

Emmitsburg NEWS-JOURNAL

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

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Consider taking part in the 7-day Heart Harmony program to restore your energy. **Page 42**

Mount St. Mary's graduates Class of 2019

Morgan Rooney
MSMU Class of 2020

With another semester at the Mount gone, many of us are only starting to gear up for the next semester and the challenges it brings. The rest however, are facing an exciting new world of challenges that they have been preparing for throughout the past four years.

I would like to congratulate all of my fellow students who graduated this year, but especially to our very own Shea Rowell, who has spent half of her college career writing for the Emmitsburg News-Journal. As well as writing articles as the Junior and Senior writer (and Graduate writer till the end of the summer), Shea has also held positions as the Assistant Managing Editor and most recently, Managing Editor. In each and every issue, you can see Shea's exemplary writing in the Four Years at the Mount section and the many other articles Shea has written.

"The journal was the perfect complement to my English course

work. I enjoyed feeling connected to the Emmitsburg Community by making sure they had a reliable paper committed to high quality and respect for the town's rich history and culture. I learned so much from managing the paper, from basic communication skills to hiring and managing a staff," Shea reflects on her experience with the paper.

Besides the Emmitsburg News-Journal, Shea has also been involved in a number of different extra-curricular activities. She was the president of Mount Music Society, which is a club that brings musical opportunities to students who love music, but don't necessarily want to study it. Shea was also the Editor in Chief of Moorings Liberal Arts Journal, which is a volunteer liturgical minister for Campus Ministry. In addition, she was a student worker at the Mount Career Center.

Shea used her time at Mount St. Mary's to the fullest, completing two degrees and two minors. Shea earned a Bachelor of Arts in English and a Bachelor of Fine Arts in music. Her minors were com-

pleted in French and theology. "I truly love studying the Liberal Arts and have enjoyed exploring the points of overlap between the various disciplines," explains Shea.

Next fall, Shea will continue her studies and begin earning her master's degree in English at Villanova University. She will be taking on a full-time schedule and will be working as a graduate assistant in the Office of Graduate Studies. "I am very excited to continue my education in English and feel grateful for the opportunity to dive deeper into literature and refine my writing," Shea continues.

All of us at the Emmitsburg News-Journal will miss Shea, her writing, hard work, and bubbly personality. But, we are excited for what is yet to come for her and to watch



This year we say farewell to our Managing Editor Shea Rowell, as she graduates from Mount St. Mary's and moves onto graduate school. We wish her the best of luck in her future endeavors!

her succeed in graduate school.

Shea concludes: "I am so grateful for the opportunity to be a part of the ENJ, especially as it has allowed me to work with other students who are passionate about writing and communication. Managing the Emmitsburg News-Journal is an experience I will cherish, and greatly miss, but I am confident that I am leaving the paper in capable hands!"

Cumberland Township celebrates 270 years

This year marks 270 years in Adams County's Cumberland Township. On June 1, 270 years will be celebrated at the Mary Penn Bed & Breakfast. Living history camps and three battle reenactments will help bring that colonial era and history to life at the completely restored, 200 acre farm in Gettysburg.

The French and Indian War, which took place between 1756 and 1763, touched the lives of the colonists who settled in this region and the Native Americans whose lands were being occupied by the French and British immigrants. The Seven Years War, as it is known in Europe, was in fact the first global war, the first world war, and a war that helped to sow the seeds of unrest and desire for freedom from Britain that would ultimately culminate in the American Revolutionary War.

The Mary Penn Bed & Breakfast has a unique link to this time frame. When the Mason and Dixon survey party completed their survey of this land 254 years ago, the home that is now the bed and breakfast was divided by the Mason and Dixon line. An early settler by the name of John McKinley built a house sometime in 1743 on land deeded to him in an area referred to as Transylva or Transylvania.

Between August 30 and September 4, 1763, the surveyor Mason and Dixon traveled through this part of Adams County marking the Pennsylvania-Maryland border. Their notes read, "At 78 miles, 6 chains [from the starting point in Delaware] crossed Rock Creek running south. 2 chains to south of where we crossed Rock Creek, Marsh Creek joins it." When their survey was complete, it was found that about two-thirds of the house is in Pennsylvania and the other third in Maryland.

At this event, visitors will be able to visit with reenactors portraying Mason and Dixon as well as a ceremony and the uncovering of a plaque honoring two stones, number 76 and 77, which are now on the National Register of Historic Places.

Numerous exhibits, demonstrations and talks will be ongoing throughout the day including colonial children's face painting, period vendors and food vendors. Walk through the camps and get taken back in time as they demonstrate their way of living. This event has attracted French and Indian War reenactors from beyond Pennsylvania's borders. Reenactors from New Jersey, Ohio, West Virginia, Virginia, and Maryland will set up camp on May 31.



On June 1, 270 years will be celebrated at the Mary Penn Bed & Breakfast. Living history camps and three battle reenactments will help bring that colonial era and history to life.

Come step back in time to the 1750's! Take a stroll through English, French, and Native American camps and witness a raid by a French and Native War Party. There will be three reenactments of the French & Indian at 10 a.m., noon, and 3 p.m.. Come immerse yourself in the French and Indian War on the Pennsylvania Frontier!" Dill's Tavern & Plantation, a historical treasure of this region, will be offering

an educational experience about whiskeys of the region as well as demonstrations of skills needed for everyday life.

The address of the Event is 716 Mason Dixon Road, Gettysburg. Visitors are welcome to bring lawn chairs and blankets to use during battle reenactments. There will be a \$5 parking fee to help cover the cost of this event. The event is presented by the Cumberland Township Historical Society.

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EMMITSBURG NEWS

Town approves FY2020 budget

During the May 6 Emmitsburg town meeting, Commissioners voted to approve the 1.9 million dollar fiscal year 2020 budget. As presented, there will be no tax increase in the FY20 budget; it will remain at 0.36 cents per \$100 of assessment.

Overall, the General Fund revenues increased by \$98,193, or 5.4%, from last year's budget. Most of this increase can be attributed to a 3% jump in projected tax revenues received. Additionally, state revenue increased this year; the town received \$131,782 in State Highway Funds, approximately \$27,500 more than last year, and the county tax equity funding came in higher than originally projected, at \$440,603.

On the General Fund's expense side, a few departments saw increases this year, bringing the total expenses up by approximately \$82,000 in FY20. Department 10, Legislative, increased by about \$3,000 this year, specifically within the Special Events line item. The town budgeted more funds for Christmas decorations, the composting program, National Night Out, Shred day, and the town's contribution to the Boys and Girls Club. Within Department 20, the Police Department Safety Contract saw an increase by 2.89% from FY19. This was due to an increase in police officer salary merits. Also, overall salaries for town employees saw an increase

by 1.35% in FY20. It was recommended that staff receive their two percent cost of living adjustment (COLA) this year.

Some capital projects planned for FY20 include: the rehabilitation of the community pool bathhouse and purchase of the community pool chairs and tables; the completion of the ADA accessible playground, which will be placed adjacent to the existing playground equipment in community park; MS-4 projects; MHAA Wayside exhibits; the construction of a disc golf course; resurfacing of the tennis/basketball court; new bleachers at the baseball field in Memorial Park; and community garden improvements. Capital funds transfers will increase to \$248,171, up from last year's total of \$232,019. These Fund 2 transfers include: \$6,300 for a new projector for the town office's meeting room; \$37,000 allocated for stormwater management; \$3,000 for a mural and art project on Main Street; and a \$60,291 transfer to vehicles, which will help fund the purchase of the town's new dump truck and new electric town vehicle.

In regards to the Water Fund budget, both the revenue and expenses within the Water budget have decreased this year. Revenues decreased slightly to \$555,810 in the FY20 budget, and expenses decreased from FY19's budget by \$5,512 for a total of \$583,910.

FY20 infrastructure projects within the Water Fund include: the completion of the final phase rip-rap (\$10,000); Tract Road waterline replacement (\$6,800); the installation of new culverts in the backwash pond (\$18,000); the purchase and installation of a new furnace in the Water Plant (\$5,500); and a project to tie to Mount St. Mary's University waterline (\$15,000).

Within the Sewer fund budget, revenues decreased slightly, while expenses increased. Sewer Fund revenues decreased to \$1,060,250, and expenses increased from FY19's budget by \$9,958 for a total of \$735,613. Future infrastructure projects for FY20 include: sewer relining from Irishtown Road to Creekside Drive (\$36,400); sewer relining from the Emmitsburg Post Office to Mother Seton School (\$63,000); the purchase of a new generator at the Waste Water Treatment Plant's lab (\$37,000); a new compressor for the filter facility (\$13,800); East Main Street manhole project (\$180,000); and the Creamery Road pump station, which is a priority project for the town, but the cost has not yet been determined.

As explained by the Town's accountant, Cole Tabler, overall the town has been seeing slight decreases each year within both the water and sewer revenues. This can be attributed to residents' efforts to conserve water as well as



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

VHC dedicates new "Engine 61"

On Tuesday, May 7 a Dedication Ceremony for Vigilant Hose Company's (VHC) new "Engine 61" took place at the company's fire station. All were welcome to attend.

This dedication marked the 30th anniversary of the dedication of the engine that was recently donated to the Pine Mountain (Arkansas) Volunteer Fire Company, at the end of March. Engine 61 was dedicated to all past VHC Chiefs and the Community that they serve. This date was selected because it was May 7, 1989 (exactly 30 years ago) that the unit this engine replaces, old Engine 63, was placed into service. While old Engine 63 had proven itself many times over, both age and active use had taken their toll.

A highlight of the evening consisted of a traditional "Housing of the new Engine" which included VHC Members and special guests 'pushing' the Engine into quarters from the front ramp. This time-honored bit of pageantry actually dates back to the era of hand-drawn, and later horse-drawn, firefighting equipment and celebrates service to the community. The new engine was also christened with water from the old engine; another time-honored tradition in fire companies.

It took more than six months of detailed design, construction, testing and acceptance testing in Appleton, Wisconsin before Engine 61 was complete. Early preparations

involved eighteen months worth of detailed study through online research and site visits. Many years of fundraising partnered with smart investments and wise money management made the new upgrade possible.

Engine 61 has a range of critically important safety and operational capabilities necessary to serve the diversity and complexity of the VHC's response area. The new engine has a Pierce 'Enforcer' style cab (for six seat-belted personnel), a stainless-steel body, a 1,000-gallon water tank, a 1,500 gallon per minute pump, and can supply both Class A and Class B Foam. Final mounting of small equipment, breathing apparatus, radios, maps and onboard reference materials, plus marking of all tools, was accomplished by VHC's Small Equipment Committee. Committee members were intimately involved in every aspect of researching and specifying new appliances and equipment incorporated in Engine 61's inventory of fire, rescue and emergency medical tools and supplies.

Only about 1% of VHC's 100-square mile response district has water mains and fire hydrants. Many buildings both in town and in the outlying areas are well over a century old. Multi-story structures, the range of weather conditions and the mix of residential, commercial, agricultural and institutional occupancies

in this area, combined with roadway and farm emergencies, require modern equipment be on hand and at the ready 24 hours a day, seven days a week, 365 days per year.

The fully outfitted unit will have cost the VHC nearly three-quarters of a million dollars. Credit goes to VHC's hard-working volunteers who made this dream a reality. VHC Auxiliary members played a key role in raising monies needed to assure firefighters have the proper equipment, apparatus and support items necessary to meet community needs. VHC's weekly bingo supporters also deserve special thanks for all they do to bring in needed funds that help with operational expenses including

a decrease in utility and tap fees within both funds.

Town Commissioners unanimously voted to approve the budget as presented, including the tax rate of 0.36 cents per \$100 of assessment, and the 2% COLA

for town employees. Commissioner Cliff Sweeney was absent during the meeting, but according to Commissioner Glenn Blanchard, Sweeney had no questions or concerns regarding the budget as presented.



Following a tradition from the days of horse drawn fire wagons, members of the VHC pushed Engine 61 into the firehouse, officially placing it in service.

a new ambulance this past May and now this new engine.

The entire greater Emmitsburg community is welcome to stop in

to see the new Engine 61 plus also be on the lookout for it heading to and from emergency calls, community service runs and training details.

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FAIRFIELD/CARROLL VALLEY NEWS

FASD approves 2.7% tax increase

After two budget workshop meetings, and two regular School Board meetings held throughout April and May, Fairfield Area School District (FASD) voted to approve their nearly \$18.4 million budget for fiscal year 2019/2020.

During an initial overview of the budget back in March, the district faced a deficit of nearly \$350,000, but by the second review at the end of April, the deficit stood at \$357,000. At the first budget workshop in May, the revenues had increased significantly, but still left the Board with a deficit of nearly \$498,000 to account for.

The increase in revenues, as explained by the district's Business Manager, Caroline Royer, can be attributed to a rise in earned income

taxes and transportation subsidies, as the district is receiving more reimbursement for transportation. The increase seen in expenditures from March through May are due to several additions to the budget, including: the proposal of three new elementary school classroom aides; a map assessment and professional development; new science textbooks and kits for kindergarten through 4th grade; new curriculum writing; fire extinguishers in the art room; panic buttons and safety bollards at the entrances of the school building; and increases in staff travel and conferences.

Other expenses that had been accounted for when the budget was originally proposed in March included district-wide and classroom technology

equipment upgrades. New laptops, chrome books, desktops and projectors were budgeted for use throughout the elementary school, middle school and high school. Nathaniel Makar, Technology Coordinator for the district, noted that the purchase of the aforementioned equipment is a continuous project in which the school replaces pieces of the older equipment in small batches every year.

Capital projects proposed for the school included: replacing the wrestling mat which is nearly 30 years old; replacing the lockers in the boys' locker room; replacing the floors in three of the elementary classrooms; fixing the roofing wall panel in an effort to fix ongoing leaks; and upgrading the elementary school's fire

alarm panel. Funds allocated for capital projects totaled \$116,000.

Discussion at the first meeting in May had some Board members looking to cut funding from the IT/technology department including cameras, new laptops, desktops and the chrome books. In defense of his department, Maker argued that the 30 desktops he was looking to replace are intended to supplement an entire business classroom. Many of the desktops were purchased refurbished and don't take the Windows 10 program very easily. Additionally, the chrome books have been working very well for the younger children, teachers even utilize them for their testing. Purchasing cases for the chrome books would also extend the life of those that would be purchased.

Other members of the Board were completely against cutting technol-

ogy items or items budgeted for the students. One Board member argued that budgeted items for the students didn't come in nearly as high in price as upgrades to the building did. It doesn't seem fair to cut things from the students that may inhibit their education.

On May 13, the Board voted to approve a balanced budget, with a 2.7% tax increase bringing the tax millage rate to 10.7421. This tax increase gave the district \$225,000 in additional funds, and will come at a cost to the taxpayers of \$63. Some items and their funding that were reduced significantly or cut completely included: web monitoring, new teacher laptops, map professional development, safety bollards and panic buttons. The budget, and tax increase, was accepted unanimously.

Road projects planned for Hamiltonban

Several road projects are slated for work this spring/summer within Hamiltonban Township. Supervisors voted to approve roadwork including seal coating, paving and line painting to improve roads throughout the township during their May 7 Board of Supervisors meeting.

With work completed last fall on Hickory Bridge Road Bridge, discussion for paving work on Hickory Bridge Road began earlier this year. The project was slated to include paving and pipe work along Hickory Bridge Road in Orrtanna. In March,

the Board was presented with a condition from CSX Railroad, requiring a site visit by a representative if work is happening on or near the railroad. With bids already having been advertised the month before, Hamiltonban had to reject the four bids received for this project and re-bid the project based upon requirements from CSX Railroad.

In the meantime, cross pipe work and ditch work was started by Township staff in April, and the remaining paving work will follow by the approved contractor. Black top pav-

ing along Hickory Bridge Road/Carrolls Tract Road in Orrtanna was awarded to AAA Paving in Waynesboro for a cost of \$45,942. The material cost will be at the township's expense, and is estimated at \$60,000. A Dirt and Gravel Low Volume Road Grant was obtained by the township for approximately \$23,000 and will be used to help cover the cost of the cross pipe and ditch work being done in house.

In addition to the Hickory Bridge Road project, Supervisors are also planning work on several other roads

throughout the township. Supervisors voted to advertise a bid for double seal coating covering approximately four miles of roadway, including portions of Mount Hope Road, Gum Springs Road, and Zoo Road. This seal coating project, in its entirety, is estimated to cost approximately \$115,000. Supervisors also advertised for line painting in the entire township which will include 152,000 linear feet of double yellow, 20,000 linear feet of single white fog line, plus twelve stop bars and four railroad crossings. Bid opening, and

potential bid approval, for both projects will occur in June at the regularly scheduled Board of Supervisors meeting.

Finally, during the same May 7 meeting, a bid to AAA Paving in Waynesboro was also awarded for two separate small patch paving projects. One project includes Mount Hope Road and Bullfrog Road, and the second project includes Cold Springs Road and Mt. Carmel Road. The cost for the first project is \$10,500 and the cost of the second project is \$13,165. There will also be additional costs for materials for both projects.

Fairfield area news-briefs. . .

Liberty Supervisors dispute conflict of interest

During the May 22 Supervisors workshop meeting, Liberty Township Supervisors discussed matters pertaining to conflicts of interest seen amongst Supervisors.

At the regularly scheduled Board of Supervisors meeting held earlier in the month Supervisor John Bostek raised concern over fellow Supervisor Mickey Barlow working on and revising the township's employee handbook a few years ago, when he himself is a township employee. "That is a conflict of interest," stated Bostek,

"and he also should not have voted on that matter." Furthermore, it was pointed out that Supervisor Bob Jackson is also a township employee and therefore shouldn't vote on certain matters due to a conflict of interest. "I'm unsure how we are to determine anything because there will be two working supervisors on the future council," noted Bostek.

Township Solicitor John Lisko mentioned that there is a special exception for three member boards in which employees will have to publicly announce and disclose the nature of their interest and submit a handwritten memorandum stating the conflict of interest due to their employment by the township.

During the workshop meeting, Supervisors disputed over what may constitute a conflict of interest. Employees who are part time employed by the township were asked to sign the document, which was a

declaration of conflict of interest for working supervisors. Lisko advised Supervisors to take the most cautious approach, stating for those who may be subject to the employee manual, in this particular case, should submit a conflict of interest.

Supervisors will re-visit this topic in June, after Supervisors have the chance to look over the document with their personal attorneys.

Criminal charges not filed against Shaffer

The latest news regarding the LeeESta Shaffer investigation seems to be in disfavor of the township. After months of waiting Liberty Township finally received correspondence from the District Attorney's office in regards to a decision not to criminally prosecute past Secretary LeeESta Shaffer.

In response to the letter Supervisors convened to an executive session to discuss the matter, and came out of

the session with a vote to send a letter drafted by special Council to this investigation, Zachary Mills, to the District Attorney's Office. Supervisor Bob Jackson voted against sending the letter.

News has not yet been received in regards to the specifics of either letter from the District Attorney's Office or the township's response to the matter. Further news regarding this investigation will follow.

Carroll Valley approves duck crossing signs

Carroll Valley Borough Council members voted to approve signs to alert drivers of the presence of waterfowl, specifically ducks, on the north side of Lake Kay. The approval of these "duck crossing" signs were brought to the board for reconsideration by a resident of the borough who has seen countless numbers of waterfowl killed along the road by vehicles unaware of their presence.

This topic had been brought to the attention of the Council several years ago by the same resident, but the Council, at that time, chose to vote against the installation of these warning signs. Borough Manager Dave Hazlett estimated each sign to cost \$100-\$150, and would be placed at the north end of Lake Kay, one on each side of the road.

Council member Richard Matthews made a motion to approve two signs in addition to asking for

more police coverage at that particular section of the lake to monitor speedy drivers. After disputes from other Council members in regards to using officers to monitor speedy drivers to protect the waterfowl, the motion was revised to exclusively install the signs. The motion was carried with one member against. Police Chief Richard Hileman stated that he would try to have officers patrol the area in question for speedy drivers more often.



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THURMONT NEWS

Thurmont approves FY 2020 budget

The town of Thurmont introduced the Fiscal Year 2020 budget to the town's Board of Commissioners during their May 14 town meeting, and voted to approve the budget during the May 28 meeting. The FY20 budget proposes nearly \$4.2 million in general fund revenue.

Revenues across the board in all funds increased this year with a revenue of \$980,825 for the Water Fund budget, \$1,633,010 in revenues for the Wastewater Fund and \$6,704,881 in revenues for the Electric Fund.

General Fund expenditures for FY20 total \$3,733,555 and

the Capital budget accounts for \$449,594. Capital projects anticipated in FY20 include vehicle leasing of three police vehicles, as well as in car cameras and mobile radios outfitted for these vehicles (\$82,934); the initial savings for the replacement of the town's 2006 truck, to be replaced next year (\$20,000); street paving on North Altamont Avenue and Howard Street as well as funds set aside for any additional streets that may need paved (\$380,000); two new gateway signs (\$281,666); the continuation of the Community Park tree maintenance program; and twelve new picnic tables to be placed in the

new pavilion at Community Park.

As explained by Thurmont's Chief Financial Officer, Linda Joyce, the FY20 budget is based on the constant yield tax rate of \$0.2992 per \$100 of assessed property value; reflecting a slight decrease from last year. The estimated assessed value for FY20 is about \$552 million, which reflects a 1.62 percent increase in assessed value.

