, largely unchanged since the time of Monsignor Philips. But, faithful to his hope for the National Shrine, expansion and renovation is necessary to accommodate the growing number of pilgrims brought here by the Blessed Mother, who stands proudly in gold atop the iconic Campanile. Following the 60th anniversary, the National Shrine Grotto will proceed into the next sixty years, carrying gladly the tradition of the past and looking to the bright future with hope.

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## THE BOOK OF DAYS

# Napoleon Bonaparte



August 15

After all that has been said and written on Napoleon Bonaparte, we are forced to conclude that he had few of the qualities which compose the character of a true hero. He was a man with unbounded ambition and was perfectly unscrupulous as to the means by which he might accomplish his ends. Tinged by utter selfishness and disregard for others, Napoleon can no longer be entitled to a real and intelligent admiration than a prior occupant of the French throne, Louis XIV. Nevertheless, these two men were undoubtedly brilliant.

The notion that the first Napoleon was a benefactor to France cannot reasonably be denied. By his military and administrative abilities he raised himself to supreme power at a time when the country was emerging from the lawlessness and terrorism which proceeded the death of Louis XVI. The divided and profligate government of the Directorate had succeeded the anarchy and violence of the leaders of the Convention.

A powerful hand was required of a dictator to hold the reins of state, and arrange in a harmonious and well-adjusted train the various jarring and unstable systems of government. Had he conducted himself with the same prudence as his nephew, the present emperor, he might have died the absolute sovereign of France. The history of that country may have been written without the narrative of the Restoration of the Bourbons, the Three Days of July 1830, and the Revolution of February 1848.

However, his vaulting ambition and impetuous self-willed nature, what he himself considered his

destiny, drove him headlong into ruin. Regardless of the warnings of the most sagacious counselors, he contemptuously defied the coalitions formed to impede his progress. He was careless of the odium which his tyrannical sway excited among his own subjects, and in the end he found himself utterly destitute of resources, and obliged to submit to such terms as his enemies chose to impose.

His career presents one of the most melancholy and impressive lessons that history affords. And yet how eagerly would a large portion of the French nation revert to a policy which, in his hands, overwhelmed it only with vexation and disaster!

Napoleon's character consists of three phases—a statesman, a commander, and a private individual. In the first of these capacities, he was worthy of commendation for his strides in political and social reform. Distinguishing contributions to public welfare include his vigorous administration of the laws, simplification of legal ordinances and forms, his wise and tolerating religious system, many important and judicious sanitary measures, the embellishment of the capital, and patronage afforded to the arts and sciences.

But how little did he understand the art of conciliating and securing the allegiance of the countries that he had conquered! He practiced total ignorance of all national predilections and tendencies, and nowhere was this more conspicuous than in his treatment of Germany. The system of centralization by which he sought to render Paris the capital of a vast empire, at the expense of the dignity and treasures of other cities and kingdoms, might flatter very sensibly the national vanity of France. It was certain, however, to exasperate the degraded and plundered countries beyond all hopes of forgiveness. Furthermore, the outrages, which he tacitly permitted his troops to exercise on the unfortunate inhabitants, argue ill for the solidity or wisdom of his views as a governor or statesman.

The military genius of Bonaparte has been, and still is, a fruitful theme for discussion. In the early part of his career, he achieved such successes as rendered his name a terror to Europe, and gained for him a prestige which a series of continuous and overwhelming defeats in the latter period of his history was unable to destroy.

But in the game of war, results alone can form the criterion, and the victories of Marengo, Austerlitz, and Wagram can scarcely compensate for the blunders of the Russian campaign and the overthrow at Waterloo. Napoleon, however, had one quality of a great general, the capacity of recognizing and rewarding merit, in whatever position it might be found.

Favouritism, and the influence of rank or fortune, was almost entirely unknown in his army. Few of his generals could boast much of family descent; instead, bravery and military talent were certain to receive their due reward in promotion or otherwise, giving every man a personal interest in the triumph of the emperor's arms.

An inquiry into the personal character of Bonaparte exhibits him perhaps in a still less favourable light. He had a cold-blooded and impassible temperament, and, engrossed exclusively by his master-passion, ambition, he betrayed no tendencies towards any of those aberrations by which the characters of so many other great men have been stained.

But the very cause that kept his moral purity inviolate rendered him totally insensible to

the promptings of love and affection when his interest seemed to require that they should be disregarded. His ruthless abandonment of his wife, Josephine, proves this. In addition, his insensitivity and disregarded for the loss of myriads of Frenchmen to his lust for power leads us to form a very low estimate of the kindness or goodness of his heart.

Two facts of his life stand prominently forward as evidence—one of the dark and arbitrary injustice of his nature, the other of a contemptible jealousy and littleness. These are the judicial murder of the Duke d'Enghien, and the vindictive and unchivalrous persecution of the talented Madame de Staël, and the amiable Louisa, Queen of Prussia.

## Curious Prayer

August 20

A gentleman in America has projected a work to be published under the title of The Book of Uncommon Prayer. Any one conversant with books of anecdote will readily bethink him of much suitable material for such a volume. Perhaps no more appropriate example than the following, from an old copy of Fog's Journal, has ever appeared:

"O Lord, thou knowest that I have nine houses in the city of London, and likewise that I have lately purchased an estate in fee-simple in the county of Essex. Lord, I beseech Thee to preserve the two counties of Essex and Middlesex from fires and earthquakes; and as I have a mortgage in Hertfordshire, I beg Thee likewise to have an eye of compassion on that county. And, Lord, for the rest of the counties, Thou mayest deal with them as Thou art pleased. O Lord, enable the Bank to answer all their bills, and make all my debtors good men. Give a prosperous voyage and return to the Mermaid sloop, which I have insured; and Lord, Thou hast said, "That the days of the wicked are short," and I trust Thou wilt not forget Thy promises, having purchased an estate in reversion of Sir J. P., a profligate young man. Lord, keep our fund from sinking; and if it be Thy will, let there be no sinking fund. Keep my son Caleb out of evil company, and from gaming-houses. And sanctify, O Lord, this night to me, by preserving me from thieves and fire, and make my servant honest and careful, whilst I, Thy servant, lie down in Thee, O Lord. Amen."

To read other selections from Robert Chambers's *Book of Days* visit [www.thebookofdays.com](http://www.thebookofdays.com).

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## COMMENTARY

# Words From Winterbilt

## The 287(g) program good, poor or other?

Shannon Bohrer

The federal immigration program 287g, allows partnerships with federal and local law enforcement in enforcing federal immigration law. Frederick County Maryland Sheriff's Office has an agreement with Immigration Customs Enforcement and participates in the program. The program includes training for local law enforcement to identify and arrest undocumented persons and also allows the Frederick County Detentions Center to hold undocumented individuals. The program also compensates the Sheriff's Office for the cost of incarcerations.

The program is controversial with both sides having arguments. Pro 287g elements say that allowing local law enforcement to arrest and detain illegal immigrants makes us safer. The anti-program elements say that local law enforcement becomes occupied with federal laws, neglecting local needs, which makes us less safe. The question is, are we safer? Since Frederick County is only one of three counties in the state participating in the program, do we have fewer crimes committed here? If the Sheriff's office arrest a violent offender, who is an illegal immigrant, we would be safer. However, we should expect that the Sheriff's Office would be arresting

violent offenders, independent of their legal status.

One would think that if the program actually made us safer, every jurisdiction in the country would have an agreement, but relatively few agencies are actively involved. While Immigration Customs and Enforcement (ICE) currently has 287(g) agreements with 78 agencies, only 37 were actively working in the program as of March 2017. (The latest figures I could find) With over 17,000 police agencies in the country, 37 is not a significant number. Participation with the 287g program peaked in 2011 with 72 participating agencies, which is also not significant.

Even with the relative low participation rate, the National Sheriff's Association supports the program. Stating, "It is critical that local law enforcement maintain and build upon the partnerships with federal law enforcement to ensure that collectively we can promote, protect, and preserve the public safety and homeland security." Conversely, the International Association of Chiefs of Police opposes the program saying that it creates mistrust and that trust is necessary to "maintain public order." The Major Cities Chiefs Association also opposes the program for reasons of "trust, communication, and cooperation" issues. A law enforcement immigration task force that was cre-

ated to examine the issue also opposes the program. The task force included police chiefs and 63 sheriffs produced a letter, "asserting that they don't want their officers acting as immigration enforcement agents."

Opposing a program for reasons of mistrust, public order and cooperation issues, does not say the program makes us safer or unsafe. So, are we safer with the program? To examine the effectiveness, or safety of the program you would have to compare crime and arrest data from surrounding jurisdictions, using the federal data on crime statistics. To have validity you should examine the statistical data that existed before being involved in the program and any changes since our involvement. While this has not been done in Maryland, it was done in North Carolina.

The research in North Carolina was conducted by the Cato Institute Washington, D.C. The intent of the research was simple, "Do Immigration Enforcement Programs Reduce Crime?" In 2018 an Abstract was published. They examined "287(g)'s implementation across multiple counties in North Carolina and identify its impact on local crime rates and police clearance rates by exploiting time variation in regional immigration enforcement trends." They found "no causal relationship between apprehensions through

the 287(g) program and measures of crime rates or police clearances." The research was unable to demonstrate any increases, or decreases in crime or public safety. Crime, arrest rates and clearance rates were not affected with the 287(g) program(s) in North Carolina.

While the intent of the research was to determine if the program reduced crime and the results showed no decreases, or increases, there was an unexpected finding. They found "a significant relationship between the activation of 287(g) agreements and assaults against police officers." Was this unexpected finding related to public trust in law enforcement?

A federal research project on "Secure Communities", related to the arrest and deportation of illegal immigrants also showed no reductions in crime rates. The study was published in the Journal of Law & Economics. The report stated that, "results show that Secure Communities led to no meaningful reductions in the FBI index crime rate. Nor has it reduced rates of violent crime—homicide, rape, robbery, or aggravated assault. This evidence shows that the program has not served its central objective of making communities safer." That was published in 2014.

The 287g program is controversial and yet there is no evidence that it makes us safer. Related to the controversy is the arrest and separations on families and children entering our southern border. These issues are also related to our immigration laws and the proposed border wall. The fact is that if we had a board

wall, we would still have immigration issues. All of these issues should be examined together, since they are all interrelated.

Another perspective is that the border wall, the separation of families and the 287g program are symptom of a much larger problem. It is estimated that there are currently 68 million refugees worldwide. That is a problem. Anywhere in the world if you have desperate people escaping and or leaving their homes to migrate to where they feel safe, you have immigration issues. How the wealthy and prosperous countries can help or influence the poor and unstable counties — is the real problem. In the 1990's President Clinton authorized loaning Mexico significant funds to stabilize their economy. While President Clinton was soundly criticized for his actions, the loans were repaid ahead of time with a profit of \$600 million. A side effect of the stabilization was a decrease in illegal border crossings.

What does it take for someone to wake up in the middle of a night, pack up the belongings they can carry and then move hundreds and even thousands of miles, often knowing they will never return? When we can answer that question we will be addressing the immigration problem. Simple solutions to complex problems rarely work. Additionally, when we only address symptoms, the problem(s) often grow.

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

# Common Cents

## The Democrats could win if they stood for something

Robert C. Koehler

The Democrats have been in turmoil for the last half-century and then some, when they abandoned their racist base and supported the civil rights movement.

Revved up by the spirit of the '60s, the party began opening itself to further change, even daring to push beyond the financial interests of its controlling oligarchs and declare an opposition to war. "I have no secret plan for peace. I have a public plan," George McGovern said during his 1972 presidential campaign . . . and that was that. After his crushing defeat, at the hands of Richard Nixon and his "Southern strategy," the Democrats quietly retreated. Their prevailing slogan ever since, whispered subconsciously, has been: We don't stand for all that much.

The Democrats are now Republican lite. They don't have the will to disrupt anything that seems tried and true — such as, for instance, American exceptionalism and bloated militarism.

Even in the wake of George W. Bush's disastrous invasion of Iraq,

the Democrats opted for wimpiness as opposed to courage and sanity. They didn't dare speak against it, or propose anything but a military path to "peace." In his 2004 campaign, John Kerry stood thus on the war, as stated on his website: "The hard truth is that we know that more lives will be lost until the mission is truly accomplished."

And what was that mission? "To create a stable democracy in Iraq." Those were the words of Kerry's media spokesperson, with whom I had an enormously frustrating conversation in the wake of a fundraising call I had received from the Kerry campaign.

That war is still quietly going on, fourteen years later. So are a few others. The planet is hemorrhaging refugees, thanks largely to these wars and to the savage inequality that remains the legacy of colonialism. We still have thousands of nuclear weapons ready, on command, to destroy the world. And climate change is stirring up chaotic conditions across the planet.

Now, more than ever, the whole of humanity needs leaders who

can who can envision and articulate a global transition beyond war and dominance, beyond environmental exploitation, beyond policies and practices that dehumanize part of us and cluelessly continue more of the same.

The Republicans, who know how to win elections, have served us up a president who is, for better and for worse, pretty much the exact opposite of this. Donald Trump doesn't articulate a coherent vision for a sustainable and peaceful future, but he does mock the political status quo that has delivered us to our point of no return.

More precisely, what he mocks is the mask called political correctness, which has hidden the racism we became aware of fifty-plus years ago, which has continued, ever so quietly, to drive much of American politics. When Trump and his supporters cry "Make America Great Again," they see an America free of the constraints of political correctness.

Trump brings us an America once again free to hate, belittle and stereotype . . . somebody. If not African-Americans, then Mexicans and Muslims and, well, Native Americans.

"Let's say I'm debating Pocahontas, right?"

This, of course, is Trump talking about arch-nemesis Elizabeth Warren, at a rally of wildly cheering supporters last week in Montana. Oh, to be free of political correctness!

"I promise you I'll do this, you know those little kits they sell on television for two dollars. . . . I'm going to get one of those little DNA kits, and in the middle of the debate, when she proclaims that she's of Indian heritage because her mother said she has high cheekbones," Trump joked to the delight of his overwhelmingly homogeneous audience.

"We will take that little kit . . . but we have to do it gently because we're in the Me Too generation so we have to be very gentle. And we will very gently take that kit and we will slowly toss it to her. Hoping it doesn't hit her and injure her arm, even though it only weighs about two ounces."

The words are remarkably juvenile and clueless, the spew of a bully-bigot who happily mocks an entire people in order to toss a verbal dart at a political enemy. The laughter and applause from the crowd were, I'm certain, due far less to any animosity toward Warren than to sheer delight at the freedom to stereotype. Make America Great Again!

This is the same president who, in May, said of immigrants: "You wouldn't believe how bad these people are. These aren't people. These are animals."

As Annie Linskey noted in the Boston Globe: "And with Trump, pontification becomes policy."

Shortly afterward, news of the Trump administration's treatment of asylum seekers at the Mexican border — the separation of children from their families, putting children in "cages" — went global. And suddenly the treatment of immigrants dominates the news. The wars we wage, the horrors visited on civilian populations, have faded into invisibility, but a national compassion and outrage have broken loose about Trump's border policies.

It's almost as though this is a real democracy, at least on that issue.

All of which brings me back to the Democrats, who have one choice only in this year's midterm elections, and in the presidential election of 2020: Put forth real values and run on a commitment to real change, a la Alexandria Ocasio-Cortez, the young Democratic Socialist who won a shocking upset victory in her congressional primary in the Bronx two weeks ago, and then this week won a second primary in her neighboring district as a write-in candidate. She wasn't a candidate, but she won anyway.

This is what's possible for Democrats who refuse to campaign as centrists: that is, as lite Republicans.

*Robert Koehler is a Chicago award-winning journalist and editor.*

# The American Mind

## The mainstream media

William Hillman

The media is back to Russia, Russia, Russia. And if the pattern flows, next month will be crazy, crazy, crazy, followed by racist, racist, racist.

Once again, the mainstream media is back to fake outrage over Russians using social media to attempt to change the outcome of the 2016 election. It is becoming clear that our own intelligence community is what we should be worried about.

For years, the US has meddled in elections and tried to affect regime change in foreign governments, from Central America to Afghanistan. The great irony is, Hillary Clinton, as Secretary of State, spent most of her tenure meddling in the internal politics of foreign countries, going so far as using the military in Libya to take out a stable government in favor of the Muslim Brotherhood. "We came, we saw, he died", she joked when told of news reports of Qaddafi's death by an aide. "I'm sure it did", she replied when asked if her recent trip to Libya had anything to do with Qaddafi's death.

In a recently released tape of then Sen. Hillary Clinton discussing the

Palestinian elections with a member of the Israeli press, Clinton stated "I do not think we should have pushed for an election in the Palestinian territories. I think that was a big mistake," said Sen. Clinton. "And if we were going to push for an election, then we should have made sure that we did something to determine who was going to win."

Why the Media is pissed.

"Controlling what people think is our job." - MSNBC's Mika Brzezinski.

Very few of what we consider news outlets report unbiased news. The days of Walter Cronkite and Chet Hutley reporting Who, What, When, Where, and How are long over. We now have a plethora of opinion networks and tabloids.

I read at least 5 newspapers every morning. I find very little news in any of them. The days of in-depth, thoughtful journalism are no more. The pages are filled with opinion pieces and what news there is repeats almost verbatim in each paper. In fact, the opinion pieces also repeat themselves, just with different authors.

The media, believes that framing arguments and debates, telling

you what to think is their monopoly. How dare Russia cut into their scam. The media is in a state of shock that the American people do not worship the ground it walks on. Outlets like CNN, ABC, NBC, NYT and many others, told the American people that Trump was a joke and his run for president "would be the shortest in history". The American people are not fooled by the media, and have turned their collective back on it. In a recent Gallup poll, close to 60% of Americans cannot name a media outlet they believe is honest and unbiased.

The mainstream media is doubling down on their failed attempt to control issues and frame conversations. Russia is their scapegoat and the CIA and FBI are their allies. Their narrative is, Russia's fake social media confused voters and interfered with "real media". The problem is not Russia but the mainstream media and our own intelligence community, which have become politically weaponized and partisan. This will not end well for either.

Take for example CNN's connection to the John Brennan. The 77-year-old former CIA Director leaked information to CNN before currently ending up at the network as a contributor.

Lead by Brennan, the mainstream media's latest charge against Trump is his skepticism of the intelligence community. But why should Trump trust anything said by Brennan and his co-conspirators? The intelligence community took a big bet that Hillary would win and backed her to the point of interjecting itself into the election.

The mainstream media has ignored and aided the political weaponizing of the intelligence community and is quick to overlook and dismiss their criminal actions.

With the approval of President Obama, the intelligence community "wiretapped" Trump Tower just before the election.

From the Hill, September 2017 - "U.S. intelligence agencies secretly surveilled at least a half dozen Trump associates. And those are just the ones we know about. - Last week, we discovered multiple Trump transition officials were 'incidentally' captured during government surveillance of a foreign official. We know this because former Obama adviser Susan Rice reportedly admitted "unmasking," or asking to know the identities of, the officials. Spying on U.S. citizens is considered so sensitive, their names are supposed to be hidden or masked, even inside the government, to protect their privacy.

In May, former Director of National Intelligence, James Clapper, and former Acting Attorney

General, Sally Yates, acknowledged they, too, reviewed communications of political figures, secretly collected under President Obama." - "Nobody wants our intel agencies to be used like the Stasi in East Germany; the secret police spying on its own citizens for political purposes. The prospect of our own NSA, CIA and FBI becoming politically weaponized has been shrouded by untruths, accusations and justifications."

Remember that Clapper falsely assured Congress in 2013 that the NSA was not collecting "any type of data at all on millions or hundreds of millions of Americans." He then secretly monitored conversations of members of Congress while the Obama administration negotiated the Iran nuclear deal.

In 2014, the CIA got caught spying on Senate Intelligence Committee staffers, though CIA Director John Brennan had explicitly denied that they had done it.

As I write this, President Trump is considering revoking the security clearances of John Brennan, James Clapper, James Comey, Susan Rice, Michael Hayden, and Andrew McCabe.

It's a big swamp and Trump is the only one with the guts to drain it.

To read past editions of *The American Mind*, visit the Authors section of [Emmitsburg.net](http://Emmitsburg.net).

# Down Under

## The times they are a-changin'

Submitted by Lindsay!  
Melbourne, Australia

*If you want a picture of the future, imagine a boot stamping on the human face.*

-George Orwell, 1984

President Donald Trump is a sign of the times. A whirlwind that has been brewing for the last 100 years has now reached the shores of every country on earth. It doesn't matter where you are hiding, It is going to blow you away, into a new world, a new way of thinking and existing.

Along with you, I have been wondering what the fact of his ascendancy could possibly mean. It is not the old, usual things, not the things one could expect a world leader to be or to bring, but one who has arrived almost as a force of nature. There is no other explanation, because no one before him would even imagine such behaviour, such rampaging through the world of protocol and decency.

He has replaced the old ways with a cataclysm of disorder, taken the established system and shaken it till its eyes pop out. We have stood by, mouths agape, waiting for the wheat to fly out of this obvious straw man, waiting for the old guard to simply tear him to pieces so things could return to normal. But it didn't and hasn't happened, and it won't

- because the changes have already destroyed the picture we were comfortable with.

Welcome to the new world.

Yes, he was elected by the people, without a majority, without any sense of the new reality that was emerging, and it was almost as though forces outside anyone's understanding were at work. Maybe the world was taking matters into its own hands, rebelling at the ways in which we had treated it. That it wasn't doesn't matter - the degradation of democracy and the calumny of capitalism had it well in hand - but whatever, he is there and we have to get used to it.

That, of course, is not all we have to get used to. He is the harbinger of a new order in which we will look back at this time and wish it would return. Because the planet is going to keep seeking vengeance. It's biggest stick is climate change, when food of all kinds will become scarcer, land mass smaller, water levels and temperatures higher. It's pollution will ramp up death and disease, ozone reduction will cancer the skin, and traditional farming will be gone.

Before that, the outcome of our desires for more and more will make their presence felt. Automated jobs, much smaller work forces and the gig economy are leading to severely reduced tax bases; robotics are taking over

much of the lower paid work, block chains are corraling money with the rich still getting richer and the poor poorer. Pills and pastimes are no substitute for meaning and creativity, and combined with religious superstition, whose adherents hide from and excuse the real world, any hope of getting action in slowing the outcome is forlorn.

That's the social bit. There's also the unknown but looming impact of China, Russia, Europe, and probably the rest of the world. His drive to alienate friends and embrace enemies may not be the sign of madness as we think, but an unconscious desire to do the planet's bidding. We will find out soon enough, as the wracks of a new Chinese inquisition stretch our faith and our beliefs.

Then there's world affairs. He's cosying up to Putin, slapping tariffs on everything like a spoilt child with crayons and blank walls, treating anyone who thought they were friends with spite and dissing congress as though they were no more than a bunch of jerks. The tariff thing is going to catalyse the demise of production and trade turning them into wastelands. He seems unaware of the real reasons for your loss of productivity and jobs, which is so simple - when world trade is sequestered by a very few corporations, higher cost local production gets a boot in the face. Production goes off shore, someone like China becomes the source of much of your household items, they finish up buying your debt and there's a smile on the face of the tiger.



The importance he is giving to ramping up armament production at home and abroad is no way to fix the economy. War, by whatever name you call it, destroys and does not create, (except bigger egos), and today is would be asinine to take brinksmanship to another level. The outcome would be to destroy civilisation even more quickly.

Perhaps the biggest horror in the box is the elephant in the room of debt, (sorry about the mixed metaphor). The new world is going to have to run on nothing; debt is already beyond recovery, the idea that the future will be better, that it will provide the means of returning to surplus is a dope induced dream. Trade will be in the hands of China who is already pouring money into the poorer nations who will, when the time is ripe, become the cholera rash on the face of the world. The Putin-Trump deal will be no match for that, and although Donald will have departed the scene, his heritage will be the dystopian future

in which our descendants have to survive as they curse the stupidity and laziness of their parents. And of their governments, who have always suffered from believing the were clever and astute enough to see and to plan form the future, but who are nearly always not up to it. Especially now, when it would be beyond even the genius of a Lincoln to begin unravelling the mess.

This is the stuff of nightmares, of the unknown to which we are in thrall. It's way beyond 1984, Brave New World or The Handmaid's Tale. This is a new world we are bequeathing our grandchildren and theirs. It's the reality of all the ancient warnings and predictions.

It may be that the world is sick of our depredations, and is fighting back.

Lindsay, looking sadly at sunsets in Melbourne, Australia

To read past editions of *Down Under*, visit the Authors section of [Emmitsburg.net](http://Emmitsburg.net).

## THE (retired) ECOLOGIST

## Frustrated in the digital world

Bill Meredith

*"Sirius rises late in the dark, liquid sky  
On summer nights, star of stars,  
Orion's Dog they call it, brightest  
Of all, but an evil portent, bringing heat  
And fevers to suffering humanity."*

—Homer, ca. 750 B.C.:  
The Iliad.

*"The decline of handicrafts in modern times is perhaps one of the causes for the rise of frustration and the increased susceptibility of the individual to mass movements."*

—Eric Hoffer, 1951:  
The True Believer.

The Old Farmer's Almanac of 1792 says Dog Days begin on July 3. The Almanac's description of that season must have been taken directly from Homer's description of the march of Achilles toward Troy; it tells of a time when people believed in astrology, and thought the appearance of the Dog Star was "an evil portent bringing heat and suffering to humanity" ... as some folks still appear to do. I'm not sure where they got the date of July 3; it might be when the star appeared in 1792, or it could be from ancient Greek or Egyptian calendars. Before Homer's time, the Egyptian Pharaohs adopted a uniform calendar around

1,000 B.C., and they defined Dog Days as the date when the Dog Star, Sirius, first appeared in the early morning sky... an important time then, because it predicted the annual flooding of the Nile... but when I tried to look it up on the internet, I couldn't find the date when Sirius appeared in Egypt back then. It might have been July 3; but, unfortunately, it happens on different dates in different places. This year in the U. S., Sirius will arise for the first time on July 22 in San Francisco, but it won't appear in Emmitsburg until more than a week later. Finally, I decided the exact date doesn't matter, so I stopped looking for it. I can recommend if the air conditioning breaks down and you get hot and frustrated in a really funky, bored mood in the next few weeks, try and look it up yourself. The technically reliable articles you will find on the Internet are written in incomprehensible jargon, and the authors of the less technical ones appear to be more interested in selling summer clothing or heat-rash cures than in actually explaining anything... and apparently a lot of them still believe in astrology. So it's a way to pass a Dog Day afternoon. It'll put you to sleep.