Within the Wastewater Fund, revenues were up by approximately \$10,000, which can be attributed to the addition of seven new accounts, stated Joyce. Expenditures totaled \$1,479,853; this included a slight

increase in employee salaries as well as an increase in employees' overtime. Capital funds set aside for FY20 total \$147,500. Projects forecasted include: Lateral I&I reduction, hopefully an entire street or as much as budgeted funding will cover; the Maryland biological stream study; engineer aeration project; and a new 10 horsepower pump for well #7 at the Wastewater Treatment Plant.

Within the Water Fund, the town saw a slight decrease in water service fees, which can be attributed to residents utilizing water conservation in their homes. Expenditures totaled \$853,481, with \$51,000 set

aside for capital projects. These capital projects include: the hydraulic modeling of the water distribution system; pipe replacement at Hunting Creek; and the purchase of new water meters.

The town's Electric Fund will see expenditures of \$6,410,268 and \$249,000 has been set aside for capital expenses. Some projects that will occur in FY20 include: an air-brake switch upgrade/maintenance; and a new cable and cable trailer, which will provide a temporary power source for underground electric work.

On May 28 the full board was present and Commissioners voted unanimously to approve the FY20 budget.

Thurmont news-briefs. . .

Thurmont receives 2019 Main Street accreditation

Thurmont, in their fourteenth straight year has received their 2019 National Main Street and Maryland Main Street accreditation, which recognizes outstanding commitment to preservation-based economic development and community

revitalization.

"We are proud to acknowledge this year's 840 nationally accredited Main Street America programs that have worked tirelessly to strengthen their communities," Patrice Frey, president and CEO of the National Main Street Center, said in the release. "Main Street America Accredited

communities are part of a powerful movement of changemakers, and their dedication to improving quality of life in these places is inspiring." The National Main Street Program is a subsidiary under the National Trust for Preservation with 45 states participating in the Main Street Program. Maryland has 27 National Main Street Accredited Main Streets. The Main Street Maryland program strives to strengthen the economic potential of Maryland's traditional main streets and neighborhoods. The program provides designated communities with support for economic planning, marketing, promotion, and education administered by the Department of Community Housing and Development.

Thurmont holds second summer camp program

As spring days start getting warmer, thoughts are turning to summer and the Town of Thurmont is gearing up for the second annual "Day in the Park Program." Due to the success of the program last year, this year the town is preparing for three weeks of activities, and increasing the number of children that will be accommodated.

This program was something that Jim Humerick, Chief Administrative Officer for the Town of Thurmont, had wanted

to do for some time, and last year his dream came to fruition. As word got out during the first week of last year's program, the number of children doubled the second week. There is no better indication of success than that.

"This year, the program promises to be full of many new activities along with informative sessions and fun as the main ingredient!" said Michele Maze, Program Coordinator. "We are taking advantage of all that the Thurmont community has to offer; resources such as Thurmont Regional Library, Catoclin Mountain Park and Cunningham Falls State Park, all of which are new to the program this year."

The "Day in the Park Program" will be held Mondays through Thursdays from 8:30 a.m. to noon the weeks of July 22, July 29, and August 5. The summer program "A Day in the Park" is open to children entering grades first through eighth. Children may participate one day, or all days of the program. There is a fee of \$10 per day, or \$35 a week. Registration will open on May 29. You can register at the Thurmont Town Office located at 615 E. Main Street, or call 301-271-7313. The program is still recruiting volunteers to help with the activities. If you would like to volunteer please contact Michele Maze at maze.michele07@gmail.com for more information.

Bids approved for roadway patch and paving

Thurmont's Board of Commissioners voted to approve roadwork including patch work and paving for several roads throughout town that were deemed as priority projects. Work was bid out for Hammaker Street, West Moser Road, Summit Avenue, Locust Drive, Ironmaster Drive and Colliery Drive, Carroll Street, Rouzer Lane, and Eyler Road.

Five bids were received for this roadwork. Tibbs Paving Inc. was the lowest bidder at \$35,637.90. ECM Corporation bid \$36,041.69, Frederick County Paving from Thurmont bid \$38,400, American Asphalt Paving Company, LLC bid \$38,815, and Arthur Construction Company Inc. came in with the highest bid totaling \$67,054. Town staff recommended Commissioners accept the bid from the lowest bidder, Tibbs Paving out of Manassas, Virginia. According to Chief Administrative Officer, Jim Humerick, the companies' references were all very positive and the company was very reputable.

Funds for this project will be coming from the Highway User Fund from FY2019. There is currently \$91,000 available in this fund. Commissioners voted unanimously to accept the bid from Tibbs Paving.



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BUSINESS SPOTLIGHT



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100 YEARS AGO THIS MONTH

June 1919

June 6

Charged With Stealing

Elmer and Harry Baker, of Catocin Furnace, and Robert Ashbaugh, of Emmitsburg, were arrested on the charge of stealing chickens at various places in the northern part of the county. According to evidence brought out at their hearing, the accused had been bringing chickens to Weybright's store and selling them. Shortly after the Baker boys brought in their last batch of chickens, Ashbough came to the store and said the chickens belonged to him. Weybright grew suspicious and notified the police. At the present time Weybright is waiting for the owner of the chickens to come forward and identify them.

The Baker boys are being held in jail, having failed to make bond. Ashbaugh failed to appear in court and a warrant for his arrest has been issued. It is reported that the chickens were being stolen in daylight along the road leading from Hoover's Mill to Harry Nogle's farm. The boys got the chickens by chasing them in fields where they were pecking for bugs. It is stated that the boys were also stealing corn by the sacks and bringing it into town and disposing of it.

Run Over By Team

Paul Ecker, of Fairfield, was knocked down by a team driven by Robert Major. The little tyke was saved from serious injury when neither the horses, nor the wagon wheels, touched his body after he was thrown to the ground. The boy sustained a cut on the left side of his head, which required several stitches as well as bumps and bruises. Ecker apparently ran directly in front of the team and was knocked down. The horse stepped over him and Major guided the wagon so the wheels would miss the boy's body. Major immediately stopped then assisted in providing medical aid for the young boy. In the opinion of those who saw the accident, Mr. Major was not responsible for the accident.

Kaiser Trial Underway

With a courtroom packed to the doors and standing room at a pre-

mium, Mrs. Alice Kaiser, 60, went on trial for the murder of her husband, Frank, in Harney, on February 12. The opening statement of the council for Mrs. Kaiser came as a surprise — a plea of insanity was entered. The defense counsel said he could prove that Mrs. Kaiser had inherited a trait of insanity and that several ancestors had suffered from the disease. He said he would prove her not guilty by proving she was insane when she fired the shot that killed her husband.

The prosecutor, however, stated in his opening remarks, that her intentions were willful, pointing to the fact that on Christmas Eve, Mrs. Kaiser fired a bullet at her husband at point blank, which thankfully hit a collar button which deflected the bullet. Mrs. Kaiser, it is alleged, warned him that: "the next time the Lord may not be so kind to him." Mrs. Kaiser said she was worked up over her husband's alleged affair with another woman - who was also 60-years-old - and did not know what to do.

June 13

Jury Acquits Harney Woman

On Thursday, the jury acquitted Alice Kaiser of the murder of her husband Frank. The trial was probably the shortest murder trial ever heard in the state of Maryland. It only took the jury two hours to reach their decision. As the jury read their decision, a hush fell over the courtroom and Mrs. Kaiser's lips were visibly quivering. She was twisting a handkerchief in her fingers. The foreman glanced over the crowd in the courtroom, then looked at the judge and said in even tones: "We find the defendant not guilty as charged." Upon those words, the crowd in the courtroom burst into applause. While Mrs. Kaiser left the building, she walked between a line of people who reached out to congratulate her on successfully getting rid of a useless husband, encouraging other wives to do the same.

Lunatic Locks Herself In Church

Last Wednesday evening Miss Belle Seiss, who for some weeks has been suffering from mental trouble, left home and went to the Moravian

Church and locked herself in one of the outbuildings. In the morning, while the pastor was at the post office, she left the building and came into the parsonage where the pastor found her when he returned. Several ladies came to the parsonage and she was put to bed and cared for, and in the afternoon her father, who had been informed of her whereabouts, came and took her home. On Friday morning she was taken to Springfield asylum, near Sykesville.

Will Honor Yanks

On July 2, the Emmitsburg Amateur Council, Knights of Columbus, will entertain at an elaborate open air banquet all the returned soldiers and sailors of Emmitsburg and vicinity. After considerable discussion at the recent meeting of the Council, this form of welcome was decided upon as being the best possible way of expressing the heart felt gratification and goodwill of those who remained at home. Every possible effort will be put forth by the Knights to make this a most successful affair.

Bolt Kills Horses

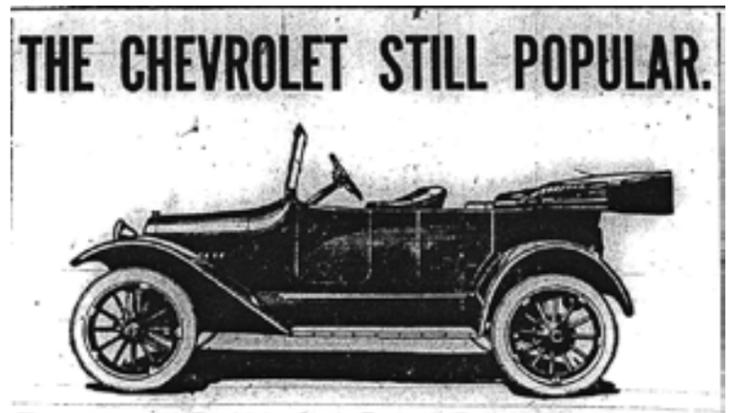
Two horses belonging to John Hartman, of Fairfield, were killed when they were struck by a bolt of lightning Friday afternoon during the storm which passed over the area. The horses were grazing in a field and were close to a wire fence. As there is no evidence of the bolt striking nearby, it is thought the bolt followed the wire fence some distance before striking the animals.

June 20

Negro Charged With Assault

An Apple picker, Preston Withers, colored, was charged with the assault on Paul Clapsaddle of Fairfield. Clapsaddle, 11-years-old, identified Withers as the Negro who hailed him on Sunday night, and being refused, made a leap at the horse, which caused the animal to run away and smash the eggs in the wagon. Withers was not called to testify at the hearing but denied he was the man who frightened the Clapsaddle boy and his horse.

At his hearing the following day, the Justice of the Peace dismissed the charges against Withers, citing lack



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of evidence. The Justice of the Peace stated that it could not be proven by the Clapsaddle boy that Withers was in fact the Negro who had assaulted him, or for that matter, that the Negro who frighten him really intended to do any harm.

June 27

Musical Treat

The people of Thurmont were given a musical surprise last Saturday evening at Thurmont when moving pictures were shown. The music for the evening was given by the Small family of Baltimore, who operates one of the movie machines here. All the Small family members are musical artists and their playing was a great pleasure to a large audience. After the picture, the hall was cleared and music was played, while a great number indulged in dancing.

Charged With Keeping Watches

On a charge of having in her possession two watches, allegedly to be the property of John Weddle, aged about 70-years-old, Victoria Wiles, aged 62-years-old, was arrested Monday at her home near Mountaintale. The case between Wiles and Weddle, which was aired in the Circuit Court years ago, began when Wed-

dle sued her for some money, which he claimed she, had which he said belonged to him.

Weddle went to Frederick and had a search warrant issued to search Wiles' home. When the constable showed up, she denied having the watches in her possession. He told her then that he had a search warrant and that he had to execute it.

While searching upstairs, the constable became suspicious and watched Wiles. He saw her pull out a small drawer in a piece of furniture and place something in her hand. She came back to the room the constable was standing in, then afterward she hurt her hand. She replied stating it was only some of her property. He asked her to give it to him and she refused. The officer then grabbed the woman by the hand and took the object from her.

It was an old stocking, and as he began to unwind it he found in it an old pocketbook and two watches. One of them was a man's gold watch and the other was a small open face silver watch. Wiles cried out and begged the constable not to arrest her. Weddle formerly boarded at the home of the Wiles woman.

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

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FROM THE DESK OF...

County Councilman Phil Dacey

Budget talk can sound dull, but balancing the budget is the primary duty of our local governments and it can have far reaching consequences. Really, the budget is where the rubber meets the road and it should get far more attention than it does because it impacts schools, public safety, agricultural preservation, roads, emergency services, and more. The County Council has been focusing largely on enacting the budget for the upcoming fiscal year which in Maryland begins July 1 and runs through June 30, 2020.

This year's overall county budget increases from \$608 million to \$637 for an almost 5% increase over last year. The good news is that the local economy on the whole is doing well

and that is reflected in the increased revenues. The unfortunate news is that for some home and property owners, this can mean that because their homes and properties are increasing in value, the amount that they pay in taxes will also increase.

I supported what is called in budget jargon the 'constant yield tax rate', meaning that property taxes would be reduced on all homeowners so that the amount of property tax revenue coming into Frederick County would be the same as last year. The property tax rate would be decreased by an amount to correspond with the total increase in revenue coming from property increasing property values, so that the the county doesn't just spend the additional tax revenue.

In the coming fiscal year, the county took in \$3.8 million more in property tax revenue than last year. In order to maintain the amount of revenue received from property taxes, the County Council would have to lower the property tax rate. I am in favor of this reduction for a few reasons.

First, the County Council's main duty under the Charter form of government is to reduce the budget proposed by the County Executive. Many people don't realize it, but we don't have the power to say for example, that we want to fund more Sheriff's Deputies. Only the County Executive can add to the budget. Our responsibility is to find ways to reduce the budget as proposed.

Second, I am a believer that we must force government to operate more efficiently. The easy choice is to continue to let government grow. As in life, the things that agencies want always exceed the revenue to pay for them; it is a matter of prioritizing. I think reducing the growth in next year's budget from \$30 million to \$26 million by reducing the property tax rate sends an important signal -- it is the signal that we simply won't spend every penny of taxes that comes in.

Finally, and perhaps most importantly, this reduction would have put the county residents on the path for lower property tax bills. It would have stopped the tax penalty paid by homeowners when their values increase.

Unfortunately, the property tax

rate reduction did not pass the County Council this year, meaning that the property tax bill for some owners will increase. As part of my philosophy, I will continue to look for efficiencies in government and try to prevent residents from shouldering an increased tax burden.

I should say that the budget passed unanimously. The budget does a lot of good things. It funds needed teacher salaries, and I think spending the money in the classroom is where the money should be spent. It funds additional Sheriff's Deputies to respond to increasing service calls. It funds additional emergency responders and new park facilities. It is my belief contention though, that we could have accomplished all of these objectives and still provided some measure of tax relief.

Delegate Dan Cox

Over 1000 Frederick residents – 504 families – just lost their homes under the current tax rate property sale as of May 10th, 2019. How many were of long-time Frederick County families whose farms or homes had relatively minor tax liens whose owners qualified for assistance should the County have offered that to them instead of taking their homes they worked for all their lives? 1000 or

more residents lost their homes this year. We can do better for our hardworking County families who may have fallen on some hard times even while finally finding the jobs they need to catch up on bills.

With a growing County budget of \$637.7 million for fiscal 2020, it appears there is opportunity for County leadership to come to agreement with Councilmen Dacey and McKay for a savings approach in

the use of the increased revenues from the past two years. In 2019 the County experienced a windfall increase of over \$14.9 million in additional property tax revenues over the prior year. In 2020, the proposed budget shows a whopping \$18.4 million windfall increase in property tax collections – a 5.81% increase over the previous year, which was already nearly 4.95% increase over the year before that. These amazingly profitable windfall revenues for the County from the resident property owners from just the last two years – a total of \$33.3 million dollars in additional, increased property tax revenues – should be used to ease the financial burdens of the taxpayers and property owners of Frederick County. Frederick County is richer when its taxpayers can keep their homes and jobs and stay here.

It is clear to me that with an additional \$33.3 million surplus in property tax collections in the County coffers over the last two years, with an annual budget this year of over \$637 million, the

miniscule \$3.8 million in budget savings proposed by Councilmen Dacey and McKay in order to provide relief from rising property tax assessments are rationally-based and exactly what the voters of Frederick County demand.

An aspect of the County tax sales that also needs to be considered is that whenever the County takes a property from an owner, whether for \$100 or \$1000 or more in taxes owed, it is usually displacing multiple residents, causing homelessness to increase and public services to be burdened, all while losing the long-term benefit of a County property tax payer whose home ownership itself will help that person improve their financial status once they obtain new employment or get through whatever else was the cause of the temporary hardship.

Why is there not a concerted effort to use the annual windfall of millions to help provide tax relief to temporarily needy homeowners, in order to help reduce the annual tax sale takings?

For instance, last year's tax sale assessment home values were \$109.7 million, but the actual tax sale collections on those properties brought in only \$782,000 – a measly amount compared to the long-term millions of lost revenue the County is experiencing by displacing County residents.

Taking the approach of Councilmen Dacey and McKay and reducing spending by an easily accessible \$3.8 million or more, and then using the Constant Yield Property Tax Rate, would not only reduce the property tax burden of thousands of County residents – likely saving

hundreds of homes from tax sale, it would also create a growth incentive in real property wealth that would strengthen the fiscal foundation of Frederick County home owners, and thus the County itself. When a homeowner can invest in their home's improvement instead of losing their home over a couple hundred dollars, the property values of all County residents are protected.

I respectfully point out in support of their work, that the proposed County budget for 2020 has massive change increases in multiple categories some of which total over 65% increases from last year's budget. These major percentage increases in General Fund expenditures of millions, such as the FCPS \$12 million bonus over the normal budget, are unnecessary at this time. This is because my colleagues and I in the State Delegation just voted for and obtained a major Kirwan educational windfall funding this year for Frederick County Public Schools to raise teacher salaries and provide General Fund revenue increases, in addition to the Governor's release of millions in "lock-box" funds for school construction. Surely in a year with Kirwan money now coming to Frederick County, we need not overspend the General Fund revenues with a \$12 million bonus when property owners are losing their homes.

It would seem to be a win-win and I would support such a decision so long as property tax relief also is included for all County property owners.

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GOVERNMENT—SOUTH OF THE BORDER

County Executive Jan Gardner

It's summertime! I hope you take time this season to explore the wonderful parks in Frederick County or enjoy some fun activities taking place. June kicks off Frederick County's carnival season with Thurmont Ambulance's annual event. Walkersville's carnival is just around the corner, with a July 1 start. At our libraries, the incredibly popular Summer Challenge is already under way. This year's theme is "A Universe of Stories" to mark the 50th anniversary since Apollo 11 landed on the moon. The Summer Challenge is designed for all ages. Participants win prizes and visit fun places all across Frederick County.

In county government, summer means the start of a new budget year. Each May, the County Council votes on the County Executive's proposed budget for the upcoming fiscal year, which begins July 1. This year's budget supports public education, public safety, and our community's high quality of life without raising any tax rates. The County Council adopted my proposed budget with a 7-0 vote. I am proud that Frederick County lives within our means while providing outstanding services.

To understand a budget, a person needs to look at what it accomplishes. One of the biggest things that Frederick County's budget accomplishes this year is fully implementing a new pay scale for our public school teachers and school system employees. By making a record investment in our schools, we can ensure that our children have the best teachers in the classroom and that students achieve their highest possible outcomes. We know that education lifts our children and their families, lifts property values, and ensures a well-educated and trained workforce that is essential to our long-term economic prosperity.

Speaking of our economic prosperity, I recently announced some exciting news that a major employer had chosen Frederick County as the site for a new biologics manufacturing facility. This is great news! Kite Pharma will bring hundreds of job opportunities to our community, with positions ranging from scientists to janitors. The facility will produce cutting-edge cell therapies for people who have been diagnosed with cancer.

Charging the Future

We can be proud that the Town of Emmitsburg is leading the way with renewable energy. As the busy travel season kicks off, travelers through the town have gained a new option for "fueling up" their cars. I joined town officials to cut the ribbon to open five new electric vehicle charging stations at the Community Center. Small towns are often among the last places to implement new technologies, so Emmitsburg truly is a leader with these charging stations. Studies show that drivers in rural communities could save more than \$850 a year by driving electric. We save green when we go green!

The Community Center is great location for the charging stations. People can charge their cars while they visit the library or take a class at the senior center. Frederick County

Government donated the parking spaces for the town's project, and facilitated the installation of a new electric meter so town officials can track the charging station's use. Congratulations to Mayor Don Briggs and the Town of Emmitsburg for leading the way!

Dementia Friendly

I was pleased to unveil a new initiative of the Senior Services Division that will help our families who are touched by Alzheimer's disease and other forms of dementia. Our Caregiver Support staff has begun the process to certify Frederick County as a "Dementia Friendly" community. Dementia Friendly America is a national effort to educate the public, provide support to patients and their families, and promote meaningful participation in community life. Our goal is for everyone to live as independently as possible, for as long as possible, in the community they call home.

Frederick County is leading the way by offering "Dementia Live" training to health care providers, caregivers and first responders about what a person with cognitive

problems may be experiencing. Participants use specialized gear to simulate what it is like for someone with dementia to complete basic tasks. They experience sensory changes and confusion, which enable them to develop a deeper understanding of those living with dementia. I went through the training and can

honestly say it was eye-opening.

Over 400 first responders in the county's Division of Fire & Rescue Services will receive Dementia Live training beginning this month. It will allow them to experience the obstacles some of their patients must cope with. Dementia Live also is offered at the county-run senior centers. If you want to learn more about Dementia Live, or any of the services available through

our Senior Services Division, placing a call is now as easy as 1-2-3 ... 4. We introduced a new easy-to-remember phone number for Senior Services. You can reach the division by calling 301-600-1234.

This summer, spend some time exploring our parks, libraries, senior centers, or one of Frederick County's beautiful trails. We are blessed to live in an area with such a rich history and a bright future!



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FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

On Saturday, April 27th the Carroll Valley Borough Police partnered with Collaborating For Youth to carry out the 11th Annual Adams County "Take Back" Medicine Collection. In April 2018, 442 pounds of medications were collected. This April, 460.5 pounds were collected. Thanks goes to everyone who participated. The following day, April 28th, Sunday, the Carroll Valley Trout Fishing Derby was held. It was a tremendous success. Keystone Pursuit Outdoors (KPO) and their membership raised \$3,000 for the event. McSherrystown Fish & Game donated 250 fish and KPO donated 150 fish.

In attendance were 183 young people accompanied by their parents, grandparents and friends. It is estimated that there were approximately over 300 people enjoying the event. The day started off wet but as someone predicted, the rain would stop at 9 am and that person was right. Sixty fish were tagged and thirty-three were caught to participate in a drawing for spe-

cial gifts provided by JLS Rods, Smith's Creek Taxidermy, and Trout Fishing Vest. Many people volunteer their time, donated the fish and fishing gear. Thank you all. We couldn't do it without you! To see the pictures, got to ronspicture.net.

At the May 21st Primary, approximately 356 Carroll Valley residents voted which is 12% of the registered voters. Results of the vote by Political Party: Democrats 117 and Republicans 216. In alphabetically order, the candidates moving on to the November General Election ballot to fill 4 council seats are: Bruce Carr (R), Beth Cool (D), Jessica Kraft (R), John Schubring (R) Steven Sites (D), and Michael Wight (R). This June 1st from 8 a.m. to 1 p.m. the Carroll Valley Community Yard Sale will be held at the Ski Liberty parking lot.

The Adams County Library - Carroll Valley Branch is holding their Summer Quest from June 1 to August 10. Sign up for the reading program at the library or online at Adamslibrary.beanstack.org. Record the amount of time that you read this summer with a goal of 800 minutes! Visit the library for prizes at 200, 400, 600, and 800 minutes. The Carroll Valley library summer program for June are: June 13th at 6:30 p.m. - Christina Katerina and The Box (story-time 3-10); June 17th at 6:30 p.m. - Micro-meteorite Night at the Library (ages 5-18); June 18th at 2 p.m. - Explore the Impossible! (magic show); and June 24th at 6:30 p.m. - Cupcake Wars (ages 5-18).

National Flag Day is Friday, June 14th. Be proud! Fly the flag. Remember, the flag is flown from sunrise to sunset. The flag should not be flown at night without a light on it. Father's Day will be celebrated on June 16th. It is a day set aside to spend some quality time with dad, grandfather, and great-grandfather or father figure. Carroll Valley Movies in the Park! Join your friends every the 3rd Friday of each Month from June through October. Bring a blanket or chair and enjoy a full-length film with your family, friends and community. On June 21st, "Moana" will be playing. The is about an adventurous teenager who sails out on a daring mission to save her people. During her journey, Moana meets the once-mighty demigod Maui, who guides her in her quest to become a master way-finder.

The longest day of the year marks the Beginning of Summer which starts on June 21st. It is also known as the Summer Solstice. It's a time to relax and

enjoy our natural environment. We are surrounded by the aesthetics and natural beauty of Carroll Valley's country scenery and wildlife. But we need to be aware that the summer months represent a time when the cases of Lyme disease increase. Why? We spend more time outdoors enjoying where we live. Lyme disease is an infection caused by the bacterium *Borrelia burgdorferi*. It is carried to people from a bite from a black-legged or deer tick. It is treatable. Some of things you should consider when you are out and about are: stay out of tall grass and un-cleared areas of the forest floor; don't roll in a pile of leaves, check daily for ticks; and if you plan to use insect repellent, be sure to review the safety information on the label. One site you may want to visit is the American Lyme Disease Foundation website at www.aldf.com.

Last Spring in Ranch Trail Park, there were 200 trees planted, 154 trees survived the winter and growing well. In April, there was a Riparian Buffer project planted with trees in CV Commons with Grant funds from Adams County Conservation District. There is a list of trees and shrubs that were planted posted inside the CV Borough office on the bulletin board. The trees and shrubs planted are all Native plants planted in locations that they would thrive to maturity. The Riparian Buffer will help hold the soil along the Toms creek from eroding and going down stream which would compromise the walking paths in the park. Special thanks goes to Abby Heberton and the Chesapeake Bay Foundation.

Carroll Valley July 4th Birthday will be held on Thursday, July 4th from 6:30 to 10 p.m.. You will be entertained by the "The Hubcaps". Rock & Roll is still alive! Bring the kids, there will be free rides to enjoy. Food vendors will be setting up at 4 p.m.. As always, fireworks will be launched off Ski Liberty mountain around 9:45 p.m.. For further information, check the Carroll Valley website carrollvalley.org or call the office at 717-642-8269. Borough meetings to be held are: Planning Commission (June 3rd); Tree Board (June 6th); Borough Council (June 11th); Public Safety (June 17th); Finance Committee (June 24th) and Parks & Recreation (June 26th). Please slow down when driving and be sure you and your passengers are buckled up. Questions call me at 301-606-2021 or email me at MayorRonHarris@comcast.net.

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 1.22, beautiful home site, well and conventional perc. \$67,500	 0.54 ac., perc approved, well on site, close to skiing & golf. \$88,500	 0.64 ac., public sewer, close to Ski Liberty & golf courses, cul-de-sac, natural gas available. UNDER CONTRACT \$32,500

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GOVERNMENT—NORTH OF THE BORDER

County Commissioner Marty Qually

One of the most important issues facing our county is the need for more affordable workforce housing. For many in Adams County affordable housing is seemingly not a pressing problem. After all, according to the U.S. Census the annual median income for households in Adams County is nearly \$62,000. That sounds pretty good for Adams County until you realize more than 8,000 families live below the poverty level.

Right now 20% of our community is struggling to find affordable housing. All of us know people driving further and further away to work, so that they can afford to live here. Or worse we know people settling for substandard housing or leaving the area for greener pastures. We need to change this trend for many reasons. I am proud to say that area leaders are stepping up to find solutions to this pressing issue.

In 2018 a new group of local businesses, faith-based organizations, schools, social service, and healthcare providers decided to form a new coalition, @Home in Adams County. This group is no longer accepting that only housing entities, such as the Adams County Housing Authority, SCCAP, Habitat for Humanity, or local government are responsible to finding a solution to the quickly growing lack of affordable workforce housing. Actually, @Home in Adams County was not the first step, for that we need to rewind three years to a study funding and completed by the Adams County Community Foundation (ACCF).

In 2016 Barbara Emico, the president of the ACCF, had a great challenge. The community foundation had unrestricted investment funds available to begin addressing largescale community needs. While the ACCF has always had donor funds for specific projects, such as improving healthcare, fighting hunger, community projects and funding many other items, these funds were unrestricted. Mrs. Emico wanted to make sure that as a community we first determined the top issues facing Adams County and then develop a plan to solve them. To this end the ACCF with additional funding from Adams County and Wellspan hired a consultant to perform a community needs assessment. From this study three specific and inter-related issues were defined as most significant in Adams County. They were, a severe shortage of affordable housing, a lack of transportation options, and stagnant wages across Adams County.

Based on those assessment results, the Adams County Community Foundation released and awarded a Request for Proposals for an organization to coordinate the @Home In Adams County initiative, providing funding for a staff person for three years. This seed funding allows @Home in Adams County to build an effective infrastructure to pull together partners, constituents, and additional funding partners so that together we can tackle the biggest issues facing Adams County residents.

Most of us know what unaffordable housing feels like or looks like, but

sometimes it helps to have some data to back up the reality. The National Low Income Housing Coalition's (NLIHC) 2018 "Out of Reach" report documents the gap between renters' wages and the cost of rental housing. The report lists a housing wage or the hourly wage that a full-time worker must earn to afford a modest rental home without spending more than 30% of his or her income on housing costs. Thirty percent is considered the benchmark for defining what is affordable housing. This is also a good benchmark for owning a home, but for now let's just focus on rental housing. The report also utilizes HUD's Fair Market Rent (FMR), which is an estimate of what a family moving today can expect to pay for a modest rental home in the area.

In Adams County the FMR for a two-bedroom apartment is \$970 with the housing wage at \$18.08 per hour or \$37,600 annually. In Adams County the report estimates the average renter earns \$10.30 per hour. This means, using the 30% threshold, the worker could afford rent of \$536 per month. In order for a single person to afford a two-person apartment they would need to work 70 hours every week. In Adams County more than 44% of all renters are paying more than 30% of their income towards rent. Even with two wage earners, there is not a large amount of margin for error in this equation. Many families are one emergency, illness, or car breakdown away from losing their housing.

So what about those government programs we hear about for low-income people. According to the NLIHC, on a national level, only one in four households who qualify for housing assistance receive it. At the Adams County Housing Authority and Pa. Interfaith Community Program, who oversee most of these housing subsidy programs, they are seeing similar trends in Adams County and all of their subsidized and affordable housing programs have waiting lists.

Now, rewind a few paragraphs to the beginning of this article to the groups engaged in this attempt to solve our workforce housing crisis. One group that stands out to me is business. Up until recently many of us saw the problem of affordable housing as housing agency's concerns, but where do these tenants and homeowners work? This is why we all need to be concerned, we are losing our workers because they can't afford to live here. If we lose businesses, or new businesses fail to locate here due to workforce shortages, we begin to lose more than just the business.

Affordable workforce housing supports our tax base, both intrinsically in the value of the house and through the property value of the employee's business. Without workers, business doesn't work. The expression "build it and they will come", is not good business advice. Businesses locate or expand in areas where there is a workforce for their industry. Without a strong and growing business base, homeowners will bear the

brunt of the tax burden.

Affordable workforce housing creates better neighborhoods. When employees can afford to live and work in the same community, instead of spending an average of 40 minutes commuting (based upon a 2018 Adams County office of Planning and Development report), they are able to attend their children's sporting events, walk in their neighborhoods, and become more connected to their community.

Affordable workforce housing creates stronger families. While this may seem obvious, it really can't be overstated how important it is for parents to be home with their children. Earlier I mentioned the cost of rental housing versus the average wage for renters. Single parents and two-parent families often have to work extra just to afford their homes. This means that children are left without parental guidance. As a county commissioner I could write an entire article about how this issue alone drives much of our budget and your taxes. It is tough to balance the time necessary to both provide a house for a family and really create a home for that family.

If I leave you with one thought, please remember that affordable housing is not just a low income problem, this is about all of us. Creating more affordable workforce housing affects us all, and I am proud that such a strong community group has formed to address these concerns. In the coming months and years expect to hear more about this and if you have any question please reach out to me at mqually@adamscounty.us or 717-339-6514.

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COMMENTARY

Words From Winterbilt

Healthcare, drugs and cost

Shannon Bohrer

Our president recently told us that his justice department was going to court to have the Affordable Care Act (ACA) repealed, by having the judiciary declare it unconstitutional. Of course he also told us not to worry, since his party would be rolling out a better health care system. However, less than a week later, he said his new health care law would be instituted after the 2020 election.

The Justice Department is still going to court, and if the courts declare the ACA unconstitutional and since the new promised law is at least a year and a half away, what happens to all of the people that currently use the ACA? What happens to all of the people that have pre-existing conditions? Before the ACA, individuals with pre-existing conditions were often not insurable. The cost was prohibitive and/or insurance companies often would just not insure them.

When The ACA was enacted it changed the rules, requiring insurance companies to insure individuals with pre-existing conditions. Additionally the ACA prohibited insurance companies from charging higher premiums to people with pre-existing conditions. Prior to the ACA, people with pre-existing conditions, that could obtain insurance, were placed in high risk pools, with much higher premiums.

The cost of our health care is the major issue. In 1970, our health care cost was about 6 percent of our GDP. In 2017, our health care cost was 17 percent of our GDP, which equates to one sixth of our economy. This means health care cost have exceeded our normal growth. One out of every six dollars goes to health care.

According to the Kaiser Family Foundation, we spend about twice as much for health insurance than eleven comparable countries. The other countries spend an average of \$5,280 per person for health care cost per person and the U.S. average per person is \$10,224.00. While we pay more for medical insurance, we don't receive more. The Commonwealth Fund Report ranks the U.S. 11th in health outcomes, which is below the other countries. "Most troubling, the U.S. fails to achieve better health outcomes than other countries, and... the U.S. is last or near last on dimensions of access, efficiency and equity."

The need for health care reform to control cost seems obvious to everyone, and yet the president's party has tried to repeal the ACA over 70 times, with no success, and with nothing to take its place. With the last attempt to repeal, which was in 2017, the president said the ACA would be replaced with a better system, but no such system was offered. So, if the justice system is successful in repealing the Afford-

able Care Act through the courts, – what happens?

While our current health care system cost twice what other industrialized countries pay, the cost of prescription drugs has gone up faster. There are people paying over \$500 a month for insulin alone. Currently, one in four diabetic people are using less and even missing doses of insulin because they cannot afford the cost.

What many people may not know is that insulin was discovered and formulated by two Canadian scientists in 1921. The scientist; Frederick Banting and Charles Best, knew the value of the discovery and sold the patent to a University for one dollar. The formula for insulin was freely given to the drug manufactures, for the sole purpose of always keeping the cost of insulin low. Market research expects the global "insulin market will top \$48 billion" in 2020.

While the cost of insulin has quadrupled in the last decade, other drug prices are also going up. We all remember the \$700 Epi-Pens, a 700 percent increase in just a few years. While there does not seem to be any limits on prescription drug prices, at least many of us have prescription drug insurance. However, even with insurance the co-pays are also increasing.

Related to the increased cost of health care insurance and prescription drugs, is the fact that we are experiencing a nationwide problem with drug additions. The

United States, like every other county has always had problems with addictions, but starting in the late 1990's our opioid addictions began to escalate. With the growth of addictions the number of overdose deaths has also grown.

Over 217,000 people died from prescription opioids overdoses from 1999 to 2017. The rate of overdose deaths was five times higher in 2017 than it was in 1999. There is a correlation between the number of opioid prescriptions and opioid deaths, as the number of prescriptions has grown. In 2017, there were 58 prescriptions for opioids for every 100 citizens. Over 17 percent of our population had a prescription filled for opioids. An estimated 80 percent of all opioid prescriptions use and supply are consumed in the United States. That is a significant number since we are less than 5 percent of the world population.

From another perspective, that of the drug manufactures, the estimated 300 million pain prescriptions written each year is a 24 billion dollar market. A large part of this market has been owned by the Sackler family, the owners of Purdue Pharma, which produced an estimated 35 billion dollars in revenue since 1995. It was in 1995 that Purdue Pharma started marketing and selling OxyContin, as a long term product to alleviate pain. When introduced, OxyContin was marketed as safe to use with very few addictive qualities.

We all know that the marketing for OxyContin was deceptive and we now know this because of

all of the law suits against Purdue Pharma and other manufactures. Whistle blowers and company insiders have told us that bribes were paid to doctors. From court documents, "We're going to pay you five times as much if you can get him to prescribe the strongest does possible." Sales representatives made more money – by selling more products, even if the product was not needed.

"According to the American Society of Addiction Medicine, four out of five people who try heroin today started with prescription pain killers." Yes, we have a drug problem and we need to be diligent to deter the importation of illegal drugs. However, the manufacturing of legal drugs in the U.S. has created the demand for the illegal drugs. Capitalism has worked for the owners, the manufactures and the sales force in our pharmaceutical industry.

We are the only large industrialized county that supports a health care system for profit. The services we have include paying more for insurance and medical care, while we often receive less than other countries. The services also include 80 percent of the world's opioid prescriptions, which has been responsible for higher addiction rates. It is not a coincidence that the U.S. consumes 80 percent of the world's opioid prescriptions, since we also consume 75 percent of all prescription drugs in the world.

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

Common Cents

Rejecting "America First"

Lawrence Wittner

As president, Donald Trump has leaned heavily upon what he has called an "America First" policy. This nationalist approach involves walking away from cooperative agreements with other nations and relying, instead, upon a dominant role for the United States, undergirded by military might, in world affairs.

Nevertheless, as numerous recent opinion polls reveal, most Americans don't support this policy.

The reaction of the American public to Trump's withdrawal of the United States from key international agreements has been hostile. According to a Reuters/Ipsos opinion poll conducted in early May 2018, shortly before Trump announced a pullout from the Iran nuclear agreement, 54 percent of respondents backed the agreement. Only 29 percent favored a pullout. In July 2018, when the Chicago Council on Global Affairs surveyed Americans about their reaction to Trump's withdrawal from the Iran nuclear agreement and the Paris climate agreement, it found that 66 percent favored remaining within the Iran accord, while 68 percent favored remaining within the Paris accord an increase of six percent in support

for each of these agreements over the preceding year.

Most Americans also rejected Trump's 2019 withdrawal of the United States from the Intermediate-Range Nuclear Forces (INF) Treaty with Russia. A survey that February by the Chicago Council on Global Affairs reported that 54 percent of Americans opposed withdrawal from this nuclear arms control treaty and only 41 percent favored it. Furthermore, when pollsters presented arguments for and against withdrawal from the treaty to Americans before asking for their opinion, 66 percent opposed withdrawal.

In addition, despite Trump's sharp criticism of U.S. allies, most Americans expressed their support for a cooperative relationship with them. The Chicago Council's July 2018 survey found that 66 percent of Americans agreed that the United States should make decisions with its allies, even if it meant that the U.S. government would have to go along with a policy other than its own. Only 32 percent disagreed. Similarly, a March 2019 Pew Research poll found that 54 percent of American respondents wanted the U.S. government to take into account the interests of its allies, even if that meant compromising with them, while only 40 percent said the U.S. govern-

ment should follow its national interests when its allies strongly disagreed.

Moreover, despite the Trump administration's attacks upon the United Nations and other international human rights entities—including pulling out of the UN Human Rights Council, withdrawing from UNESCO, defunding UN relief efforts for Palestinians, and threatening to prosecute the judges of the International Criminal Court—public support for international institutions remained strong. In July 2018, 64 percent of Americans surveyed told the Chicago Council's pollsters that the United States should be more willing to make decisions within the framework of the UN, even if that meant going along with a policy other than its own. This was the highest level of agreement on this question since 2004, when it was first asked. In February 2019, 66 percent of U.S. respondents to a Gallup survey declared that the UN played "a necessary role in the world today."

But what about expanding U.S. military power? Given the Trump administration's success at fostering a massive military buildup, isn't there widespread enthusiasm about that?

On this point, too, the administration's priorities are strikingly out of line with the views of most Americans. A National Opinion Research Center (NORC) survey of U.S. public opinion, conducted from April through November 2018, found

that only 27 percent of respondents thought that the U.S. government spent "too little" on the military, while 66 percent thought that it spent either "too much" or "about the right amount." By contrast, 77 percent said the government spent "too little" on education, 71 percent said it spent "too little" on assistance to the poor, and 70 percent said it spent "too little" on improving and protecting the nation's health.

In February 2019, shortly after Trump indicated he would seek another hefty spending increase in the U.S. military budget, bringing it to an unprecedented \$750 billion, only 25 percent of American respondents to a Gallup poll stated that the U.S. government was spending too little on the military. Another 73 percent said that the government was spending too much on it or about the right amount.

Moreover, when it comes to using U.S. military might, Americans seem considerably less hawkish than the Trump administration. According to a July 2018 survey by the Eurasia Group Foundation, U.S. respondents—asked what should be done if "Iran gets back on track with its nuclear weapons program"—favored diplomatic responses over military responses by 80 percent to 12.5 percent. That same month, as the Chicago Council noted, almost three times as many Americans believed that admiration for the United States (73 percent) was more important

than fear of their country (26 percent) for achieving U.S. foreign policy goals.

Unlike the president, who has boasted of U.S. weapons sales to other countries, particularly to Saudi Arabia, Americans are also rather uncomfortable about the U.S. role as the world's pre-eminent arms dealer. In November 2018, 58 percent of Americans surveyed told YouGov that they wanted the U.S. government to curtail or halt its arms sales to the Saudi Arabian government, while only 13 percent wanted to maintain or increase such sales.

Finally, an overwhelming majority of Americans continues to express its support for nuclear arms control and disarmament. In the aftermath of Trump's withdrawal of the United States from the INF treaty and announcement of plans to build new nuclear weapons, 87 percent of respondents to a February 2019 poll by Chicago Council said they wanted the United States and Russia to come to an agreement to limit nuclear arms.

The real question is not whether most Americans disagree with Trump's "America First" national security policy but, rather, what they are willing to do about it.

Dr. Lawrence Wittner is Professor of History emeritus at SUNY/Albany.

To read other Common Cents articles visit the Authors section of Emmitsburg.net.

The American Mind

We are doomed

William Hillman

The town I live in and chose to raise my family in, is the same town where I grew up. When I say it's the same town, I mean it's the same location with many of the same buildings. That's where the similarities end. When I was young, the population was ethnically diverse, mostly blue-collar service and factory workers mixed in with a significant population of wealthy industrialists. Today, the wealthy industrialists are long gone and the ethnic diversity and blue collar population has been displaced by academics from the many surrounding universities. They've moved into the town because they thought it quaint and were drawn to the area's commitment to community.

Once they regentrified the area, all that remained from the older community was the buildings. The tight bond that existed between residents vanished with the area's economic and ethnic diversity.