I've been in that kind of mood for the past few months... not because of Dog Days, but because of the news. I was taught from earliest childhood that telling the Truth was of paramount importance... capital T, period,

end of lesson. But then I was taught that it isn't always easy to tell what is true and what is not; and when confronted with that problem, you should begin with an open mind and collect facts. That sounds obvious; but again, it's not easy. In science we are often confronted with two different explanations for a new discovery, and sometimes it takes centuries to find which is true. Likewise, in legal matters you may have two different accounts of what someone did, and evidence may be presented for both. The first time I had to consider the latter case may have been that Sunday-School lesson where Pilate asked Jesus, "What is Truth?," and 80 years later, I'm still pondering about that one. But lately I've been bothered by a different version of the question: when it is obvious that someone's explanations are not true and their evidence is invalid or clearly falsified, why do many people still believe them? I've been unable to comprehend that for the past couple of years; but now I'm beginning to think I've found an answer.

Talking to my son back in May, I remarked that among the many books that I wished I had read was Eric Hoffer's volume, *The True Believer*. It was a casual comment in a conversation, and I forgot about it; but a week later, he gave me the book as a birthday present. It is a small book, less than 200 pages, and it was written in 1951; but in it I found a clear, detailed explanation of our present state of national turmoil. We are, it appears, in the midst of a Mass Movement.

Hoffer called the people who are taken in by the charismatic leader of a Mass Movement "True Believers," because they are willing to believe anything the leader says, even when it is obviously untrue, illogical, or simply beyond common sense. A few of them may have been fanatics from the start, but most of them begin as being simply disaffected with their state in life. They may be poor, chronically ill, recently unemployed or unemployable because of alcoholism or other handicaps, including various injuries or military disabilities. They may be



*Humanness came of age when man asked the first question. Social stagnation results not from a lack of answers but from the absence of the impulse to ask questions*

Eric Hoffer

locked into careers they don't like, and unable to change to other careers because they lack either the education or the talent to do anything but menial work. Being disaffected and frustrated, they do not think logically, and they are willing to believe anyone who offers them easy solutions to their problems... in other words, any leader who is unscrupulous enough to tell the True Believers just what they want to hear.

Life in America is changing rapidly now, because new things are appearing every day. If you are young and well educated, this is exciting; you say, "Bring it on! Gimme that new cell/phone that takes pictures and plays computer games!" ... or, if you're rich, you can say "Who cares?" But if you're old, on a fixed income or retired, or if your job has just been replaced by robotics and you don't know how to use a computer, it's not exciting; it's frightening. Change has caused all of your problems, and more change is coming. So you become a susceptible target for a Mass Movement whose leader promises to return the country to simpler times and bring back jobs that no longer exist. In actual truth, it is not possible to go back to "Good Old Days;" but many people are frightened and desperate enough to vote for such a promisor.

Even within my lifetime there have been many mass movements. The worst was Hitler's rise in Germany by promising Aryan purity to anti-Semites. Not all movements were bad; the Civil Rights Movement did not end discrimination, but it resulted in legal rights and better economic opportunities. The New Deal didn't cure the Great Depression, as President Roosevelt promised, but it did tide us over and give

us hope until the War revived the economy.

When the clouds of war began to loom on the horizon in the late 1930s, my father was working at an aluminum-rolling plant in Fairmont, W.Va. The plant ran one shift, five days a week, and frequently laid off workers when orders slacked off; but as the war revved up, sheets of aluminum came to be vital for building airplanes, so work was good and the plant went to three shifts per day, seven days a week. Originally, Dad operated one of the rolling mills, but he was very good at it and soon was promoted to foreman. His work pattern shifted; instead of spending eight hours adjusting the pressure on the rollers as the aluminum sheets ran under them, he now had to make regular rounds through the plant from mill to mill, dealing with problems when something broke down or jammed. This often meant working overtime under pressure to get things running again so valuable time would not be lost; but at other times, when everything was running well he would have as much as half an hour of idle time between rounds. For some foremen, this idle time led to drinking; but Dad had creativity, and he spent that time whittling things from bits of wood. Every day he came home with a new toy for us... a wooden chain, a pair of pliers carved from a match-stick, an interlocking puzzle... many of which still exist in my cousin's collection. And he taught me to do it when I was big enough to have a pen-knife.

When Eric Hoffer wrote in 1951, he had never heard of cell-phones and hand-held computers, but he wrote that one of the groups of people most vulnerable to the leaders of Mass Movements were those who drop out of society and have no creative skills to engage their minds. They become followers. Today, in my dotage I sit on the porch and watch them walking by, with wires coming from their ears and their eyes riveted on the gadgets in their hands, oblivious to both the beauty and the problems of the world around them. They are becoming part of the Mass that will follow the Leader toward oblivion.

To read past editions of the *Retired Ecologist*, visit the *Authors section* of *Emmitsburg.net*.



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## REAL SCIENCE

# Drinking water

Michael Rosenthal

Events in recent years have called attention to water quality as water flows from our taps into the kitchen, the bathroom, the yard, for all its multiple uses. There was a time when we took for granted the fact that this water was pure, clean, and safe, and often it is. But the crises in drinking water in recent years, particularly the Flint, Michigan, story, have made us realize that we cannot take the assumption that our water is clean and safe for granted. Emmitsburg residents have recently received the Annual Drinking Water Quality Report, and after some more general discussion, we'll talk specifically about the report. Don't panic! Our water quality is good – details to follow!

As I wrote in an earlier article, I first became interested in water quality issues when I taught at Bard College on the Hudson River in New York, and my family and I lived on the Bard campus. Our water came from the Sawkill Creek and was treated by the College and then routed into our house, the chemistry laboratory, and the rest of the Bard campus. Monitoring this water quality not only provided for the safety of the college population, but it also provided an ongoing research project for me and my chemistry students. The Sawkill Creek flowed into the Hudson River, which has had its own contamination problems over the years, especially PCBs, about which we have written in this column as well. Bard also discharged its treated waste water into the Sawkill...but fortunately and wisely the waste entered the creek below the spot where water was removed for community use!

Emmitsburg water comes from five wells, three in Emmitsburg and two within a mile on Hampton Valley Road, as well as from Rainbow Lake on Hampton Valley Road. All of these sources are included in this recent report. Water drawn from these sources (which comes out your home water taps) gets to these sources by traveling over the surface of the land or through the ground, and in doing so dissolves naturally occurring minerals. It can also pick up substances from the presence of animals or from human activity. Fortunately, there is virtually no likelihood here in Emmitsburg for the presence of radioactive materials in our water, from either natural or man-produced sources, or from other major industrial operations.

The water molecule, H<sub>2</sub>O, is polar, which means it has a negative end (the O) and has positive ends (the Hs). That enables

it to dissolve substances that are polar as well by the attraction of positive to negative charges. This is why salt (NaCl) dissolves so well in water. Non-polar molecules dissolve in water less well, but still may dissolve to some extent. Non-dissolved materials such as soil or non-soluble waste can also be washed along in water, and both suspended and dissolved materials can lead to the coloration of water.

Some of the substances which should not be found in tap water are viruses and bacteria (from sewage treatment plants, septic systems, agricultural livestock operations and wildlife), inorganic contaminants, such as salts and metals, pesticides and herbicides, organic contaminants (from industrial processes and other sources), and of course, radioactive contaminants (from nature or man-directed activity).

Small levels of contaminants can be expected in both tap water and bottled water, but it is obviously important that the level of these contaminants is below the danger level.

Emmitsburg water is regularly tested for a variety of substances, and it is important that the level is below the Action Level Goal (ALG). If this level is exceeded, action must be taken to ensure the safety of those drinking the water or utilizing the water in food preparation. For a start, let's look at copper and lead, two sub-

stances that are clearly recognized as potentially dangerous contaminants when present above the safe level. There is good news for us here – Emmitsburg water tests very low in copper and zero in lead.

Other regulated contaminants include chlorine, haloacetic acids, trihalomethanes, barium, and nitrate. It's time to recall your high school chemistry course! All of these are regularly tested-for, and happily the levels in Emmitsburg are all safe. Why are they present at all? These chemicals are used to disinfect water from biological contamination, and small traces of them therefore remain. Nitrate arrives in the water from fertilizer use as well as from natural erosion.

Is bottled water guaranteed to be safe, or at least safer than tap water? I would hope that regulations are successful in controlling the contaminant level in bottled water, and I think they are.

Lead is a particularly dangerous contaminant, and it often enters the water supply through corrosion of lead pipes. New construction avoids lead pipes, but it is probably a good idea to ensure in older homes that the intake pipes are safe.

Now for some thoughts on social applications of drinking water. Many restaurants offer their patrons the choice of bottled water instead of tap water. There was a period when we lived in New York State that the New



York City restaurants aggressively tried to convince you to buy bottled water at a highly elevated price. The interesting thing about this practice is that New York City obtains its tap water from reservoirs in the Catskill Mountains, and this water is about as good and clean as natural water can be. As Mel Brooks said, "Everything is Show Biz." Of course there is no guarantee about cleanliness in a restaurant, so bottled water does offer some assurances. In our household, we drink a lot of bottled water and canned seltzer water, though I am very impressed by the Emmitsburg Drinking Water Report and confident about the safety of the tap water.

If you have further questions about Emmitsburg water, the report suggests you contact Dan Fissel at 301-600-6300 or [dfissel@emmitsburgmd.gov](mailto:dfissel@emmitsburgmd.gov).

An update: The plastic waste problem, about which we've written before, continues to have new developments, some better and some worse. There is a move to limit or eliminate the use of plastics that end up in the oceans.

One of the better developments is that leaders at the G7 summit in Quebec have signed an agreement that is meant to boost recycling and reduce single-use plastics. Canada, France, Germany, Italy and the U.K. signed the Oceans Plastics Charter. The United States and Japan abstained!

The document calls for working with industry to make all plastics reusable, recyclable, or recoverable by 2030. Leaders here want to recycle or reuse 55% of plastic packaging by 2030 and recover all plastics by 2040, as well as significantly reduce single-use plastics. There is one good piece of news from the United States on this topic. The CEO of the American Chemistry Council states, "While plastic products provide countless health, safety, lifestyle, and sustainability benefits, those benefits cannot be fully realized unless we take swift and aggressive actions to...dramatically increase rates of reuse, recycling, and recovery."

To read other articles by Michael Rosenthal, visit the Authors section of [Emmitsburg.net](http://Emmitsburg.net).



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# THE VILLAGE IDIOT

## Hillbilly Elegy

Jack Deatherage

I had to look up the definition of "elegy". "Elegy is a form of literature that can be defined as a poem or song in the form of elegiac couplets, written in honor of someone deceased. It typically laments or mourns the death of the individual." -Literary Devices. (I don't understand the definition either.)

Elegiac couplets? "The elegiac couplet is a poetic form used by Greek lyric poets for a variety of themes usually of smaller scale than the epic. ... Each couplet consists of a hexameter verse followed by a pentameter verse. The following is a graphic representation of its scansion." -Wikipedia

Whatever J. D. Vance's book, "Hillbilly Elegy" is one of those "smacks upside me head" that first infuriates me, then produces the rare "ah-ha" moment I tend to avoid if possible. I've been to the Deatherage home place among the hills of north-east Tennessee, and I was raised by one who left those hills to eventually deposit me in this place. So my life has paralleled Mr. Vance's in some aspects, unfortunately right down to watching his town decay as a major employer of factory workers began to layoff people due to changing economies- on through the rise of welfare dependent families and the general community's embracing ever expanding drug addiction.

I don't recall his solution to the on going problem (because I'm lazy and won't reread the end of the book), but it sticks in mind that he advocated support organizations of community leaders: pastors, teachers, extended

family members and caring neighbors working as a whole to further the educations of the youth of his hometown. He also placed high value on his military training and service, which taught him self-discipline and gave him the confidence to tackle any task.

His expectations of a town putting all that into practice were about as low as mine are, but that impression is likely mine overruling his. However, his idea meshed with something I've been thinking on since first learning about another author, Derek Sivers- decamillionaire and founder of CDBaby.com.

When Derek sold his company for twenty-two million dollars he made known among his peers, customers and fans that he was open to financially backing ideas that furthered educational opportunities- primarily in the music world. One request for assistance stuck in my head because it jibed with a fantasy I occupied myself with while pulling a lever repeatedly, for hours a day, at the factory.

The request was for two million dollars to fund a private school in a neighborhood underserved by its public school system. Derek's response was, "How many students are you currently teaching?"

As not even one child was being tutored, Derek turned down the request. His reasoning being along this line- if there wasn't dedication and effort enough to begin teaching without two million dollars involved, how would the money make a difference?

In my daydreams, the school I envision eats sixty million dollars to build

and supply, plus at least another two million a year for staffing. Obviously, I won't be arguing with county code enforcers, zoning boards or inspectors anytime soon. So how do I go about building an Emmitsburg community school? (I need to come up with a word other than "school" for this project. I did not thrive in school, hated it from the first day to the last, though I continue to love learning. Not that I retain much, but still.)

Anyways, I'd build a garden by myself, on my dime (which really means- with DW's help and her dime, since I'm not allowed to carry dimes, let alone paper money). Then I'd invite the public to take a look at it and hope one or two people would show enough interest in the project to ask if they could help. From there the rest follows- community garden to market garden to specialty gardens to starting businesses that spin off the gardens.

Tattoo Don -Supreme Leader, curious to see how long I could run in a circle chasing my tail, suggested I write a proposal for a community market garden and present it to the town council. Since we only fish or sling arrows a few hours a week, and I can only manage so many hours of napping elsewhere, I figured I might as well take a stab at ordering such a thing on paper. A month of researching, writing, Don reading and commenting, me rewriting, Don rereading and suggesting, me rewriting and finally handing the proposal to a commissioner resulted in my learning the farm I hoped to access, which is owned by the town, is locked up in lease agreements that don't expire for at least another two years.

I can't claim to be crushed by news of the leases. Sixty-four years of some-



It seems local governments can come up with every excuse in the books to stymie good ideas - maybe it's time to start asking the children in the community what they want?

times paying attention have taught me that no plan remains intact when confronted with reality. What I can claim is hearing the gods howl, once again, with laughter. This time they waited for me to create the garden proposal and submit it before word reached me that my friend and garlic guru, Marda, had died two days after telling the DW and me that this would be her last year for growing garlic. She would likely shut down her tea and herb shop as well.

The guru had discussed teaching me not only the cultivation of garlic, but the marketing of it- which she considered more difficult, at least for me. She'd offered to copy her gardening records, contact information on other garlic growers and suppliers as well as her husband's contacts at Penn State, and let me use them to get my own business started. There was a hint of my getting access to her tea and herbal blend recipes as well as her herb and spice suppliers should she ever close the shop- all of which is now lost to me. The laughter of multiple gods echo in my head.

Undaunted, (yes, I'm that damned stupid) the ideas keep churning. Marda's moving on has left a void, not only in my short list of friends, but of retail

shops in this region. If I want specific types and cultivars of garlic I now have to order them online from people I don't know, or care about. Same goes for the custom herb/spice blends she mixed for her customers. Worse, the community market garden idea has mentally morphed into a supplier of raw materials for a tea/herb shop as well as a chandler's perfumery, both stores fronting somewhere along Main Street. They would have been destination shops that could have lured some of the thousand or so people passing through our burg every day to stop and peruse the offerings, and perhaps to unlimber their wallets.

Now I wait for suitable land to garden while I contemplate saponification, culinary herbology, chandlery and Tapputi-Belatekallim (a perfume-maker mentioned in a cuneiform tablet dated around 1200 BC in Babylonian Mesopotamia- she's believed to be the first chemist of record), but not elegiac couplets, or graphic representations of scansion- which I never bothered to look up the meaning of.

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



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# PETS

## Animals are like humans ...

**Jennifer Vanderau**  
**Cumberland Valley**  
**Animal Shelter**

Every once in a while, when I notice it, I'm shown how incredibly human our four-legged friends can actually be. Their mannerisms and expressions sometimes make me wonder if they're picking up the signals we're giving them and deliberately trying to be more like us.

Allow me to give a few examples. Just recently, the youngest addition to my household of felines, appropriately named Loki after the God of Mischief, began living up to his name. He was a little squirt when he first arrived, but now probably approaching a year old, he's feeling his oats.

Loki has a few white spots under his arms and on his belly and abdomen, but other than that, he's all black and he is really developing some serious expressions. He has this look he gives me when I'm "bothering" him – and that means trying to cuddle when he isn't in the mood – that goes so beyond the notorious "cat look" it can be somewhat alarming.

The look consists of slanted eyes and a demeanor that just screams, "You need to back away. Soon."

But then there are other times when he's got what I call "the rips," where he just tears around the house at a furious pace and won't stop for anything – almost like a little feline freight train.

He did this the other day when I walked in the room and I swear he had an expression of pure glee on his face.

The night I brought home rotisserie chicken for dinner, you would have thought I was King Midas returning with the treasure. He loved that so much, at one point in time, he tapped his little paw just lightly on my knee as if to say, "I'd like a little more, please."

It was just so human-like, I had to smile.

Then my other feline addition, Grayson, is a big gray tabby boy who loves to snuggle so much that he will tuck his head under my chin and just lie in my arms like a baby. And is he a talker! Good gracious! As soon as I come in the door at night, he's yapping to me about his day and he doesn't really stop until we get a good cuddle going.

Isn't it amazing how every animal has his or her own personality?

Then there are the shelter babies. Just a few weekends ago, I attended the Chambers Apothecary Open House with five little kittens who were such a hit, we had quite a crowd going. Everyone just loved them so much.

Well, one of the babies, an all black little boy – sound familiar? – was incredibly upset when I woke him up to take him out of his cage on a trip. I'm not kidding, the whole ride over there I kept checking in on them to make sure they were okay in the carrier and that little boy just gave me the dirtiest looks you can imagine.

And the derision didn't stop when the van did. All day long I would coo at them and ask them if they were having fun and that little kitten gave me the stink-eye every time. Every time!

One of my favorite stories came from years ago with a little Boston Terrier. I took him out to talk to some kids at a day care and we were on the way back to the shelter. This little guy had to sit on the console in the truck between me and the passenger seat and watch out the windshield, almost like he was driving.

Every time we would come to a stop, he would assume it was time to get out and he would stand up. At one of the red lights, I said out loud, "Not yet, buddy, but we're almost there."

He plopped his butt back down and heaved quite a sigh. It sounded so much like a put-out person, I had to laugh. It was adorable!

Then the other day I was Facebook stalking some folks I know (I'm not a huge fan of Facebook, so I'm not on it personally, but sometimes I check out what my siblings and friends are doing), and I came across a video of what people were calling "the cat that looks like a human."

You guys, it bordered on creepy. There was just something about this cat's face – the set of the eyes, the nose, something that gave it an incredibly homosapien quality. Everyone was speculating that it was the result of a witch's curse or some other karmic retribution on a human.

You gotta love the theories on the internet.

Whatever the case, the cat had an incredibly human look. If you'd like to see it email me at [cvascomm@cvas-pets.org](mailto:cvascomm@cvas-pets.org) and I'll send you the link, but be prepared for a moderate level of creep factor.

Every once in a while we'll have animals at the shelter who I swear are attempting to speak. It's a little more than making a noise on command – we do have a few of those guys and gals come in (the ones who know to bark when someone says speak), but what I'm talking about are the guys who issue a series of quiet-sounding barks in repetition.

I'll say, "What else happened?" and they'll make the noise again.

My sister adopted a cat from us – orange-and-white – and he's the kind of boy who basically thinks humans

are only around for the food they provide. She says he will wander the house making little cat trilling noises to himself. She said he's in a totally separate room from her and she'll hear him out there just yakking away.

My cats will holler at me when they want something and I'll try to match their tonal quality. Sometimes we can carry on quite a conversation for an extended period of time. I'm never really terribly certain what it is we're talking about, but it sometimes it feels kind of like speaking to another person.

Animals are often an incredibly

bright spot in our lives and they can be certainly bring a whole lot of joy when we need a pick me up.

And sometimes, if you're watching, you can see just how very human many of them can be.

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



**Ninja is a 7-year-old tortie girl who was dropped off in our kennels overnight. She looked pretty rough and had earmites. When we did bloodwork, we discovered that Ninja was hyperthyroid, so we started her on medication. She is a champ at taking her chewable treat medication and we have seen a lot of improvement. Ninja is a real sweetheart who loves laps and snuggles. She's currently living in our executive director's office, so if you want to meet her, ask for her at the front desk. You'll be glad you did!**



**Bart is a 4-month-old black-and-white boy who came into the shelter as a stray when he was just a little baby. He likes to be around other cats and is just the sweetest boy. We can't believe he hasn't been snatched up yet. If you're looking for an awesome companion, Bart just may be your guy!**

**For more information about Ninja or Bart contact the Cumberland Valley Animal Shelter at 717-263-5791 or visit their website at [www.cvas-pets.org](http://www.cvas-pets.org).**

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

To a poor and lonely stray I'd give:

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


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

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

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

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

-- Author Unknown



# Chicken Wing

Kimberly Brokaw DVM  
Walkersville Vet Clinic

Every June I try to take a stay at home vacation to catch up on house chores that have been neglected during the busy spring season. Spring is always busy with new foals and lambs being born as well as preparing animals for the start of show and fair season. By the end of spring, I need a few days to recover and take care of things around the house.

My first day of vacation, I received a call that a chicken had been attacked by a raccoon and was seriously injured but still alive. As I'm the only one at the practice who performs surgery on chickens, I agreed to come in to treat the bird.

I arrived to find a chicken that had had one wing almost completely removed and the other wing barely attached. We assumed that the raccoon had reached through the cage, grabbed the chicken by the wings, and tried to pull her through the enclosure. She also had damage to her body

but nothing that looked too deep. I cautioned the owner that the chicken's injuries were serious and that I could not guarantee that we would be able to save her life even with surgery. Truthfully I told the owner that I was surprised that the chicken wasn't already dead from the trauma and stress. The owner said that since the chicken had survived this long, she wanted to pursue surgical repair so X-rays were taken to make sure that there wasn't any unseen damage to her internal organs that would make a successful surgery even more unlikely.

While entering the chickens information into the system, we discovered the chicken still didn't have a name. The owner told us to make one up, so our vet tech named her "Chicken Wing" (the owner still calls her this). The X-rays showed that other than her wings, the rest of the injuries were superficial. The owner said to proceed with the surgery. The one wing couldn't be saved and was amputated. However the second wing could have the tendons

reattached. Two and a half hours of surgery later and "Chicken Wing" was recovering well. She was bandaged and started on antibiotics and again the owner was cautioned to monitor closely for infection.

The owner laughed as she paid her bill. She said her husband had just worked some extra overtime and she had texted him to let him know she'd just spent it all trying to save the life of a \$3 chicken. The chicken lived in their kitchen and downstairs bathroom for the next several weeks. She continued to recover well and is now out in a run with the smaller bantam chickens since the big chickens started to beat her up when the owner tried to return her to her usual flock. Last time I saw the owner she reassured me that she was still very happy that she had the surgery performed and said it was one of the best \$400 she'd ever spent. She also confessed that she'd almost accidentally drowned the chicken one day during her recovery. While the chicken was living in the bathroom, the owner had forgotten to close the lid of the toilet. Since the chicken was starting to feel better, she was jumping up on things. The chicken tried to jump



For as fragile as chickens are, they are also extremely resilient. It's always rewarding when an owner decides to take a chance on an animal and a favorable outcome is achieved.

up on the toilet seat and had fallen in the bowl. Luckily the owner was home and found her before the chicken could drown. It was also fortunate that her wounds had healed significantly and she was still on antibiotics so there was no secondary infection from swimming in the toilet water.

For as fragile as chickens are, they are also extremely resilient.

I'll admit that I when I first examined "Chicken Wing", I told the owner to expect a poor outcome and offered euthanasia. It's always rewarding when an owner decides to take a chance on an animal and a favorable outcome is achieved.

To read other articles by Dr. Brokaw, visit the Authors section of [Emmitsburg.net](http://Emmitsburg.net).



T-Bone is 5-year-old terrier mix is one smart boy — he knows sit and shake and can even give alternating paws! He definitely needs a home without cats because he will chase them. If you have the right spot for this guy, please stop out.

For more information about T-Bone or Honey contact the Cumberland Valley Animal Shelter at 717-263-5791 or visit their website at [www.cvas-pets.org](http://www.cvas-pets.org)



Honey is a 2-year-old Shepherd mix who came into the shelter pregnant. She had eight puppies, all of whom have homes, but mama just got spayed and will need to find a place of her own. She can be pretty energetic, but she has a real sweet personality. Please come meet her.



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## THE MASTER GARDENER

# Black-Eyed Susans

Mary Ann Ryan,  
Consumer Horticulture,  
Penn State Extension

As the summer progresses, our gardens become wild with color and fluttering life, that is if you have black-eyed susans and coreopsis in your garden.

A summer perennial favorite, the black-eyed susan, or the Genus: Rudbeckia, is a colorful group of plants that can play a large role in your summer garden. Not only does the golden color of the flower petals shine, but the activity of birds, butterflies and bees it brings to the garden is well worth a second look. There are many species of Rudbeckia that are native to this part of the United States, and therefore, are very hardy and easy to grow.

Rudbeckia fulgida 'Goldsturm' was selected as the 1999 perennial plant of the year by the Perennial Plant Association. 'Goldsturm' is recognized by its ease of growth, adaptability to soils and heavy blooming. This Rudbeckia does well in average to dryer soil conditions, full sun for best blooming, but will tolerate a little shade. It's a great cut flower, and can be used almost as a ground cover and as a mass planting, due to its ability to reseed.

Rudbeckia hirta is considered a biennial, but appears to be a perennial because it often will keep coming back—but from seed. This black-eyed susan may also be called a gloriosa daisy. The daisy-like flower is larger than that of the fulgida species, and the flower itself is probably a bit showier due to the size of the flower. But as a mass planting, Rudbeckia ful-

ida outshines R. hirta. My experience with R. hirta has not been incredibly positive, as it typically doesn't reseed in my garden. However, I have other gardener friends that have had success.

Rudbeckia maxima, or great coneflower, is an unusual Rudbeckia. The foliage is at the base of the plant, reaching about eighteen inches. Each leaf can be as long as 12 - 18 inches and they are grey-green in color. The flower stems shoot up to six feet in height; and on top of the spike is a yellow flower with a brown center. The petals droop from the center cone, resembling that of a coneflower (Echinacea), but as the flower matures, the center cone elongates as much as five inches. This is a very striking plant when in bloom.

Rudbeckia triloba sports a small daisy flower, about one inch across, on top of a plant that reaches 2 - 3 feet tall. This black-eyed susan is also a biennial, growing a cluster of leaves the first year, flowering the second year, going to seed, and starting all over again. It reseeds very easily and is good for a naturalized area or a meadow as opposed to an area that is more manicured. The seedlings will grow everywhere, making it difficult to contain if you wish to do so. Place this biennial in a location where it can move around.