Last week, I was talking to the gentleman who for the last 15 years has run the Fourth of July celebration. For the last 6 years he's been looking for someone to replace him as the chairman, but no one is willing. He told me that this might be the last year for the town's festivities because no one is willing to step up and help. The ceremonies include a fair and festival that run half the day, and then in the evening the area's largest fireworks display. It takes a lot of volunteers to make this all happen. Twenty-five

years ago there were more volunteers than jobs. It was an unspoken rule of the town that at some point during the day your family would go and work one of the many game booths. Even the single men and women in their 20s and 30s would help out in the evening for the opportunity to attend the keg party that happened at the end of the fireworks behind the firehouse.

The number of game booths gets smaller each year for lack of volunteers.

Today there are few volunteers, but a long line of people who have opinions on how things should be run and what should be done. When asked to step up and help they feel no sense of community duty.

Last night I received a phone call from the gentleman who runs the area's Memorial Day parade and services. He also told me this might be the last year for the Memorial Day services for lack of volunteers.

This is not unique to my area. Many once tight communities on the outskirts of large cities have experienced this shift as the new upper-class white liberals leave the cities and bring their "nanny state" political perspective with them to these old communities. They change the political structure of the community then wonder why it has become as dysfunctional as the city they left.

I started looking through some Pew studies and census data on areas where support of radical left-wing candidates was heavy. An interesting pattern I found was that the higher percentage of post

graduate degrees an area has, the more the area tends to vote for politicians who favor big government, intervention and control. These are areas where candidates like Bernie Sanders poll well.

The bigger the government the smaller the citizen.

The deterioration of a sense of duty as citizens should not surprise us. For decades the schools have taught students that they're not responsible for their own actions. Failings and shortcomings are not personal faults. They're the result of external forces beyond an individual's control. They are disempowered from believing that they have control of their own life and destiny. Students are indoctrinated into believing that the State can solve all their problems. Sadly, they are never taught the old adage that power corrupts.

I've often heard it said that one of the differences between conservatives and liberals is, when faced with a problem, liberals tend to look externally for blame and someone else to solve it. Conservatives look internally for what they need to do themselves to solve the problem.

A new poll from Gallup finds that 51 percent of Americans reject socialism and call it "a bad thing," contrasting with just 43 percent who say it is "a good thing."

It paints a picture of socialism on the rise.

Almost, but not quite half of Americans want socialism. Forty-three percent is way up from 1942, when just 25 percent thought socialism was "a good thing."

is the basis of humanity, but this in turn is the opposite to dictatorship. Dictators go for the individual rather the family, and this produces the biggest risk to the whole of the race.

Its been with us ever since one person decided to take all the power for himself, (its never a woman, because family usually comes first), and it would hardly matter if it was not spreading like a plague of dystopian terror as it is now.

So, why now? Well, there are more things to fear now than ever before. The greatest of these is not climate change, atomics or war, it is the sheer number of people who now compete for space, water, and sustenance. Because this is not recognized, all the other things seem to drive it. Clan wars that have grown to be race wars; religious intolerance; refugees that are refugees because of these things, leading to fear of loss of national identity; divides between haves and have nots, and most profoundly, white supremacy.

Whites have always been in the minority, and the renaissance produced conditions that built on the creation of ancient monotheistic, male gods. That is, European know-how was superior to any other ability because white men were superior. Circular reasoning, sure, but it worked. Whites were better.

After almost a millennium that notion is ingrained in western

So, is America ready to nationalize industries and assume the means of production? As noted by prior Gallup surveys, the definition of socialism depends on the respondent. Twenty-three percent define it as "Equality — equal standing for everybody, all equal in rights, equal in distribution." Seventeen percent think it is "Government ownership or control, government ownership of utilities, everything controlled by the government, state control of business." Another 10 percent thought it meant "Benefits and services — social services free, medicine for all." And another 6 percent thought it meant "modified communism."

The result is actually not very surprising. The Democratic Party has increasingly embraced single payer, universal health care, the Green New Deal, college for all and universal basic income over the past several years. These have rapidly become default positions for the party and have developed into the second choice in American politics.

And so, with Democratic leaders such as Bernie Sanders, who is running in 2020, openly embracing these positions, it is unsurprising that a large plurality of voters are following their lead.

Believe it or not, effective leadership in the political realm can have a major impact on the national dialogue. Not convinced? Well, how many Republicans were talking about unfair trade deals, jobs going overseas and getting tough with China before President Donald Trump came along?

Trump took the GOP by storm in 2016 running on an unconventional platform. Republicans had

been wrong about trade and immigration and foreign wars, he said. U.S. policy was more concerned with promoting economic growth somewhere else with bad deals like NAFTA, finding jobs and promoting citizenship for illegal aliens and securing freedom for people they've never met and who might not appreciate the sacrifices being made by our military. It was time to put America first.

It worked. In a single swoop, Trump knocked out three key pillars of prior Republican administrations, shattering the free trade consensus, pushing for securing the border and being smarter about projecting American strength abroad. During the nominating process, Trump turned the GOP establishment on its head and shifted public opinion in his direction.

Today, Trump enjoys sky-high 90 percent approval among Republicans according to Gallup as he followed through on those key promises. The tariffs on China went up, the wall is getting built and the U.S. presence in Syria was minimized, with plans for Afghanistan on the table. Trump moved his party.

And so it is with socialism increasingly being embraced. Going with Gallup, 57 percent of Democrats had a positive view of socialism in 2018, up from 53 percent in 2010.

If you want to see the effect of socialism on a prosperous and modern country, Tune into Venezuela and watch in real time.

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

Down Under

The fear factor

Submitted by Lindsay Melbourne, Australia!

I will show you fear in a handful of dust.

—T.S. Elliot, The Waste Land

Unlikely as it seems, the world is slowly getting itself together. Yes, for the first time in all its history, a common ideology is emerging, one that cuts across race, color, creed and geography. It is dispersed and diffuse; we are aware of its results, but not its origins; it was not planned, but is introducing the greatest social change of all time. There are so many factors at work that it is beyond anyone's comprehension, and we run, headless chooks, in circles looking for answers.

Its effects are profound, civilization, as we know it is being distorted, and it will be the overwhelming feature of tomorrow's world.

No, it is not climate change, not China vs. America or Democracy v Totalitarianism, colored vs. white. It has a simple, one word name we all are familiar with.

Control

There have been signs of its emergence over the past 100 years - Communism and Nazism the obvious examples, where the state controlled everything, (or the people, in theory, did so), as well as the coups, the ethnic cleansing, the civil wars that sprang up in parts of Europe and Africa, but all these were the result of the most basic of human responses to the unknown.

Fear

Fear of losing what you already have and hope to have, of not surviving, and above all fear of failure. Fear helped us survive—run from the sabertooth, hide from the enemy, but it has also driven mankind to the most terrible of acts and policies, it has colored our upbringing, our governments and out religions and schooling.

These are all based on a subliminal sense of self-preservation. We are all primed to survive — it's the first commandment — with our adrenals the means of attaining it, but there is another equal force at work: survival of the family.

Self-preservation is nullified when the family, the tribe, the clan is at risk, because in the end it is not the life but the genes that must be preserved. This

thought, with the result that race, especially in your country, has played an enormous part in shaping your culture. Misogamy, xenophobia, narcissism — these have polarized the nation until today they are fertile ground for a president who is the very model of a modern dictator.

Enter, stage left, China and Xi Jinping. Another dictator who cherishes the title, who is putting in place the means of monitoring and controlling his vast empire. When you consider the other members of that club, (Russia, UAE, Iran, Syria, and the smaller players who are only part way there such as Hungary, Britain, Australia, France), you see that the same applies. Supremacy, rule by dictate, hatred of those not you, minorities, and all who wish to believe and behave in ways different to yours - these are not tolerated.

Whether state or church based, it's the same. We know better than you. By far the worst of these are the church-based rulers. They take appropriate portions of their inherited writings, alter them for the day, and denounce all not theirs. And that's not just Islam. It's Christians as well, all who screech 'fundamentals' 'back to the book' 'back to the good old days' - these are dictators because they do not tolerate all who disagree with them. (Of course, in democracies they are scared of being punished by the law, but that doesn't stop them.)

Underneath all that — as if it wasn't enough — are the scariest of all, those with most to lose. It's logical, isn't it, that the more you have, the more you want to hang on to it. After all you or your forebears worked hard for it, traded wisely, or were just lucky. To have that taken away is a fate almost worse than death, and that's motive enough to support those who will help you keep it. They are called conservatives because they want to conserve what is theirs, and the more you have the more conservative you will be — while maintaining a facade of decent democracy.

Yet there is something more fundamental to dictators than even this: A sense of self worth, self-identity. It is them, not the people, not the nation that matters. They will go to any lengths to preserve it. They will take anyone or anything on in a kind of frenzied zeal, and that is where we are today.

The idea of democracy is dead. The rule of the jungle is baring its claws, when you will die to keep what you consider yours.

And we, peace lovers all, live in the sunshine of hope and expectancy as the new world order gets set to control our minds and lives.

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

THE PASTOR'S DESK

Never forget

Pastor John Talcott
Christ's Community Church

Sometimes it seems that Memorial Day is misunderstood by a large portion of Americans; it's as if many of us have forgotten what the day is for as we're determining how we're going to spend the long holiday weekend traveling, vacationing, and barbecuing. And yet, we must never forget those who've lost fathers, mothers, husbands, wives, sons, daughters and friends; and I pray that we as Americans never forget to honor those who have shed their blood so that we can enjoy the freedoms which we now enjoy. In fact, we must never forget that freedom is not free and as we honor the men and women who have died while serving this country, we must remember that they pressed through incredible pain and hardship, ultimately paying the highest price, giving their lives for our freedom.

On November 7, 2009, in a historic event, the USS New York was commissioned into service, but there was a deeper meaning behind its charge, its installation, and that is that there was a message behind this amphibious assault ship's commissioning. You see, it had been built with 24 tons of scrap steel salvaged from the World Trade Center, melted down and cast into her bow. The message of the USS New York was that we will never forget those who perished in that tragic attack on September 11, 2001; and it's a reminder of our determination as Americans to recover, to rally, and to vanquish the enemy.

This Memorial Day we honor the over 660,000 men and women who have become casualties of war since the beginnings of this great nation. And while that's an overwhelming number, the good news is that when you're facing something that seems too big for you, if you'll put your trust in Jesus Christ, you can be an overcomer. We are celebrating that this weekend at Christ's Community Church, because when there's an obstacle, an opponent, something

that we can't overcome, we must remember that we have a powerful ally.

In fact, in the Bible, the apostle Paul poses this question, he says: "If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all — how will he not also, along with him, graciously give us all things? (Romans 8:31-32). Therefore, he asks again, "Who shall separate us from the love of Christ? Shall trouble, hardship, persecution, famine, nakedness, danger or sword?" (Romans 8:35). In other words, if you're in that place where you're feeling overwhelmed, God can help, he is your ally, strengthening you, and giving you hope and joy. You may be facing great difficulty, scarcity, even physical hardship, but the Bible tells us, "In all these things we are more than conquerors through him who loved us" (Romans 8:37). And it's through him, make no mistake, it's not by our own power, but it's through Christ, who loved us and invites us saying, "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28). And so, it's his power that is available to those who believe, to those who say in faith, "If God is for us, who can be against us?" (Romans 8:31).

I'm reminded of the testimony of the Israelites as they were liberated from Egyptian slavery. Exodus chapters 7-14 records that through a series of miraculous events they were allowed to pack up and leave Egypt only to come face-to-face with a great obstacle. They came to the shore of a great Sea stretching as far as they could see but not only that, the Pharaoh had changed his mind and was pursuing them with a great army. It was an intense situation, but as the Israelites cried out to God, he parted the Sea in front of them and they crossed on dry ground. However, that didn't resolve the Israelites' problem entirely, because about that time the Pharaoh's Army arrived on the opposite shore and began follow-

ing them into the dry seabed; but now just as miraculously as God had parted the sea, at just the right time the sea came crashing back in and the whole army was destroyed by this tsunami.

In the same way, whatever it is that is overwhelming you, threatening you, causing you fear and anxiety, our God will fight your battles for you, but you've got to trust him. That's what the Bible says, "This is the victory that has overcome the world, even our faith" and so we've got to believe (1 John 5:4). You see, there's really only two options, we're either overcome because of our unbelief, or we're overcomers because of our faith. Therefore, our faith doesn't depend on the sea before us or the army behind us, our faith doesn't depend on how we feel or what we see, our faith is in Jesus Christ, the King of kings and Lord of lords, because he's our ally and he's the one who is fighting our battles. And so, the important thing for us is to trust God, and to follow him, even when we don't understand his plan.

In fact, as we look at the Israelites again, in Joshua chapter three, we find the people of God now 40 years later. Once again, they're standing at the edge of a great obstacle, the Jordan river was at flood stage and the promised land was just out of reach on the other side. What appeared to them to be a great impossibility was about to be resolved as God causes the water to part and the people were able to cross through into the promised land on dry ground. But what's interesting, is that this time, God does something unique, not wanting them to ever forget what he's done for them.

And so, in Joshua chapter four, God instructed Joshua to take 12 stones from the middle of the Jordan River and pile them up at the place where they would camp that night. So, 12 men carried 12 stones to the place where they set up camp and they constructed a memorial there. Then Joshua said to the Israelites, "In the future your children will ask, 'What do these stones mean?' Then you can tell them, 'This is where the Isra-



elites crossed the Jordan on dry ground.' For the Lord your God dried up the river right before your eyes, and he kept it dry until you were all across, just as he did at the Red Sea when he dried it up until we had all crossed over. He did this so all the nations of the earth might know that the Lord's hand is powerful, and so you might fear the Lord your God forever" (Joshua 4:21-24). This pile of 12 stones, was a memorial, a reminder, so that the people would never forget their God, his provision, and his miracles on their behalf.

In the same way, we pause to remember the millions of men and women who have served our country since its beginning, with over 660,000 men and women giving their lives so that you and

I may enjoy the freedoms that we enjoy today. And yet, in spite of that sobering thought, we also remember Romans chapter eight, which reminds us that, "In all these things we are more than conquerors through him who loved us" (Romans 8:37). In other words, through Jesus Christ, we have the power to overcome all the trials, temptations, and hurdles this world throws at us. No matter how overwhelming, impassable, or impossible, you're able to overcome: "Not by might nor by power, but by my Spirit," says the Lord Almighty (Zechariah 4:6). Let us never forget!

To learn more about Christ's Community Church visit their website at www.cccaog.org or better yet, join them for Sunday service!

Events at Graceham's Moravian Church

June 2 - Summer worship 9:15 a.m. – Children's Lovefeast, Bells of Grace Handbell Choir. Video series to understand the Muslim faith, "Discover Islam" a joint project of several denominations, Jun 2, 9, and 16, 11 - 1:30 p.m.. Light lunch provided. Call the church to register.

June 3 - Served with Grace Free Community Meal, 5:30 - 7 p.m.. Are We There Yet? The Story of Moses and the Exodus presented at 7:15 p.m.. All welcome.

June 3 - Encore performance of the inter-generational musi-

cal production, "Are We There Yet? The Story of Moses and the Exodus," 7:15 - 8 p.m.. Fun for the whole family. Make it a "Dinner Theatre." Community meal served 5:30 - 7 p.m..

June 23 - Summer worship 9:15 a.m., Summerfest for children, Prayer Day for Outdoor Ministries, Trip to Sakina Grill Restaurant, Washington, DC following worship. Reservations required - please call the church office.

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Pastor: Walter (Mickey) Barlow

THE BOOK OF DAYS

The Nature and Folklore of June



June has now come, bending beneath her weight of roses, to ornament the halls and bowers which summer has hung with green. For this is the month of roses, and their beauty and fragrance conjure up again many in poetical creation which memory had buried.

This is the season to wander into the fields and woods and look up at the great network of branches, and think how silently they have been fashioned. Through many a quiet night, and many a golden dawn, and all day long, even when the twilight threw her grey veil over them, the work advanced; from when the warp was formed of tender sprays and tiny buds, until the woof of leaves was woven with a shuttle of sunshine and showers, which the unseen wind sent in and out through the branches.

No human eye could see how the work was done, for the pattern of leaves was woven motionless—here a brown bud came, and there a dot of green was thrown in; yet no hand was visible during the workmanship, though we know the great power that stirred in that mysterious loom, and wove the green drapery of summer.

Now in the woods, like a fair lady of the olden time peeping through her embowered lattice, the tall woodbine leans out from among the leaves, as if to look at the procession that is ever passing, of golden-belted bees, and gauze-winged dragon-flies, birds that dart by as if sent with hasty messages, and butterflies, the gaudy outriders, that make for themselves a pathway between the overhanging blossoms. All these she sees from the green turret in which she is imprisoned, while the bees go sounding their humming horns through every flowery town in the forest. The wild roses, compelled to obey the commands of summer, blush as they expose their beauty by the wayside, and hurry to hide themselves again

amid the green when the day is done, seeming as if they tried 'to shut, and become buds again.'

We now hear that sharp rasping sound in the fields which the mower makes every time he whets his scythe, telling us that he has already cut down myriads of those beautiful wild flowers and feathered grasses which the morning sun shone upon. We enter the field, and pick a few fading flowers out of the great swathes; and, while watching him at his work, see how at one sweep he makes a desert, where a moment before all was brightness and beauty.

How one might moralize over this globe of white clover, which a bee was rifling of its sweets just before the scythe swept it down, and dwell upon the homes of ground-building birds and earth-burrowing animals and insects, which the destroyer lays bare.

Many of those grasses which he cuts down so thoughtlessly are as beautiful as the rarest flowers that ever bloomed, though they must be examined minutely for their elegant forms and splendid colours. No plumage that ever nodded over the brow of Beauty,

not even that of the rare bird of paradise, can excel the graceful silky sweep of the feather-grass, which ladies used to wear in their head-dresses.

The silky bent grass, which the least stir of air sets in motion, is as glossy and beautiful as the richest satin that ever enfolded the elegant form of maidenhood. The quaking or tottering grass is hung with hundreds of beautiful spikelets, which are all shaken by the least movement of an insect's wing; and when in motion, the shifting light that plays upon its many-coloured flowers makes them glitter like jewels. But let the gentlest breeze that ever blew breathe through a bed of this beautiful grass, and you might fancy that thousands of fairy bells were swinging, and that the hair-like stems were the ropes pulled by the greenwood elves, which are thinner than the finest silk.

It has many pretty names, such as pearl-grass, silk-grass. Nothing was ever yet woven in loom to which art could give such graceful colouring as is shown in the luminous pink and dazzling sea-green of the soft meadow-grass; the flowers spread over a panicle of velvet bloom, which is so soft and yielding, that the lightest footed insect sinks into its downy carpeting when passing.

Many grasses which the mower is now sweeping down would, to the eye of a common observer, appear all alike; though upon close examination they will be found to differ as much as one flower does from another. Amongst these are the fox-tail and other grasses, which have all round heads, and seem at the first glance only to vary in length and thickness; they are also so common, that there is hardly a field without them.

We take up a handful of grass from the swathe just cut down, and find dozens of these round-headed flowers in it. One is of a rich golden green, with a covering of bright silvery hairs, so thinly interspersed, that they hide not the golden ground beneath; another is a rich purple tint, that rivals the glowing bloom of the

dark-shaded pansy; while, besides colours, the stems will be found to vary, some being pointed and pinched until they resemble the limbs of a daddy-long-legs. This is the scented vernal grass that gives out the rich aroma we now inhale from the new-mown field. It seldom grows more than a foot high, the fragrance is supposed to be that which scents the June air for miles round when the grass is cut and dried.

The rough, the smooth, and the annual meadow - grasses are those which everybody knows. But for the rough meadow-grass, we should not obtain so many glimpses of green as are seen in our squares and streets—for it will grow in the smokiest of cities; while to the smooth meadow-grass we are indebted for that first green flush of spring—that spring green which no dyer can imitate, and which first shows through the hoary mantle of winter. The annual meadow-grass grows wherever a pinch of earth can be found for it to root in. It is the children's garden in the damp, sunless backyards of our cities; it springs up between the stones of the pavement, and grows in the crevices of decaying walls. Neither summer suns which scorch, nor biting frosts which blacken, can destroy it; for it seeds eight or nine months of the year, and, do what you will, is sure to come up again. Pull it up you cannot, excepting in wet weather, for it finds nourishment in everything it lays hold of, nor has it, like some of the other grasses, to go far into the earth for support.

There are upwards of two thou-

sand varieties of grasses. The oat-like, the wheat-like, and the water-grasses, of which latter the tall common seed is the chief, are very numerous. It is from grasses that we have obtained the bread we eat, and we have now many varieties growing wild, that yield small grains of excellent corn, and that could, by cultivation, be rendered as valuable as our choicest cereals.

After-month is a word still in use, though now applied to the second crop of grass, which springs up after the hay-field has been cleared. None are fonder than Englishmen of seeing a 'bit of grass' before their doors.

Historical

Ovid, in his *Fasti*, makes Juno claim the honour of giving a name to this month; but there had been ample time before his day for an obscurity to invest the origin of the term, and he lived before it was the custom to investigate such matters critically. Standing as the fourth month in the Roman calendar, it was in reality dedicated a Junioribus—that is, to the junior or inferior branch of the original legislature of Rome, as May was a Majoribus, or to the superior branch. 'Romulus assigned to this month a complement of thirty days, though in the old Latin or Alban calendar it consisted of twenty-six only. Numa deprived it of one day, which was restored by Julius Caesar; since which time it has remained undisturbed.' —Brady.