Another black-eyed susan worth mentioning is Rudbeckia laciniata. Native to the Midwest, not particularly easy to find in the northeast, but a perennial worth searching out. R. laciniata, unlike most Rudbeckias, likes moist soils and does particularly well in part sun. Often called Green-headed Coneflower, it is natu-



Different species of Rudbeckia can add a pop of color to anyone's perennial garden, and also serves to attract birds, bees and butterflies.

rally found in moist meadows along wooded areas and floodplain forests in the Midwest, so plant it where there is lots of moisture. It reaches 5 - 7 feet in height and the flowers have the typical yellow rays but they surround a green center. Its leaves are large, about twelve inches long, and the flowers are about 2 - 3 inches across. It does well in clay soils and blooms late July through early September.

Rough coneflower, Rudbeckia grandiflora, is another tall one, reaching six feet. Native from Ohio to Kansas and south to Texas, this plant grows just fine in our region. It is native to dry, open areas and likes full sun. Although not found natively in PA or MD, this plant can easily adapt to our environment and flourish in our gardens.

An interesting species is Rudbeckia subtomentosa 'Henry Eilers'. Some-

times blooming as early as June, this is one of the earlier black-eyed susans. It is unique in that the ray flowers are quilled, not flat like others in the genus. Easy to grow, it tolerates most garden soils and enjoys full sun. This one is a true perennial, having rhizomes that allow it to spread. Try this plant in the garden for an extra bit of texture and interest.

Another genus that is popular in the garden is Coreopsis, sometimes called tickseed. There are as many species of this genus as there is of Rudbeckia. Competing for the golden yellow color of the summer, coreopsis is another staple for every garden.

One of the most common plants is Coreopsis verticillata. This plant has almost a feathery foliage, very fine in texture, giving a soft look in

the garden. Covered in small yellow flowers, it blooms from June through August - one of the longest blooming perennials of the summer. Site this plant in the foreground, as it is on the shorter side - no more than 24 inches. It likes full sun and most garden soils, except wet sites. C. verticillata is parent to many cultivars and varieties, like Moonbeam (lemon yellow), Zagreb (golden yellow), Crème Brulee (peach). Unlike 'Moonbeam' and 'Zagreb', my experience with Crème Brulee is that this cultivar is not a particularly reliable perennial. Although quite pretty and unique, I would not bank on this one to continuously come back year after year.

Coreopsis grandiflora is also a very common perennial. Many cultivars have been derived from this species. The foliage may get 12 - 18 inches, then the flowers grow above the foliage another eight inches on thin stems. Golden yellow, this one blooms for 2 - 3 weeks in the summer and is a full sun plant.

One of the tallest of the coreopsis, Coreopsis triperis is a plant on my "to get" list. Yellow daisy-like flowers with brown centers at the top of an eight-foot plant is good for large gardens. This plant does re-seed abundantly, so it is also great for a meadow planting. It tolerates dry sites and is a pollinator magnet.

Coreopsis auriculata spreads by rhizomes and gets 2 - 3' tall and full sun. Common cultivars of this species are 'Jethro Tull' and 'Zamphir', with tubular ray flowers, and 'Nana', a compact variety. This genus is quite reliable as a perennial, unlike some of the other species. Adding great summer color, this species is a great addition to the garden.

Large-flowered tickseed, Coreopsis grandiflora, is commonly found in nurseries and garden centers. Native to prairies and open woods, this plant likes it dry. Good for borders in sunny areas, since it reaches about 18" tall. Little problems exist with this tough coreopsis.

For me, black-eyed susans are a necessity in the perennial garden. The summer color it contributes is difficult to find in any other native plant. When planning for this yellow-gold

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# THE MASTER GARDENER

## Small Town Gardener

Time for a tomato tasting

Marianne Willburn

Are you proud of what's coloring up the garden this year? Are you wondering if all the time, energy and money you have spent on growing the perfect tomato is worth it? Perhaps it's time for an outside opinion. Perhaps it's time for a tomato tasting.

Hugely popular in recent years, the tomato tasting party is not just an event for young urban hipsters sporting huge beards and curiously naked ankles. Ancient Generation X gardeners such as myself have also been known to throw tomato tasting parties with far better wine and musical choices; and let's be honest, the Baby Boomers probably invented it but didn't know at the time they needed to trademark the idea along with breastfeeding and crocks of pickles.

It works something like this:

- Grow some tomatoes, preferably more than seven or eight varieties, a mixture of ubiquitous hybrid and sanctimonious heirloom.
- Set a date in August or September.
- Invite some friends over who can add more variety to the tomato line up and have a high opinion of their own palates.
- Make it a tomato-themed potluck so you can still enjoy it.
- Pray your tomatoes are not eaten, disfigured or diseased in the interim.
- Fill in any gaps at the local farmers' market the day of.
- Cut up the tomatoes, provide toothpicks, set out some labels (and if you're clever, a seed packet or two). Provide some water to cleanse those delicate palates and a high-acidity white wine such as a Sauvignon Blanc to keep conversation rolling.
- Make sure everyone knows that it's not a competition. It's for the purposes of enjoyment. And – if you're writing off the wine purchase – research.
- Crank up the retro Brazilian samba on your turntable, ensuring you go down as the hippest of trend-setting hosts. Don't ruin everything by calling your turntable a phonograph.
- Enjoy yourself. I promise you will.

Carefully dislodging my tongue from its position in my cheek, I will admit that tomato tastings



can be managed just as well with a gallon of Gallo and a Neil Young collection, or indeed, with a case of Budweiser and whoever is currently starting their pop careers with a stint in crossover country. However, it can't happen without tomatoes.

It's truly a seasonal party. For no matter how colorful that Costco clamshell of tomato flavored pebbles is in January, it's not fresh, it's not local, and it's not picked at the peak of perfection. These things actually matter.

Tomato tastings allow you and your guests to come to some sort of consensus over questions that continue to plague the First World. Is a San Marzano truly a better paste tomato than a Roma? Is there such thing as a crack-free Brandywine? Does size matter? The more tomatoes you've got, the more questions can be answered. And for Heaven's sake, don't be snobby about your entries – doing so will make it impossible to answer that most basic of questions: Is a Better Boy really better?

Encourage your guests to be creative with their tomato dishes (from cocktails to dessert, all things are possible). Encourage your guests not to be picky by reminding them periodically that they are adults. Encourage your guests to be truthful when evaluating flavor and texture. This is difficult if they are standing next to someone who exudes tomato confidence, but easier as the evening goes on and more wine is consumed. In vino veritas est after all.

I for one will be thankful for some answers in a couple weeks. I'm currently growing 20 tomato plants this year in 17 shades of flavor. Some are absolutely gorgeous (Midnight Snack), some are sweeter than sweet (Sun Gold), some are curiosities (German Strawberry), others come highly recommended by garden writers more ancient than I (Carmello). I've got two-for-one patio tomatoes (Take Two Blockbuster), a slew of Monticello pastes (presumably Thomas Jefferson made a mean marinara), and watch daily the fruit of the most expensive seeds I have ever bought (Black Beauty). Add a Brad's Atomic Grape into the mix and sparks (and opinions) should fly. Oh Happy Day! That, incidentally is yet another.

It's summertime. Let's enjoy it while we can with one of the most versatile vegetables the New World ever provided the Old. Eating raw potatoes on a hot August night just can't compare.

Marianne is a Master Gardener and the author of *Big Dreams, Small Garden*. You can read more at [www.smalltowngardener.com](http://www.smalltowngardener.com) or follow *The Small Town Gardener* on Facebook.



Rudbeckia Maxima is just one of the many species of Rudbeckia that attracts pollinators such as bumblebees.

color, be prepared for the abundance of plants that will be produced as well as the added bird, bee and butterfly life it will attract.

When considering tickseed, be sure it is a reliable perennial, and if not, recognize that the plant could need replaced from year to year. They are

worth the effort it takes to research the expectations of any species of the coreopsis. They can be staples in the garden, adding bright summer color and interest.

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

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## HEALTH NOTES

# Tips for staying safe around water

**Kelsey Shupe**  
Frederick Memorial Hospital

Summer is just around the corner, which means it's almost time for trips to the beach and afternoons spent outside by the pool. There's nothing like getting away for a warm and sunny vacation this time of year, but it's important to stay safe and practice proper water safety.

Whether you're a small child, a teenager, or an adult, it's always important to stay safe in the water. Here are some tips to keep in mind before you hit the waves or jump in the pool.

### Water Safety

Stay safe while swimming in water of any kind by following these important water safety tips:

- Never swim alone.
- Never push or jump on others.
- Never dive into an area you're

unfamiliar with.

- Avoid alcohol when swimming.
- Install barriers and use safety covers on your home pool or hot tub
- Don't go in the water unless you know how to swim.

### Be Proactive About Water Safety

Enroll in age-appropriate Red Cross swimming classes to ensure your family knows how to swim correctly. Remember, swim lessons aren't just for kids, they're available to all ages!

Learn CPR so you can be prepared in an emergency.

Make sure that you're comfortable with the body of water you're swimming in. More strength is needed to swim where there are currents.

If you get caught in a current, don't panic or try to fight it. Float with it, or swim parallel to the shore.

If you're swimming in a public body of water like a lake or a beach, make sure a lifeguard is present.

### Keeping Kids Safe

Although there are dangers when a person of any age swims, children and babies face the greatest risk of all.

Drowning is a leading cause of death for young children and can be quick and quiet. It's best to designate a "water watcher" who will pay close attention to all swimmers. Most children who drown in swimming pools are between the ages of one and four. Here are a few precautions you can take to keep your child safe around water:

- Never leave your child alone in the water.
- Don't assume that lifeguards can see everything. Keep an eye on your child even when

a lifeguard is supposed to be doing the same.

- Don't allow your child to play around drains or suction fittings.
- Don't assume that a river or a lake isn't dangerous. Both can have undertows.
- Always have a fire aid kit and emergency contacts nearby.
- Learn CPR, and always remain within arm's length of your child, providing "touch supervision."

For most children, the majority of their swimming will take place in a pool. While the water may be rougher in the ocean, it's important to remain careful when swimming in a pool as well.

### Pool Safety

Each year, millions of people escape the summer heat by swimming and relaxing in their backyard pool. Unfortunately, many people often

disregard useful swimming pool safety tips, which could prevent hundreds of injuries and drowning accidents. Check out these tips on enjoying the pool safely all summer long:

- Secure your pool with appropriate barriers that are at least 4-feet tall and include a self-latching gate. For added safety, install a pool alarm that triggers each time the gate opens.
- Children should always be under active supervision. Stay close to children at all times when in or around a swimming pool.
- Ensure all family members know how to swim and understand proper swimming pool safety.
- Keep your swimming pool or hot tub clean by maintaining appropriate chemical levels, circulation, and filtration.
- Establish pool safety rules and enforce them. Rules like no diving, no running, and swim with a buddy are important rules to establish.
- Practice pool emergencies and how to handle them with CPR and other aquatic safety courses through the Red Cross.

### Open Water and Boat Safety

While pools may be the most common place to enjoy the water this summer, you could find yourself boating and swimming in a body of open water at some point. Follow these boating and open water safety tips to prevent injury and accidents.

1. Make sure that lifeguards are watching children at all times.
2. Don't allow your child to dive into the water unless you're sure of the depth of the water and you've checked for underwater objects.
3. Never allow your child to swim in canals or any fast-moving water.
4. Make sure that your child understands the dangers of rip currents. If you are caught in a current, swim parallel to the shore until you escape the current, and then swim back to shore.
5. Have your children wear life jackets at all times when on a boat, dock, or near a body of water. Adults should wear life jackets for their own protection, and to set a good example.
6. Make sure the life jacket is the right size for your child and is not too loose.
7. Boating under the influence of alcohol, drugs, or some prescription medications is always dangerous, even as a passenger.

Have Fun Swimming Safely!

For more information on staying safe in or around water this summer, check out the American Red Cross for more tips and training courses.



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## Get ready for the Great Frederick Fair

Jacqui Nigh

Celebrating its 156th anniversary this year, The Great Frederick Fair continues to present itself as a monumental event in celebration of agriculture, education and community. Founded in May of 1822, it was first known as the Cattle Show and Fair, spanning only two days and held at George Creager's Tavern.

In 1867, the Frederick County Agricultural Society purchased 21 acres of land to stand as the new home of the Agricultural Exhibition. Harness racing was introduced to the fair in 1831. The popularity of the sport throughout the region prompted the construction of a grandstand in 1911. Upgrades continued throughout the century, with the 1960s ushering in the midway known today.

The Great Frederick Fair, Inc., 501(c)(5) was established in 1971 with a mission 'to promote Agriculture and the education of our youth about the industry of Agriculture'. The Fair's core activities encompass the exhibition of livestock, farm, garden, and handmade goods, while encouraging improvements in techniques of production and the development of better agricultural products through a system of awards.

Education is the number one priority accomplished by providing 4-H and FFA members and youth at large with a means of learning by doing and

showing to the public their accomplishments. Partnerships with 4-H, FFA, and the Ag community will promote Ag literacy and Ag career paths. The Fair is in a unique position to foster understanding between the agricultural community and the public and is a leader in this effort.

The Fair conducts its financial affairs in a business-like manner. The Fair has to generate resources from admissions, entertainment, carnival attractions, parking, commercial exhibits, memorabilia, and non-fair rental of facilities. The Fair strives to collect sponsorships to support educational and agricultural endeavors. The Fair also promotes a year-round farmers' market.

Registration to enter for Frederick County residents is now available online at [www.thegreatfrederickfair.com](http://www.thegreatfrederickfair.com) and is strongly encouraged. All of the available departments, entry dates, times, rules and regulations are in the fair's catalog which is available online as well. Please call the Fair's administrative office for additional information, 301-663-5895.

The Great Frederick Fair will host 250,000 guests September 14th through 22nd and will continue to deliver on its mission. In partnership with Frederick County Public Schools, five sponsor-supported agricultural, award-winning programs are delivered in classrooms as part of the students, Ag In The Classroom Curriculum: Spuddy Buddy (Pre K, K)

sponsored by Buffalo Wild Wings; Fair In A Box (K-2nd) South Mountain Creamery; One Foot - Two Foot (1st) Woodsboro Bank, FC Office of Economic Development; Ag... It's What's For Lunch (3rd) Frederick Farm Bureau, Farm Credit; and It's Fair Game (4th- 5th) Frederick County Bank. Over 6,000 students will then visit the Fair on Chaperoned Guided Tours to experience directly what they learned in school at corresponding Exhibits: The Milking Parlor sponsored by Beachy Companies; The Milky Way, McHenry Pressure Washing; The Birthing Center, Kenley T Hubble; It's Fiber, McGriff's Insurance Services; My Plate Garden, Environmental Alternatives, Inc.; the Sukup Agri-Theatre, provided by Doody's Mechanical Services and sponsored by McGriff's Insurance Services; the most popular, award-winning Exhibit, City Streets, Country Roads, Dairy Maid Dairy, Delaplaine Foundation, Farm Credit, Farmers Cooperative Association, LSWG CPAs, Offutt, Horman, Burdette & May and Washington Gas.

Media Core, another Ag Ed program, where high-school aged communication students/classrooms are assigned a day at the Fair and programs or exhibits to cover. Students research, interview, write an submit their assigned stories. Each day the stories are assembled and produced in a Daily Newsletter and printed by our



The Great Frederick Fair dates back to 1822 when it was known as the Cattle Show. The present grounds were purchased in 1861 to allow for a more robust exhibition of the might of Frederick's agriculture.

new Media Core partner, WhipSmart Marketing.

The Art Contest is an extraordinary community event; 20 local sponsors provide a stipend to 20 local artists. All artists receive the same item, for 2018 a milk pail. The artist must incorporate their sponsor logos along with the Fair's 2018 theme: Moooving Forward, Fun for the Whole Herd. Coordinated by The Downtown Frederick Partnership, completed projects are displayed in participating downtown merchant store-fronts for several weeks beginning mid-August. The public is encouraged to attend the auction, all proceeds support the Fair's Ag Education Programs and Exhibits.

When reading that last two paragraphs, you realize each of the programs and exhibits have sponsors. These sponsors are directly responsible

for the resources necessary to fund the programs that they support and each exhibit is staffed by volunteers over the nine days of the Fair. The Great Frederick Fair is Great because of local businesses and great people coming together to put extraordinary content together for everyone's education and enjoyment.

Together, The Great Frederick Fair delivers on its mission to promote agriculture and educate our youth about the industry of agriculture in a very fun and engaging way. These programs are available to the public by visiting [www.thegreatfrederickfair.com](http://www.thegreatfrederickfair.com) and clicking on Visit, Agricultural Education.

Visit the website or stop by the Fair Office to get a copy of the complete Schedule of Events and plan your visit to The 156th Great Frederick Fair, September 14-22.

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# WWI NEWS REPORTS FROM THE FRONT

## “We got the Huns on the run.”



With the expected rewards of the capitulation of Russia not appearing, and the reverses on the Western Front, the outlook for the Central Powers looked bleak.

### August 2

#### Allies Attack German Flanks

American and French troops have begun flanking attacks on German positions, which if successful, will compel a German retirement over a wide sector of the Western Front. Although the announced purpose of the attack was to straighten the line, this is secondary to the goal of outflanking the Germans. The continued advance by the Allies would force the Germans to fall back to escape being cut off from the rear.

As long as they remain south of a line running between Rheims and Soissons, the Germans will be subject to violent bombardment from the Allied guns, which can demoralize their communication. There are deep indentations at two vital points in the German line, which offer good jumping-off places for the Americans and the French.

This morning, the whole American line moved forward, pressing hard against the sides of the German salient. These gains were made

almost without resistance. Hammered as they have been for days, the Germans withdrew during the night. When the Americans, supported by French, advanced, they did not encounter the usual machine gun fire.

In open order the men plowed their way through the heavy, rain-soaked fields for almost a mile. The front spanned about five miles and penetrated three miles from the former line. The Allies are now within five miles of Bazoches, an important German railroad center on the Vesle River.

Simultaneously the French and British attacked on the Western side of the Marne salient and penetrated to a maximum depth of three miles. The advance by the Allies along the western side of the salient is extremely important - possibly the most important task the Allies have accomplished since the Germans retired from the Marne.

The importance of the victory is that the new Allied positions hold the flanks and rear of the entire western gate through which the Ger-

mans had been retiring. As a result, the Germans will not be able to retire in an orderly, leisurely way and they probably will have to go beyond the river Vesle in their retreat. The situation is extraordinary, commonly considered the turning point of the summer campaign, and possibly of the whole war.

### August 9

#### Allies Continue To Press Germans Hard

The Allies continued their advance towards Vesle. Many prisoners were taken by the French at Soissons, which was occupied one hour after the Germans had been driven from the suburbs. It seems the enemy did not expect to be chased from Soissons. There was no indication that preparations had been made for retirement and no fires were discovered.

This week's splendid success is but a link in the chain of victories that have followed one after another since General Foch launched his counter-offensive on July 18. Rarely in the history of war has a plan followed with such precise regularity. Military opinion is lost in admiration of the splendid genius which conceived the plan, and of the masterly way in which it has been carried out.

The consequence of this week's victories cannot yet be gauged, but the notion that they will be far-reaching already appears certain to the commentators. The enemy cannot hold the Vesle line, but must re-cross the Aisne. By recapturing Soissons, the Allies will be able to debouch on both sides of the river and take the enemy in the rear.

The enemy appears to be perfectly aware of the necessity of getting out quickly in order to avoid unpleasant consequences. In accordance with the usual practice, the enemy has set fire to the abandoned bases and villages. The rising smoke shows that the enemy knows he is no longer safe in those places.

The German retreat began Friday morning. Little by little the retreat quickened. The fall of Soissons, which the Germans were obligated to evacuate, irrevocably decided the fate of the battle. It was the pivot of the whole German line. Once the

Germans finish their retirement, the situation will revert to where it was in September 1914.

Notwithstanding the difficulties confronting them, the Allies are bringing up their guns almost as fast as the Germans are redrawing theirs. All the roads over which the Germans are retiring are subject to heavy bombardments.

The retreat of the Germans has been carried out with skill and, up until Thursday, it seemed to be orderly, if not delivered. Ever since that time there have been no reports of large captures of prisoners, and there has been no mention of captured Cannon. It is probable, therefore, that the German retirement has been a successful operation. The loss to the Germans in munitions and materials, however, will be very heavy.

#### Wedge Driven Into Enemy Territory

German lines on the Picardy front, south of the Somme, have been badly broken by the savage thrust of the British and French Armies. A wedge has been driven deep into enemy territory to a depth of eleven miles and the British are only a mile away from the Roye Railway, which forms the chief artery of supplies for the German troops fighting in the Montdidier sector of the front. The results of this attack, as they appear, have eclipsed those obtained by the Germans on the first day of any of their terrific offensives of the past spring and summer.

So far, the progress south of the Somme shows that the Allies are advancing without serious opposition. On the north bank of the stream the Germans have held their lines strongly, but have lost their stronghold there. The French, further to the south, have had their advances stalled at numerous points.

From the dispatches on the battlefield it now appears that the Allies attacked the Germans with little artillery preparation. Armored tanks in great numbers tore through the German front first, infantry masses follow, and then through the gaps in the enemy lines the cavalry and armored motor cars sweep into the back areas, surprising German detachments and throwing the whole defensive organi-

zation of the enemy into chaos.

The German reverses along the Somme have hardly been reported when dispatches begin to tell of German retirement in the Flanders sector. Its larger aspect, the success of the Allies south of the Somme, continues to be a very serious threat to the German line, especially to the south. The advance has not weakened the German position northward towards the Arres so far, but the enemy finds itself in an embarrassing position around Montdidier, and southeast of there.

Further advance of the Allies in Picardy would outflank the whole German line and possibly cause an immediate retreat to positions which could be linked up with the Aisne line.

#### Bolsheviks And Czech Clash

Bolshevik activities, the Czechoslovakian advance and the cooperation of the Allies, continue to form topics of consideration and discussion in military and diplomatic circles.

Plans are being prosecuted with speed and vigor for the participation of American and Japanese forces, to support the Czechoslovakian troops advancing eastward toward Siberia. The Czechoslovakian Army is moving through the Ukraine to Viadvostock and the Pacific, where the Allies will carry them to the Western Front.

The French high commission has publicized a telegram from Berlin describing the growing anxiety of the Germans over the lack of success of the Bolsheviks in their campaign against the Czechoslovakians.

In this movement, Berlin feels a burst of enthusiasm that makes it particularly dangerous. The Russian people are idealists who are animated with conviction for fighting foreign nationalists. This explains the force of the attraction that they are exerting. The Cossacks have rallied around the Czechoslovakians. The social revolutionists support them by sowing trouble in conquered regions. Japan is furnishing them with arms and ammunition, and finally, England and America are helping them by intervening in the north of Russia.

But it is not only on the Russian side that the real danger of the Czechoslovakian movement exists. They cannot fail to make a profound impression in Austria; for the people of the Double Monarchy are following their movements with feverish expectations at the successes of their brothers, and in doing so, undermining the Austrian Government.

At the time the peace treaty was signed by the Bolshevik government, the Czechoslovakian Army of 50,000 men was in the Ukraine fighting for the Russians. The Emperor of Austria sent a special envoy with the promise that if the Czechs disarm themselves they would receive amnesty and their lands would be made free. The answer was that they would have no dealing with the Austrian Emperor, and began their retreat toward the Pacific.

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As August wore on, the German propaganda machine found it harder and harder to hide the worsening situation on the Western Front.

## August 16

**German Somme Salient Collapsing**

On Saturday, the Allies captured the important town of Montdidier, which was approximately at the apex of the German salient south of the Somme. The German Army of Gen. von Hutier was retreating with haste, with much material being left behind. The number of prisoners taken for the Germans in the fighting in Picardy has increased to 24,000.

Meanwhile, the French have driven the Germans before them for an important gain East of Montdidier in Picardy. That city, which was the apex of a German salient that has now been wiped out, fell to the French at midday Saturday. Before nightfall, victorious French forces carried the battle line onward to an average depth of six miles on a front of approximately twenty miles.

Crushed by the impact of the British, French and American offensive, German forces are streaming back across the Somme River. So far as can be determined, the enemy is in full retreat all along the front against which the Allies flung themselves on Thursday morning.

The Germans are in a serious position east of Montdidier. Allied airmen have seen roads filled with German motor lorries and have been active in bombing these lines of transportation. The bridges of the Somme River are under fire and many have been destroyed. This will throw new complications in the German High Command's efforts of extracting shattered Armies from the field which they have been defeated.

**Trouble Galore In Russia**

Germany is having trouble galore in Russia. She must soon withdraw troops from the Western Front or lose some of the territory wrested from the helpless Russians through the Brest-Litovsk Treaty. Day after day telegrams from distant parts of Russia show a widespread antagonism towards Germany. As Russia does not have an organized army, it will take many hundreds of thousands of German soldiers to keep communications open to retrieve needed supplies.

German press comments are gloomy. They seem to recognize that Germany got more than she bargained for in Russia, and that the Bolshevik government, which negotiated the Brest-Litovsk treaty, cannot command the confidence or support of the Russian people.

Every report received here indicates that the power of the Soviets is declining rapidly and that Lenin and Trotsky will sooner represent no one but themselves. In the meantime, counter revolutionary movements are a stir throughout Russia, and Germany is not getting the food out of the Ukraine that she so eagerly anticipated a year ago. Bitterness against the Germans is indescribable in this region, and the possible arrival of the Czechoslovakian troops with supplies from the Allies may yet make the Ukraine an Allied outpost.

Officials describe the disorders

entirely to the misguided German policy, which encouraged the Bolsheviks and opened diplomatic relations with the Lenin Trotsky government before determining whether the latter could command popular support or dominate classes. The Germans, therefore, have reaped all the disadvantages of the Bolshevik rule. The widespread discontent, which has grown up in the Russian masses, now is as much aimed at the Trotsky agitation as the foreign invaders.

Affairs are turning in favor of the Allies in Russia because of the mistakes of the Germans as well as the growing recognition of the fact that the Allied cause represents democracy. Therefore, it is urged that the Allied expedition into Siberia proceeds cautiously so that no step may be taken which may forfeit the sympathy, which the Allied powers are now enjoying.

**Russian Republic In Danger, Say Soviets**

The Soviet government has issued a proclamation declaring that the Russian Republic is in danger. The Petrograd Soviet has removed to Kronstadt owing to the insecurity of the city. Bands of armed peasants are reported marching on Petrograd from surrounding districts. They declare they are starving and the red guards have stolen all their food. Dissatisfaction with the Soviets is said to prevail everywhere throughout Russia.

Soviet troops have begun to evacuate Moscow, and Premier Lennon and War Minister Trotsky have fled to the naval base at Kronstadt. All government departments are being removed there also.