To read more of Robert Chambers' *The Book of Days*, visit Emmitsburg.net.

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ECOLOGY

Capturing nature in a photo

Mick Group
Strawberry Hill Naturalist

At least half of the importance of an endeavor put forth by the conservationist or naturalist is aimed at observation and related research. The other half pertains to the sharing of anything gained by that work with others. Perhaps the most effective way of communicating the related subject matter is by a combination of dialogue with one's peers, written material, and photographic images. One's choice of photo equipment should at least be weather resistant.

In the last couple of decades, auto and programmed exposure have been taken for granted, along with a host of other features. However, none of this technology will enable the amateur snap-shooter to produce professional results in and of itself. The same compositional skills such as controlled depth of field, rule of thirds, leading lines, etc. are more important than ever. A recent report states that about 90% of photo submissions to social media for commercial consideration are trashed. In short, they never even make it to a listing for sale.

Now for the good news! Because of the increased interest in environmental issues, forest management, wildlife, bird watching, travel, and a host of other related issues, the demand for "quality photos" is very high.

For the novice, a trip to the camera shop or thumbing through a

B+H catalogue, either hardcopy or online, may be confusing. A lot has changed in the last decade.

A beginning photographer should also make other considerations based on their objective, such as traveling, social media, magazines, newsprint, or maybe framed prints for public auction. Will you be using Power Point to make your presentations? Or could it be all of the above, and more maybe? Flexibility is the keyword here. You will most likely find that your methods change as your needs change. So, keep an eye on future trends and remember that trends will come and go, some more quickly than others.

A commonly overlooked part of the equation is the form or image captured and storage. Ten years ago, a 2 GB SD card was kind of special! Try finding one that small now. In addition to SD cards, we see a resurgence in the use of the compact flash. And don't rule out film! Film is currently enjoying a bit of a renaissance and some of those mechanical cameras from the 60's, 70's, and 80's are going back up in price. You don't have to worry about batteries going dead in cold weather. KODAK and Fuji have both introduced some new films and resurrected some of the classics. For large prints suitable for framing they are hard to beat. Big picture: more options for imaging exists now than ever before.

When budget concerns are a priority you may want to check out the super zoom cameras.

These are small and light but are similar to a DSLR in configuration. A DSLR (or Digital Single-Lens Reflex) camera has the mechanisms of a film camera, but a digital imaging sensor (instead of film) of a digital camera. I have used P500 and P510 DSLR cameras in the past while doing promo photos for a conservation camp. The results were surprising and more than adequate for the publications in the magazines we used them in. If budget concerns are a necessity, you may want to give them a serious look. They do the job and have good image quality. And you don't need to change lenses. But they are not really in the same league as a good DSLR.

Much has been said about the newer mirror lenses (aka mile) cameras. But, for series birding work, a good DSLR camera is the way to go. They are faster to focus on flying birds than anything else available. More lenses and other accessories are available for "your system" as well. This all may change at some time in the future. But for now, DSLRs and birds are the best combination.

Size is important too. I have found that some of the small "touch cameras" that are waterproof, shock proof, and freeze proof, are a good ugly weather alternative. Most are about the size of a cigarette pack. The two with the highest reviews are the Olympus TG-4 or TG-5, and the Nikon AW 130. I have the earlier Nikon



While not assured, having the right camera can often make the difference between a so-so shot and a once in a lifetime photo.

AW 100 model and have been using it for about six years. Image quality is great and I can shoot macro at 4/10ths of an inch. The video surpasses my expectations and I liken it to ergonomics. The price of one of these is surprisingly inexpensive and it's great to just grab when you're on the go when the weather is iffy. I find that this is my go to camera for when I'm hopping in the truck with no idea as to what I may encounter. Many models are available from most manufacturers.

Perhaps the most important and overlooked accessories are the tripods, flashes, bulb blowers, filters, and lens cleaners. By all means,

do not buy a cheap tripod. Spend a little extra for a basic, sturdy tripod. You'll be glad you did. Most cameras have a built-in flash, but if lighting is an issue investigate your options. As for a bulb blower accessory, this is simply a flexible, rubber bulb with an attached hollow tube to direct forced air to remove dust from your camera and lenses. If you change lenses a lot, this is important. When changing your lens, hold the camera or lens mount side down so that dust will fall away, instead of into the camera. I do not recommend the canned aerosol blowers as the increased pressure could damage your camera's sensor.

Lens maintenance can directly affect image quality. To remove dust and debris, first use the bulb blower. Then, if necessary, a photo grade microfiber cloth will remove any residue. Lens cleaner fluid and lens tissue may also be used. To protect the lens glass, a screw on filter lens will protect the camera lens glass from damage, plus it can add special effects to your photos as you desire.

Once you've armed yourself with the shooting machine of your choice, do yourself a favor and rake at least one course in photo composition. Maybe join a club or seek out like-minded individuals! Subscribe to Outdoor Photographer or a similar publication. Either online or the hard copy magazine. And although ergonomics are fairly intuitive on many models, you should check out the owner's manual. Much information is available online in the form of reviews and related material.

In any case, go out and shoot. The more you shoot, the more natural it will become. Don't be afraid to experiment with different techniques, styles or "moves." Once you get in the field or woods, you'll find much more to work with than you may have thought. Who knows where photography might take you in this adventure. Go have some fun no matter what!

To read past articles by Mick Group visit the Authors Section of Emmitsburg.net.



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IN THE COUNTRY

Plastics made it possible

Tim Iverson, Naturalist

Humanity is compelled by a deep internal drive to push forward into the unknown. In May 2019 it was reported that an American explorer dove into the deepest darkest depths of the Marianas Trench. Going further than anyone before Victor Vescovo carried humanity forward into the unknown only to find that humanity had already found its way there.

At the very bottom of everything, a staggering 35,850 feet below the surface, was plastic garbage. We went to unfathomable fathoms only to find a human signature etched onto an untouchable place. How could one of the deepest points on Earth be excluded when the surface is literally drowning in plastic?

Along the coast of Cocos, a remote island in the South Pacific, researchers from the University of Tasmania found 414 million pieces of garbage. Globally there are 1 million plastic bottles purchased per hour. 91% won't be recycled and will end up in the ocean or in landfills. Much of this ends up in the Great Pacific Garbage Patch, which is a giant whirlpool of trash circulating in the Pacific ocean.

These troubles may seem half a world away, but we have similar woes right in our very own backyard. The Chesapeake Bay is victim of the same plague. The most recent State of the Bay report grades overall Chesapeake Bay health as a D+. One of the most significant contributing factors is polluted runoff. During heavy spring rains and summer downpours excessive rains wash freely over the surface. Rushing into sewers and waterways the water takes an abundance of surface chemicals, nutrients, and garbage with it.

A watershed can be thought of as a giant sink. Anytime precipitation or a water-related event happens in this sink it all goes down the same drain. The Potomac River watershed is nearly 15,000 square miles, and comprises parts of Pennsylvania, West Virginia, Virginia, Maryland, and DC. Bubbling up out of the earth the Potomac River starts as a slow trickle at Fairfax Stone on the West Virginia and Mary-

land border. Coursing nearly 400 miles the river cascades and meanders its way to the Chesapeake.

A rain storm to the west can wash excess fertilizer from farms and yards into the river causing deadly algae blooms hundreds of miles away. Roadside litter, like plastic grocery bags or bottles, can be washed into the river and become flotsam congesting and polluting the waterway. The Potomac supplies drinking water to over 5 million people in the Washington, DC metro area. The Potomac flows into the Chesapeake Bay, which is one of the most productive estuaries in North America. It accounts for over \$6 billion economic output and nearly 70,000 jobs in fisheries and tourism. Restoring the river to full health is not just an environmental issue. It's a matter of public health. People's livelihoods depend on the water quality.

The Chesapeake Bay watershed is much larger, encompassing 64,000 square miles, extending all the way to New York state. The health of the bay, which is vital to Maryland as an environmental and economic powerhouse, is dependent not only on local and regional efforts, but national endeavours for stewardship. The health of all contributing waterways degrades any progress made.

While all roads lead to Rome, rivers within this watershed lead to the the Chesapeake Bay - the largest and most productive estuary in the United States. The road to sustainable use and conservation is dependent upon each state. There is a path to restoration called the Chesapeake Clean Water Blueprint. This is a provision of the Clean Water Act enacted by the Environmental Protection Agency (EPA). In 2010, the EPA began to legally enforce the "Total Maximum Daily Load" (TMDL) which is a scientifically derived basis of the acceptable amount of total pollutants the water system can handle while still being productive and meet water quality standards. Six states (Maryland, Delaware, Virginia, Pennsylvania, New York, W. Virginia) and the District of Columbia are now required to incrementally reduce nitrogen, phosphorus, and sediment pollution over two year periods

through 2025. Nitrogen, phosphorus, and sediment are the top three pollutants contaminating the bay. Farms and agribusiness are responsible for 41% of the polluted runoff, but urban and suburban areas are responsible for 15% of the total deposited amount.

While most of the pollutants come from agriculture, there is a sizeable amount that comes from citizens themselves. There are a few things one can do to help ease the runoff and waste that accumulates in our water. The easiest is to significantly reduce use and dependence on single-use plastics.

Single-use plastics are designed to be disposable. They are cheap and convenient, which is exactly what has caused their proliferation. However, small adjustments in a person's everyday life can create significant impact on the amount of waste generated. Opting for reusable cloth or canvas grocery bags prevents plastic ones from entangling wildlife. Storing food in durable tupperware or pyrex keeps baggies from being mistaken as jellyfish and choking sea turtles. Utilizing utensils in favor of plastic ware, carrying steel or reusable bottles, and saying no to straws are all low-hanging fruit that prevents unnecessary waste from becoming plastic soup.

Other possible solutions include collecting rain in rain barrels or by constructing rain gardens you can strategically utilize rain, reduce runoff, and save on your utility bill. Rain



Nations around the world have started to develop initiatives to limit the frequency of single use plastics, which have been causing irreparable damage to the planet's oceans.

barrels are inexpensive and collected water can be used for anything. All you need is a 50 - 60 gallon drum (sold at hardware and outdoor stores), PVC coupling to connect to downspouts or roof drainage areas, screening to keep insects and debris out of the barrel, and a hose is optional. For many homeowners up to 40% of summer water usage is dedicated to watering gardens and lawns, this can help to reduce that number and your water bills. A slightly more ambitious do it yourself project would be to plant a rain garden.

The health of our waterways and bay is in the hands of varied interests and many states. For the 15% that the average person can help control - we can meaningfully influence

the result by reducing our impact. Much of the solution depends on multi-state public private partnerships. However, we're all responsible. Plastics are everywhere. They've undoubtedly increased sanitation and public health in areas of the globe where it otherwise wouldn't have been possible. By helping medicine and public safety plastics have helped save and raise the quality of life. Plastics also made it possible to pollute untouchable places. They've made it possible to alter the geologic record as they take thousands of years to decompose. They've made it possible to contaminate our food supply.

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REAL SCIENCE

Bigfoot

Michael Rosenthal

In 1958 a bulldozer operator for a logging company in Northern California made a discovery. He was clearing away brush and stumps about 300 miles north of San Francisco, when he found very large man-like footprints in the mud. He found that other colleagues had seen a similar thing. These sightings were published in the Humboldt Times as "Giant footprints puzzle residents along Trinity River." The article coined the name "Bigfoot." The story spread, and a great deal of reaction occurred.

In 2002 it was revealed that the event was a hoax, caused by stomping in the mud with carved wooden feet. But the belief lived on! Believers in Bigfoot are everywhere, and conferences are held where believers share their experiences and knowledge of Bigfoot, also known as Sasquatch. The University of New Mexico at Gallup spent \$7,000 in university funds in 2016 for a two-day Bigfoot conference, "Bigfoot in New Mexico: Evidence, Ecology, and Behavior." The conference included no Bigfoot skeptics, only believers. The conference was followed by a university-financed Bigfoot Expedition. The expedition, alas, had no luck in finding evidence of Bigfoot. The event was not well-received by New Mexico government, and the university president promised that a Sas-

quatch summit "was not appropriate and will not occur in that manner again." Other conferences elsewhere continue to be held.

Since then, sighting of similar half-man and half-ape creatures have been reported regularly all over the world, and believers feel that Bigfoot is the missing link between man and his evolutionary predecessors. People who have seen it describe it as large, muscular, bipedal and ape-like, roughly 6-9 feet tall and covered with hair described as black, dark brown, or dark reddish. Footprints were described as having five toes and claws, and being as large as 24 inches long and 8 inches wide.

Many cases of Bigfoot sighting have been made, but none has been proven definitively real, and some have been proven hoaxes. In 1957 a prospector claimed to have been abducted in 1924 by a Sasquatch, and forced to live with its family for six days. In 1967 a film was made showing an ape-like creature walking around the area of the original reported sighting. This was later revealed to be a man in a gorilla suit and revealed the individual who wore it.

There is an organization called the Bigfoot Field Researchers Organization (BFRO), who lists some 5,000 sightings from every state except Hawaii, about one-third from the Pacific Northwest.

So what do scientists have to say about it? There are some reputable scientists who believe that such

a creature exists. Famous and highly respected primatologist Jane Goodall told National Public Radio, "Well now, you will be amazed when I tell you that I'm sure that they exist." Though there are other scientists who agree with Goodall, there are others who do not. Many scientists point out that there is no supportive data of any scientific value. Great apes have not been found in the fossil record in the Americas. No Bigfoot remains have ever been found! Why do so many people want Bigfoot to be real? Folklore professor Lynne McNeill says that Bigfoot satisfies a deep human hunger for the mysterious and the magical, and serves as proof that humans have not totally dominated nature. She says, "It's a better world if Bigfoot can be real."

So, if there is no Bigfoot, what do the responsible scientists think is happening? There have been no bones, no hair, no bodies, no skin and no DNA recovered after all this time. Some scientists think it is all about black bears, which are tall and human-like, when standing upright on two legs. Other scientists point out that a species as common as that reported would breed and be conclusively observed. I will close with the second sentence in Jane Goodall's statement on Bigfoot. "I guess I'm romantic. I don't want to disbelieve."

We've talked before about dietary supplements, and we've concluded

that some are useful (my physician, a board-certified internist, has me taking Vitamin D3 daily), and that many dietary supplements are useless.

A current popular supplement, kratom, a green powdered herbal supplement that is widely available and up until now unregulated, has been shown to be a serious risk. Kratom is derived from the leaves of a tree native to Southeast Asia, and it is sold in the United States online and in bodegas and head shops. It is sold as a mood booster, energy supplement, and pain reliever. It is being increasingly used by persons with opioid addiction. It is believed to be now used by several million Americans.

Though some folks report that kratom made a great positive difference in resolving their problems, others have reported side effects that include seizures, hallucinations, and symptoms of psychosis. A recent government review has linked kratom to nearly 100 overdose deaths as well.

The Food and Drug Administration has warned people to avoid using the drug, saying it "appears to expose users to the risks of addiction, abuse, and dependence." The federal Centers for Disease Control and Prevention reported on its dangers, reporting that kratom had been found to be a cause of death by medical examiners or coroners in 91 overdose deaths over an 18-month period. In most of these deaths other drugs were also found. Thus kratom is being considered to be put on the Schedule I list of controlled substances by the FDA, a list that includes heroin and LSD. There are still professionals who support the use of kratom to discourage opioid use. Kratom has thus far been banned in a half-dozen states, and in several local jurisdictions. A final decision on the status of kratom has yet to be made.



The Measles outbreak continues. As of April 30, the number of measles cases has passed 700 in 22 states. More than 500 of the recorded cases are people who were not vaccinated; sixty-six people are reported to have been hospitalized. The great majority of these cases are in New York City and its suburbs. Detroit now has cases, and Los Angeles is undergoing a fast growing outbreak.

More than 94 percent of American parents vaccinate their children against measles and other diseases, but some 100,000 children in the United States under the age of 2 have not been vaccinated, and are thus vulnerable. Before the measles vaccine became widespread in 1963, up to 4 million Americans got measles (I was one of them!). Of the roughly 500,000 cases reported at that time, about 48,000 were hospitalized, and 400 to 500 died. My memories of my youth in the 1940s in Ohio is that many of my friends got measles, but that all recovered. I don't recall knowing that it could be deadly! Once again, if you had measles as a child, you are immune to it now. If you and yours have not had measles, and have not been vaccinated, GET VACCINATED! If you have doubts about your susceptibility to measles, consult your physician.

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Bureaucracy

Jack Deatherage

I'm no fan of bureaucracies. I loath filling out forms- either paper or digital. Since reaching fifteen years of age my unvoiced goal has been to eventually attain the state of existence where I don't have to fill out any forms! Reaching social security age, becoming unemployed and unemployable, being told our household income is so low we no longer have to file personal income tax forms, and only having the Motor Vehicle Administration to deal with every few years- I'm quietly exulting in having escaped most of the paper chase/shuffling games the rest of the common citizenry have to deal with! Except freedom has become elusive.

When MomD asked the DW to take over her bank account and pay her bills there didn't seem to be much of a problem as we were able to convince Mom to begin eliminating all the charities she regularly donated to so she'd have money to bury herself. She also stopped buying "junk" health supplements, which stanchd a good bit of the bleeding of cash from her account. Though she made it to age 94 while swallowing those pills, capsules, tonics and powders, I'm not likely to follow suit after watching her, and various other old ones slowly, or quickly falter. I'm of a mind to skip as much decrepitude as I can get away with.

Paper shuffling madness restarted in earnest the November morning I found Mom head and shoulders in her shower, the rest of her stretched out across her bathroom floor.

"Mom." I deadpanned. "What the hell are you doin' layin' on the bathroom floor?"

"Is that where I am?" She weakly replied.

The paper chase was on!

Emergency room forms to fill out and sign. Fortunately the DW had all the needed information. All I had to do was scribble nothing legible where they told me to sign. More forms when Mom was transferred to a rehab. Then a mad rush to find her Medicaid card when Medicare stopped paying for most of her care once a doctor signed off on her needing constant assisted care. Then requesting a new card when we couldn't find her original, only to be told the replaced card was the wrong Medicaid card and more forms needed filling out to get the correct card! Who knew there was more than one type of Medicaid?

In the midst of this paper chasing we were also sorting through Mom's 24 years of accumulated junk in her apartment. Some things she'd written names on and we quickly got those items to the people she wanted to have them. Most of her clothing went into a dumpster, though the nicer coats and jackets went to Seton Center. Her religious stuff was boxed and brought home until we can figure out where to send it. And more forms needed filling out as she had been living in low income housing and government will have its pound of fles- err... ink.

While she was still considered capable of making her own decisions (her mental state has been questioned by me since she settled where I was the only one of her six offspring able to help her and I was given power of attorney for her) we prearranged her funeral. More forms to be filled out and signed. When she was eventually deemed unable to make pertinent decisions- yet more forms to supply answers to and sign. Then more paper shuffling as I granted Hospice of Frederick County permission to step in and ease her last days. Another visit with the funeral home and Mom's priest, and she was eventually in sacred ground.

Annnnd we're done with filling out forms for MomD! Except we're not.

Social Security withdrew the last bit of money owed Mom and I got a letter informing me- to get that money back (we would have used it to pay for a marker stone and ship the last boxes of her stuff) I had to fill out forms listing her surviving children- including their SSNs, addresses and what-all. I tried to throw the forms in the trash but the DW saved them and contacted First Sister who agreed to start the paper chase for the moneys I'd already given over as lost.

Okay. If the females want to chase paper they're welcome to it. I'm out of it. Except Fire and Rescue sent a request for Mom's insurance info for the transport to the hospital back in November! Really people? It took five months and a week or so to bill Mom for that?

While I was snarling and snapping the DW said she'd take care of the latest forms. (I think she became addicted to dealing with bureaucrats after working with them on behalf of the factory for forty-one years.)

While in the midst of getting Mom settled into long term care I began receiving phone calls and



emails from people claiming they can guide me through the treacherous waters of Part B or C, or D, E, F, or whatever you have to pay for when you are forced into the Medicare program. Medicare? AHH! Finally, a chance to refuse a government bureaucracy! I delete the emails and block the senders. I tell the babbling voices on the phone that I ain't signing up for a damned thing- especially when I won't be using it! I'm told I have no say in the matter- Oh, it feels so good to hang up on the voices and not answer the phone when they call back!

The good feeling is short lived as I get an email from the MVA informing me I have until November of this year to bring proof of who I am and where I live in order to get a new ID

card (the old one is no longer valid until 2024- the expiration date on my driver's license), or some undisclosed actions will be taken against me. Before I can blow a blood vessel I find out the state is also requiring us to hire a plumber to install anti-back-flow valves on our apartments waterlines. According to the forms (of course there are forms!) we're looking at close to \$500 in costs, which we don't have. Oh, and the valves have to be recertified every ten years- complete with... ta da! Forms! (I think it's every ten years. It's difficult reading when I'm seeing red.) Comply! or have the building's water turned off.

If I've learned anything this past year it's this- Everything would be less expensive if it weren't for

the millions of paper shufflers employed by governments and private businesses that deal with government bureaucracies!

If the DW changes planes of existence before I do, I'm calling the offspring and telling him to get up here and deal with the aftermath. Then I'm going back to being homeless. As miserable as that sometimes was, I didn't have to fill out forms or deal with governments.

Oh, before I forget- like that's a possibility- the DW says she'll fill out the 2020 census forms. Though why she thinks they'll arrest me if I fill them out is a puzzlement.

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

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THE MASTER GARDENER

A bee garden?

Mary Ann Ryan,
Consumer Horticulture,
Penn State Extension

Bees, bees, bees! What's all the talk about? You may have heard about the honey bee decline. Research continues to try and understand the why's of this problem. What has been found is that many things are contributing, including bee stress from transportation of the hives around the country, mites and pesticides.

As researchers continue to learn more about the decline of the honeybee, consumers are becoming more aware of the importance of

pollinators. One third of our food is a result of pollinators, which includes bees and other insects, butterflies and moths, birds and bats. However, the bees are a major contributor to the pollination process, pollinating about 90% of our food.

As a result of the decline of the honeybee, we also recognize the importance of our native bees that live here. Therefore, a push for bee habitat and food supply for these bees is now in the forefront to fighting our pollination problems. These native bees can pick up the slack that the honeybees are unable to fill. Since pollination is so incredibly important for the diver-

sity of food, why not encourage our native pollinators?

In addition to the researchers working on the Colony Collapse Disorder (the term used to identify the honeybee problem), there is also work being done on the sustainability of our own pollinators. Plant selection and habitat are the most important things when considering attracting and maintaining our native bees and pollinators.

As a homeowner, there are many decisions we can make in our yards and gardens to support the pollinators. Choosing the right plants is one of the easiest things we can do to increase the pollinators that visit our gardens. Following a few simple rules will create a great place to encourage the bees to live and thrive in your garden.



When planning your garden, consider the bees. Bees are a major contributor to the pollination process, pollinating about 90% of our food. Providing a place to live and food to eat for these insects will help our native insects in the quest for pollinating our food supply.



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1. Choose flowering plants, including annuals, perennials, shrubs and trees. The more diverse the flowering time, the longer period of time pollinators will be feeding.
2. When choosing plants, stay away from the double flowering types. Often in the breeding of these fancy blooming plants, the attraction of the flowers to the bees goes away.
3. Choose native plants. These plants have evolved with our native insects, making them the needed food source.
4. Provide water, whether it's through a birdbath, or a bowl of rocks with water in it.

When considering the plants, here are a few you may want to try: Picnanthemum, Mountain mint: a native plant, this is a full

sun lover. It prefers moist soils and is deer resistant. This plant will move with the hustle of insects feeding on its flowers.

Agastache: There are many species and cultivars of agastache. In our trial gardens at the Ag Center in Gettysburg, we have noted many bees visiting these plants. It's probably the most visited plant. They take full sun and well drained soils. Easy to grow, most reach about 24-30 inches in height.

Eupatorium purpureum, Joe Pye Weed: This very tall plant, up to six feet in height, likes full sun to part shade. Moist soil is preferred, but I've seen this grow along roadsides that appear to be on the drier side as well. Dark pink flowers cover the tops of this plant in August, and are great as a back drop to any perennial border or bed.

Solidago, Goldenrod: This fall bloomer has an undeserved bad reputation. Often thought of as ragweed, the plant everyone and their brother seems to be allergic to, goldenrod is not ragweed. Ragweed happens to bloom at the same time, but has nondescript little green flowers. Goldenrod has showy yellow-golden flowers that start blooming in late August and continues to bloom almost til frost. They are a great nectar source for migrating monarchs in the fall months as well as for the native bees.

There are many species and cultivars of goldenrod. Probably my favorite and very common cultivar of goldenrod is Solidago rugose 'Fireworks'. This particular plant has golden flowers that burst from the tops of the plants, slightly drooping. A full sun plant, the solidagos, with its many cultivars, grows in heights of twelve inches to three feet.

Trees should not be forgotten when selecting plants for pollinators. Oaks support over 500 types of pollinators! Blooming in spring when some herbaceous plant material is still dormant, the oak tree is a food and nesting source for many types of wildlife, whether it's bees, birds or squirrels. Some of our native oak trees include the scarlet oak, pin oak, white oak, swamp white oak, red oak, and more. This group of trees get very large - 120 feet - and like lots of room to grow. Found in many soil types, depending on the species, be sure to know whether the soil is dry, moist or wet before determining the type of oak you plant.

Flowering trees, like redbuds, also support bees. Considered a small tree, the redbud blooms in April with purple-pink flowers and reaches about 25'. Found all over the battlefield in Gettysburg, it grows along rock outcroppings and along the woods' edge. This is naturally an understory tree, so giving it part sun is ideal.

Some flowering shrubs that should be considered when developing a pollinator garden include viburnums, shrub dogwoods and elderberries. All of these native shrubs do get to be large, so using them as a foundation plant would not be wise. However, used in a shrub border or in a garden as the

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THE MASTER GARDENER

Small Town Gardener

Hie Thee to a garden

Marianne Willburn

The growing season is here. Whether you're a gardener or merely a part-time forest-bather, those words have got to get your heart pumping. This year I admit to feeling that we haven't quite earned it (the winter being so mild), but I will accept the gift nonetheless.

I speak of the private and public gardens in your area – bearing in mind that a garden doesn't have to be a labelled 'a garden' to actually be a garden. I've seen some amazing hellstrips and been surprised by enough cool plant choices at truck stops not to get hung up on labels.

Case in point: I'm now the proud owner of a Hollywood juniper (*Juniperus chinensis* 'Torulosa') after seeing an anachronistic planting of them in North Carolina. Perhaps they are ubiquitous in that state, but they certainly impressed me with their fascinating forms drawing a line between a Shell station and a Hardees.

Which brings me back to observing what you want in the landscape before you impulse-want it at the garden center.

Candy stores are all well and good, but it's smart to know how the sweets work upon your digestion before you buy them – i.e. what's looking wonderful in your area, with your climate (and, perhaps most importantly, on your climate's schedule).

If you're already familiar with a genus (as I am with *Juniperus*), you can bend the rules a bit.

Timing is everything when it comes to planning out successive color and textures, and if you base your schedule on plant clocks started several months ago under the benevolent shelter of a greenhouse and a king's ransom of propane, you may find that next year things are not as they may have seemed.

Two months ago, while helping a friend pick out some ferns and assorted pretties for her new partial shade garden, we came across a few flats of blue woodland phlox (*Phlox divaricata*) in full, glorious bloom sitting next to flats of bright yellow tête-à-tête daffodils.

One big party of contrast and splendor ensued; and, horticultural eavesdropping being a wicked pleasure of mine, I listened and watched as a nearby couple remarked on how both were perennial, both bloomed in spring, and both looked fabulous together. They hovered on the edge of a purchase – wouldn't both look gorgeous near the front door next year, the two shoppers surmised.

Except they wouldn't. Unless of course you belong to the tiny but elite crowd who finds that the spent, strappy stems of early tête-à-têtes somehow ramp up the blue of the later flowering phlox.

It was early April, and not only were the phlox early to the party, but the tête-à-têtes were late. Though these two are great perennials

(yes, yes, one is a bulb, please don't email me), they weren't destined for a future hook-up.

I gently intervened. Partly because I didn't want to see them disappointed, partly because I enjoy the sound of my own voice so much. Happily the story ended well for the retailers amongst you. They purchased the plants; but in a state of informed consent, fully aware of Nature's timing next year.

To a novice gardener, this doesn't feel like a fair game. To some extent I agree – I often think how terrific it would be if there were large signs in front of the hormone-addled pompoms of March hydrangeas that warned the impulse shopper against planting this fully hardy shrub outside until May; but then, no one needs a sign to tell them that the speedo they're buying in February shouldn't be worn outside until June (or ever, as it happens).

We learn these things from experience, shame, and from observing the distinct lack of blooming hydrangeas in spring, or eye-bending speedos on this side of the Atlantic. To their credit, these shoppers were not completely without discernment: when he pointed to the hydrangea pompoms as an option, she shook her head derisively.

Home and garden shows can be equally disingenuous, particularly in late winter when we are happy to accept the unlikely pairing of peak-season 'Red Rooster' carex with 'Pink Frost' hellebores and scribble it down on the list as a can't miss combo. And we have, all of us, been taken in by that oldie but goodie "Blooms from spring 'till frost." Again, experience must play a role here and to gain it takes time.

This is precisely why we visit other people's gardens – to not only see what is blooming, but when it happens to be doing it. Because we can't grow everything at one time.

And, if we don't have the ability to physically tour, we have the ability to virtually tour – though the latter can be fraught with click-bait pitfalls and clever close ups where you can't quite see what else is going on (however honestly or dishonestly) around the subject. Keep your eyes (quite literally) open.

Even if you are touring outside of your zone, it's good to know that bloom pairings rarely deviate from zone to zone – i.e. the bleeding hearts will be blooming with the wood poppies in Pittsburgh just as they do in Richmond, and when they don't you can usually put it down to weather related issues (that everyone around you is dealing with just as glumly and vociferously).

The more we know, the more we realize that we don't know. Touring other gardens is one of the most pleasurable ways of coming to that conclusion – and adding to our knowledge base at the same time.

Marianne is a Master Gardener who writes from Lovettsville, VA. You can read more at www.smalltowngardener.com.

backdrop to perennials will create an absolutely spectacular show.

Our native viburnums include *Viburnum acerifolium*, *Viburnum trilobum* and *Viburnum nudum*. These particular viburnums like part sun and bloom in May-June. The fun thing about the viburnums is that not only are the flowers beautiful – offering white blooms, but they get pretty berries in late summer, and have a lovely fall color as well. *Viburnum acerifolium* has dark purple, almost black berries and a nice red fall color. *Viburnum trilobum* gets red berries and red color, and *Viburnum nudum* (nannyberry) has blue berries with a red fall color, making all three of these species great choices for your pollinator garden.

Sambucus, otherwise known as elderberry bush, is found naturally along streams and in moist sites. Reaching up to twelve feet, this large shrub is well known for its delicious berries that are great in a pie – that is if you get to it before the

birds! Filtered sun is best, but I've seen them quite happy in full sun as well. Be sure it has moist soils, a dry site may not be a good choice for this pretty plant. It gets white flowers and the berries are a dark purple to black color.

There are many newer selections that have been introduced as well. One that I am growing in my garden is *Sambucus* 'Black Lace'. Although this species is not native, I see lots of insects buzzing around the flowers when in bloom. The foliage is heavily dissected and is very dark red. The white flowers against the dark foliage is stunning. Although it gets quite large, up to ten feet, it can be a great focal point in any garden.

When planning your garden, consider the bees. Providing a place to live and food to eat for these insects will help our native insects in the quest for pollinating our food supply.

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

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PETS

Thanks to our supporters!

Jennifer Vanderau
Cumberland Valley
Animal Shelter

Working at a non-profit for the last 18 years has been an eye-opener in so many ways.

I've seen some of the worst things people can do to animals and at the same time, I've met some of the kindest people I've ever had the fortune of knowing.

The needs of the shelter never really end. There's always an animal who finds him or herself as an outcast from the life he or she knew. There's always an animal in need of special attention, be it surgeries or time. We will always need supplies to care for the animals and people to help us.

We will always ask for help so that we can be there for the homeless pets in our care.

If there's one thing I've realized over the last few weeks, it's that we don't do this alone. We can't.

We rely on the kindness of strangers, so to speak, and I believe this community is truly one of the most giving, thoughtful and magnanimous ones in the state. It never ceases to amaze me that when we put the

call out, people step up.

Recently, I've been blown away by the dedication I've seen from our supporters.

We start out spring every year with two outdoor events – our Easter Hound Hunt and our 5K run. When the weather is nice, we're usually flooded with people. It's a respite from the cabin fever I think we'd all been experiencing over the winter months.

Unfortunately, Mother Nature didn't smile on either one of those events for us this year.

But, you know what? It didn't really matter to our supporters.

We had almost 100 people come out to the egg hunt. In the rain! I'm not even joking. The grass was wet and it wasn't really a total downpour, but it wasn't dry by any stretch of the imagination and we still have people tell us what fun they had.

They took photos with the Easter bunny – soggy dogs and humans alike, and they participated in the bonnet contest after drying off their pooch. The rain didn't stop them.

We also had almost 40 runners come out for the 5K run. They were standing at the starting line, getting ready for the go and the rain was coming down on

their heads. And it wasn't just a drizzle – they were getting soaked. They ran, despite the weather, and many of them shrugged it off, saying it's not that big of a deal to run in the rain.

And then there were the Whisker Walk folks. We had kids and adults come out to take part in the Whisker Walk once the runners got started and the rain didn't stop them, either. They were absolute troopers to march around this shelter in the wet grass (three times!) with umbrellas over their heads because of the drops coming out of the sky.

They all did this because they knew it was helping our animals.

I need to let that one sink in for a moment. Sometimes in this world, especially where we are right now, it's very easy to get down on people and society in general. I know I get caught up in the maelstrom of negativity and animosity that seems to plague this planet.

It can get depressing, can't it? Some days I wonder if there's any good left in the world at all.

And then I come to work at the Cumberland Valley Animal Shelter and someone, somewhere will remind me that there most definitely is.

We ask for help a lot at CVAS. We ask for supplies for our animals. We ask for donations of money to care for the pets that need special attention. We ask for specific foods for animals with allergies.

But you know what we also need? Dedication. It's an intangible thing. It's not something I can put up on Facebook and say, hey, folks, CVAS is looking for some loyalty. Do you have any to spare?

They don't sell it in aisle ten at the local Walmart. It's something that comes from inside each and every one of us. Some people have it more than others and some people actually seem to cultivate it.

If you look closely and pay attention, you can find that pure altruistic dedication.

I saw it these last few weeks. I saw it in people collecting Easter eggs in the rain or those runners who were soaked from more than just sweat when they got finished with our 5K and the walkers who trudged through the soggy grass.

I see it in the eyes of the girls in a Girl Scout troop that come in for a tour and bring car loads of supplies. I see it in our staff who show up every day to take care of these four-legged babies. I see it in our board members who work without any compensation to make sure this organization

runs efficiently and it endures.

I see it in the people who come to the shelter – even as far away as Emmitsburg! – to help us. I see it in the devotion and commitment of people like the editor of this very paper. I see it in the people who subscribe to the Emmitsburg News Journal and send the shelter monetary donations.

And I see it in you. The one reading these words right now. Because I know you took the time to read this and that you care. About animals, about people, about the world.

You hold onto that. It's important in the climate we have right now and there are a whole lot of people who appreciate it.

Especially those of us at the Cumberland Valley Animal Shelter.

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



Look at the faces on these two boys! Have you seen anything more smushable? Hewie and Lewie are 3-month-old brothers who just want to be loved. These two are going to make someone a very happy human!



Iris just might be your girl! This 6-year-old Siamese baby came into the shelter as a stray, but she was already spayed. Boy does she love a good chat.



Mason was surrendered to the shelter because someone in the home was allergic to him. He's about 9 years old, but he certainly does not act like an older gentleman! He loves to run and he is a very skilled vocalist! Mason regularly sings the blues here at the shelter. This may change once he is in a home, but it also might not. Because of that, apartment living might not be the best for Mason. He knows how to sit, shake and give high five. He can be a little possessive of his toys, too. Because of that, an age restriction for children may apply, so be sure to discuss this with shelter staff. Could you be the one for this sweet little beagle?

For more information about Hewie, Lewie, Iris, and and Mason call the Cumberland Valley Shelter at 717-263-5791 or better yet visit these precious spirits in person at this wonderful shelter!



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PETS

Sunscreen

**Kimberly Brokaw DVM
Walkersville Vet Clinic**

It's summer time and as the UV index rises it's important to remember that humans aren't the only ones that get sunburn. Cats, dogs, horses, and cows all get sunburn and can even get skin cancer. Even the type and location of skin cancer is fairly predictable based on where the animal is most likely to get sunburned. Animals are most likely to get sunburn and subsequent skin cancer on the lighter and pinker parts of their bodies. While not all skin cancer is caused by exposure to the sun, sun damage can be a contributing factor. Just like people it is important to protect the sensitive areas from the sun.

Cats tend to get burns and squamous cell carcinoma on their ears and nose. Dogs are more likely to get burned on their nose and ears where there is less hair. Pink skinned dogs with thin hair coats get sunburned more often than dogs with thicker coats. Dogs are more likely to get melanomas and mast cell tumors on their skin than other species.

While squamous cell carcinoma and melanoma are linked to sun exposure, mast cell tumors don't have a definitive known cause but genetics and skin inflammation may be contributing factors. These can be fatal if not treated so you should have your vet look at any suspicious lump. For dogs and cats the best way to prevent sunburn is to bring them

inside during the sunniest parts of the day.

Horses and cows can also get sunburned and squamous cell carcinoma is the most common skin cancer for both of these species. They usually get squamous cell carcinoma around the eye and on their third eyelid. However, this skin cancer can occur on other body parts as well. It is also most frequently seen in lighter colored skin. Unlike with small animals, you can't just bring your cow or horse into the house during the midday hours. You can keep them in their stalls during the day or at least make sure they have access to a run-in-shed.

If your horses are like my horses, they will happily stand in their barn, but they like to poke their noses out the door and get sunburned noses. My horses have fly masks which help shade their eyes, however they don't like the type of masks with long noses. When I tried using that style, I would come home from work and have to walk the field looking for where my horses had left their masks. Eventually I gave up and opted for the masks without the long nose. Different fly masks offer a varying degree of UV protection. The masks are usually rated and should indicate how well they block light. Some of the more protective masks must be removed at night or the horse will not be able to see.

It is very important to check under the mask at least twice per day to make sure that the horses or cows haven't injured themselves. While the mask does not make them more prone to injury, it does hide the injury and make

the owner less likely to see the injury. This can lead to an eye injury not getting noticed for several days. An unnoticed, untreated, eye injury may lead to loss of the eye. Eye injuries are one of those types of injury that really need immediate care.

In order to protect my horses' noses from sunburn, I have tried a variety of different sunblocks. While you can use the human sunblock, I found that the regular sunscreen just didn't last long enough to provide adequate protection. Companies make lovely horse sunblock such as "My Pony Sunscreen" but they cost more than I want to spend. Even human zinc oxide sunblock can be pricey. I have found the cheapest and most effective sunscreen for my horses is either buying zinc oxide powder from Amazon and mixing it with water to form a paste to smear on their nose or using diaper rash ointment. Both of those options are relatively inexpensive and last all day.

Equine melanoma is more of a challenge to prevent. Keeping your horse inside during the day definitely helps. Unfortunately I have seen melanoma in even the most meticulously managed grey horses. Luckily equine melanoma is not as aggressive of a tumor as it is in people. Melanomas can be surgically removed, medically managed, observed, or treated with a melanoma vaccine. Frequently the melanomas are so slow growing that the owner chooses to just monitor the tumor. Unfortunately melanomas also form on horses where you can't see them. They can form internally and cause colic in horses.

One of the worst cases of sunburn I've seen was in an appaloosa mare. Princess Spotty-Bottom was an older horse so the owners had kept a heavy blanket on her all winter long. Unfortunately they did not take the blanket off of Spotty very frequently so when they did take it off in the spring, they discovered that she had developed a skin infection. The skin infection wasn't bad but I did warn the owners that her hair would likely fall out. I instructed them on how to treat the skin with medicated shampoo.

While the infection resolved fairly rapidly, the new hair growth was slow to come in. As the weatherman had predicted a beautiful sunny day, Spotty's owners turned her out in a grassy field. Everywhere that she had pink appaloosa spots, her skin burned. Her sunburn was bad enough that the skin peeled and she was very tender whenever anyone



Many horses with light colored skin are sensitive to the sun and there are some plants that will make a horse more sensitive.

tried to touch her skin to apply medications. Several years later Spotty developed squamous cell carcinoma on her third eyelid. While I can't say that this was caused by the sunburn, the sun was likely a contributing factor. Luckily the owners were observant and I was able to surgically remove it before it got too large. The owners are very careful about sun exposure now. Spotty has a UV protective fly mask and she has sunscreen applied to all her pink spots when-

ever she goes out. She also has her turnout restricted and she is brought inside during the brightest parts of the day.

Sun protection is important for animals as well as people. While avoiding the sun is the best way to prevent sunburn and some skin cancers, sunscreen and appropriate protective wear can help too.

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

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COMMUNITY NOTES

Frederick County ranks 3rd for overall health outcomes

Dr. Barbara Brookmyer
Frederick County Health Department

The 2019 County Health Rankings released examines the health and well-being of people living in nearly every county in the United States and finds that Frederick County ranks third in Maryland in several areas such as health outcomes, length of life, health behaviors, and social & economic factors.

"We are proud that Frederick County continues to rank well in Maryland according to the County Health Rankings. Good health is about more than seeing a doctor or not getting sick. Our strong standing is only possible through the combined efforts of all parts of our community working

towards healthier options in all areas of our lives," stated Dr. Barbara Brookmyer, Frederick County Health Officer. "It reinforces that we need to work together to make Frederick County a healthy and great place to live, work, and thrive," she added.

The County Health Rankings report highlighted many areas of strength in Frederick County, such as food environment index, low physical inactivity, high access to exercise opportunities, low alcohol-impaired driving deaths, low teen births, low percentage of uninsured residents, a good ratio of primary care physicians, low preventable hospital stays, and a good percentage of influenza vaccinations. Additionally, social and economic factors such as high rates of high school graduation, adults

having some college, low rates of children in poverty, and low rates of income inequality were identified as strengths. Frederick County was pleased to score in the 10th percentile among the top U.S. Performers in several categories such as poor or fair health, poor physical health days, adult smoking, food environment index, access to exercise opportunities, teen births, uninsured adults, and children in poverty.