The flight of Lenin and Trotsky were caused by threats by the social revolutionists of the left to begin a reign of terror there. Whether or not the Soviet troops were forced to depart from Moscow is not clear, but the loss of the city to the Soviet government will undoubtedly be a serious blow to their cause.

Moscow, the ancient capital of Russia, was made the Soviet capital in March. The government fled there from Petrograd, towards which the German troops were marching. It has been reported within the last few days that the Germans have renewed their march towards Moscow, and are only 50 miles away.

The great masses of Russians are also just learning of recent victories of the Allies in France. As these facts become known there is a revival of anti-German spirit among the Russians, and, according to reports, they are flocking to the ranks of the Czechoslovakians in large numbers.

## August 23

**Teutonic Monarchs Meet In War Parley**

Germany has made concessions to Austria on the Polish question in consequence of the strong stand taken by Emperor Charles and the Austro-Hungarian government.

It is possible there will be no personal union of the Crowns of Poland and Austria, but the King of Poland is certain to be an Austrian Archduke,

according to a correspondent who added that the discussion at German main headquarters has the following task: the Germans demanded that the Austrians send 10 to 15 divisions of picked troops to the Western Front, containing themselves to the defensive on the Italian Front.

To counter Germany's demands, Emperor Charles and his advisors demanded that Germany make further declarations guaranteeing the evacuation, restoration and indemnity of Belgium, making a full movement toward peace, and that the Polish question be solved in a manner favorable to Austrian wishes.

The advisors of the Austrian Emperor emphasized that the opposition of Austrian military and public opinion to the transfer of troops to the Western Front was universal. This opposition could be overcome only if the government was assured Polish support, which could be obtained by securing Germany concessions on the account of Poland, and if the public could be shown the German government had been induced in the direction of another strong effort to obtain peace. Short of this, Austria would not send troops to the Western Front.

**Allies Break German Lines At Picardy**

Launching what may be described as an extensive local attack on Sunday evening, the French broke through the German positions along the vital sector connecting the Marne and Picardy battlefields. This attack was over a front of approximately nine miles.

Up until this attack, the situation along the Picardy seemed to be approaching a deadlock, indicating a return to the old trench warfare of the first two years of the war. An attack in the sector between the Aisne and Oise has been expected. This line is vital to the German positions on each side of it. If it should be broken, the whole German defensive scheme would be thrown out of joint.

While the assaulted front was short compared to those on the Marne and Picardy drives, the success attained by the French makes it possible for Marshall Foch to break the enemy's resistance by a flank attack instead of a direct assault against the strong positions held by the Germans.

It is believed that the Germans are weaker on the Western Front than the Allies claim. It is stated that all leave from the front has reduced by one half, that men are sent to the front from the hospitals before properly fit, and letters from the front have been discontinued. Deserters are being sent to the front from punishment camps. Wounded horses are being hurried west with bandages still in place. The correspondent added that it is reported the Germans have stolen food parcels sent to French prisoners in order to feed manual laborers who are on strike because of inadequate food.

## August 30

**Allies Have Germans In Hand**

"The tide has turned, at last, things



By the end of August, German forces were in full retreat towards the "Hindenburg Wall," essentially giving up all they had conquered on the Western Front in the four years of the war.

are coming our way" are the words of the political and military Allied leaders and American soldiers during the recent fighting. The Germans' last hopes of winning the war, reaching Paris or the Channel ports, have been ended by the success of stunning blows delivered by the Allies since July 13.

Now the Germans find themselves facing the choice between two alternatives. They must either go decisively on the defensive along the front, as they were in 1916 and 1917, or withdraw to a shorter line, thus freeing more troops. The latter course may enable them to make a short, fierce attack this fall and gain enough ground to spur the flagging spirits at home through another winter, but it carries no hope of accomplishing anything decisive.

The much-heralded plans of the Germans to win a complete victory on a grand scale along the Western Front this year, before the American troops can make themselves felt, must be given up.

The German offensive spirit is waning noticeably. The morale is low, especially among the second-rate regiments. Even picked troops, while having plenty of fight left in them, have lost much of their arrogant boastfulness and confidence in themselves and in their leaders.

Still fighting a losing battle, the Germans are unquestionably becoming

disorganized and rattled. Officers who have been taken prisoners and have mentioned recent reverses, especially the defeat, which is now imminent that Germany is willing to give anything for peace. These statements show the way the German Army views the war as they now face almost certain defeat.

There can be no doubt that prior to the Allied attack the Germans were contemplating a retirement, but they intended to take their time. There is no mistaking the fact that at critical points, the whole German resistance shows signs of cracking. Military experts believe that the Hindenburg Line will be in Allied hands by October 1.

What happens now depends upon two things. The extent to which the German center can be harried and demoralized before it gets to the Hindenburg Line, and the ability of the Allies to strike on the flanks and thus abolish the German line in France.

Sometime within the next few days, probably by the end of next week, the Germans will be back at the Hindenburg Line; and the Allies will have before them a system of entrenchments that the Germans have been upgrading for the past two years, and which they can safely hide behind.

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

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## HISTORY

## Helman's History of Emmitsburg

James Helman  
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Part 14

## St. Joseph's House

In the year 1808, through the generosity of Mr. Samuel Cooper, the money to purchase ground for this institution was supplied. In deciding the locality, Mr. Dubourg was favorable to Baltimore City. Mr. Cooper insisted upon the selection of Emmitsburg, Md. as a more convenient situation, as its physical and moral advantages were preferable to Baltimore. Then the priest (Dubourg) replied, "Be it Emmitsburg." The vicinity of Emmitsburg, having been selected for the location of the sisterhood projected by Mrs. Seton; now an eligible sight was to be purchased. Mr. Dubourg visited the town in 1808, and bought the land now owned by St. Joseph's from Robert Flemming. At that time this tract of land had a small stone house, part of the old washhouse. The property was settled in the joint tenanship of Rev. Wm. V. Dubourg, Rev. John Dubois and Samuel Cooper. Tradition says, after Robert Flemming had agreed to take the specified amount, he afterwards changed his mind. To get out of it honorably he would only sell at the price named, providing the amount was cash and in gold; this he thought was an impossibility. To his utter surprise they brought him the gold in the given time.

Mother Seton was instrumental in the establishment of this worldwide institution; the progress made by it in all its branches, whether as a convent, a school or an architectural development, it is not surpassed. One mammoth edifice after another has been added from time to time, until the

present climax stands as a memorial to Mother Seton, as well as the handsome marble monument erected by the sisterhood community.

They occupied their first building February 20th, 1810. The Rev. Samuel Cooper, its generous benefactor, held the property up until 1816. He deemed it the proper thing to incorporate it, and had an act passed of incorporation of the Sisterhood by the Legislature of Maryland, January 1817. The farm, then in their possession, was transferred to them in their own right by those who previously held it. Around this institution clustered memories of many from the Lakes to the Gulf of Mexico.

Silently their progressive work has gone on. The alumnae organization gives proof of the early impressions made here. They join in chorus, swelling the volume of praise to their alma mater each year. The excellent condition of the grounds give evidence of the aesthetic culture so lavishly displayed; how tame and ordinary the condition usually around the farm houses, not so on the farm attached to St. Joseph's.

How inviting, how expansive the improved landscape, how fragrant the air as it is wafted from luxurious beds of flowers; then the outlying scene as they stretch west to old Carrick's Knob, climb it, and see that valley of verdure as it spreads before us; the silver stream, Toms Creek, running like a silver thread from the mountain to the farthest point of this extensive tract of land. Greater expectation than Mother Seton's have been accomplished, through the efficient women who have controlled the affairs of this institution ever since; progress has only been initiated here, the full fruitage will be gathered later on. When in its fullest development the word will be excelsior.



The entrance to St. Joseph's College for Women from Frederick Street (S. Seton Ave.).

The official head of the institution from the beginning: Mother E. A. Seton, 1808 to 1821; Mother Rose White, 1821 to 1827; Mother Augustine DeCount, 1827 to 1832; Mother Rose White, 1833 to 1839; Mother Xavier Clark, 1839 to 1845; Mother Mary Etienne Hall, 1845 to 1855; Mother Regina Smith, 1855 to 1860; Mother Ann Simeon, 1860 to —, Mother Euphemia, Mother Mariana, Mother Margaret.

In the cemetery adjoining the Convent, enclosed by a brick wall, in the center of a wood, are interred the bodies of the sisters dying at the mother institution. There, singular as it may read, lie the bodies of five of the Seton family. The first buried in this cemetery was Miss Harriet Seton, December 22, 1809; Miss Cecelia Seton, April 30, 1810; Miss Annina Seton, March 12, 1812; Miss Rebecca Seton, 1816; Mother Seton, January 4, 1821. Is it not strange, the first five interments should be the members of one family? There also rests the body of Archbishop Bailey, Rev. Burlando, Rev. Gandolfo, Rev. Mandine, Rev.

Justiniana. Three young ladies, whose untimely death, rest here; the time, the seasons, the distance, prevented carrying their bodies to the Southern climes. One, Ella Riggs, of Milliken Bend, was unable to return home on account of the Civil War; Miss Ida Keene and Miss Wagaman.

Here, amid the quiet of the scene, with the overhanging branches of the forest, sleep in security those whose bodies were borne from the citadel home whilst the feathered songsters repeated the requiem, they rest in peace, secure from bands of the vandal, watched by those who hereafter will repose, side by side, and receive like attention from an unborn community. This gives zest to life to know our graves will not be neglected; it puts a halo of friendship around the spot and contemplates the rising morn, when the graves shall give up their dead at the voice of the Arch Angel, who shall declare time shall be no more. In 1892, by an act of the Maryland Legislature, this institution can confer upon its graduates such degrees as are granted to other institutions of learning.

a pole ten feet long, with a velvet bag having a hoop at the top, fastened to the pole, was carried around and presented to each in turn for their contributions. Later came the baskets; next the plates. A common custom was for some men to nod their heads instead of dropping in a penny, as they called this their penny contribution.

## Butchers

Butchering was carried on at the tan yards in early times; one beef a week or in two weeks; later, one killed on Monday and Friday. Where J. H. Row lives a retail beef market was carried on for a long time; where Hoke's millinery store stands, as far back as 1850, it was a meat store; twice a week only, could beef be bought; bacon was the meat used, each family curing it in the fall; the town was full of pig sties; now mark the advantages; beef all the time; cold storage to keep it; canvassed bacon, &c.

## Relics

The Zacharias family has a jug given the family by a Hessian soldier taken prisoner at Yorktown. Joseph T. Gelwicks has saber, rifle, revolver, spurs and canteen; Geo. Gelwicks has sabre, rifle, shells, bullets; Miss Helman has a

## Collections in Churches

Among the customs of early times, was the collections taken in churches;

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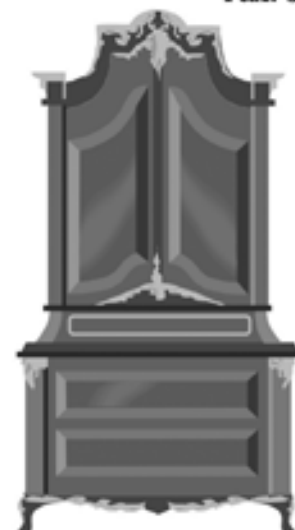
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## HISTORY / OBITUARIES



The entrance to St. Joseph's College for Women showing the railroad station for the college under the entrance.

solid twelve pound ball picked up on the Gettysburg battlefield; David T. Hoff has a grape shot and rifle ball his grandfather brought from the War of 1812; S. D. Helman has a small bible he picked up when on the march to the sea with General Sherman; also a Tennessee marble bible, carved by one of the soldiers, with square and compass cut on one side.

#### Jail

About 1858 the corporate authorities concluded to erect a jail. The spot selected was the point of land at the intersection of the Gettysburg road and the alley bordering the priest's lot, where in the long ago the public school house stood. Here they built a stone house about sixteen feet square; a few persons were confined in it at different times over night. One night, part of the wall was opened near the roof; eventually the house was taken down. If a place was wanted for a drunken man he was confined in the rear of the engine house.

Along in the eighties the present iron cage was made in Waynesboro for the town. When it arrived the boys intended to run it back to Toms Creek and throw it off the bridge into the creek; a car of lime standing on the track prevented this game. The commissioners had difficulty in getting someone to haul it to the place assigned. It was taken there on an open wagon in the evening; the next day it was to be set on the foundation. During the night someone ran the

wagon down into the field and upset this iron jail off the wagon. After great labor it was placed in position; give the men the credit due them. Whilst it is not the best jail, it has served the purpose of preventing crime and drunkenness for all fear being put into this horrible thing. The county jail has always been the place men were committed, and always will be to serve a sentence; this iron jail is simply to scare evildoers or for a night of safekeeping.

#### Mt. St. Mary's College

This institution has a history justly entitled to be told. Whilst it does not date back as far in the past as some others, it can justly be proud of its work and speak in excellent terms of some of its pupils. Rev. John Dubois bought the first land for the seminary April 28th, 1807, of Arnold Elder; also the plantation of same August, 1808, possession 1809. The seminary of Pigeon Hills begun by Mr. Nugent in 1806 was transferred to Mt. St. Mary's after Easter, 1809. Seventeen young men were sent to the care of Mr. Dubois, and lodged first at the home of Mr. Arnold Elder.

From the beginning of this enterprise until he was made bishop of New York, Rev. John Dubois was president. Rev. Simon Gabriel Brutea who in 1834 was made bishop of Vincennes, Ind., assisted Fr. Dubois in his labors, as did Revs. Duhamel and Hickey. From the establishment of Mt. St. Mary's College until the fall of 1894, the president of the College was acting

pastor of the mountain church. The parish priests were Rev. Michael Egan, Rev. John McGerry and Rev. John Purcell until 1832, between which time and 1838 Rev. Francis B. Jami-son and Thomas R. Butler presided.

In this year Rev. John McCaffery, a native of Emmitsburg and a pupil of Rev. Dubois, succeeded to the presidency, an office which he held with great success until 1871 when he was succeeded by Rev. John McClosky, who in 1877 gave place to Rev. John A. Water-san; after him again in 1880 Rev. John McClosky until his death on December 24th, 1880. Rev. Wm. Hill was called to the presidency, which for a short time looked after the interests of the College, until Rev. Wm. Byrne, D. D., vicar general of Boston, took charge. This office was later placed in the hands of Rev. Allen, who served as president until made bishop of Mobile, when Rev. Wm. O'Hara was elected president; the present president is Rev. D. J. Flynn. Many of the strong men in the Roman Catholic Church are among the graduates of this institution. Amongst them we name Bishop Hughes, Benton Purcell and Bishop Rider.

The following was kindly furnished by Rev. McSweeney, for which we accept thanks:

Mt. St. Mary's College is about fifty miles from Baltimore and is reached by the Western Maryland Railroad and the Emmitsburg branch that leaves the main line at Rocky Ridge; the College is situated at the foot of the eastern spur of Catoctin, the Blue Ridge Mountains, which separate the valley of Hagerstown from the plain through which flows the Monocacy River. The spires of Gettysburg and the hills of the famous battlefield are visible from Indian Lookout and Carrick's Knob, the highest points of the mountain that shelters the College in the winter and overshadows it so gracefully on summer evenings.

The celebrated motherhouse of the Sisters of Charity, founded by Madame Seton, is in the vicinity. The macadamized road running from Emmitsburg about two miles away to Frederick passes by the College. The quiet seclusion of the College, its freedom from the distractions of the cities and the reputation it enjoys from the great number of its distinguished graduates have turned towards it the attention of parents who are more than usually solicitous for the moral welfare and intellectual development of their children.

The College was founded in 1808 by Rev. John Dubois as a preparatory school for St. Mary's Seminary, Baltimore, lay students being afterward admitted, and the teaching partly done by the seminarians. Father Dubois enlarged the scope of the institution and established classes of philosophy and theology, so as to retain his assistant teachers as long as possible; this finally led to the organization of the College and Seminary on a basis of entire independence, to be conducted by an association of priests under the jurisdiction and protection of the Archbishop of Baltimore; Cardinal Gibbons is one of the most zealous promoters of the welfare of the College, and has proved himself on more than one critical occasion its most prudent counselor and practical friend.

The College has a charter from the State of Maryland, dating back to A.D.

1830, so that, after Georgetown, it is the oldest Catholic college in the United States. The College buildings were burned down on June 6th, 1824, but were immediately rebuilt; not, however, without incurring a very heavy debt, which was carried with comparative ease until the disastrous period of the Civil War, when the patrons of the College in the Southern States, were forced to discontinue their aid. This soon brought on a crisis that was successfully met by the timely donations of the alumni, so that today its financial standing is second to that of no similar institution in

the country. Many improvements have been made during the last quarter of a century; the old buildings enlarged and brought up to date, a splendid gymnasium with swimming pool, and what is perhaps the most beautiful athletic field in the Union. At present a new and vast edifice is rising, which is intended for theological students. The roll for 1905 and 1906 is the largest known in the history of the College, there having been 250 lay students and 45 seminarians, while the graduates of 1906 were fifteen in number.

Continued next month

### Jessie Irene (Shipley) Eckenrode



Jessie Irene (Shipley) Eckenrode died quite peacefully at Collington Life Care Community on 23 Nov 2015, just shy of her 101st birthday. The fourth of four girls to Emma Kate (Geiman) and Howard Frederick Shipley, her growing up years were spent on Gorsuch Road, Westminster. She recalled being held by her father on the porch so that she could hear the church bells chiming the end of World War I. Late in high school, her summers were spent waitressing in Atlantic City, where she met Marian Schubauer who remained a life-long friend.

After her graduation from Western Maryland College (now McDaniel College), she moved to Thurmont to take a job as a Home Economics teacher. While there, she met Charles Joseph Eckenrode of Emmitsburg. Upon their engagement at Cunningham Falls, they stopped, and Charles gave Jessie a gardenia, which was from then on was his favorite flower. They were married for 62 ½ years, from 10 Aug 1938 until Charles died on 04 Mar 2001. It would be surprising had he not greeted her at the pearly gates with a hug and a gardenia in his hand. "Chuck," Charles Joseph, Jr., was born while they lived in Emmitsburg and "Gina," Virginia Kate, in College Park, MD. Gina survives her mother. Sadly, Chuck predeceased Jessie; he also was waiting for her at the pearly gates, with his arms crossed and tapping his foot, wondering what had taken her so long.

Jessie and Charles traveled quite a bit over the years. Most importantly, they frequently visited their grandchildren, all of whom survive, Katherine Lee Eckenrode, Eric Charles Eckenrode, Emma Claire Prasher, Rebecca Kate Prasher, and Karl Edward Prasher. Ava Claire Eckenrode, her great-grandchild, also survives. The couple were avid bridge players, somehow manag-

ing to find other players in each of the many places they lived, including in roughly chronological order, Emmitsburg, MD, Riverdale, MD, Frederick, College Park, Colonial Heights, VA, Ashland, KY, Lewisburg, PA, University Park, MD, Atlanta, GA, and Athens, GA.

In 1966, having been a housewife for over 30 years, Jessie took a job at Sylvan Hills Elementary School in SW Atlanta. When Charles took a job at the University of Georgia in 1967, she became a librarian at Lyons Middle School in Athens. When Gina went off to college in 1968, Jessie enrolled in the College of Education at the University of Georgia, at the tender age of 53. Despite feeling as though she could have been the parent of many of her professors, she earned her MEd and EdS in Library Science. She finished her librarian career at Cedar Shoals High School, retiring at the same time as Charles. However, she stayed busy, participating in Cedar Creek Garden Club, Daughters of the American Revolution, and particularly Colonial Dames 1700.

After being widowed, Jessie made her final move back to MD, where she joined Marian at Collington. While there, she kept on being busy, playing bridge, arranging flowers for the dining hall and throughout the building, participating in poetry get-togethers, attending musical events, indeed, Collington bustles with activities for the residents. Her 100th birthday was celebrated with most of her family in attendance and a cake with 101 lit candles! So many cared for her that when her time came, there was a constant flow of visitors to bid farewell. In lieu of flowers, her family wishes that donations be made to the upkeep of the St. Anthony Shrine Cemetery, where interment was held on July 28, 2018.

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## MOM'S TIME OUT

# Let me introduce you to high school

Mary Angel

I am the mother of a fourteen-year-old daughter...Whaaaaatttt! I am pretty sure I am not old enough to have a fourteen-year-old daughter. Well, maybe I am old enough, but I am certainly not ready for a fourteen-year-old daughter who is starting high school. A teenage daughter going into high school may be one of the scariest thoughts I have ever had!

For those of you with only boys or girls who are not quite to high school age let me clue you in to the roller coaster ride I am on. You see a teenage girl has many personalities. Some of those personalities are quite pleasant to be around and others are what nightmares are made of. Unfortunately you don't always know which personality you are going to encounter from moment to moment.

The wonderful thing about my daughter turning fourteen is that we

are starting to have glimpses of the sweet little girl we remember from her younger years. There are times when she is super loving and super funny. The other evening her sister and I were having a sleepover in the living room and my fourteen year old came out and climbed on her sister's bed. Her and her little sister laid face to face whispering and giggling and I started to tear up at that wonderful site. Not only was it amazingly sweet, but it had been so long since they connected like that. Actually, since my oldest daughter hit puberty (prematurely) she has had more snippy days than not. So, I guess from that standpoint I am grateful for the roller coaster ride that now includes a few more sweet moments.

Those times during the day when she gives me a great big hug or comes up and lays her head on me and just whispers she loves me

are what make my day! For a while there we were in the "Don't hug me, mom!" stage. Not to mention the "Mom, you are embarrassing me!" stage. So I love this change as well. I have also noticed she suddenly wants to talk to her brothers more. I will walk into a room and there they will be her and one or both of her brothers, like they are friends, sitting and chatting about any number of things. These are some wonderful changes and amazing moments to behold. Unfortunately at any second one of her brothers could make an innocent statement and suddenly she turns into an emotional wreck. The response could be anger, screaming, or just simple tears (you have wounded me deeply tears of course).

It seems we are not out of the woods yet. Quite the contrary, we may have just reached a small glen at the beginning of the woods. Although it is a beautiful spot with the sun shining through and flowers blooming and a babbling brook nearby, we still have to make it through the dark scary woods to the other side. This side of the woods involves not only crazy hormones and emotions but also dating and high school drama and preparing for adult hood, Oh My! (Hopefully no lions and tigers and bears, but maybe a few snakes and wolves)

This morning she got up very emotional and a little snarky and when she got home from camp she was a sweet little angel. However, by dinner something had changed (which she couldn't explain) and she was excusing herself from the table to go have a good cry. Please don't misunderstand, or be scared away from reproducing, not every day is a constant roller coaster. Some days are one emotion or another, a sweet day or a grouchy day.



Let me just say this, sweet or grouchy, there is something to be said for knowing which personality you are going to be dealing with for the day. Thinking you are walking into the lamb's pen and finding out it is the lion's den is startling and a bit off putting.

Quite often the child has no idea why there moods are swinging like a pendulum that has been overwound. I remember a story of a girl around the same age running crying into the bathroom and locking the door. When her father asked her why she was crying her response was one that had him calling his wife at work to find out what it meant. The response was a torrential downpour of tears and a gargled, "I Don't Know!" That particular dad had no problem admitting he was in way over his head. This is part of what accentuates the emotions, not knowing why you are feeling the way you do. All teenagers have to deal

with raging hormones and crazy emotions, but when you add in a time of the month for a girl you have created the perfect storm...and boy can it be a doozy!

So what can we, as parents, do to make sure everyone survives and thrives? It starts with being understanding and knowing that teenagers are just as confused as we are at times. It helps if we can keep our cool when they are being witchy. I know that is sometimes easier said than done. I found it helpful, at the start of puberty, to talk to my daughter about what she might experience and explain that there will be times when it is best for her and me to step away and take some time to calm down and reflect. It isn't always a good idea to keep pushing when emotions are escalating. We also talked about how it is alright to cry and that sometimes a good cry can make the day seem brighter. It is a lot like the soft beautiful glow that appears after a storm. Remind yourself and your daughter that this is just a season of life. It may seem like it will last forever, but it won't. Lastly, give more hugs! Trust me when I say that you will both need them!

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

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# It's Blueberry Season!

Kay E. Hollabaugh  
Hollabaugh Bros., Inc.

I am writing my monthly article for the Emmitsburg News Journal on Wednesday, July 25. It has rained – pretty much non-stop – since July 21. We are now over 12 inches of rainfall for this 6-day period in July – which is unheard of! Likely the readers of this publication were experiencing much of the same weather, and it likely affected us all differently. Perhaps vacations were spoiled, or basements were flooded. Maybe roads were closed and detours were selected. Sadly, Fireman's Carnivals and Fairs were poorly-attended.

For us, the impact was quite profound. For example, many varieties of vegetables – and even some tree fruits – have shallow roots. Lying in water of this magnitude for this amount of time causes “root rot” and can result in the death of the plant; we have experienced a lot of erosion on our farm roads that will require loads of stone and leveling; we are already seeing fruit cracking on peaches that were due for harvest – as they filled with water and simply broke open. Prolonged periods of wetness also allow for the potential for disease and pest interference in the orchards. And of course – there's the mowing that will need done, and the weeds that will need to be pulled! I'm pretty confident that you ALL can relate to that!

On the positive side? For trees that were planted this year, they are getting more than ample water to encourage their growth, which is especially important when the trees are so young. Obviously, we're not irrigating anything on our farm right now, so we're saving water and fuel by not running our pumps. And for fruit that is still in its early developmental stages? Providing we can keep it disease and insect-free, it's going to have great size!

So let's talk about one of my favorite fruits of the summer – blueberries! We have grown blueberries for years and

found them to be a favorite of many of our customers – retail and wholesale alike! It took us only one year in production, however, to realize that we needed to “net” the berries, as the birds also love them! We typically begin to harvest berries very early in July, and in a good year will pick well into August. I hope you enjoy a few of my favorite blueberry recipes!

## Blueberry Cream Cheese Coffee Cake

### Topping:

1 Stick Butter, Softened  
2/3 C. Sugar  
¼ C. Brown Sugar  
2/3 C. Flour  
½ C. Toasted Pecans, Chopped  
1 ½ Tsp. Cinnamon  
½ Tsp. Nutmeg  
¼ Tsp. Salt

### Filling:

12 Oz. Cream Cheese  
1/3 C. Sugar  
1 Egg  
Grated Zest of 1 Lemon  
1 T. Lemon Juice

### Cake:

4 C. Flour  
4 Tsp. Baking Powder  
1 Tsp. Salt  
1 Stick Butter, Softened  
1 ¼ C. Sugar  
2 Eggs, Lightly Beaten  
1 Tsp. Almond Extract  
1 ¼ C. Milk  
3 C. Fresh Blueberries

**Directions:** Preheat oven to 375. Butter a glass 13x9 inch baking dish. Prepare the topping by using a pastry blender or your fingers until large crumbs form. Set aside.

**Filling:** Beat cream cheese and sugar until creamy. Beat in egg, lemon zest and juice and almond extract. Set aside.

**Cake:** Combine flour, powder and salt in a bowl. Set aside. In separate bowl, beat butter and sugar until light



Blueberries! One of summer's favorite fruits!

and fluffy. Gradually beat in eggs until smooth. Beat in extract. Add flour mixture and mix at low speed, alternating with milk. If batter is too stiff, add a little more milk. Gently fold in blueberries.

Spread half the cake mixture in dish. Spread filling over the cake batter and sprinkle ¼ of the topping over the filling. Drop spoonfuls of the remaining batter over top and spread evenly. Try not to mix layers. Sprinkle with remaining topping.

Bake about 1 hour until toothpick comes out clean. Cool until just warm. Cut into squares and serve warm with ice cream!

## Blueberry Buckle

¾ C. Sugar  
¼ C. Softened Butter  
½ C. Milk  
2 C. Flour  
2 Tsp. Baking Powder  
½ Tsp. Salt  
2 C. Blueberries

**Directions:** Mix sugar, shortening,

and egg together thoroughly. Stir in milk. Stir in the flour, baking powder, and salt. Finally, blend in carefully 2 C. of washed blueberries. Spread batter in a greased and floured 9x9 pan.

### Top with:

½ C. Sugar  
1/3 C. Sifted Flour  
½ Tsp. Cinnamon  
¼ C. Butter

Sprinkle this mixture over the batter. Bake at 375 for 45 to 50 minutes or until a toothpick comes out clean.

## Overnight Blueberry Coffee Cake

1 Egg  
½ C. Sugar

2 T. Sugar  
1 ¼ C. Flour  
2 T. Baking Powder  
¾ Tsp. Salt  
1/3 C. Milk  
3 T. Butter, Melted  
1 C. Fresh Blueberries

**Directions:** In mixing bowl, beat egg and 1/2 c. sugar. Combine flour, baking powder, and salt. Add alternately with milk to sugar mixture, beating well after each addition. Stir in butter. Fold in berries. Pour into a greased 8 inch square baking pan.

Cover and chill overnight.

Remove from the refrigerator 30 min. before baking. Bake at 350 degrees for 30-35 minutes



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# LIBRARY NEWS & EVENTS

## Blue Ridge Summit Free Library

### Standing Events

Monday - Our newly added Summer Story Hour starts tonight at 4:30 p.m., it will be immediately followed by Legos and Wee Build Imagineering.

Wednesday - Coffee club in the community room from 4 - 5:30 p.m., mingle with the gang for coffee, tea, puzzles, board games, coloring books, etc. Food donations appreciated.

Wednesday - VITT (very important teens and 'twens) night. The community room is reserved for teen use from 6 - 7:30 p.m., just hang out or play Wii, play board games, do puzzles, eat snacks, watch movies, make movies, etc.!

Saturday - Join us at 10:30 a.m., for Story and Craft Hour and all of its festivities! What could be better than a great book and a fun craft?

### Special Events

On August 4<sup>th</sup> we will be closing the Summer Quest Summer Reading Program by hosting a Mad Hatter Tea Party from 11 a.m. until 2 p.m. Crafts, games, prizes and refreshments will be had by all. As famously said by Lewis Carroll "We're all mad here."

On Aug. 16<sup>th</sup> at 6 p.m., the Dining Car Food Club is going to Grandfather Mountain for a festival of Appalachian

culture and cuisine after a tour on the steam locomotive 8419 in Boone NC for the train's 30<sup>th</sup> birthday celebration. Please call or stop by the library to sign up the Appalachian dish you are bringing to share.

In coordination with the annual Franklin/Fulton reads program featuring Appalachia this year, we will be showing the movie "Thunder Road", a 1958 classic, at 6 p.m. on Aug. 20<sup>th</sup>. The film stars Robert Mitchum. "A veteran comes home from the Korean War to the mountains and takes over the family moonshining business. He has to battle big-city gangsters who are trying to take over the business and the police who are trying to put him in prison."

The Summit Stitchers Quilt Club is meeting at 5:30 p.m. on Aug. 25<sup>th</sup>. New members and new projects are always welcome and any skill level may attend. These ladies love a challenge so if you are stuck on a project stop by and see what they can do.

We will be meeting at 6 p.m. on Aug. 23<sup>rd</sup> for the Train of Thought book club at the library. New members are welcome. This month's topic is "Appalachia".

Movie Monday on Aug. 27<sup>th</sup> will feature "October Sky", and will be shown at 6 p.m.. "The true story of Homer Hickam, a coal miner's son who was inspired by the first Sputnik launch to take up rocketry against his father's wishes."

Have you read "Hillbilly Elegy" by

J.D. Vance? Then you need to hear historian Elizabeth Catts's rebuttal on Aug. 30<sup>th</sup> at 6 p.m.. Join us for a program of alternate viewpoints of Appalachian history and culture, emphasizing the strength and resilience of a region often portrayed as backward. Besides Catts (*What You Are Getting Wrong about Appalachia*), Steven Stoll (*Ramp Hollow*) and Wendy Welch (*Fall or Fly*) join the panel to debunk Appalachian stereotypes.

## Frederick County Public Library

### Emmitsburg Library Programs

Hula Hooping with Soolah Hoops (Ages 3-14), August 1, 10:30 - 11:30 a.m., learn hula-hooping techniques and try them out for yourself!

Finch Robots (Grades K-5), August 2, 2 - 3 p.m., work with a team and learn to code with a Finch Robot.

Book Beats (Ages 3-8), August 4, 10:30 - 11:30 a.m., listen to and participate in musical stories. Create your own colorful shaker to take home.

Family Tunes and Tales: Global Music Makers (Grades K-5), August 7, 10 - 11 a.m., global instruments provide an exciting group experience. This event is made possible in part by a grant from the Frederick Arts Council.

STEM Workshop: DIY Cardboard Creations (Grades 6-12), Tuesdays, 1 - 3 p.m., create fun activities using cardboard: 8/7: gumball machine; 8/14:

weaving with a cardboard loom.

Family Tunes and Tales: Symphony Storytime with Frederick Symphony Orchestra, August 15, 10:30 - 11 a.m., FSO musicians perform classical music to beloved stories, followed by a musical instrument petting zoo provided by Music and Arts. This event is made possible through funding by The Community Foundation of Frederick County.

R.E.A.D. with Wags for Hope (Grades K-5), August 16, 5 - 6 p.m., Children read to Reading Education Assistance Dogs.

Teen Clothing Swap (Grades 6-12), August 18, 1 - 3 p.m., refresh your wardrobe for free! Bring items you no longer want and go home with new styles.

Turning a Hobby into a Business (Grades 9-Adult), August 23, 3 - 5 p.m., Discover tips and resources from individuals who have turned their unique hobbies into a business.

Thurmont Regional Library Programs

Krafty Kids (ages 2-11), Tuesdays - Thursdays, through August 22, 10:15 - 2 p.m., drop in for an easy and colorful craft.

Open Mic Night (Grades 6-12), August 2, 7 - 8:30 p.m., share your music, rap, poetry, comedy, and monologues! Not up for performing? Come enjoy the entertainment. Presented by Thurmont Main Street.

On-site at Catocin Mountain Park: Storytime and Hike, August 3, 11 - noon, storytime followed by a short hike. Meet at Visitor Center, 14707 Park Central Rd, Thurmont.

Friday Flicks (Ages 3-12), August 3, 12 - 2 p.m., round up the kids, pack a lunch, and head over to the library for a fun movie on the big screen.

Porch Talk - Memories of Thurmont Library History, August 4, 10:30 - 11:30 a.m., happy 10th Birthday to us! We're remembering the library's important role in our community. Join the Porch Talk to preserve your oral history memories of the Thurmont Library since its founding in 1956.

Exploring the Roots of American Music with Slim Harrison, August 9, 10:30 - 11:15 a.m., a concert by Frederick County's own jug band!

The make-IT place: Go Fly a Drone (Grades K-5), August 9, 1-2 p.m., hover like a helicopter, try a loop-the-loop, or race through an obstacle course with drones and Sphero robots.

Radio Frederick: Music Through the Decades - 70s & 80s with Second Time Thru, August 9, 7 - 9 p.m., Second Time Thru closes out our summer trip through the decades with rich, four part harmonies and musical synergy promising an entertaining experience on the deck bringing back some

of your fondest musical memories. Singing along is a must.

Rockin' Kids - 70s/80s Music (Ages 3-8), August 15, 2 - 2:45 p.m., celebrate fun music and movement with songs from the 70s and 80s.

Movie Night with Smores (Grades 6-12), August 15, 6 - 8 p.m., camp out in the community room with a movie and Smores.

Family Tunes and Tales: Global Music Makers (Ages 6-8), August 16, 3 - 4 p.m., Global instruments provide an exciting group experience. This event is made possible in part by a grant from the Frederick Arts Council.

Celebrate National Root Beer Float Day (Grades 6-12), August 16, 6 - 7 p.m., make your own root beer float and play board games.

Nighttime on the Deck: Animals of Fountain Rock, August 23, 6:30 - 7:30 p.m., meet some resident animals of Fountain Rock Park and Nature Center. Get to know where to find them, what they eat, and how they survive in the wild.

Catocin Forest Alliance Speaker Series: Wildlife in the Neighborhood, August 23, 7 - 9 p.m., Maryland Park Service Naturalist Mollie Kemp will introduce some of our local wildlife and their needs to participants. This preservation program series is presented in a partnership between the Thurmont Regional Library and the Catocin Forest Alliance.

Friday Flicks (Ages 3-12) August 24, 12 - 2 p.m., round up the kids, pack a lunch, and head over to the library for a fun movie on the big screen.

Chess Club, August 25, 11 - 12:30 p.m., beginners to advanced players welcome. Learn, play, and sharpen your skills.

Music on the Deck - The Knuckle Dusters, August 26, 2 - 3:30 p.m., enjoy vintage American music with the Knuckle Dusters who have performed up and down the East Coast. The band's deep musical experience includes old-time fiddle, swing, ragtime and hillbilly jazz and will appeal to a diverse audience. Don't miss this closeout summer event.

Curious Minds: Medicare Basics, August 27, 2 - 3:30 p.m., shares expert information about Medicaid vs. Medicare HMO's/PPO's, Supplements, Part D for Drugs and the 'Doughnut Hole'.

Couch to 5K Training with Cunningham Falls State Park, August 30, 5:30 - 6:30 p.m., from beginner to 5K finisher in just eight weeks! Meet at the library for a training run on the Trolley Trail led by a Cunningham Falls Ranger.

Friday Flicks, August 31, 12 - 2 p.m., round up the kids, pack a lunch, and head over to the library for a fun movie on the big screen.

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## SCHOOL NEWS

## Educational equity

Joy Shaffer  
Frederick County  
Board of Education

### What Does It Mean for Our Public Schools?

One of the biggest buzz words over the last year or so in public education, locally and nationwide, has been: equity. The concept of “educational equity” is something you’ll see covered in a number of education publications, addressed at conferences by educators, and deliberated at public meetings by law and policy makers. While “equity” has its roots in “equality” is has proved a more complex concept to understand and an even harder goal for schools and school systems to reach.

Equality is a concept easy to understand – everyone gets the same things, everyone is treated the same way, has the same chance for and access to

opportunity. In education, it meant that all students and schools, regardless of their address, gender, skin color and other factors deserve the same high quality instruction, materials and amount of resources.

Our public school systems have been grappling with providing equal resources, access and opportunities for students since the landmark Supreme Court case of *Brown v. the Board of Education*. The 1954 decision found that the existing “separate by equal” system of segregated public schools was “inherently unequal.”

But it turns out that the focus on “equalizing” public education was a not a deep enough answer. Ensuring things are equal would be adequate if, ironically, the condition of “all things being equal” existed or exists. We all know that that is not the reality of the world in which we live. That’s why the con-

cept of “equity” in education becomes important, and not just for kids, but for our community and our country.

Let’s take a baseball team as an example. The players are our public school students. Each join the team, our public schools, with individual strengths and weaknesses. And they all get uniforms and equipment, but they are all exactly the same size. Helmets, all the same size, while a good fit for some, too small for others. Or so big for some they swivel around some players’ heads while they’re at bat or running the bases, interfering with their vision, and therefore their performance. It’s easy to expand on this example and see how some players would excel with the equipment and uniforms provided, but others would struggle to perform at their potential with cleats that three sizes too small or a jersey so large that its function is more of a blanket than a shirt.

In our baseball team example, equity would be achieved if each

player were provided with the right length and weight bat for their size, the properly sized helmet, uniform and cleats. Educational equity is the same in K-12 education in that students receive instruction in the same content or subjects, but with materials and strategies that allow them to succeed.

That might mean some students receive tutoring or stay after school for extended learning. It could mean that a student is provided extra time to complete an in-class assignment or take a test. For our students who need special education services, or for whom English is not their home language, it means receiving instruction in specific ways that a typical student would not need or experience. Educational equity might also be provided as accelerated learning or opportunities to explore subjects in deeper ways for the most academically able students.

Of course, providing equity in our education system is challenging.

There are as many unique needs as there are students. Funding is finite. Ensuring high quality teachers and staff during a national teacher shortage presents barriers, as does the uphill battle to keep facilities and educational materials up to date.

However, the price for perpetuating inequity in our schools is paid by the students who are not provided with the tools they need to fulfill their potential. And ultimately, we will pay the price as a nation, as we lose our footing as an economic and political leader in the world.

Joy Schaefer, Education Advocate, Frederick, MD. Joy is a member of the Board of Education of Frederick County, Immediate Past President of the Maryland Association of Boards of Education, Chair-Elect of the Board of United Way of Frederick County, and serves on the Commission for Excellence and Innovation in Education. Her opinions do not reflect the positions of these entities.

## Getting the best School Board

Karen Yoho  
Candidate for Fredrick  
County School Board

First, let me say thank you to those who cast one of their four Board of Education votes for me in the primary election. Now it’s time to work even harder to earn your vote in November.

I recently had an interesting exchange with a voter on Twitter. One lesson I took away was to never try to have a nuanced, in-depth conversation with someone on social media. After several tweets back and forth, I learned that this person, and his or her family, would not be voting for anyone endorsed by the teachers’ union. Perhaps a closer look at the FCTA endorsement procedure will be helpful to voters who may be wondering about it.

FCTA had a meeting early this year to inform any and all candidates of their procedures. After that, a questionnaire was emailed to each candidate with questions pertinent to the office sought. Once the questionnaires were returned, interviews were scheduled. Eight of the original thirteen candidates for BoE were interviewed. The other five did not submit questionnaires so they could not be considered for endorsement. Of the eight of us who made it through the primary, seven went through the interview process.

The BoE candidates were all interviewed by a team of seven people, if memory serves. Most were FCTA members, but FAASE and FCASA (support employees’ and administrators’ unions respectively) were also present. I know for a fact that there were both Republicans and Democrats on the interview team as I’ve had conversations with many of them. FCTA opens these interview teams up to all of its members and seeks a balance of viewpoints. About a third of FCTA members are registered Republicans.

Full disclosure, I’ve been on the

other side of the interviewing for many years. While it might have given me a slight edge on knowing what to expect, I knew I still had to earn the support of the interview team. Just being a teacher does not mean an automatic endorsement, I can promise you. They are looking for candidates who will not only support public education with words, but who also have knowledge of processes, as well as plans for how to get things done. FCTA also wants to know that you have some idea of what goes into making a successful campaign. Their goal is to support candidates, not run their campaigns for them.

Once the interviews for all of the Board of Education candidates were concluded, the committee sent the names Jay Mason, Camden Raynor, Brad Young, and Karen Yoho to the Board of Directors. The Board of Directors approved the four of us and

sent our names out, along with all other recommended candidates, for an every-member vote. These paper ballots were hand delivered to the members in the schools. The ballots were returned by the school representatives to the FCTA office. Candidates needed 58% of the votes. Interviews are audio recorded and available for members to listen to. Our questionnaires were available for viewing. Each and every member has the opportunity to cast their votes. Once this process is complete, the FCTA president calls each candidate to inform them of their status – endorsed or non-endorsed.

While officially the endorsement comes through the teachers’ union, with 90% of the teachers being FCTA members, I consider the endorsement to be from teachers. It is not a small group of union officers getting together in a small backroom. It’s the voice of around

2900 teachers in the system saying that they support candidates who have professed to support public education. I am proud to be endorsed by the teachers of Freder-

ick County Public Schools.

Please contact me at Karen@karenyoho.com if you have any questions or comments about this or other issues.

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## FOUR YEARS AT THE MOUNT

*This month, we asked our writers to share their college experiences with the newcomers, and offer some anecdotes and advice to freshmen.*

### Sophomore Year

#### Accepting yourself

**Kaitlin Marks**  
MSMU Class of 2021

Freshman year is so exciting but can also be daunting: a chance to start fresh, meet new people, learn a lot, and not just for classes, but about who you are and who you want to become. The most significant piece of advice I can give to a freshman is to embrace who you are, unabashedly. College encapsulates even more than you could imagine. There are sports, clubs for every interest and passion, service opportunities, and more. There are decisions to be made about parties, studying, and who you surround yourself with. These choices are not necessarily easy, but they certainly help define your freshman year experience.

In high school, there was so much pressure on individuals to “fit in” and be a part of the “in crowd”. Acceptance isn’t really a piece of anyone’s vocabulary, and if you’re at all different (which we all are, of course), it can be enormously challenging to overcome those social pressures. College is so

different. In your time at college, you will unfortunately encounter people with that same ‘us vs. them’ mindset. However, for the most part, you will encounter people who are open, willing to listen, and excited to learn about who you are and what makes your passion spark.

Across the course of my freshman year, I slowly developed and built up my confidence. I learned that if someone didn’t like me, it spoke more to their character than mine. I started being much more open about my passions—the disability community, service to others, and writing. I ignored unfounded (and unwarranted) judgments about changing my major to English, and I embraced my 2018 goal of saying yes to more—opportunities, invites, and challenges. The best thing you can do during your freshman year is to abandon whatever preconceived notions you have about that year. It might not look the exact way you pictured or saw others experience. The people might not match what you thought they would. That is okay. Actually, it’s better than okay. The unexpected, sur-

prising reality will probably end up being so much better than what you imagined.

During the summer following my freshman year I had the chance to experience possibly the best week of my life. I spent a week in July volunteering with an organization called Camp PALS. Camp PALS is a summer camp for young adults with Down Syndrome. These individuals are paired up one-on-one with a counselor and spend the week making new friends, going on trips, and learning about others. While I was at camp, I met so many people who taught me more about what I want in life, who I want to be, and how I can live my best life. When I return to school in the fall, I will be bringing those lessons with me. Overall, camp taught me that when you are accepted fully for who you are, magic comes to life. This starts with accepting yourself. Maybe you have a secret passion for cooking or writing. Try those things out! Perhaps you have always wanted to be an artist, but were discouraged by family members. Take an art class and let that passion blossom.

When I was at camp, I experienced abundant amounts of love and acceptance. Aside from teaching me the value of those things, I also learned what a difference love and acceptance make in creat-

ing transformative, impactful relationships. The friendships I made during that week are some of the best friendships I’ve made in my entire life. That leads me to another piece of advice: if a friendship seems great at first but then isn’t working out for you, it’s okay to cut it off. This might sound mean, but the biggest priority freshman year is for you to get comfortable being at school. Going to college warrants a huge adjustment. So many things will be different and new. Learning that it’s okay to prioritize yourself is a critical part of developing your confidence as well as finding that safe space within your freshman year.

Take chances this year. Talk to people outside of your comfort zone. Join clubs and organizations that matter to you. Do you really love to sing? Even if you think you’re bad at it, just sign up for something. Following your passions will take you to the best places, and you’ll discover infinite amounts about yourself. You might even find out that a career you’d never thought of could be your dream.

Also, don’t be afraid to ask for help. Professors are always willing to sit and chat with you about life, majors, stresses, classes, and everything in between. Particularly at a small school like the Mount, pro-

fessors have open doors in terms of communication. If you are struggling in a class, seek out a tutor or visit your school’s writing center. Go to office hours. You aren’t paying for all of those services to go to waste! Further, if you want advice about something, you never know who might have a beneficial insight. During my freshman year, I was on the fence about certain leadership, professional, and service opportunities. It can be scary to jump headfirst into the unknown on a leap of faith, but that’s the thing that freshman year is all about—taking a leap, being bold, and being open to whatever amazing new things come your way. On the other hand, seek out the things you want. If you want a position writing professionally, apply until the right one comes along. If you want to study abroad at some point during college, start looking into opportunities and seeing where it will fit in schedule. During your freshman year, reflect often. I used a journal to do this, but for some people, it’s taking pictures or making videos. Capture the memories, especially pertaining to how you feel. With a time so exciting and new, be brave, be yourself, and be open-minded.

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

### Junior Year

#### Embracing change

**Morgan Rooney**  
MSMU Class of 2020

No one can ever be fully prepared for the life-changing transition between high school to college. For many, it’s the first time on their own, and the first time they are faced with adult tasks and responsibilities. Although I could give some advice regarding budgeting your money, eating healthy, or time management, these subjects may come as common sense to most. If I could tell my past self anything about moving away from my family and going to college, I would tell my newly high-school-graduated self not to be afraid to put myself out there, and to embrace change in all forms.

By “putting yourself out there”, I don’t necessarily mean putting yourself in highly risky situations. I don’t think anyone should put him/herself directly in harm’s way, whether that be through drugs or other obvious dangers, but I do think that risk-taking is a great way to keep your college life interesting. Spending time with groups that you normally wouldn’t have before, or signing up for that day trip that looked interesting to you are good places to start.

Doing new things without a close friend by your side may make you feel uncomfortable at first. As someone who is quite introverted, this

was a challenge I faced when I first arrived at college two years ago. In fact, I would avoid going to certain activities so that I wouldn’t have to go alone. I felt that if I went someplace alone, others may think that I don’t have any friends (which sounds ridiculous to me now). Although it is something I have improved upon a lot, it is still something I admit that I struggle with. I went from not wanting to go to the gym by myself to traveling to Ireland alone. The best way that I can put it is that we all came into this world alone, and we are all individuals, therefore there is absolutely no shame in doing things or spending time in your own company. A certain amount of independence and alone time is good for us.

Although I’ve highlighted the importance of solitude and independence, which can be “putting yourself out there” for some people, sometimes just the opposite is something some people are uncomfortable with. Because many of us have lived in the same place for the majority of our lives, making friends may not come as naturally as you may think. At least, making new friends came as a challenge for me. It wasn’t difficult because I was particularly “weird” or “strange” to the point that it would be a barrier when trying to build relationships with new people, but because I had

been friends with all of my closest friends for many years. Those close friendships developed slowly through the years and took time. To suddenly move away to a new place where none of my friendships would follow me was overwhelming. It is those independent journeys you take that will help you develop new friends so that you will be independent, but not lonely.

Many of your hobbies may come with you, like if you play the guitar or like to go for a run in the mornings, but there is so much opportunity for finding new activities and hobbies. Everyone is new upon arrival, so it is perfect timing to try something new when everyone else is in the same situation. You are much less likely to feel uncomfortable because everyone is new, and it is the perfect opportunity to meet people with similar interests as you have. You usually don’t even have to have a great amount of knowledge on the subject at all. A friend of mine in my first year of college signed up for the rugby team, although she didn’t even know how to play when she first got there. She picked up on the sport very quickly and loves it to this day. Taking that sculpting course or attending the Saturday morning yoga class shouldn’t be something to fear.

With all the excitement of coming to college, there is also a lot you are leaving behind back home. This isn’t necessarily a bad thing, but it takes some to get used to. Last semester I attended a lecture on mental health for college students. One

of the problems that the lecturers brought up was that certain things that brought the students comfort at home when they felt anxious, stressed, or upset were gone. I found this statement very relatable. One of the things that made me feel very at peace when I was facing something stressful was hopping in the car and going for a long drive to clear my head. When I first arrived to college, I didn’t have a car with me, so I had to come up with different way to relax. Something that worked for me personally was going for a long walk and enjoying the local scenery when the weather was nice. If it was too cold, I would stay in my bed, make myself a cup of tea and listen to music. Although these methods may not work for everyone, the point is that with a big change in life, you may have to change more than you want to. It just takes time to figure things out for yourself. No one can tell you how to live.

Restructuring your life is much more difficult for some people than others depending on your personality and other situational circumstances, but it is possible (and necessary) for everyone. Change is scary on the surface but there is absolutely nothing wrong with it and it shouldn’t be something we shy away from. Change is good and helps us grow into better adults. The responsibility is greater but so is the payoff. Remember that college is all about learning, but that doesn’t only mean academics.

Lastly, as college is very important, definitely don’t be afraid to have fun. Loosen up a bit, but don’t forget about your safety and responsibilities. It’s your life; you can shape it into whatever you want it to be, and this is the time to do so.

*To read other articles by Morgan, visit the Author’s section of Emmitsburg.net.*

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## ADVICE FOR FRESHMEN

## Senior Year

## Dear freshman...

Shea Rowell  
MSMU Class of 2019

As you walk on to campus for the first time, you'll be flooded by the newness all around you. You'll be faced with a new place to live, new people to live with, new food to eat, classes to take, friends to make, goals to reach, etc. I remember being overwhelmed by all the unfamiliar faces, and wondering if I made the right decision when I enrolled at Mount St. Mary's University. However intimidating it might be, I advise any new student to see the uncertainty of the next four years not as an obstacle, but as a chance to grow beyond the limits of your comfort zone.

So far in college, I have found numerous opportunities for growth. There are courses in almost every subject and activities for every interest. It is easy, however, to let these opportunities pass you by. If anything can prevent you from growing in college and making the most of your four years of study, it is your comfort zone. Breaking out of it, however, is easier said than done. We like our comfort zones; they make us

feel safe, secure, and sure of ourselves. Especially when other things in our lives change, we can cling to our habits, interests and routines as a constant. We like what we know, and feel uneasy when we are faced with "unknowns." But these moments of fear, discomfort and uncertainty are the moments that will make your college experience fruitful, memorable and fun.