The Rankings identified adult obesity as an area to explore. Frederick County Health Department continues to offer programs such as the PreventT2 Program to work with individuals who have prediabetes. The Diabetes Prevention Program 'PreventT2' is a year-long lifestyle change program that focuses on los-

ing weight, increasing physical activity, healthy eating habits, and reducing stress to help individuals prevent type 2 diabetes. The Frederick County Health Department has had 6 groups complete the program since its inception in 2017. A 7th group is currently half-way through the program and has collectively lost 82 pounds.

The Rankings also identified adult smoking as an area to explore. Although Frederick County is tied for fourth lowest percent of adult smoking among Maryland counties, this is still an area of focus because smoking increases the risk of many other health issues. Frederick County Health Department continues to offer free one-on-one tobacco counseling cessation services to help individuals through their

tobacco quitting journey. Free nicotine replacement therapy (NRT) including patches, gum, and lozenges is available to individuals over 18 with physician approval. Quitting isn't easy and tobacco cessation programs like ours with cessation counseling in combination NRT can be a great help for support.

The Frederick County Health Care Coalition also monitors the County Health Rankings and uses the County Health Rankings annual update to inform the efforts of its work groups focused on addressing priorities for local health improvement.

For further information contact Dr. Barbara Brookmyer, Health Officer, at the Frederick County Health Department at 301-600-1029.

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Emmitsburg Community Center
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A collaborative effort of local law enforcement, local government, and the Frederick County Health Department with funding from MDH and SAMHSA, 2019.



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COMMUNITY NOTES



Jubilee employees & owners gathered May 24th to congratulate Sandy Long & Susan Ott on their retirement. Sandy was the only employee still working when the store opened in 1976. Susan was hired in 2000 when the store turned to Trout's Jubilee. Both Sandy & Susan were well known to the customers & will be missed by all.



The Town of Thurmont awarded five "You Make Thurmont Proud Certificates at the May 28 Town Meeting. Catocin Breeze Vineyard, Best Local Wine in Frederick Magazines Fredericks Best 2019, Cindy Grimes, Top 1,000 Real Estate Agents in the DC Metro Area, ESP Productions celebrating their 50th anniversary for the Dance Studio, Taylor Huffman, Top 1,000 Real Estate Agents in the DC Metro Area, and Bob Black for receiving the Maryland Economic Development Associations prestigious "Volunteer of the Year Award. The "You Make Thurmont Proud" award is presented to businesses in the 21788-zip code who are recognized by their industry for high performance, or celebrating a milestone. Front row L-R: Voytek Fizyta, Catocin Breeze Vineyard, Cindy Grimes, J&B Real Estate, Linda & Pete Sicilia, Esp Productions, Taylor Huffman, Long & Foster Real Estate, & Bob Black, Catocin Mountain Orchard. Back row L-R: Commissioners Bill Buehrer, Wayne Hooper, Mayor John Kinnaird, Commissioners Wes Hamrick, & Marty Burns.

Thurmont Welcomes Brooks Behavioral Health Services and The Music Is Medicine Foundation to Thurmont!



Brooks Behavioral Health Services specializes in not only substance abuse, but the field of criminogenics which involves the characteristics, traits, problems, or issues of an individual that directly relate to the individual's likelihood to re-offend and commit another crime.

David Brooks and his wife Adriane started Brooks Behavioral Health Services, LLC because they knew there was a need in the community that was not being filled for

substance abuse. Brooks Behavioral Center is located in Frederick, and Thurmont will now be their second location for treating addiction.

The Music Is Medicine nonprofit was founded in March 2017 by Chasity Fox in honor of her younger brother RJ. She suffered the loss of her younger brother, RJ Holmes, in October 2016 to a Heroin Overdose. Brooks Behavioral Health Services and The Music Is Medicine Foundation is located at 31B Water Street.

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HEALTH NOTES

Take action against arthritis

Kelly Shupe
Frederick Memorial Hospital

If I asked you to picture 54 million people, what would you see?

Maybe you would see the 54 million people who live in South Africa, or the 54 million people following Taylor Swift on Twitter. You probably do not see the 54 million people affected by arthritis in the United States today.

It's hard to imagine, but the impact is bigger than one might think. Arthritis is the number one cause of disability in our country, affecting 1 in 5 adults. Really, arthritis is just the informal way of referring to the more than 100 types of joint diseases.

Arthritis is diagnosed more often in women, people from rural areas, and older populations, but arthritis is not limited to these

groups. In fact, 300,000 children also have some form of arthritis.

The likelihood of getting arthritis is dependent on family history as well as lifestyle and personal behaviors. Symptoms of arthritis usually include swelling, pain, stiffness of joints, and decreased range of motion and can vary from moderate to severe. Those with arthritis often experience chronic pain and are unable to perform daily activities—which has a big impact on their work and social lives.

So, is there anything you can do to prevent arthritis? Currently, there is no full-proof way to prevent the condition. But you can reduce your risk or delay the onset of arthritis by:

- Maintaining a healthy body weight
- Eating a diet low in sugar, alcohol and purines

- Not smoking or quitting smoking

Actions like these help lower risk for osteoarthritis, rheumatoid arthritis, and gout—three common types of arthritis. Similarly, you can avoid sports injuries that may lead to arthritis later in life by stretching before being active, using proper equipment, and obtaining adequate training for safety.

In the future, scientists hope to discover ways to truly prevent arthritis. Organizations like the Arthritis Foundation work to fund programs that search for preventions and cures, hoping one day it will become a reality—even for those with genetic risk.

For those living with arthritis already, it's important to maintain an active lifestyle. It is suggested that all adults get 2 hours and 30 minutes of moderate activity per week. Brisk walking is the per-



— Understand —
 the symptoms and prevention for arthritis

fect way to meet this mark. Those who suffer with arthritis often see improvements with pain, fatigue, sleep, and quality of life when they incorporate more walking into their lifestyle.

Adding 30 minutes of walking into your day can seem daunting and distracting from your schedule, but spreading it out amongst your daily activities can be easy. For example, you can walk your dog before work, take some laps around your office building after you finish lunch, and take your children or grandchildren to a local park after dinner.

Exercise is not the only option for helping those of you with arthritis. An arthritis-friendly diet can also reduce inflammation and

pain. Doctors recommend choosing foods such as:

- Fish
- Soy
- Cherries
- Broccoli
- Green Tea
- Citrus Fruits
- Grains – oatmeal, brown rice, whole-grain cereals
- Beans
- Nuts – walnuts, pine nuts, pistachios, almonds

Adding these foods into your diet, while avoiding excess sugar, processed foods, MSG, and white flour products, can help ease symptoms.

If more exercise and better diet don't do the trick, there are also various holistic treatments that you can try. Incorporating supplements like Vitamin D and Omega 3s (fish oil) or herbs like turmeric and ginger into your day has shown an overall improvement in body feeling and function. Massage is another easy way that you can relax your muscles and joints without medication.

Utilizing the many tips and tricks for pain management alongside any prescribed treatments from your doctor will yield the best results. We suggest talking to your doctor before you begin any new supplements or treatments. Your doctor will be able to review your medical history and provide the best course of treatment.

By 2030, arthritis is projected to affect 67 million people in the U.S. alone, but we can do our part to slow down the effects of arthritis. Adding healthier habits into our lives will not only reduce our risk of arthritis, but can improve our overall health, wellness, and longevity. Talk to your healthcare provider to learn more about how you can prevent or reduce arthritis symptoms.

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Attendance for each session is limited to 75. Please reserve your spot online today at fmh.org/events. Light refreshments will be served.

Interpreters are available by advance request. Please call 240-566-4370 at least one week before each session to request an interpreter. • ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 240-566-4370. • ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 240-566-4370.

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It's carnival season

Carnival season has officially started as Mother Seton School kicked off the carnival season during the week of May 20th through the 25th. Volunteers, many of which were alumni from the school, were on board to make the 2019 carnival a success. Other local carnivals will follow over the next three months of summer, providing a fun-filled time for families, but also serving as a very important avenue to help support the community as a whole.

Many look forward to summertime, when school lets out, families go on vacation, and carnivals and festivals are abound! Local carnivals have always been a great way to bring together the community, but also serve as fundraisers for local schools and other organizations such as our local volunteer fire and ambulance companies. These organizations will use the proceeds to continue their work throughout the community. In fact, volunteer fire companies around the country are heavily dependent on fund-raising as a means to supplement the often surprisingly low return on donation solicitation campaigns.

Events like firemen and ambulance companies' carnivals provide an important portion of the sponsoring for the fire department's annual budget. The proceeds from the carnivals ultimately go right back into the community through the services given by the compa-

nies. Len Bowers of the Harney Fire Company said their carnival is the largest fundraiser of the year, the proceeds of which are used to buy needed equipment for the fire department.

According to Vaughn Zimmerman of the Walkersville Volunteer Fire Company, the profits from their Carnival also are used to purchase apparatus and equipment. "It now takes about six carnivals to buy a new fire engine pumper. This saves Frederick County from purchasing apparatus for us, saving the taxpayers money," said Zimmerman.

Local fire companies also benefit from the sense of community seen while working toward the same goal, which is providing monies for the equipment to ensure that the volunteer firefighters can respond safely and adequately to emergency situations. Many of our local fire companies can attest to the sense of togetherness that is seen among volunteers and community members while organizing these events. Each year, the volunteers look forward to the challenges of putting on a carnival and are willing to donate their talents and efforts to make it such a successful event.

But to rural localities, firemen and ambulance companies' carnivals do more than just raise funds; they serve as a social gathering place for community members of all ages. According to Jerry Free of the Rocky Ridge Fire Company,

firemen's carnivals: "bring people from all over together for a time of fellowship, in an old fashioned way." It is an opportunity to remind people why rural life is so much better than city life.

Just as they have in the past, local firemen's carnivals this year are offering live bands and entertainment, food, games, rides and auctions! There will surely be something for everyone each evening - children and adults alike!

If you missed the Mother Seton School Carnival, don't fret; this is just the beginning of carnival season. The Thurmont Ambulance Company will be holding their carnival June 3 through June 3. The Taneytown Fire Company will be hosting their carnival June 10th to the 15th; Harney Volunteer Fire Company's carnival will begin on June 24th and run until June 29th; Walkersville will be putting their carnival on during the week of July 1st through July 6th; Thurmont's carnival festivities run July 8th through July 13th; and lastly, Rocky Ridge Carnival rounds out the carnival season with their dates set for August 12th through the 17th.

Please be sure to stop out to your local fire or ambulance company carnival this year, and support your community. Fun times will be had by all, and you will feel great knowing you are supporting your local fire companies, who courageously volunteer their time keeping the community they serve safe.



With back-to-back carnivals, residents will have plenty of opportunities to get out and show their support for their local volunteer fire and ambulance companies.

Walkersville Volunteer Fire Company Carnival Monday - Saturday, July 1st - 6th

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Monday, Wednesday & Friday

Pre-Sale Tickets - \$15 Per Person Per Night
(Without Pre-Sale Ticket - \$30 Per Person Per Night)

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*Sat., June 15 & 22 - 9 a.m. - Noon

*Mon., June 24 - 6 - 8 p.m.

Carnival Grounds located at 78 W. Frederick St., Walkersville

For complete schedule go to: www.walkersvillefire.com
or FB: Walkersville Volunteer Fire Company #11



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- TUESDAY** - HALF SERIOUS (Rock)
- WEDNESDAY** - BORDERLINE (Country)
- THURSDAY** - BIG WHEELY & THE WHITE WALLS (50's & 60's)
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WWI NEWS REPORTS FROM THE FRONT

Germany wavers, then surrenders



Upon reading the initial terms of the peace treaty, the German peace delegates drew back, unwilling to accept them.

the League of Nations in order to avoid the possibility of the formation of another group composed of rival powers that would embrace Germany, Russia and the old Teutonic groups.

Evidence has reached the conference leaders of late that the influences at work in Germany and Russia to establish relations as a basis for combination of powers not in the League is actively underway. While not regarded as immediate, it was felt that the danger of such a combination would always be present while Germany was outside the League and admission to Germany, therefore, was recommended as a means of subjecting her to the same obligations as the Allies under the League of Nations. One Allied diplomat stated: "We can deal with Germany better when inside than outside of the League. Outside she would be able to go her own way, inside she must conform to the same obligations as the Allies."

Allies Ready To Help White Russians

The five great Powers have informed the head of the All-Russian government that the Allies stand by their offer to furnish supplies and munitions to their army to help crush Bolshevism and restore peace in the nation.

Admiral Koichak, head of the All-Russian government, commonly referred to as White Russians, declared that he did not propose to retain power longer than required by the interest of the country. He affirmed his intention to call elections for a constitutional assembly as soon as the Bolsheviks had been crushed.

According to the Admiral's reply, "the government over which I preside has been happy to learn that the policy of the Allied and associated powers in regard to Russia is in perfect accordance with the task which the All-Russian government itself has undertaken, the government has been anxious above all things to reestablish peace in the country and to assure the Russian people the right to decide their own destiny in freedom by means of a constitutional assembly."

"All my efforts are aimed at concluding the civil war as soon as possible by crushing Bolshevism, in order to put the Russian people in a position to express its free will. Any prolongation of the struggle would only postpone that moment. The government, however, does not consider itself authorized to substitute for the inalienable rights of free and legal elections. It is through the legal elections alone which my government will do its utmost to invoke properly."

"We are in agreement with the creation of a new Polish state and are disposed to the recognition of the de facto government of Finland as an independent nation as well. We are also fully disposed to recognize the establishment of states for the nationalities of the Latvians, Lithuanians, Estonians, as well as the nationalities that occupy the



Germany was initially given until June 13 to accept the peace terms or risk resumption of the war, but that date slipped when the German government fell.

Caucasus and who have a right to self-government."

June 20

German Government Falls

The German government has fallen. News of the event was confirmed by military advances. The downfall of the German government was made known to the American delegation to the Peace Conference.

It is believed to assure the signing of the peace treaty by Germany, the Premier, who was understood to be the chief opponent to the peace terms, agreed to step down following a vote in the German National Assembly, whereby four-fifths majority, members voted in favor of signing the treaty of peace. It is believed that the National Assembly, which is responsible for forming a new government, is favorable to the signing of the treaty.

Following the fall of the government, the Germans asked for a further extension of the time limit with which to act on the peace treaty. The fall of the German cabinet was not expected by officials here, who said that they had information that a coalition cabinet of Socialists and Independent Socialists was to be formed, who would take responsibility for accepting the terms of the peace treaty.

The German Government fell the day after the new Allied peace terms were delivered to the German Cabinet. The initial German response was that of depression. No one will talk for publication, but every official and every member of the Foreign Office available expressed the deepest pessimism and resentment at the alleged cruelty of the terms.

Commenting on the Allies' reply to the German counterproposals, the Frankfort Gazette said: "Whatever we do will be terrible. Germany is in no position to refuse to sign the treaty. Let us resign ourselves to the inevitable and hope for a better future."

In concluding a violent denunciation of the treatment given Germany by the Allies the paper continued: "If the Allies' note describe the war as the greatest crime against humanity, it is cer-

tain there is yet another and greater crime against humanity—that is the so-called peace, which we predict, will lead to a second, and much more violent and deadly world war once Germany regains its footing."

While the Allies have not granted all the concessions the Germans have suggested, they may have gone far enough to make it possible for the Germans to climb down gracefully and accept such concessions as they have obtained.

It is thought that concessions on the first two points are sufficient to permit the Germans to swallow these sections of the treaty, though with a wry face, and that the grand of a plebiscite in Silesia, but not in West Prussia or Danzig, may ultimately be scoped on the principles of half a loaf is better than no bread.

Prior to the fall of the German government, a canvas of official quarters qualified to speak for the old government stated bluntly, that unless the revised proposals of the Allied nations contain the radical modifications in spirit and letter, Germany would not sign a peace treaty.

Armies To March, Blockade At Once, If Huns Declined

If the German reply to the revised peace terms is in the negative, the Allied armies will start to march into Germany the following day, and a new blockade will begin immediately. If the Germans expressed their willingness to sign the document, the ceremony will probably take place Monday in the hall of mirrors at Versailles.

The majority of the members of the Peace Conference believe that Germany will not sign the peace treaty, but instead, peace would have to be imposed by force upon Germany, and orders will have been given to the Allied force of 600,000 men supported with heavy artillery to begin their advance on the morning of June 24. Once the troops begin to move, it is believed that the German government would then decide to sign the treaty.

The German armies, without airplanes, without material and without food supplies, would be unable to make any efficient resistance. The Belgians are within a day's march of Essen, and the British would move forward and occupy

June 6

U.S. And Britain Support Some Hun Proposals

While it would be too much to say that the Allied diplomatic front has been broken by the German counterproposals to the proposed peace treaty terms, the fact is the Germans are stronger than at any time since the armistice, several of their counterproposals having won support from both American and British delegations.

Four main features characterize the German answer to the Allied peace terms. The first is on the demand that reparations be fixed definitively at 35 billion dollars which is precisely the sum originally figured out in advance by British and American experts.

The second is for a plebiscite for Silesia, which the Germans say was never Polish, and should not be awarded to Poland. The third point is to protest against sovereignty other than German over the Saar Valley, and the fourth for immediate admission of Germany to the League of Nations.

When the Germans are handed the Allied reply to their counterproposals they will be informed that the discussion has been finally

closed and will be given no less than three or more than five days in which to accept or reject the conditions. If Germany refuses to sign the treaty, Allied forces are prepared to resume their march into the interior of Germany.

June 13

French Against Reducing Demands On Huns

Little progress was made this week by the peace council to formulate the reply to the Germans' counterproposals. The French and the English were as far apart at the close of the week as they were at the opening. The French are steadfast in refusing to reduce any of their initial demands on the Germans.

It has been pointed out to both the French and English delegates that virtually as much time has been taken by the Allies in preparing an answer to the German counterproposals as was allowed the Germans to consider the treaty after its presentation, and it has been urged upon them to affect an agreement as soon as possible.

There was general movement, however, to accept Germany's counterproposal to be admitted to

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A war wearied Germany, which was fast descending into chaos, was further torn apart by those who called for acceptance of the harsh peace terms and those who rejected it.

with a German flag, which the crews hoisted, showing at the mast-head.

There were from 150 to 200 men on the big ships and from 10 to 20 onboard destroyers. The crews, composed entirely of Germans, under the terms of the armistice, which did not permit British guards aboard, took to the boats when the vessels began to settle. While making for the shore, the boats were challenged and called upon to surrender. Some of them ignored the summons and were fired upon.

The sinking of the German ships apparently was an entire surprise and the first news reaching London through a correspondent who was informed by farmers in the neighborhood that they had seen the Germans' ship sinking, with their flags aloft.

When the German High Seas Fleet surrendered last November and was taken to Scapa Flow, it was comprised of nine battleships, five battle cruisers, seven light cruisers and 50 destroyers. As far as is known, all those ships are still in Scapa Flow, albeit now on the bottom of the Flow.

Admiral Von Reuter, Commander of the surrendered German fleet, says he issued the order to sink the ships, and did so because at the beginning of the war the German Emperor directed that no German warship should fall into the enemy's hands. He says he believed from newspaper reports that the armistice had ended and fully expected British sailors to attempt to take the ships.

The Admiral had visited Germany some weeks ago and it is believed that at that time he circulated the order to sink the German ships. He evaded the censorship by making signals to the various vessels, an act which the close proximity of the German ships made quite easy.

From the behavior of the ships, it was evident that seacocks have been opened and in a surprisingly short time, the vessels, big and small, began to settle down. Every effort was made by the British naval craft to beach the sinking ships, and in the case of the destroyers, considerable success was achieved. By one



Under the false assumption that Germany had rejected the peace terms, and the war had been resumed, the Germans scuttled their fleet so that it would not fall into British hands.

the mining regions. The American Army would occupy Frankfurt, and the French would move into the interior of Germany.

Divisions of the U. S. Third Army, after being away from the battlefield and war scenes for seven months, have again been plunged into the stirring activities which generally precede the actual thunder of war. An army, un-perturbed by the work of the Peace Conference and thinking much at home, has suddenly been galvanized into the life of soldiers known before the armistice and endowed with renewed vigor. It is today moving forward towards the edge of the great semicircle, which marks the dividing line between the occupied areas and the neutral sections of Germany.

This was a most stirring day at the Third Army's headquarters and among the First and Second Divisions holding the east bank of the Rhine since the Americans moved in, about six months ago. Late yesterday orders were flashed from headquarters ordering them to prepare to march into the zone of concentration. Within a short time the orders were transmitted to officers commanding companies and soon not commissioned officers were routing their superiors out of their billets and clubs and relaying their orders that had come from Marshall Foch.

While the civilians in the small towns looked upon the military activities with little concern, the soldiers rushed to finish their packing and to find their helmets, rifles and gas masks, which have been issued previously.

The Second Division was the first to move, getting underway early. All day clouds of dust followed the movement of the tractors and guns of the 17th Field Artillery, which moved out to the edge of the bridgehead, where they faced east towards Berlin.

Tonight, the American soldiers are sleeping beneath the sky and the open fields while the country is dotted with smoldering fires, which the soldiers' hurried suppers have been prepared upon. With the infantry or engineers were sanitary trains and signal Corpsmen, who strung wires as they went ahead. Even observation balloons moved up to get a better peek into Germany if the Allied peace terms

are not accepted. Officers said the "Doughboys wanted Germany to sign and after that, to go home, but, if the Germans did not sign — look out Germany."