The most prominent comfort-zone-breaking moment of my college career took place last January, when a loved one of mine, my grandfather, passed away. He was 94 years old, and if anyone could boast of a full life, it would be my grandfather. Warren Hill Pinter fought as a Marine in the Pacific during the second World War, was the only survivor of two platoons, and earned two purple hearts and a gold star. When he returned to the states after the war, he married his first wife, Dorothy, and together they raised nine children. He was a talented actor and singer, and participated in local opera companies as a performer. Professionally, he worked as an engineer. The capstone of his career was his work with NASA on

the Apollo 13 mission as an environmental engineer (he has an autograph of Buzz Aldrin hanging on his living room wall!). After Dorothy's passing, he retired and married my grandmother, and together they travelled the world and visited their growing herd of grandchildren. He was a man of courage, skill, generosity, and laughter. I will never forget his witty humor or his deep basso belting out Gilbert and Sullivan showtunes.

His passing was a sad day, especially for my grandmother, who cared for him in his sickness for years without complaint. Shortly after his passing, my grandmother called me on the phone, and asked me to sound Taps at his funeral. I agreed without hesitation; how could I disappoint my grieving grandmother, and dishonor my grandfather's memory by refusing? As soon as I hung up the phone, however, the weight of the task sunk in. Who was I to sound Taps at the funeral of a decorated military hero like my grandfather? I, with no military experience to speak of, and doubtlessly much less musical experience than the military buglers. What if I made a mistake, or played at the wrong time? What if I played it too fast or too slow? Just seconds after agreeing, my mind was flooded with doubts. Could I really do this?

About two weeks later, I flew to

Florida to stay with my grandmother for a week before the funeral. She introduced me to her friends as "the granddaughter who will be sounding Taps," and I struggled to maintain composure as the conversation turned to how moving that was going to be. The pressure built throughout the week, until finally the day arrived. The church filled with family members whom I had never met as I paced in the back with my trumpet in hand, nervously blowing air through it and trying to calm myself down.

The service began, and I sat in the very last pew, glancing behind me all the while to catch the arrival of the Marines who were to present my grandmother with an American flag at the conclusion. When they finally arrived, I slipped out the door and greeted them, and noticed that they brought their own bugler – an experienced Marine bugler who would without a doubt sound Taps flawlessly, and without dying of panic! The officer looked me in the eye and asked, "Are you sure you want to play?"

This was my way out. I had one more chance to back out, and slip back into the pews unnoticed. But before I could stop myself, I said yes, I was sure. I stood in the back, stock still as the Marines marched slowly up the church aisle, my heart was pound-

ing in my chest. Their procession took all of two minutes, but to me it felt like hours! As they extended the flag over my grandfather's urn, I raised my horn and began to play, feigning confidence and poise, playing loudly and strongly, for everyone to hear.

When it was over, I lowered my trumpet, still shaking, and breathed a sigh of relief, thanking God that I didn't make any mistakes. All the stress, frantic practicing, doubt, and terror was worthwhile as soon as I saw the looks on the faces around me – pride in the man they called their husband, father, or grandfather, and honor to his memory.

While my comfort zone was somewhere sitting in a pew, I took the opportunity to be vulnerable, and to honor my grandfather in the only way I was able. I will remember that day for the rest of my life; I hope I made my grandfather proud.

So, if you're a freshman starting your college career this month, take that class, join that club, go to that event. Leave that pesky comfort zone at home. Without it, you'll accomplish things you never thought you could, and become a better person than you thought you could be.

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

## The Graduate

## Sincerely, Sarah

Sarah Muir  
Graduating class 2018

I am not sure if I can consider myself to be any wiser now that I have navigated the world outside higher education for about two and a half months, but I have been tasked to give rising seniors advice. I think if I were to give you a speech that contained the classic, "study hard and have fun, but not too much," with a metaphorical wink and a nudge, I would be being doing you a kind of disservice. I want to be of more use to you; to give you advice that you can use now and in the life ahead of you. Instead, I'll give you a mixed bag of advice to help you with work and school and your life outside those two activities, because you should have a life outside work and school. Some of the advice has been learned through the observation of others, while the rest is advice I should have taken years ago.

Don't plan everything, and what plans you have, let them have places where they bend, or you will be in store for a lifetime of stress and worry. However, as an avid procrastinator, I advise that you place some planning in the papers ahead of you and mark the due date in your calendar a week before it's due, so at least you have a bit more room to breathe.

"Try your hardest," might sound trite, but it's true. Work hard and impress your bosses, professors and peers, but be careful because sometimes love, eagerness, and ability are taken advantage of, and people will eat up your time in order to conserve their own. Learn to say "No," both bluntly and delicately, because you can only

do so much, and people are a lot more accepting of this than you realize.

For both the responsibilities you take on and for those that are thrust upon you, own up to your successes and failures. It is more honorable to be a person who understands their culpability than one who tries to place that burden on someone else.

In everything we do there is a choice and it's better you learn that now than later. The actions you take as well as the actions you don't will be weighed and judged by yourself, by God, by a jury of your peers, and by the universe. You should know that even if the decision you made was a poor one, you can apologize, fix what you can, and move on; and know that this is the best any of us can do. Don't lose sleep over the past or the future; one, because sleep is important (there's no shame in the occasional nap, in fact I endorse such activities), and two, because you can do nothing to change the past, and the future can only be controlled to a certain degree.

Like I said before, work hard. Cer-

tainly, money isn't everything and it certainly isn't happiness, but it does help. Just don't count your wealth as gold; count it as health, experiences and imperishable relationships. Your family is more than blood and the time and memories with them should be collected as kindling to keep you warm when you find yourself in strange, new, and sometimes cold places.

Your friends should be chosen wisely. From a mixture of observation and personal experience, I advise you to strive for quality, not quantity. After all, your friends reflect who you are and influence you as much as you influence them. You should still be on friendly, or at the very least, civil terms with all people (an extraordinarily tall order, I know). You'll have to live and work besides all sorts—even the people who irritate you. I have found no way to circumvent this. However, even if you are sweeter than a hummingbird's beak, don't be surprised if people still don't like you. I'm sorry to be the one that tells you this, but you can't be everyone's cup of tea. People will judge you and compare your successes and failures to theirs, it's what we do. Don't take this to heart, and trust in the words of the great 20th century philosopher, Dr. Seuss, "those who mind

don't matter, and those who matter don't mind".

To be interesting at parties, you must have good stories. For this you must travel and as much as possible and meet people with interesting stories. And in traveling and meeting people you have access to a wealth of opportunities! I am not saying that you must travel the world (however, if your budget permits this, please do), but I am saying that even the shortest journey is an adventure. Go on a road trip to a state over, even a city over and make it an experience. As my grandfather has said on many expeditions involving winding back roads, "any road will get you somewhere". So, travel, a lot, but make sure to carve out of this world a small quiet place for yourself that you can call "home".

On more general advice: give excellent gifts (not always on the days

they are expected), have a hobby (or two), Alka-Seltzer and water can help remove stains, if you're not hungry for dinner have dessert, have a basic toolbox when you move out on your own, add butter to anything and it will taste better, take lots of pictures and print them out, learn at least one recipe by heart, and if you want to beat someone at hangman use the word "Zephyr".

I know my advice sounds like I've plagiarized from fortune cookies, but it's all I can manage in a thousand or so words. The most important thing I can tell you is that you can listen to advice, but this does not make you obliged to follow it. Take what works and use it, then change it until you have your own piece of wisdom to pass on.

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

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## FASHION

## Men's Fashion Week

Valerie McPhail  
MSMU Class of 2015

The opportunity to attend New York Fashion Week was the prize. To attend the shows as a writer, report on the collections and share a telling tale of my experience outside of intern-ing and assisting with the production of the event was the start of something new. A cloud filled with possibility floated above me, releasing my visions and showering me with blessing: Men's Fashion Week New York was that opportunity to see my dreams of fashion come to life.

Among a dynamic industry that often distracts itself with the unusual and unconventional – forever searching for the contemporary brand, designer and style of expression to represent its voice, this short-lived, compact week of menswear presented a different pace towards fashion. The rush of New York Fashion Week in February and September feels like a sprint. The aftermath of early morning call times, volumes of high stress and the crowds leads to a wipe out. Not only is it a competitive city, but also a town entered around action, the New York fashion scene reflects its home's hunger for innovation and loud expression. The beauty found in Men's Fashion Week New York, delivers in the stride of a sustainable jog. Among this madness is but a rapid three jam-packed days of presentation with artful and dramatic fashion articulation.

Unlike the rush out of the venue at the show's end, in my first season of men's fashion week I found community. Where influencers casually hung out after shows to schedule unceremonious conversation between presentations, a fashion show that introduces the latest collection

by means of having models stand collectively on platforms wearing the clothing, this still life, off the catwalk style to showcasing fashion encourages socialization, a particular engagement with the clothing, and model behavior. It also lends to a slower pace and creates the opportunity to make a connection: to experience the room as fashion dictates.

This was my experience two years ago. On my recent return to the genesis I discovered a change of heart. The relaxed, cool and collected atmosphere became a questionably ostentatious tenor, whose vibrations have left me pondering the function of fashion in a modern man's world.

#### Practicality is the mastery of men's fashion

Now, more than ever, we see the world of men's fashion founded upon physical expression. Cut-out leotards, exposing skin breastplates, groin length shorts resembling undergarments, or the original European Speedo were among the designs of traditional commercial sportswear looks. Thigh length swim trunks with tie drawstrings, knit pull-overs and anoraks presented by Tommy Hilfiger for spring 2019 were designs overwhelmed with printed expressions and lively colors.

Neil Patrick Grotzinger, the name behind the brand NIHL, presented a collection for spring 2019 that resembled athletic uniforms in the boxing culture. Full length skin-tight jumpsuits with a shrunken torso stretched off the center of the body, exposing the chest, baggy mid-thigh sized shorts paralleling athletic shorts, and avant garde one –suits were fashions made in the image of athletic apparel but with a fashionable touch. Grotzinger adorned pieces with his signature spurts

of dyed coloration and beading, bringing a softer expression to the uniform look culture defines for this overtly aggressive sport. In NIHL's Spring Collection there is reconsideration, arguably an argument with solution for what society defines as masculine, without losing the practical elements of this costume.

Practicality themes drive menswear design – the nucleus of men's fashion remains the reason the clothing is worn. Despite the greater expression there is an inherent sense of functionalism linked to every piece of fashion, providing it with purpose. In fact it is the dramatic expressions of fashion – the synched peacoat, open chested work shirts that surface discussions of sexuality and masculinity in the industry. Declarations of grungy, physical and aggressive contact without a doubt come to mind when thinking about boxing. Grotzinger and his latest collection consider differently without sacrificing the functionalism inherent to the DNA of menswear.

#### Engaging with art and its different forms

Among the debates and criticisms of fashion is the conversation circulating around the relationship between fashion and art. Questions such as: can fashion be considered art? Where does the functionalism of fashion design and society's necessity for clothing account for if fashion is indeed art? Without solution, this men's fashion week season engaged with different art forms to present fashion. Ryohei Kawanishi of Brooklyn label Landlord sent male models stained with paint down the runway. His militant-inspired cargo pants made outfits with shirtless models covered in sorbets of colors – lime green, iridescent white, yellow, pale pink and tangerine orange colors – that supported the look of this collection. Aside



Tommy Hilfiger Sportswear outfit for Men's S19 season.



NIHL resembled boxing look for Spring 2019.

from presenting a complement to the graphic tees, jumpsuits and jogger pants the paint splatters across the lips, chest, cheeks and head of modeled looks appears as a rebellion to the precise street wear looks Kawanishi has made of Landlord. As one would contemplate art, I consider this stylistic approach to fashion. With the support of splatter paint Landlord utilized art to share a new collection and project a new message for fashion.

Jahnkoy was another show on the Men's New York Fashion Week calendar that incorporated art as a support system. The visual artist orchestrated a showcase of fashion, music and dance, artistic expressions uniting together in the name of fashion. Guests were invited to sit on benches and to experience the city of New York

as a coed group of young artists – performers, cheerleaders and break-dancers – led the show. Dressed in all black, as New Yorkers do, the entertainers captivated the audience with rhetorical dialogue, picket signs, modern dance and spiritual chants – all actions that elevated the experience of a fashion show like never before. With lion masks, beaded jewelry, and dressed in exercise uniforms – black leggings and sports bras, basketball shorts to graphic tees and traditional martial arts garb – with the support of PUMA, Jahnkoy gathers a curiosity to the function of athletic leisure wear in the life of men's fashion.

The epitome of Men's Fashion Week New York involves a week of fashion and designers on the rise. My response at each season's close leads me to consider the vision the designers and labels use to spearhead fashion week – exploring new ways to unearth fashion and discover its purpose in a modern man's life. This summer, as these creative minds embraced art and its many forms including painting, dance, music and performance, the presentation of fashion elevates the fundamental characteristics that lie at the heart of menswear. Such takeaways have kept this compact fashion week schedule a special part of my fashion week experience – for it explores ways to consider fashion more than just an attractive pairing of clothing and trendy pieces. The artful and dramatic expressions with fashion filled any suspicions or question of void.

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

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# COMMUNITY NOTES

## 62nd Annual Thurmont & Emmitsburg Community Show

The 62nd Annual Thurmont & Emmitsburg Community Show will be held at Catoclin High School, 14745 Sabillasville Road, Thurmont, on September 7 - 9. All events, activities and entertainment are free!

Free Entry of exhibits will take place on September 6 from 6 - 9 p.m. and on September 7, from 8:30 - 11:30 a.m. in the new gymnasium and in the Ag Center. Judging will begin at 12:30 p.m. Commercial exhibits may be entered on September 7 from 3:30 - 5:30 p.m. The show will open to the public at 6 p.m.

On September 7, the opening ceremonies will begin at 7 p.m. in the auditorium, where the 2018-2019 Catoclin FFA Chapter Ambassador will be announced. In addition, this year's program will feature the 42nd annual Community Flag Ceremony and honor Catoclin High School's 50th Anniversary. At 8:15 p.m., the annual Baked Goods Auction will begin immediately following the program, with the Grand Champion cake, pie and bread sold at 9 p.m. Buyers are welcome to purchase baked good items to support the Community Show and many local organizations.

On September 8, the show is open from 9 a.m. - 10 p.m. Activities include a Market Goat, Beef, Sheep and Swine Fitting and Showing contest from 8 a.m. - 2 p.m. in the Ag Center. In the front lawn of the school at 10 a.m., there will be a Pet Care Seminar by Dr.

Jonathan Bramson of the Catoclin Veterinary Clinic, immediately followed by the Pet Show at 10:30 a.m. A petting zoo, farm animals and pony rides will also be held on Saturday and Sunday from 10 a.m. - 3 p.m. in the upper parking lot area.

The Thurmont Academy of Self Defense will present a martial arts program in the small gymnasium at 1 and 2 p.m. on September 8, and the Elower-Sicilia Productions Dance Program will have a 3 p.m. program in the auditorium. The Thurmont Grange will serve their Turkey and Country Ham Supper in the school cafeteria from 3 - 7 p.m. on September 8.

In the auditorium at 4:30 p.m., an Open Mic Showcase of Talent by local teen performers will be held. At 6 p.m., the Catoclin Mountain Boys will feature musical entertainment, and from 7 - 9 p.m., Taylor Brown's Elvis Tribute Show will be held.

On Saturday night, the 44th annual Catoclin FFA Alumni Beef, Sheep & Swine Sale will begin at 7 p.m. in the Ag Center, and approximately eight goats, twenty-two swine, ten sheep and nine beef steers will be sold. Buyers are welcome and encouraged to attend.

On September 9, activities begin at 9 a.m. with the Dairy Goat Show, followed by the Dairy Cattle Show. At noon, the Catoclin FFA Alumni Chicken Bar-B-Que will be held in the cafeteria. A Kiddie Pedal Tractor Pull will

be held at 12:30 p.m. in the Ag Center area. In the auditorium from 12:30 - 1:30 p.m., the Catoclin Mountain Boys will feature musical entertainment, and from 1:30 - 3 p.m., Taylor Brown's Elvis Tribute Show will be held.

The 35th annual Catoclin Mountain Log Sawing Contest will be held at 1 p.m. in the Ag Center with classes for adults and children, and the 39th annual Robert Kaas Horseshoe Pitching Contest will begin at 1 p.m. on the softball field behind the school.

Exhibits must be removed on September 9 from 3 - 6 p.m. Any exhibits not removed may be

picked up from the school's Agriculture Center on September 11 from 9 a.m. - noon.

New residents of the community are urged to enter exhibits and be a part of the Community Show; the largest in the State of Maryland. Please note rule and class changes to Dept. 12's Arts, Painting and Drawing and Department 13's Arts and Crafts Departments and also minor changes to several departments this year. Departments include: Fresh Fruits, Fresh Vegetables, Home Products Display, Canned Fruits, Canned Vegetables, Jellies & Preserves, Pickles, Meats, Baked Products, Sew-

ing & Needlework, Flowers and Plants, Arts, Paintings & Drawings, Crafts, Photography, Corn, Small Grains and Seeds, Eggs, Nuts, Poultry & Livestock, Dairy, Goats, Hay, Junior Department and Youth Department. Please visit our website for the Entry Exhibit List, Schedule of Events and more information at: [www.thurmontemmitsburgcommunityshow.webs.com](http://www.thurmontemmitsburgcommunityshow.webs.com).

The Thurmont & Emmitsburg Community Show is sponsored by the Thurmont Grange, Catoclin FFA Chapter, Catoclin FFA Alumni, Maryland State Grange and the Maryland State Agricultural Fair Board.

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# ARTS

## GCCA announces new season

“Diamonds are forever” or so the saying goes: precious, sparkling and much desired. GCCA, the Gettysburg Community Concert Association celebrating its “Diamond Anniversary” during the 2018-2019 concert season, brilliantly lives up to that description! A cultural icon since 1939 and dedicated to bringing professional music and dance to the Adams/ Hanover area at an affordable cost, GCCA has consistently showcased world-class artists throughout its long history as a non-profit, membership organization. The “forever” part depends on retaining and growing an appreciative

concert audience. Plan to join the celebration and ensure future seasons as GCCA’s brings back audience-favorite gems from previous seasons.

The celebration begins with the association’s most beloved pianist, Philip Thomson (43rd, 52nd, 60th, 65th seasons) who has wowed Gettysburg audiences for over 30 years. His first appearance in Gettysburg, in 1986, preceded his coming to international attention when he recorded the world-premiere of the Maxwell edition of Liszt’s “De Profundis” with the Hungarian State Orchestra in 1990. Its universal critical praise secured for him the

opportunity to perform in the subsequent year the Hungarian, Italian, American, and Canadian premieres of the work. Thomson is currently on tour in Korea and China but will be back in time to open the season on September 25.

The booking coup from the 68th season is the Manhattan Piano Trio with special guest artist, flutist, Eugenia Zukerman. GCCA is honored to host a return visit from this true Renaissance woman. Look for some serious name-dropping here: In demand from New York to China as an orchestral soloist, chamber musician and recitalist, Eugenia Zukerman has been praised by The New York Times - “Her musicianship is consummate, her taste immaculate and her stage presence a sheer pleasure.” She has enjoyed musical collaborations with Emmanuel Ax, Yo-Yo Ma, Jean-Yves Thibaudet, the Shanghai String Quartet and fellow flutists Jean-Pierre Rampal and James Gal, to name a few. This not to be missed concert is on October 29.

GCCA welcomes back the Philadelphia Brass, also from the 68th season, for an encore performance. From the stage of the Royal Albert Hall to the heights of the Bolivian Andes, critics and the public alike have enthusiastically praised the appealing diversity of repertoire, technical



Joanna Pascale boasts a great American songbook that will enthrall those lucky enough to see her perform.

brilliance, and superb musicality of the ensemble. The palpable sense of musical enjoyment, respect, and affection among the members of Philadelphia Brass

enhances the quintet’s appeal to listeners. This feel good concert is on March 25, 2019.

Lyric is paramount for Philadelphia-based vocalist Joanna Pascale (66th season), who insists that she simply cannot perform a song unless she can connect personally with its lyrics. But once she has found that connection, which she fortunately has with hundreds of songs from the Great American Songbook and beyond, there’s no one who can better convey the emotion of those words more directly and intimately than Pascale. Lucky listeners are welcomed into her world when the Joanna Pascale Quartet performs on April 29, 2019.

If you have never attended a GCCA concert, be sure to make this “Diamond Anniversary” season the first of many. Performances are at the comfortable, convenient, accessible, Gettysburg High School Auditorium, Old Harrisburg Road, where patrons always enjoy open seating and ample free parking. Become a member for only \$50. Children to age 18 and college students with ID are admitted free. Memberships support student outreach programs to area schools. Northern Maryland residents are especially well situated to take advantage of attending ten more programs, ranging from retro-country to traditional Irish, and pop 80’s diva Maureen McGovern, at partner concert associations in Waynesboro and Hagerstown for free with card.

For information call 717-334-7776 or visit [www.gettysburgcca.org](http://www.gettysburgcca.org).



The Philadelphia Brass provides audiences with an appealing diversity of repertoire and technical brilliance, and are definitely a must see.

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# “Mamma Mia” comes to Totem Pole

Totem Pole Playhouse, America's beloved summer theatre, located in Caledonia State Park between Gettysburg and Chambersburg, PA, has announced that the Playhouse's production of the mega-hit Broadway musical *Mamma Mia!* set a new box office record for advance ticket sales in the Playhouse's 68-year history. To date over \$280,000.00 in tickets have been sold putting the show on track to surpass last season's box office record-breaking production of *Million Dollar Quartet*. Due to the high demand for tickets Totem Pole is reopening the 42-seat Club Section in the rear of the historic theatre which was removed several seasons ago. *Mamma Mia!* will begin performances this Friday at 8PM and Saturday at 2 p.m. and 8 p.m. with three low cost \$20 general admission previews followed by the official Opening Sunday afternoon at 2 p.m.. The production is scheduled to run through August 19<sup>th</sup> a week longer than the other three previous shows in the summer season.

Set on a colorful Greek island, the plot centers on a 20-year old bride-to-be, Sophie, who while reading her mother's diary discovers the names of three of her mother's former partners, Sam, Harry, and Bill. She decides to invite all three to the wedding without telling her mother, Donna. Sophie is convinced that she will recognize which one of the men is her father once she meets them. Donna, who was once the lead singer of a musical group, “Donna and the Dynamos,” invites her two former back-up singers, Rosie and Tanya. They all descend on the quaint rustic hotel Donna operates only to end up at a wedding that none of them could have expected.

Emily Ashton Meredith, who starred in Totem Pole's 2015 production of *Shenandoah* returns as ‘Sophie.’ Playing her mother, ‘Donna,’ will be Amy Decker who previously appeared at the Playhouse in several shows most recently last season's *The Drowsy Chaperone*. The three fathers will be played by Gil Brady as ‘Sam,’ Ken Allen Neely as ‘Harry,’ and Shawn Martin, who starred in last season's Irving Berlin Revue, *I Love a Piano*, as ‘Bill.’ Alexandra Melrose and Erica Hanrahan-Ball will appear as Donna's former back-up singers, ‘Rosie’ and ‘Tanya.’ Playing Sophie's fiancé, ‘Sky,’ will be Max Falls with Breanna Ogaldez playing ‘Lisa’ and Camila Paquet playing ‘Ali’ Sophie's best friends. Taylor Kellas Warren, who played the Pharaoh in the season opener, *Joseph and the Amazing Technicolor Dreamcoat*, returns as Pepper, and Stavros Koumbaros, who starred in the 2016 production of *Forever Plaid* will play Eddie.

Rounding out the ensemble are: Leah Hassett, Mary Beth Donahoe, Morgan Southwell, Alison Rose Munn, Hank von Kolnitz, Elijah King, Nathan Richardson, and Cody Parson.

The production is staged and directed by veteran Totem Pole director, David Caldwell, and choreographed by Christine O'Grady, her fifth consecutive summer choreographing shows at the Playhouse. Darren Server, Totem Pole's perennial musical director, serves in the same capacity for this final production in the Playhouse's four-show summer season. Jim Fouchard who has designed sets at the Playhouse since 1982 is the set designer, Stephanie Jones is designing costumes, Kate Wecker is the show's sound designer, and Ryan Gibbs is designing the lighting and also serving as the show's stage manager for the three week run.

*Mamma Mia!* is based on the songs of ABBA, one of the most popular musical groups of all time, who topped the international pop charts during the 1970's and early 80's. The musical includes such well-known hits as “Super Trouper”, “Lay All Your Love on Me”, “Dancing Queen”, “Knowing Me, Knowing You”, “Take a Chance on Me”, “Money, Money, Money”, “The Winner Takes It All”, “Voulez-Vous”, “SOS” and the title track. Over 60 million people have seen the show, which has grossed \$2 bil-



**Mamma Mia!** is based on the songs of ABBA who topped the international pop charts during the 1970's and early 80's.

lion worldwide since its 1999 debut in London. The film version of the musical starring Meryl Streep and Pierce Brosnan was released in 2008 and a prequel, *Mamma Mia! Here We Go Again*, opened in movie theatres nationwide last weekend.

Single ticket reserved seat prices are \$50 with \$35 tickets available for groups of 10 or more. Groups of 30 or more pay half-price at just \$25 a ticket.

Club section tickets are only

available by calling the Totem Pole Playhouse Box Office Monday through Friday, 10 a.m. to 4

p.m. at 717-352-2164; all other seats may be purchased on line at [www.totempoleplayhouse.org](http://www.totempoleplayhouse.org).

## National Theatre Live 2018

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<b>Friday, September 14</b>	<p><b>MACBETH</b></p> <p>MacBeth - 7 p.m.</p> <p>Follies - 7:15 p.m.</p>
<b>Saturday, September 15</b>	<p><b>YOUNG MARX</b></p> <p>Young Marx - 11 a.m.</p> <p>Cat on a Hot Tin Roof - 11:15 a.m.</p> <p>The Curious Incident of the Dog in the Night Time - 3 p.m.</p> <p>MacBeth - 3:15 p.m.</p> <p>Julius Caesar - 7 p.m.</p> <p>Young Marx - 7:15 p.m.</p>
<b>Sunday, September 16</b>	<p><b>FOLLIES</b></p> <p>Follies - 12 p.m.</p> <p><b>JULIUS CAESAR</b></p> <p>Julius Caesar - 12:15 p.m.</p> <p><b>CAT ON A HOT TIN ROOF</b></p> <p>Cat on a Hot Tin Roof - 5 p.m.</p> <p><b>THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT TIME</b></p> <p>The Curious Incident of the Dog in the Night Time - 5:15 p.m.</p>



Tickets available at Majestic Box Office  
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## LOCAL SPORTS

## Catoctin's newest collegiate athletes

Edison Hatter

There are 211 young men and women were added to the list of Catoctin High School Alumni this past spring. This year's class had many impressive athletes, several of which will continue their athletic careers in college this fall, including Colin Webb (lacrosse), Ryan Fisher (baseball), Joey Fogle (football), Will Bingman (football), Lizzie Dougherty (softball), and Dylan Reid (baseball).

Colin Webb played lacrosse all four years of his high school career and he was on the varsity team for two of those years. Next year, Webb will continue his career at Messiah College in Mechanicsburg, Pa. During his time at Catoctin, Webb made a name for himself by performing well on the field, but also by serving as a strong leader for the younger players on the team. He commented that he's going to miss how the whole community comes together to watch and cheer on high school athletic teams. "As a player," Webb said, "it is exciting to see younger lacrosse players come to watch you and learn what the game is like at the next level." While he enjoyed his time in high school, Webb is looking forward to starting the next chapter of his career and life at college this fall. He said that he is most looking forward to joining a new brotherhood and having that support throughout his college career. "Not only do I look forward to bettering myself at lacrosse," Webb said, "but I want to better myself as a man as well."

Webb's advice to incoming freshmen and younger players is to put in the work on your own time to become a stronger player. He stressed how dangerous of a player one can

become by learning to play with both hands, but that doesn't come without practice. He also emphasized the importance of lifting during the off-season. "What separates good players from great players is good players stop when they're tired," Webb commented, "great players push themselves until they're finished with what they started." Finally, Webb advises younger players to be strong-minded and determined because if you let the other team get in your head, you will not play the game to your best potential. He said that he keeps a quote by Estee Lauder in his mind: "I never dreamed about success, I worked for it." "Personally," Webb said, "I can say I have worked for success and I don't plan to stop anytime soon."

Ryan Fisher played varsity baseball all four years of his high school career and also played varsity basketball for two years. Next year, Fisher will continue his baseball career at Mount St. Mary's University. He said that he will miss the atmosphere around the sport the most next year. Fisher commented on how the Catoctin baseball team became such a strong family and they shared a real passion for the game. Next year, he is most looking forward to playing in collegiate baseball games and getting to meet all of his new teammates. Fisher's advice to incoming freshmen is to give 100% all the time because you never know who is watching. "Always listen to Coach Franklin," Fisher commented, "he knows what he's talking about and he will get you to the next level if you want to play there."

Joey Fogle played on the varsity football team all four years of his high school career and he will be continuing his career this fall at Gettysburg

College. Fogle commented that he will most miss his high school teammates, who pushed him through some hard times and took it to a personal level, looking at him as more than just a part of the team. While he will be sad to leave his high school team, Fogle is looking forward to the new challenges he will face this fall at Gettysburg. "I'm looking forward to pushing myself," Fogle said, "proving that I am up to the higher challenge of football at the collegiate level. I also look forward to learning some important lessons for later in life."

Fogle's top memory of his high school career came in the final game of senior year, when he broke 1,000 rushing yards on an 80-yard touchdown run. He added that rushing for 1,000 yards in his high school career was a goal he had his eye on since sophomore year. Fogle's advice to incoming freshmen is simple: give it your all. "A lot of people don't get to play for more than four years," Fogle commented, "some don't even get the full four. Push yourself past your limits because the sky is the limit and the only thing that can hold yourself back is truly yourself."

Will Bingman, a teammate of Fogle's, also played on the varsity football team, but only for three of the four years in his high school career. Bingman will continue his football career this fall at Clarion University in Clarion, Pa. Similar to Fogle, Bingman commented that he will miss his teammates when he heads off to college in the fall. "The football team was more like a family," he said, "we were so close to each other and I will miss the friendships I made with the guys I played with since I was eight." Despite having to leave his high school team, Bingman is looking forward to joining a whole new team at Clarion and the chance to play football at the next level. "I am looking forward to the experience of playing football at the collegiate level," Bingman said, "I plan to work hard to become a better player."

Bingman's advice to younger players is to work hard, never give up, and don't take things for granted. "High school football is a great thing," he said, "but time flies and before you



Catoctin High says farewell to senior Lizzie Dougherty (#44), who played on the softball team all four years of high school. Lizzie is just one of the many talented athletes that graduated this year.

know it you will be graduating too." Bingman said that he will always remember the memories he made while in high school, both on the football field and off of it. "Catoctin High School football was a great experience," Bingman said, "I will forever cherish the memories I made with my guys. Finally, I would like to wish good luck to my brother Joey Fogle, who is playing football at Gettysburg College next year."

Lizzie Dougherty played softball all four years of her high school career and two of those years were at the varsity level. She was also a talented player on the varsity girls' basketball team. Dougherty played a key part in several deep playoff runs, both on the softball field and on the basketball court. Last spring, Dougherty helped lead the softball team to the regional final. This year, she led the basketball team to the state semifinals and the softball team to the state final. Next year, Dougherty will be continuing her softball career at Frederick Community College. In the future, she plans to transfer to Frostburg State University in Frostburg, Md. and continue her career there. Like many other graduating high school athletes, she said that she will miss her old teammates the most next year. Dougherty said that she has been playing with some of her high school teammates since tee-ball. "I will also miss representing Catoctin High School," Dougherty said, "and I will certainly miss my coaches

as well." Despite having to leave her old high school teammates, Dougherty said that she is really looking forward to going to different places next year and getting to play with a new group of girls.

As for advice for incoming freshmen, Dougherty recommends trying out for varsity softball in the spring. "Don't be afraid of the word 'varsity,'" she said, "try out for the team and take a chance." Finally, Dougherty would advise freshmen to enjoy themselves. "Enjoy your four years of high school," she commented, "they go by really fast and you will be graduating before you know it."

Dylan Reid played on the Catoctin High School varsity baseball team for all four years of his high school career. Next year, Reid will continue his baseball career at Hagerstown Community College. He said that he will miss his teammates and coaches the most, but he is looking forward to a fresh start in college next year and the chance to realize a long-held goal of playing collegiate baseball. Reid's advice to younger players would be to work hard and remember to take advantage of opportunities because your high school career will go by quickly. "I would like to thank all my coaches and teammates over the years," Reid commented, "they have helped to put me in the position I am in today."

While Catoctin's class of 2018 will be missed, their legacy will continue on for many years to come.

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## MOUNT SPORTS

# Looking to get fit? Try the Mount's ARCC!

Kelly Smith  
MSMU Class of 2017

A fabulous opportunity in our own backyard!

The ARCC (Athletic Recreation Convocation Complex) is a workout facility used for intercollegiate athletics, entertainment, fitness, and recreation on the campus of MSMU.

The facility includes a 25-meter swimming pool, 4800 sq. ft. fitness center, group exercise studio, spin (cycling) studio, racquetball/wallyball court, four tennis courts, an indoor track, locker rooms, saunas, and a conference room.

When asked who can utilize the ARCC facilities, Denise Ditch, Director of Campus Recreation, responded with, "Our facilities are open not only to our students and employees, but are open to anyone from the surrounding communities. We sell 6 month and yearly ARCC memberships. We have discounts for senior citizens and MSM Alumni. In addition, we allow non-members and ARCC members to pay to join our youth swimming lessons and to participate in our group exercise class programs."

When Denise was asked if there was a community service she would like the public to know about, she responded with, "I'd say memberships, swimming lessons, and group exercise programs are the areas that would be most beneficial to folks."

The ARCC summer hours are Monday-Friday from 6:00 a.m.-8:00 p.m., Saturday from 8:00 a.m.- 5:00 p.m. and closed on Sunday. Once the Fall Academic schedule is in session, the hours will change accordingly. To stay up-to-date on the upcoming hours and events, you can find the information online at <http://msmary.edu/student-life/recreation/index.html#Hours>

The ARCC offers a wide range of fitness classes, such as cardio, yoga, gentle yoga, indoor cycling, strength training, and Zumba. Each class is based on a two-month schedule. For example, the Summer 2018 schedule is set from May 14-August 3. On Mondays and Fridays, the day begins with "Flow & Go Yoga" from 6:45 a.m.- 7:45 a.m. This is a 60-minute, energizing vinyasa flow class which links movement with breathing while also building stamina, strength, balance, and stability. All who are interested at any level are welcome to participate in this calm, focused, and balanced class.

The second class held on Monday is "RIP," a barbell workout that incorporates strength training by using weights and body weight with every movement. This class is held every Monday from 9 a.m.- 10 a.m. and 5:30 p.m.-6:30 p.m. and every Wednesday from 5:15 p.m.- 6:15 p.m.

Starting at 4:30 p.m. on Monday is "Indoor Cycling," a class taught by instructors who guide you through a range of workout phases on the bike. These workouts include warm-ups, sprints, steady up-tempo cadences, climbs and cool-downs. While on the cycling bike you control your resistance and set your preferred pace. Indoor Cycling is Monday through

Wednesday. Monday classes begin at 4:30 p.m., Tuesdays at 5:30 p.m. and Wednesdays at 9:00 a.m.

On Tuesdays, "Cardio Step" is offered at 9:00 a.m. Cardio Step is a quick, 60-minute step workout that pushes your cardio up a notch and works the legs to tone your body. This class will push your heart and improve your coordination. All levels are welcomed to enjoy this fun, heart-racing cardio step only offered on Tuesdays. In addition to Cardio Step, a Zumba class is only offered on Tuesdays as well. The Zumba program features Latin rhythms and easy-to-follow dance moves to create a fitness program that burns calories at the same time. This is a one hour, calorie-burning, cardio dance class.

Gentle Yoga is a relaxing, 60-minute yoga class which focuses on gentle poses and relaxation. This class will improve your posture, strengthen your core, relieve joint pain, tone muscles and increase your balance and flexibility. Gentle Yoga is only offered on Wednesday evenings from 6:30 p.m. to 7:30 p.m.

If you participate in these fitness classes, you will need to wear and bring your own proper workout attire, supportive sneakers, stiff-soled sneakers or cycling shoes for Indoor Cycling, a water bottle, and a sweat towel. The ARCC provides the yoga mats, yoga blocks, yoga straps, step benches and risers, and resistance training equipment.

In addition to fitness classes, the ARCC offers Aquatic fitness classes such as Aqua Flex, Power 'N' Pump

and Hydrofit. "Aqua Flex" is a structured aquatic exercise program great for anyone who is suffering from arthritis, recovering from an injury or starting a new workout regimen. This aquatic class occurs every Monday, Wednesday and Friday from 9:15 a.m. to 10:15 a.m. "Power 'N' Pump" is an aquatic workout that puts minimal stress on the athlete while still burning calories. Exercises are performed in the deep water, using specific flotation and resistance equipment. This class goes from 9:15 a.m. to 10:15 a.m. Monday through Friday. The third aquatic class being offered at the ARCC is called "Hydrofit" and takes place every Tuesday and Thursday evening from 5:30 p.m.- 6:30 p.m. Hydrofit is an upbeat class that puts minimal stress on your joints, while still giving you a cardio-filled aquatic workout. This class is completed with resistance and flotation equipment in the deep and shallow waters, focusing on toning, cardiovascular conditioning, strengthening and flexibility. For all of these aquatic exercises, all participants must be comfortable in deep water. Guests may also purchase a 20-class card in the Aquatic Office, located at the ARCC, if interested in taking more than one class.

For the community to participate in these fitness programs and classes, the ARCC offers several membership levels. For an individual there are 3 different payment options. One may pay \$290 per year, \$72.50 on a payment plan, or \$160 every 6 months. For a family plan which consists of a single parent and/or married couple and all unmarried children from birth



The Mount's ARCC facility is home to a 25-meter swimming pool, fitness center, group exercise studio, tennis courts, an indoor track and much more; and it's completely accessible to the community.

through the age of 18 and living under the same roof as the parent, the yearly rate is \$365, \$91.25 on a payment plan or \$205 every 6 months. The ARCC also offers Married Senior or Senior Family rates. The Married Senior rate is \$255 per year, \$63.75 on a payment plan and \$145 every 6 months. For the Senior Family offering, the cost is \$330 per year, \$82.50 on a payment plan and \$180 every 6 months.

There is also a yearly walking pass which is \$80.00 per year and which allows use ONLY of the ARCC's Field House for the purpose of walking, jogging or running. No other parts of the facility may be used and guests of the individual must pay a fee. Guests may also rent a Locker at \$50 per year. If you wanted to take the above classes without being a member, there is a \$50 non-member summer fee or a \$5 per class walk-in fee for each session.

All yearly memberships can be paid in full by credit card or check. They may also be financed through the

ARCC's credit card payment plan of four consecutive monthly payments from the date of application.

If you love working out or are looking for a change in your workout regimen, the ARCC offers a variety of classes to fit your busy work schedule or the right class fit for you wherever you are in your fitness journey! To sign up for any kind of membership or class that the ARCC offers, visit during their operating hours. Summer hours are Monday through Friday 6:00 a.m.-8:00 p.m. and Saturday from 8:00 a.m.- 5:00 p.m. Hours during the 2018-2019 Academic year begin on August 20th and are Monday-Thursday from 6:00 a.m.- 10:00 p.m., Friday from 6:00 a.m.- 8:00 p.m., Saturday from 9:00 a.m.- 8:00 p.m. and Sunday from 12:00 p.m.- 8:00 p.m.

If you have any questions about memberships, please contact the ARCC at 301-447-5290 or email her at [dshaffer@msmary.edu](mailto:dshaffer@msmary.edu).

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# COMPLEMENTARY CORNER

## What do you believe?

Renee Lehman

*"We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves."*

—Buddha

*"Men often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I didn't have it in the beginning."*

—Mahatma Gandhi

What do you think of the above quotations? Do you believe them? If the answer is no, then all I ask is that you keep your mind open to the information in this article on how your beliefs are powerful energetic frequencies and can change your physiology; and therefore, your health.

Now you may be asking yourself the following questions: "What? My beliefs affect my physiology? I thought that my genetic make-up created my physiology! How do my beliefs affect my physiology?" First, I want to provide you with a little history on the mind and body connection.

In the 1600s, René Descartes, a

famous French scientist, rejected the idea that the mind had any influence over the physical character of the body. Basically, he viewed the mind and the body as being separate, because the body was made of matter and the mind was not (based on Newtonian theory). This dualistic way of looking at the mind and body was readily accepted by traditional medicine. Even today, conventional medicine often thinks of the body as being a "mechanical machine" and tries to "fix" it. It is harder to "fix" the mind.

The newer field of quantum theory brings back together what Descartes separated. The mind does come from the physical body (material body), and the physical body can be affected by the immaterial mind.

A notable example of this is Nobel Prize winner Ivan Pavlov and his classical conditioning experiment with dogs. He trained his dogs to salivate upon hearing the ringing of a bell. He began by ringing a bell and then giving them food. After awhile, he rang the bell and did not give them food. By that time, the dogs were so programmed to expect food that when the bell was rung, they reflexively started to salivate even without food present. Think about a song that you hear, a picture that you see, or an odor

that you smell that changes your body. It is the same thing!

Another example can be found in a Baylor School of Medicine study published in 2002 in the New England Journal of Medicine. An orthopedic surgeon, Dr. Bruce Moseley, did a controlled study on arthroscopic surgery on patients with osteoarthritis of the knee. His goal was to figure out which part of the surgery was giving his patients relief. He divided his patients into three groups: one group had their damaged cartilage shaved off; the second group had their knee joint flushed out to remove material thought to be causing inflammation; and the third group got a "fake" surgery (the patient was sedated, had the standard incisions made on the knee, which were then stitched up 40 minutes later). All three groups received the same post-operative care. Surprisingly, all 3 groups improved to the same level! Once again, demonstrating how the mind can affect the body. You can even say that the third group experienced a Placebo effect.

This leads us to view of Traditional Chinese Medicine (TCM), that we humans are a comprehensive system of the physical body, emotions, mind, and spirit. In the TCM viewpoint, all parts of the body have a relationship with one another, and TCM believes that emotional, mental, and spiritual capacities are as important as the body's physical properties in terms of health. An example of this viewpoint in western medicine would be the new field of study called Epigenetics.

Epigenetics is a revolutionary field in biology. It is the study of changes in the way our genes express themselves (how genes behave) that do not involve changes in the DNA sequence. Research in this field has shown that DNA blue-



prints that get passed down from generation to generation are not set in stone. Your DNA is not your destiny! Environmental influences like stress, nutrition, physical activity, thoughts and emotions can turn genes on or off. These changes are thought to contribute to aging and to various diseases and may affect what gets passed down to your offspring. (Dr. Lars Olov Bygren, a preventive-health specialist who is now at the prestigious Karolinska Institute in Stockholm, Sweden Why Your DNA Isn't Your Destiny, Time Magazine, January 10, 2010).

Our genes can be altered in a negative or positive way by the "way" in which we live. The environment that we create for ourselves shapes our genes and will therefore affect our body! So, why not choose to change the state of our thinking? It just may change your health!

### Beliefs

Our positive and negative beliefs influence our health, and every aspect of our life. Reread the quotes at the beginning of the article. What both

Buddha and Gandhi said was true! Think about the placebo affects that happened with the study described above, or that has been written about in many research studies concerning the efficacy of different pharmaceutical drugs. People got better when they believed (falsely) that they had surgery. Research has shown that people felt better when they believed (falsely) that they had gotten a pill for a specific medical condition.

Our biology adapts to our beliefs. Our beliefs act as a filter through which we interpret the world around us. "We don't see things as they are, we see them as we are." (Anais Nin). What color filter do you see the world through? It's ok if it is rose-colored. Positive beliefs are a mandate for a healthy life. When we truly recognize that our beliefs are that powerful, we hold the key to freedom (Bruce Lipton, The Biology of Belief).

*Your beliefs become your thoughts  
Your thoughts become your words  
Your words become your actions  
Your actions become your habits  
Your habits become your values  
Your values become your destiny*  
—Mahatma Gandhi

Renee Lehman is a licensed acupuncturist and physical therapist with over 20 years of health care experience. Her office is located at 249B York Street in Gettysburg. She can be reached at 717-752-5728.

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## FITNESS AND HEALTH

# Maintaining your exercise routine in hot weather

**Linda Stultz**  
Certified Fitness Trainer

So far this Spring and Summer have presented us with unusual weather. Sometimes a lot of rain and sometimes overwhelming heat and humidity. The weather can affect how often people exercise, what kind of exercise they do and even prevent them from keeping up with their regular routine. Continuing with your regular exercise is important for health, weight, emotional and all over well being. I knew this before but was reminded of it on TV the other week. I watched a news program that pointed out how weather conditions can dictate if people exercise or not.

Spring and Fall don't give us as much of a challenge as Summer

and Winter do. People usually like Spring because they want to get in shape for swimsuits, shorts and summer activities. It may bring some showers but we tend to keep going with the hopes of getting in shape. Fall weather is cool and being outside is nice. The leaves are changing and the air is crisp and gets us moving. During these two seasons it is not as difficult to stay in your daily or weekly exercise mode.

Winter can present a problem if you are a person who likes to run outside or play sports that can not be done in a foot of snow. This is the time you will want to find a second activity that will keep up your level of exercise while inside. This may be a good time to look for a group to join or form one of your own. Basketball, swimming or

bowling are just a few of the activities that will keep you going during the cold winter months. Belonging to a group may also help with the blues some people develop during the long, cold days of winter. Being social is an important part of life and happiness.

Now that I have given you a few suggestions for the other seasons of the year, here are a few for the season we are presently in. Summer heat and humidity can not only make us tired and sluggish but may also prevent us from getting outside. The news report I heard stated that people in hot areas don't keep up their exercise routine as well as people in areas that have a more consistent temperature and weather pattern. Our area of the country has a full array of cold, hot and nice weather. Sometimes sum-

mer hampers our daily routine. If you are one of those people that just can't stand to be outside in the heat, I completely understand. I'm sure you want to maintain the achievements you have made with your exercise so you need to find some activities you enjoy and can do inside or at a cooler time of the day. Of course, I suggest strength training which can be done year round and keeps you in great shape. Strength training helps with weight control, strong muscles and bone, controlling and maintaining good numbers for cholesterol, blood pressure and sugar levels. Along with lifting weights you can swim, either indoors or out, go to a Spin or Cardio class, walk in a cool mall or use a treadmill or stationary bike in your own home. All these can be done inside when the

weather is too hot or rainy to be outside and you can go out when the weather is nice and continue your routine.

These are just a few suggestions to help you keep your exercise program going through all types of weather. The most important thing to remember is not to miss your workouts. When you get off schedule and miss a few times it is unbelievable how much progress you lose. Consistency is the key to keep making progress and maintaining what you have accomplished. I always welcome your ideas and suggestions and enjoy hearing innovative ways people keep themselves motivated. Exercise is important all year and each season presents it's own challenges and benefits. Remember, Keep Moving, you'll be glad you did.

# West Mar holds ceremony for new playground structure

On July 18, the YMCA Camp at West Mar held a dedication ceremony for a new playground climbing structure the camp was able to install thanks to the generosity of the Delaplaine Foundation. The YMCA of Frederick County received a \$50,000 grant from the Delaplaine Foundation this past year. Around \$35,000 of the grant was used to help build the new climbing structure and the remaining \$15,000 was used to fund scholarships for students who can't pay to attend camp.

Every year, over \$700,000 in financial aid is given to families to help with the cost of attending camp. Only \$500,000 of that money comes directly from the YMCA, the rest comes from donations and grants from other organizations, such as the Delaplaine Foundation. Marlene Young, president of the Delaplaine Foundation, offered some remarks on behalf of the organization. "I am so excited to be here today," Young said, "often time, we see many grant requests come across our desk and we process those requests and send whatever aid we can. Often times, we do not get the chance to see the impact

that our grant had on the community. I can already tell that this new structure will have a great impact on the children here at camp; memories will be made here and children will learn more about themselves and nature."

Tom Clingman, Chief Development Officer of the YMCA of Frederick County, discussed how the impact of the grant will be felt even beyond Frederick County. Specifically, he commented on how twenty-five children from China will be visiting for a week this summer and will have the opportunity to use

the structure as well. Chris Colville, the Chief Executive Officer of the YMCA of Frederick County, commented on how she finds it important for each YMCA property to have a "wow factor" that immediately catches people's attention when they first enter the property. For West Mar, Colville believes the new climbing structure will be the "wow factor." "Children will enter into the camp," Colville said, "see the climbing structure and already be excited before they even see the other activities on the other side of the lake, in the woods, and in other areas."

Samuel Jackson, Camp Coordinator at West Mar, added that the new climbing structure will hopefully encourage more children to attend camp. "Our main goal is to get the children outside," Jackson said, "we try to show them that there are more exciting activities than sitting in front

of a screen all day."

For ten weeks during the summer, the YMCA Camp at West Mar hosts weekly programs for children, alternating each week between an overnight camp program and day camp program. For more information, visit [www.frederickymca.org](http://www.frederickymca.org).



**Check out our upcoming events!**

September 11 -- Kid's Club begins

September 22 -- Fall Bass Fishing Tournament,  
sponsored by Cobblestone Hotel & Suites


October 20 -- Fall Craft Bazaar

November 3 -- Yard Sale

December 8 -- Holiday Craft Bazaar

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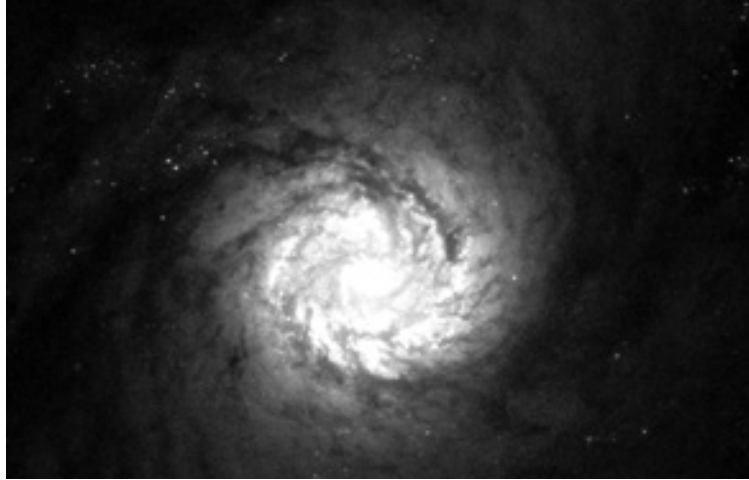
## ASTRONOMY

# The night sky of August

Professor Wayne Wooten

For August, the last quarter moon is on August 4th. The new moon is on August 11th, which means there will be little moonlight to interfere with the peak of the Perseid meteor shower on the mornings of August 12-13th this year. From a dark observing site, you can expect about a meteor a minute from 11 PM until dawn, with the radiant, Perseus, rising in the NE about 11 PM. The waxing crescent moon passes six degrees north of Venus in the west on August 14th, and five degrees north of Jupiter on August 17th. The first quarter moon is August 18th. The waxing gibbous moon passes two degrees north of Saturn on August 21st, and seven degrees north of fading Mars on August 23rd. The Full Moon, the Green Corn moon, occurs on August 26th.

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, visit the [www.skymaps.com](http://www.skymaps.com) website and download the map for August 2018; it will have a more extensive calendar, and list of best objects for the naked eyes, binoculars, and



**M61 is one of the largest members of Virgo Cluster and is classified as a starburst galaxy containing a massive nuclear star cluster with a supermassive black hole at its center.**

scopes on the back of the map.

Mercury passes between us and the Sun on August 8th, and is lost in the sun's glare all month. Venus reaches the edge of its orbit at greatest eastern elongation on August 17th. It is 46 degrees from the Sun and appears half lit now from earth-based telescopes. For the next two months, it will be retrograding between Earth and Sun, appearing larger each day, but become a more slender crescent as well, and falling back closer to the Sun each evening. It is at inferior conjunction, passing between us and the Sun, on October 26th, and will be in the morning sky for the rest of the year.

Mars was at opposition in Capricornus on July 27th, and will still be close to earth and bright in the SE all month just after sunset.

But the earth has already passed it, so it will be farther away and fainter and smaller in the telescope each evening. In July 2018, our hopes of getting a good look at it were dashed by a huge planet-wide dust storm, so perhaps the dust will settle and let us get better views of it while it is still this close in August. It will not be this close and bright for another 17 years!

Jupiter is still well placed for viewing in the southwest in Libra at sunset. The Great Red Spot is easy to spot with small telescope, as are the four larger moons. Much more distant, fainter Saturn is in Sagittarius, in the south at sunset. Enjoy the rings, now 26 degrees open and tilted toward earth and sun.

The Big Dipper rides high in the NW at sunset, but falls lower each evening. Good scouts know to take its leading pointers north to Polaris, the famed Pole Star. For us, it sits 30 degrees (our latitude) high in the north, while the rotating earth beneath makes all the other celestial bodies spin around it from east to west.

Taking the arc in the Dipper's handle, we "arc" SE to bright

orange Arcturus, the brightest star of Spring. Cooler than our yellow Sun, and much poorer in heavy elements, some believe its strange motion reveals it to be an invading star from another smaller galaxy, now colliding with the Milky Way in Sagittarius in the summer sky. Moving almost perpendicular to the plane of our Milky Way, Arcturus was the first star in the sky where its proper motion across the historic sky was noted, by Edmund Halley.

Spike south to Spica, the hot blue star in Virgo. From Spica curve to Corvus the Crow, a four sided grouping. It is above Corvus, in the arms of Virgo, where our large scopes will show members of the Virgo Supercluster, a swarm of over a thousand galaxies about 50 million light years away from us. One of the largest, M-61, is highlighted this month because this galaxy has a bright starburst core and lies 53 million light years away.

Hercules is overhead, with the nice globular cluster M-13 marked on your sky map and visible in binocs. It is faintly visible with the naked eye under dark sky conditions, and among the best binoc objects in the August sky at night.

The brightest star of the northern hemisphere, Vega dominates the NE sky. Binoculars reveal the small star just to the NE of Vega, epsilon Lyrae, as a nice double. Larger telescopes at 150X reveal each of this pair is another close double, hence its nickname, the "double double"...a fine sight under steady sky conditions.

Below Vega are the two bright stars of the Summer Triangle; Deneb is at the top of the Northern Cross, known as Cygnus the

Swan to the Romans. It is one of the most luminous stars in our Galaxy, about 50,000 times brighter than our Sun. To the south is Altair, the brightest star of Aquila the Eagle. If you scan the Milky Way with binocs or a small spotting scope between Altair and Deneb, you will find many nice open star clusters and also a lot of dark nebulae, the dust clouds from which new stars will be born in the future.

To the southeast, Antares is bright in the heart of Scorpius. It appears reddish (its Greek name means rival of Ares or Mars to the Latins) because it is half as hot as our yellow Sun; it is bright because it is a bloated red supergiant, big enough to swallow up our solar system all the way out to Saturn's orbit! Just above the tail of the Scorpion are two fine naked eye star clusters, M-7 (discovered by Ptolemy and included in his catalog about 200 AD) and M-6, making one of the best binocular views in the sky. Your binoculars are ideally suited to reveal many fine open star clusters and nebulae in this region of our Galaxy. Get a dark sky site, and use the objects listed on the back of the August 2018 SkyMap print-out to guide you to the best deep sky wonders for binocs.

East of the Scorpion's tail is the teapot shape of Sagittarius, which marks the heart of our Milky Way galaxy. Looking like a cloud of steam coming out of the teapot's spout is the fine Lagoon Nebula, M-8, easily visible with the naked eye. In the same binocular field just north of the Lagoon is M-20, the Trifid Nebula. Just east of the pair is the fine globular cluster M-22, faintly visible to the naked eye and spectacularly resolved in scopes of 8" or larger aperture. Look just east of the top star in the teapot of Sagittarius with binoculars.

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## Farmers' Almanac

*"I bet deep down you still wish your mom would take you clothes shopping every August for the new school year."*

—Bridget Willard (1953- )

### Mid-Atlantic Weather Watch:

Hazy, hot, and humid (1, 2, 3); offshore hurricane, storms mainly in the eastern part of the region (4, 5, 6) turn hot and humid again (7, 8, 9). Showers and storms (10, 11, 12) turning fair and not so hot (13, 14, 15, 16). More fair weather, very warm (19, 20, 21, 22, 23) with more showers (24, 25, 26) and even more showers, mainly in the south (27, 28, 29). Fair and very warm (30, 31).

**Full Moon:** August's full moon occurs on August 26th. Many Native American tribes have referred to it as Fruit Moon or Ripe Moon because of the many fruits and vegetables that become

ripe during the month. And since August 11th marks the end of the 'Dog Days of Summer', it has also been called Dog Moon.

**Holidays:** Labor Day will be here before you know it, signaling the end of summer so enjoy it while you can!

**The Garden:** August is not too late to sow Portulaca (moss rose). They will bloom in about three weeks from seed. Stop feeding trees and shrubs after mid-August. You don't want to promote new growth that will not have time to fully mature before winter sets in. Summer blooming shrubs should be pruned for shape after they have finished flowering. Remove any dead or diseased branches. To encourage more flowers, azaleas should be trimmed after they bloom in the spring and before the end of August.

Think about potting herbs you plan to move indoors for the winter. Don't move them in just yet but get them accustomed to their containers early. Rosemary, thyme, and tarragon are the best candidates for this. Keep the weeds pulled, before they have a chance to flower and go to seed again. Otherwise, you will be fighting newly germinated weed seed for the next several years. Weeds in the garden are harmful because they rob your plants of water and nutrients, harbor insects and diseases, and, on occasion grow tall enough to shade your flowers and plants. Change the water in your bird bath regularly, and keep it filled. Standing water is less healthy for the birds, and may become a breeding ground for mosquito larvae.

### J. Gruber's Thought For Today's Living:

*"The time to make friends is before you need them."*

# Five e-mail tips to keep you sane

Aysë Stenabaugh

## Webmail vs. software

There is a huge difference between accessing your e-mail online through your e-mail providers website and using a program such as Outlook or Thunderbird to check your e-mail. When you are using webmail and login into your hosts website (aol.com, yahoo.com etc.) you rely on their website to perform well and function as expected and, many times this is not the case. Unless you are paying for premium e-mail you are likely being bombarded by advertisements that are annoying and can greatly decrease your experience because the website is busy loading all those ads before it gets to loading your e-mails.

Even if you are using a public e-mail provider like Gmail or Outlook.com you can utilize software to download your e-mails while avoiding your hosts website. For Windows the best free option is Thunderbird which is made by Mozilla, the makers of Firefox. PC or Mac users will find that Microsoft's Outlook is a good option. If you already own Microsoft Office 365 or a version that includes Outlook. Mac users will find that the built-in mail program is a sufficient mail program on its own.

## Choosing an e-mail provider

All e-mail providers are not created equally. If you were to send the same e-mail to both a Centurylink account and a Gmail account at the same time the Gmail account would likely receive the e-mail right away whereas the Centurylink account may have to wait a bit longer. Different providers have invested different amounts of money into the technology that supports e-mail services. Other factors such as spam filters, accounts settings and program settings can have an effect. Some settings can be changed by the end-user but many cannot be altered at the user level.

## Avoiding junk or SPAM e-mails

Completely avoiding spam or junk is a virtually impossible task. If you created a new e-mail account using a public domain such as gmail.com, and never gave your e-mail address out to anyone or signed up for anything, you would more than likely still end up with junk e-mails. This is because software has been created to automatically generate "e-mail address" just by randomly e-mailing out generated e-mail addresses using a mixture of numbers and letters. So for example if your e-mail address were iloveart234@gmail.com this robot could be sending out e-mails to iloveart232 then iloveart233 and then bingo your e-mail address is valid iloveart234 and you get sent spam e-mail and you never had to do a thing.

There are a few ways that you can help to avoid these unwanted e-mails. Most obviously don't give your e-mail address out to those you don't trust. If you are going to sign up for websites or newsletters, provide a secondary

e-mail address for those instances and keep a personal private e-mail that you only give out to living breathing humans! If you signed up for a newsletter that you no longer wish to subscribe to follow the links in the e-mail to unsubscribe but ONLY if you legitimately subscribed. If you try to unsubscribe or reply to e-mails from spammers or unwanted junk you could just be confirming that you are a real person which could lead to you receiving more garbage e-mails.

## Syncing e-mail & contacts

Once upon a time POP was the only option that we had to send and receive e-mails but today IMAP is the standard. Don't worry for those of you that don't know what these protocols mean, I'm going to take a moment to explain. When you use a third-party application like Outlook, Thunderbird or an app on your phone, your e-mail uses one of these protocols to send and receive e-mails. The POP protocol only works in one direction. When you send an e-mail, it sends it out to the person you sent it to and keeps a copy

only on the device it was sent from (in your sent folder). When using the IMAP protocol, it sends a copy to the intended recipient and it keeps a copy on your email providers sever. This means that no matter where your logging into your email from, you will always be able to see any emails that were sent or received from any devices. POP settings can be configured to keep a copy of RECEIVED emails on the server, allowing any emails you receive to be accessed on multiple devices, but only IMAP supports bi-directional sent support on multiple devices.

Contacts are a different story. If you are using a smart phone to send and receive emails, you can setup your device to store your contacts in the cloud which is very handy if you need to access a contacts information without your phone, or in the event that you need to replace a lost or stolen device. Contacts will not automatically appear in an email program, but they can usually be exported from your address book or account settings, and then they can be imported into your email software.

## Customizing your e-mail

There are things you can do to make your email work smarter, so you don't have to work harder. For example, you can setup email filters so that when you receive emails from specific senders, they go directly into a designated folder or the trash. You can setup filters to have emails with certain keywords or text to perform a selected action such as forwarding a copy to another email address. Different email providers and email programs have

different customization options, don't be afraid to poke around or ask for help if you aren't sure how to accomplish what you are trying to achieve.

*If you need support for your email or would like to join me for a one-on-one technology class contact Jester's Computers at 717-642-6611 or customerservice@jesterscomputers.com. We are located at 5135 Fairfield Road Fairfield, PA and on the web at www.jesterscomputers.com.*

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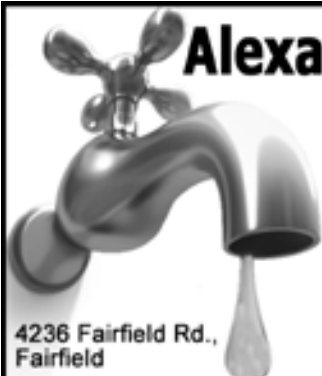
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# UPCOMING EVENTS

**August 1**  
Adams County Master Gardener's garden chats in the Trial Gardens at the Agricultural and Natural Resource Center, 670 Old Harrisburg Road, Gettysburg. The Garden Chats are free and open to the public. No registration is required.

**August 1 - 4**  
South Mountain Fair is a small country fair featuring rides for the kids, barns filled with farm animals, many homemade needlework exhibits, photography, home canned fruits and vegetables, fresh produce and fruits, and beautiful flowers, all on display and lots of food! Unlimited carnival rides are included in the admission price! All entertainment is also included in the admission.

**August 2**  
Music Gettysburg! Presents Tenor Eric Fennel. Eric Fennel, Gettysburg College Class of '95, has been taking Europe by storm. The concert is free and open to the public. Music, Gettysburg! is a premier concert series featuring international, national, regional and local musical artists for the greater south central Pennsylvania region. The United Lutheran Seminary Chapel is located at 147 Seminary Ridge in Gettysburg. For more information call 717-339-1334 or visit [www.musicgettysburg.org](http://www.musicgettysburg.org).

**August 3**  
Gettysburg's Empty Bowl Ice Cream Fundraiser on Lincoln Square. Enjoy local homemade ice cream, root beer floats and one of a kind pottery on

Lincoln Square! For more information call 717-334-7502.

**August 4**  
Keysville Lutheran Church's evening of inspirational music with Ralph Gann, Sr. & the Gann Family. Free Admission and 'Love Offering.' Frozen Desserts from 'The Cow' Served During Intermission. Keysville Lutheran Church, 7301 Keysville Rd. Keymar.

**August 4 & 5**  
Frederick County's Rose Hill Park's Annual Threshing Days. Watch wheat harvested and straw baled the old-fashioned way. We'll have tractor displays, games, demos, games and crafts for children. For more information call 301-343-5093, 240-440-4403 or visit [www.frederickcountymuseum.org](http://www.frederickcountymuseum.org).

**August 5**  
The National Shrine of Saint Elizabeth Ann Seton presents Claire Jones. Come listen to the Royal Harpist that performed at the Duke and Duch-

ess of Cambridge, William and Kate's wedding. Accompanied by members of the American Youth Harp Ensemble and renowned percussionist, Christopher Marshall.

**August 8**  
Presidential Paint and Wine Night at Eisenhower NHS Farm. The event features an "open house" style tour of the Eisenhower home and a ranger talk about Eisenhower's hobby of oil painting. Instructor, Marie Smith, will be on hand with helpful instruction and guidance from start to finish. For more information visit [www.adamsarts.org](http://www.adamsarts.org) or call 717-334-5006.

Trivia at Mason Dixon Distillery to benefit the Adams County Arts Council. For more information call 717-334-5006 or visit [adamsarts.org](http://adamsarts.org).

**August 10 - 12**  
Gettysburg Rocks - featuring over 130 live bands across multiple venues in the Gettysburg area. The event bene-

fits Hershey Children's Hospital and their families. For more information visit [www.gburgrocks.com](http://www.gburgrocks.com).

**August 11**  
Please join us for the Second Emmitsburg Volunteer Community Clean-Up Day, Saturday August 11th from 9 a.m. -12 noon. We are planning to pick up and dispose of loose trash and litter from the parks, roads, and alleys in the downtown area. We will meet at Memorial Park, which is just behind the Post Office at 8:15 a.m. for a light breakfast and organize into teams; plastic bags, gloves, and garbage pokers will be provided. We will be cleaning east of Seton Avenue, working our way from Memorial Park towards the Silo Hill/Main Street intersection where the Jubilee shopping center is located.

Frederick County Master Gardeners "Composting, Recycling & Vermiculture." From composting to recycling, learn ways to benefit the environment and your home garden. Learn tips and techniques for using worms to transform your kitchen scraps into nutrition-rich fertilizer in a small space inside your home. For more information call 301-600-1595.

**August 14**  
Adams County Arts Council's A Taste of India: Country Cooking & Wine Pairings. This culinary event will include a night of experiencing a wonderful 5-course meal and wine pairings highlighting the flavor and diversity of Indian food, as well as, information about the pairings. Five flights of wine selected to enhance your culinary experience and will include a variety of dry and sweet white wines and bold reds. For more information call 717-334-5006, or visit [adamsarts.org](http://adamsarts.org).

**August 16 - 19**  
Gettysburg Bluegrass Festival. Internationally acclaimed bluegrass festival in Gettysburg. Four days of music on two stages, informative workshops, All-Star jam, Bluegrass Academy for kids, food, merchandise and arts & crafts vendors. For more information visit [www.gettysburgbluegrass.com](http://www.gettysburgbluegrass.com).

**August 18**  
Frederick County Master Gardeners' "Preserving the Garden's Bounty." Explore different techniques for preserving your garden's bounty of vegetables, fruits, and herbs. We will discuss drying, canning, and freezing; dry storage; and other tried and true methods. Register by calling Lisa Strong at 301-600-1595. UME Office, 330 Montevue Lane, (off Rosemont Avenue), Frederick

St Paul's Lutheran Church Picnic. Fried chicken, country ham dinner with sides, dessert. Sandwiches, bake table, ice cream, novelties, hayride. Entertainment: Yellow Springs Band, Jazz Connection, Triple Cherry, Israel Creek, Preston Brothers, Wally Worsley, Jayme Salvati. Location: 7515 Lewistown Road, Thurmont. For more information call 301-898-9454 or visit [www.splcutica.org](http://www.splcutica.org).

**August 18 & 19**  
Frederick County's Rose Hill Park's WWII weekend. Through museum

**Rocky Ridge**  
**CARNIVAL**  
**AUGUST 13TH - 18TH**  
13616 Motters Station Rd., Rocky Ridge  
(In The Park Across From The Fire Hall)

**GOOD COUNTRY HOME COOKING...**  
Fruit & Custard Pies, Soups, Sandwiches, Pizza, Ice Cream,  
Crab Cake Sandwiches & Of Course Our Famous  
**FRIED HAM SANDWICHES!**

**ENTERTAINMENT - All Shows Begin At 7 p.m.**

**Mon., 8/13 - BRUSH FIRE (Country Variety)**  
**Tues., 8/14 - Show Opener - The Faith Boyz @ 8pm followed by HANOVER EXPRESS @ 7 p.m.**  
**Wed., 8/15 - PARADE NIGHT @ 7 p.m.**  
On Stage: CATOCTIN MT. BOYS (Country)  
**Thurs., 8/16 - TAYLOR BROWN'S ELVIS SHOW (50's - 70's)**  
**Fri., 8/17 - RIVER BEND BAND (Country Variety)**  
**Sat., 8/18 - TALL IN THE SADDLE (Country/Oldies)**

**BIG SLIDE**  
For More Info: [www.rockyridgevfc.com](http://www.rockyridgevfc.com)

**Sportsman's**  
**BINGO**  
Rocky Ridge Volunteer Fire Company  
Saturday, September 8, 2018  
Doors Open at 4:00 p.m. - Meal Starts at 5:00 p.m. - Bingo Starts at 6:30 p.m.

**Only 200 Tickets Will Be Sold: \$40.00 per person (No tickets sold at the door)**

(Meal Included: Roast Beef, Ham, Dressing, Mashed Potatoes, Gravy, Green Beans, Drinks & Pies)

**20 Games**  
10 games \$200 cash prize - 10 games gun prize (or \$250)  
Bingo Balls and Gun Jar Holders available throughout the event.

Game #2: HI POINT 995 CARBINE PINK CAMO 9MM  
Game #4: MOSSBERG 590 410 GA  
Game #6: MOSSBERG PATRIOT PKG 270 WEN  
Game #8: SAVAGE 99RIFVSS 17HMR  
Game #10: REMINGTON 470 EXP SUPERMAG 18GA  
Game #12: CZ 612 FIELD 12 GA  
Game #14: MARLIN XT-22M7SL 22 MAG  
Game #16: REMINGTON 783 CAMO PKG 243WIN  
Game #18: SAVAGE AXIS SYN 6.5 CREEDMOOR  
Game #20: RUGER AMERICAN 7MM-08

**Raffle: SAVAGE MKII XP 22LR**  
Extra Bingo Cards will be available for purchase.  
(We reserve the right to cancel if a minimum of 150 tickets are not sold.  
No alcoholic beverages permitted.)  
Firearms Supplied by Skeeters Firearms, Smithsburg, MD  
For tickets or information, contact Buddy Stover at (301) 271-4650.

**Harney**  
**2018 Carnival**  
**Drawing Winners**

**HARNEY LIONS CLUB**  
50/50 - Jeremy Hardesty  
**HARNEY VFW**  
1st - Larry Harris 2nd - Brian Cox  
**HARNEY LADIES AUXILIARY**  
50/50 - Frank Ridinger  
2nd - Afghan - Wade  
**HARNEY FIREMEN'S**  
1st - \$1,000- Susan Miller  
2nd - \$500 - Fred Warner  
3rd - \$500 - Gene Franklin  
4th - \$100 - Pine Hill Farms  
5th - \$100 - Bea Waybright  
6th - \$100 - Linda Speelman  
7th - \$100 - Ernie Havens  
8th - \$100 - Bea Waybright  
9th - \$100 - C.L. Blum  
10th - \$100 - Eugene Curfman (Donation)  
11th - \$100 - Janet Kreit  
12th - \$100 - Derek Yingling  
13th - \$100 - Ronald E. Welty

**See you next year at the Harney Carnival!**

**62nd Annual**  
**THURMONT & EMMITSBURG**  
**COMMUNITY SHOW**  
Catoctin High School, 14745 Sabillasville Road, Thurmont, MD 21788

**FREE ADMISSION • FOOD VENDORS**  
**COMMUNITY ORGANIZATION & BUSINESS DISPLAYS!**  
- Free Parking is courtesy of Thurmont Boy Scout Troop 270 -  
\*\*\* FREE ENTRY OF EXHIBITS IN LARGE GYM \*\*\*  
Thursday, Sept. 6 from 6-9pm & Friday Sept. 7 from 8:30-11:30am  
For Exhibit Entry List and Activities Information, visit:  
[THURMONT&EMMITSBURGCOMMUNITYSHOWWEBS.COM](http://THURMONT&EMMITSBURGCOMMUNITYSHOWWEBS.COM)

**Friday, September 7, 2018**  
6pm Community Show opens to the public  
7pm Opening Ceremonies, Auditorium with our 42nd Annual Community Organizations Flag Ceremony and Program Honoring the 50th Anniversary of Catoctin High School  
8:15pm 2018-19 Catoctin FFA Ambassador Announcement  
9pm Baked Goods Auction, Auditorium  
Grand & Reserve Champion Baked Goods sold

**Saturday, September 8, 2018**  
9am-2pm Market Goat, Beef, Sheep and Swine Fitting & Showing, Ag Center  
10am-3pm Pony Rides, Petting Zoo, Face Painting & Farm Animals Display, Upper Parking Lot  
10am Pet Care Seminar, by Catoctin Veterinary Clinic's Dr. Jonathan Beaman, Front Lawn of School  
10:30 am Pet Show, Front Lawn of School  
1pm & 2pm Thurmont Academy of Self Defense Program, Small Gym  
3pm Elsworth-Sicilia Productions Dance Program, Auditorium  
3-7pm Thurmont Grange's Roast Turkey & Country Ham Supper, Cafeteria  
Adults - \$13, Children under 12 - \$7 & Carry-Outs - \$14  
4:30 pm Open Mic Showcase of Talent by Local Teen Performers, Auditorium  
6-7pm Catoctin Mountain Boys Musical Entertainment, Auditorium  
7pm 44th Annual Catoctin FFA Alumni's Market Goat, Beef, Sheep and Swine Sale, Ag Center - Selling approximately 8 Goats, 22 Swine, 10 Lambs & 9 Steers - Taylor Brown's Elvis Tribute Show, Auditorium  
7-9pm

**Sunday, September 9, 2018**  
9am Dairy Goat & Dairy Cattle Show, Ag Center  
10am-3pm Pony Rides, Petting Zoo, Face Painting & Farm Animals Display, Upper Parking Lot  
Noon until Sold Out Catoctin FFA Alumni's Chicken BBQ, Cafeteria  
12:30pm Adults - \$10, Children under 12 - \$7 & Carry-Outs - \$11  
12:30-1:30pm Kiddie Pedal Tractor Pull, Ag Center  
1pm Catoctin Mountain Boys Musical Entertainment, Auditorium  
1pm 35th Annual Catoctin Mtn. Log Sawing Contest, Ag Center  
1pm 39th Annual Robert Kaas Honeshoe Pitching Contest, Softball Field behind School  
1:30-3pm Taylor Brown's Elvis Tribute Show, Auditorium  
3-6pm Exhibitor entries may be removed

Sponsored By: Thurmont Grange, Catoctin FFA Chapter, Catoctin FFA Alumni, Thurmont Boy Scout Troop 270 and Maryland Agricultural Experiment Station

# UPCOMING EVENTS

exhibits and visiting with re-enactors and World War II veterans, you will learn about life during the WWII Era. Activities will include: Encamped "soldiers" and "civilians"; displays; family hands-on activities; living history demos; veterans; food & more. For more information call Rose Hill Manor Park at 301-600-1650.

**August 26**  
Backpack Blessing for St. Elizabeth Ann Seton's Birthday. After Mass around 2:30 p.m., join us for an end-of-summer celebration of fun activities for kids of all ages. For more information call 301-447-6606.

The Men's Club at St. Mary's Church, 256 Tract Road, Fairfield will be holding an all-you-can-eat spaghetti dinner in the parish hall. Dinner includes, spaghetti, meatballs, sausage, salad, bread sticks, drinks and dessert. For more information call 717-642-8815.

**Events at Hollabaugh Brothers**

**August 4 & 5**  
Hollabaugh Brother's Farmer's Market 28th Annual Peach Festival. The Peach Fest weekend is always full of great family activities and awesome food. And, of course peaches, peaches and more peaches.

**August 11**  
Mommy and me tea. Join us for a "Mommy and Me" Tea where we will feast on yummy treats and visit

with friends. We will create a fun craft and enjoy our time together, making memories!

**August 17**  
Back to school celebration. Take the kids out for one last fun Friday evening before school starts! Enjoy an evening full of treats from ice cream to popcorn, fun selfie stations, games and more. No registration required. Admission is free; however, a fee is associated with some activities.

**August 18**  
AR2-You-2 Down-2-Paint? Me and Mini Me paint along. Beep-Bop. This class isn't just for droids. Register yourself and your mini replicate for a fun Saturday painting one of the class Science Fiction characters of all time! Bring your mini and enjoy an evening of creativity and fun.

**August 23**  
Peaches – Adult cooking class. Hollabaugh's is known for its peaches and our Peach Cooking Class will fill up quickly. Register now to guarantee your spot and learn more about peaches than you ever thought possible.

For more information about any of these events call 717-677-8412 or visit [www.hollabaughbros.com](http://www.hollabaughbros.com).

**QUARTER AUCTION**  
*For Those Struggling With Breast Cancer!*

**Saturday, August 18th**  
Thurmont American Legion  
8 Park Lane, Thurmont - Front of Building

**Doors Open at 11 a.m.**  
**Bidding Begins at 12 p.m.**

**Tickets \$5 - 2 Paddles**  
**Extra Paddles - \$1 Each**

50/50's & Raffles!  
Hot Dogs, Chili Dogs, Hot Beef & more  
will be for sale! Open Cash Bar!

*Fight till you win!*  
Come out to support someone going through Breast Cancer. Proceeds help with medical bills & some medications which they have trouble paying for!

**Tickets: Call Brandy 240-405-2739**  
Tickets also available at the door.

**15th Annual Emmitsburg Farmers' Market**  
302 South Seton Avenue

\* Fresh Local Fruits & Vegetables \* Crafts \* Cut Flowers  
\* Honey \* Eggs \* Baked Goods

**Every Friday!** **JUNE 22nd - SEPTEMBER 21st**  
**3 - 6:30 p.m.**

**Vendors Needed!**  
For More Information Call Amy Nail  
**301-600-6303**  
[anail@emmitsburgmd.gov](mailto:anail@emmitsburgmd.gov)

**Choose When You Want To Play!**

**BINGO!**

**Fairfield Fire & EMS**  
Follow Rt. 116 To Fairfield  
Turn Onto J. Harry Kane Blvd.

**THURSDAY NIGHTS**  
Great Food! Huge Jackpot!  
Doors Open @ 5:30 PM  
Bingo Starts @ 6:45 PM

**TWILIGHT BINGO**  
1st Friday Of Every Month!  
Food! 3 Jackpots! Larger Payouts!  
Doors open @ 5:30 PM  
Bingo starts @ 8 PM

**The Carriage House Inn**  
CIRCA 1857  
RESTAURANT & CATERING

**Lunch & Dinner - 7 days a week!**

200 S. Seton Ave., Emmitsburg  
**301-447-2366**  
View our full menu online!  
[www.carriagehouseinn.info](http://www.carriagehouseinn.info)

Open 7 Days A Week 11:00am To 9:00pm

# MAKE JUBILEE YOUR COOKOUT HEADQUARTERS!

**SWEET RIPE WATERMELONS**

**FRESH FROM THE FIELD LOCAL CORN**  
We pick up from the farm several times weekly!

**LUSCIOUS CRABS - SHRIMP & SEAFOOD**

**JUICY STEAKS FOR THE GRILL**





**THE BBQ STAPLE HOT DOGS & HAMBURGERS**



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