The latest confidential reports from the German Peace delegates in Versailles are definitely more optimistic regarding the chances of the German signature on the treaty. The leading German statesmen have abandoned earlier attitude of uncompromising refusal to sign the terms unless radically altered, and are no longer saying: "We won't sign unless ---", but a far milder and more reasonable: "we will sign if ---"

June 27

Huns Sink Interned Warships

German officers and sailors, forming the complements of the German ships interned at Scapa Flow, sank most of their fleet Sunday morning. All the big ships, the battleships and the battle cruisers and numerous smaller crafts were sunk.

The wholesale sinking of the German ships, which were surrendered under the terms of the armistice, was carefully arranged by officers and crews. All explosives had been removed, and therefore, the only means of destroying the fleet was by the opening of the seacocks. The ships went down slowly,



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o'clock in the afternoon, however, where an hour before had been a stately fleet riding calmly at anchor, was an array of reeling, rocking battleships, the doom of which was written in their movements.

Germany Signs Peace Terms Unconditionally

On Monday, the new German government in Weimar formally communicated its willingness to sign the peace terms unconditionally. The Germans had initially requested a 48-hour extension to offer counterproposals, but when that request was rejected by the Allies, the Germans formally notified the Allies of their willingness to accept the terms of peace.

The signing of the peace treaty formally brings to a close the world's greatest work. Although technical termination of the war will come to each nation only when the treaty is approved by the ratifying power of that nation, to all intents and purposes the conflict that began in August, 1914, ended in the historical Hall of Mirrors with the accredited peace commissioners of the Allied and associated powers and of Germany fixing their signatures to the treaty. Likewise, it brought to an end the armistice granted Germany last November and ends the period of uncertainty and doubt to the final outcome of the peace.

The epochal meeting in a Hall of

Mirrors began at 3:10 as the German delegates, the first to sign, affixed their signatures. They were followed by the American delegates, headed by President Wilson and then by the representatives of Great Britain, France, Italy and Japan. The representatives of the minor powers signed in alphabetical order.

At 3:44 cannons began to boom announcing the completion of the ceremony of signing. The signatures had not, however, as a matter of fact been completed, for at that time the smaller nations are still signing in alphabetical order. The proceedings were formerly closed at 3:49.

All eyes now turn to the negotiations that will take place over the next few weeks between the Allies and Austria-Hungary, the Ottoman Empire and Hungary. Only when treaties of peace are formalized with those nations will the great war formally be over.

As word of the signing of the peace treaty with Germany was received in Washington, Sen. Borsh of Idaho remarked that the harshness of the terms of the treaty did nothing more than "guarantee of the future, a more deadly second world war."

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HISTORY

Chronicles to go on-line!

Mike Hillman

Over the past 25 years, I've had the luxury of having access to paper copies of the old Emmitsburg Chronicle, so when Eric Glass, the steward of the 'archives of Emmitsburg's history,' told me he wanted to advertise that they will soon be on-line for all to read, I knew I needed to write something special for their roll out.

In more ways than one can imagine, Editors of the old Chronicle have shaped the Emmitsburg News-Journal. Over 100 years after their publication, I still find them enjoyable to read. They are full of facts on events and people who have long since passed from memory; full of insights on local and world events that are as applicable today as they were when they were written at the turn of the century; and full of humor, something that is sadly in short supply in today's excuses for

what comes to pass as newspapers.

My first foray into the Emmitsburg Chronicle archives came about as a simple request to determine the town's founding date, which prevailing opinion at the time marked as 1757. This notion was based upon the 1957 Emmitsburg Chronicle 'Bicentennial' edition.

The roots of the errors in various oral and written accounts of Emmitsburg's founding can be traced to the first published history of Emmitsburg, written by Samuel Motter in November 1880, in his newspaper, the Emmitsburg Chronicle.

It is in Motter's history where we first hear mentioned the notion that Emmitsburg was originally named "Poplar Fields," and later "Silver Fancy," and finally changed to "Emmitsburg" in Hockersmith's tavern. But, while Motter got these and several other facts wrong, he at least got the founding date of 1785 correct.

Like the old children's game of telephone, in which one whispers into another's ear, who then whispers it to another, the story of Emmitsburg's founding became more and more convoluted as it was passed down from one generation to another.

The errors reached their crescendo in the 1957 bicentennial special edition of the Chronicle, and—like the children's whisper game—the history printed in that edition bore little resemblance to the facts.

Thankfully, since I had access to the original paper copies of the paper, finding the truth, while time consuming, was accomplished. I can still remember the day I came across the event notice in an 1886 Chronicle, advertising Emmitsburg's Centennial celebration — it was the final proof that I needed to prove that the founding date was not 1757. But had I not had access to the paper, there is a good chance this debate would still be ongoing.

Least you think I am digressing, the point I am making is that in 1886 the newspaper took its job seriously — and reported the facts, and because they did, we were not only able to correct errors introduced by later versions of the paper, but we have a good and accurate record of what life was like in those days, which I have repeatedly drawn upon for the last ten years for our "100 Years Ago" column.

"From its beginning the Chronicle has been alert to the best interest of the people of the community and the county. It has stood for progress and expansion. It has upheld every forward movement and has taken the initiatives in much that has resulted in putting Emmitsburg in the forefront of western Maryland towns. Good laws, good roads, better mail facilities, clean methods of politics, light, street and building improvements, every measure that would benefit the farmer, the merchant, public library, school and home, education in general, a higher standard of morality - these are the things that the Chronicle has affected." — Samuel Motter, Chronicle Founding Editor.

By 1906, the paper was being edited by Sterling Galt, who set a standard for journalistic exceptionalism that try as I might, I will never match. Unlike today where we can get our news, or what passes for news, from just about any medium, be it internet platforms that make you believe that one can lay out world strategies in 128 character 'tweets,' or in photos that disappear in ten seconds, Galt knew he was the communities' window to the world — and he took the trust that came with conveying the facts seriously.

100 years after he ceased publication of the Chronicle, the contents of the papers he produced still open one's eyes. His week by week recounting of the events of the first world war are completely different than what passes these days as history in schools. Never once in the past four years did I

not finish the article for this paper on World War I and not walk away having learned something new.

Galt clearly appreciated the old saying that those who failed to learn from history were doomed to repeat it. He did his best to educate his readers, while maintaining and portraying his own sense of humor. I have to admit, at first, I found myself scratching my head at what appeared as odd rambling over the exploits of the 'Tom's Creek Battleship Fleet,' or the antics of the staff members of the 'University of Harney,' but then it slowly dawned on me that he was making it all up, but in doing so, he was giving his readers something to laugh about. In one paper, Galt could be deadly serious and at the same time, very funny.

In the late 1980s, the old Emmitsburg Chronicles were microfilmed with the hopes of providing wider access to them. However, the microfilm machines were clumsy to use and were a poor second choice to actually flipping through a hard copy of the paper. So they were rarely accessed. Like searching for a needle in a haystack, unless you knew what you were looking for, and knew a very specific date, you would never find it.

The advent of the Internet, however, offered a solution to finding that needle. High resolution scans of the paper can now allow readers to search for words, like family names, events, places, &c. from the comfort of their homes. What once took me weeks of meticulous reading and research, now can be done in minutes — and best of all, it can be done for free, thanks to the generosity on the family who saw the importance of not only preserving the history of our area, but also sharing it for future generations. For that, we all owe them our thanks.

I've had ten very enjoyable years getting to know Emmitsburg and the local area through the eyes of the Emmitsburg Chronicle. And when I look back on my time in Emmitsburg, they will rank as my most enjoyable.

I hope all our readers will take the opportunity to log into the new Chronicles Archives website and discover what I discovered — that Emmitsburg was a remarkable town, filled with intelligent and remarkable people who knew how to laugh at themselves.

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 1:00 p.m.—Live Mortar Fire Demonstration
 4:00 p.m.—*Inch by Inch—Buford's Delay*
 4:30 p.m.—*Portrait of Hell—Barlow's Knoll*

SATURDAY, JULY 6TH

11:00 a.m.—*Hampton at Hunterstown—Custer's Charge* (Cavalry)
 1:00 p.m.—Live Mortar Fire Demonstration
 4:00 p.m.—*Stemming the Tide—East Cemetery Hill*

SUNDAY, JULY 7TH

10:30 a.m.—*Farnsworth's Fatal Charge* - (Cavalry)
 11:30 p.m.—Live Mortar Fire Demonstration
 2:30 p.m.—*Carnage Incarnate—Armistead at the Wall* (Pickett's Charge)

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HISTORY

75th Anniversary of the D-Day Invasion Commemoration

To commemorate the 75th anniversary of the 1944 "D-Day" Normandy landings, commanded by General Dwight D. Eisenhower, the National Park Service is excited to announce special ranger programs and talks throughout the week of June 1-8, 2019. Daily throughout the week, rangers will present programs at Eisenhower National Historic Site focusing on General Eisenhower and other aspects of the D-Day invasion between the hours of 9:30am and 3:30pm.

On Saturday, June 1 at 7pm, at the Gettysburg National Military Park Museum and Visitor Center, historian Jared Frederick will begin the commemoration with a presentation on his new book, *Dispatches of D-Day: A People's History of the Normandy Invasion*.

The commemoration continues on Wednesday, June 5 at 7:30pm with a special evening campfire program. Join park rangers at the Gettysburg National Military Park amphitheater on West Confederate Ave. for a special eve-of-battle program as they recall the moments leading up to the invasion of Europe. Rangers will tell stories of General Eisenhower and the Allied soldiers, sailors and airmen who prepared for an uncertain fate on June 6, 1944.

On the anniversary, Thursday, June 6 at 5pm, Licensed Battlefield Guide Ralph Siegel will present a special walking tour of the Soldiers' National Cemetery. His tour will focus on the service members buried in the cemetery who lost their lives during D-Day and the Normandy campaign. Meet at the Taneytown Road entrance to the cemetery.

The weeklong commemoration ends with another special program on the evening of Saturday, June 8 at 5:30pm in the Soldiers' National Cemetery. Join park rangers and military veterans as they explore the stories of some of the soldiers, sailors and airmen who gave the last full measure of devotion to their country during World War II. Meet at the Taneytown Road entrance to the cemetery.

Eisenhower National Historic Site preserves and interprets the home and farms of the Eisenhower family as a fitting and enduring memorial to the life, work, and times of General Dwight David Eisenhower, 34th president of the United States, and to the events of far-reaching importance that occurred on the property. Learn more at www.nps.gov/eise.

Underground Railroad site tours to start this week

Tours of the Underground Railroad (UGRR) at the McAllister's Mill Site in Gettysburg will be given again this summer for the ninth year. In 2011, the McAllister Mill site, was accepted into the National Park Service's National Underground Railroad Network to Freedom (UGRR NTF). This is the first and only Underground Railroad site in Gettysburg to receive formal recognition by the NPS and to be included in the Network to Freedom, which is a nationwide collection of sites that have a verifiable association to the Underground Railroad.

The site, now a ruin with foundations and waterways still visible, was most probably one of the first stops made in Adams County by people seeking freedom on their flight north from slavery in the South. Every Saturday morning at 11 a.m., through August 31st, professional guides will lead a one-hour walking tour of the site. Tours leave from the historical marker at the south end of the former Mulligan MacDuffer Adventure Golf parking lot at 1360 Baltimore Pike. The tour guides who will share the job of leading visitors through the site this summer are Keith Schultz, Bernie Maser, Deb Novotny and Curt Musselman. It is not necessary to make a reservation for the tour.

The first tours of the site were given during the summer of 2011 and



The historical marker for the Underground Railroad Station Site at the McAllister's Mill sits adjacent to the Baltimore Pike south of Gettysburg. In the background can be seen the top of Powers Hill on the Gettysburg Battlefield.

within the last eight years, over a thousand visitors have taken advantage of the unique opportunity to visit a rarely seen part of the battlefield. The walk to the mill from the historical marker at the parking lot is an approximately one-half mile round trip across unpaved and sometimes uneven ground. Suggested donations for the tour are \$5 for students and \$10 for adults. Everyone who comes on the tour will receive a souvenir brochure that is generously illustrated with a map, photographs and the art of Bradley Schmehl, one of the nation's foremost historical artists. The donations made to HGAC will support HGAC's preservation activities including maintenance of the beautifully restored GAR Hall at 53 East Middle Street in Gettysburg. The McAllister Mill site is privately owned and is not open to the public. However, persons interested in the story of the Underground Railroad at the site will be able to join these exclusive tours conducted as fund-raisers by HGAC.

About two miles south of Gettysburg, PA and six miles north of the Mason-Dixon Line, McAllister's Mill provided shelter to hundreds of freedom seekers during the years leading to the Civil War. After receiving assistance at the late 18th century grist mill, the formerly enslaved were guided north through Gettysburg into Upper Adams County to the homes of free African Americans and Quaker Abolitionists, forming critical links in one of the earliest regional networks of the Underground Railroad in the nation. The property now includes remnants of the mill building and related mill structures, all set amid large boulders that line Rock Creek in a densely wooded area where the mill once stood. For more information about the weekly tours, or to make special arrangements, please call HGAC's McAllister Mill UGRR Tours at 717-659-8827.

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MOM'S TIME OUT

What are we teaching our children?

Mary Angel

What are we teaching our children? Let's face facts, whether we like it or not, children do as they see. This little tidbit doesn't end when they are out of diapers, become a preteen, start to drive, or enter the years of "mom and dad know nothing". So even if we would like to do whatever we want, it is in our best interest to remember they are sponges and they are always watching. That sounds a little creepy, but you get the point.

I will never forget a time oh so long ago when I only had one child and he was not quite 18 months old. As my mother-in-law was getting out of the van, this woman who never cursed smashed her finger in the door. Without hesitation the word "s**t" came out of her mouth, immediately followed by this little innocent voice in the backseat singing an entire chorus of "s**t, s**t, s**t", much to her dismay. I was suddenly torn between being horrified, correcting my son, and laughing my butt

off. I, of course, chose all three. This same child when he was a bit younger used to lower his head and glare at us by looking out of the top of his eyes (Google Kubrick stare and you might get the picture). We thought it was adorable and a little strange. In actuality we wondered what he was doing, until one night at the dinner table when he was misbehaving and my husband gave him the same look with an air of "knock it off, goofball" attached to it. Our son did the stare right back at him and we all burst out laughing.

There are so many things, good and bad, that our kids pick up from us. My youngest loves to cook. That most definitely came from her father the chef. Her love of baking on the other hand came from me. Baking, my husband says, is too scientific. Several of my kids love to draw and do art projects, definitely mine! They all hate to do dishes... well sometimes they can pick things up from both of you. Unfortu-



nately for me my girls seem to have picked up my sarcastic wit. Thank goodness none of them have picked up my mom's habit of calling bad drivers..."You Boob"!

They can also pick up stuff from their knuckle headed friends. This can be in the form of mimicking what they see and hear or in the form of peer pressure. Either on can be bad, but peer pressure tends to be things they don't want to do but feel they must. Drugs and under aged drinking can fall into either of these categories. Unfortunately, I am shocked at how many of my sons friends do this. On a side note I am blessed

that he shares all of this with me even though I sometimes don't think I can hear another word.

Another area that can be riddled with bad habits that are picked up is driving. If you talk or text while you drive then why would your children think they shouldn't. If you tail gate, run stop signs, or drive aggressively then why wouldn't they. Most of you know that I drive many kids to high school and I am appalled at the number of kids who are doing all of these things and more. They are passing on the double yellow line, and on a blind curve; racing down a narrow road at more than 20 miles over the speed limit; allowing friends to sit on their roof while they drive. We need to set good examples, but we also need to talk to our kids about the bad examples that are all around them.

Please understand, in my house I am famous for being surrounded by the craziest drivers, but when they are kids I just can't help but get more upset than usual. I don't take these things lightly. Some examples of the craziness would be the tractor trailer that passed me on the should coming out of Taneytown on 194 headed to Littlestown because I was doing the 30 mile an hour speed limit, or the young girl who got frustrated that I was letting the handicapped elderly man cross the McDonald's parking lot so she tore around me (avoiding him thank God) and cut me off to get into the drive through ahead of me, or the man that cut me off in Westminster and then swerved into traffic around the guy in front of me who was making a left only to scream at me when I got to the same stop sign as him because I was making a right (from the right turn lane) and I guess that blocked his view to make a left (in the long line of bumper to bumper traffic). So when I tell you I have seen it all I really do mean it!

The moral of the story is be careful what you say and do because you never know who is watching or what they might pick up. The truth is we all have those habits and behaviors that we would never want our kids to emulate and there is no day like today to start working on them and working on ourselves. So whether it be bad driving habits, smoking, drinking, or drug habits, bad language, or a terrible knack for sarcasm like myself, let's all agree we have room for improvement.

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

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It's strawberry season!

Kay Hollabaugh
Hollabaugh Brothers

I don't think you have to be a grower to not combine the month of June with strawberries. We see strawberries in our grocery stores year-round, but shortly after Memorial Day, we know that the real strawberries have arrived. Those berries that are grown all around us, picked when perfectly ripe, NOT picked hard and tasteless and shipped in from California and/or Florida – are now readily available! We're ready to eat real strawberries.

Pennsylvania ranks 5th in strawberry production in the nation, following California, Florida, North Carolina and Wisconsin. While production used to be focused around processed strawberries, today most strawberries are grown for eating right out of hand. This beautiful red fruit has its roots in very shallow ground – only 6" – and is often zapped by late spring frosts. Additionally, once a red berry forms, often birds prey on the sweet, juicy fruit. A commercial grower will sometimes net their fields to combat the pesky birds. In an ideal world, each strawberry plant should yield about 1 pound of berries. This computes in to about one and one half quarts. Strawberries are picked at least 3 times a week – and there's no easy way to get to them except by leaning over! A commercial grower will expect only 2 – to at most 3 years – of production from a planting. Although the plants are hard to kill, their yield very quickly becomes less – with smaller berries and less berries per plant – making it economically unsavory to keep past 3 years.

On our farm, we celebrate the advent of strawberries with our annual Strawberry Fest, held this year on June 1 and 2. Chances are good that by the time you read this, the event will be over but rest easy. There are still a lot of real strawberries to be had! That said – get them soon, as they'll be gone way too early in my opinion. They are truly one of my favorite fruits! I hope you enjoy some of my favorite recipes!

Strawberry Freezer Jam

Ingredients
4 cup fresh, crushed strawberries
3 cup sugar
1 (1.75 oz.) package dry pectin
¾ cup water

Mix crushed strawberries with sugar and let stand for 10 minutes. Meanwhile, stir the pectin into the water in a small saucepan. Bring to a boil over medium-high heat and boil for 1 minute. Stir the boiling water into the strawberries. Allow to stand for 3 minutes before pouring into jars or other storage containers. Place tops on the containers and leave

for 24 hours. Place into the freezer and store frozen until ready to use.

Fruit Pizza

Ingredients:
½ cup powdered sugar
1 ½ cup flour
½ cup sugar
¾ to 1 cup fruit juice (pineapple is good)
1 tsp. lemon juice
¾ cup butter, softened
1 8 oz. cream cheese, softened
1 tsp. vanilla
½ cup sugar
2 tablespoon corn starch

Instructions:

Preheat oven to 350 degrees. Mix powdered sugar, butter and flour together. Crumble and pat into pizza pan. Bake for 15 minutes and cool. Mix cream cheese, ½ cup sugar and vanilla and spread on cooled crust. Arrange fresh fruit (I like strawberries, blueberries, peaches and bananas) over top. Prepare the fruit glaze by boiling the fruit juice, ½ cup sugar, lemon juice and cornstarch until thick.

Cool and pour glaze on top of the fruit and spread it out. Refrigerate. Any assortment of fruits can be used in this pizza. Consider kiwi, peaches, mandarin oranges and/or cherries – whatever might be in season!

Fresas Con Crema (Strawberries with Cream)

Our bakery manager is a young Latino woman who often mixes up this yummy dessert during strawberry season. Super fast, easy and delicious!

Ingredients:
1 8 Oz. Container Sour Cream
½ Cup Sugar
2 cup Fresh Strawberries

Instructions:

Mix sour cream and sugar together. Add sliced, capped berries and put in parfait cups. Top with whipped topping and enjoy! This super easy delicacy will last 3 to 4 days in your refrigerator.

Strawberry Meringue Pie

Ingredients:
3 egg whites
1 tsp. almond extract (opt.)
½ tsp. baking powder
¾ cup semisweet chocolate chips
1/3 cup pecans, chopped fine
¾ cup sugar
1 cup round crackers – like a ritz cracker – about 23
1 cup whipping cream
2 tablespoon powdered sugar
½ tsp. vanilla
2 cup sliced strawberries

Instructions:

In a large mixing bowl, combine egg whites, almond extract and baking powder. Let mixture stand at room temperature for 30 minutes. Meanwhile, mix 2 tablespoon of the chocolate chips with 2 tablespoon of

the pecans, reserving for garnish. Coarsely chop remaining chocolate and finely chop the pecans. Combine and set aside. Preheat oven to 350 degrees. Beat egg white mixture that you set aside with an electric mixer on medium speed until soft peaks form. Add sugar, 1 tablespoon at a time, beating on high till very stiff peaks form. In a medium bowl, combine the chocolate/pecan mixture and the crushed crackers. Fold into the egg whites. Spread into a greased 9" pie plate, building up the sides slightly. Bake in oven about 25 minutes or till top is golden. Cool completely. In a medium bowl, combine whipping cream, powdered sugar and vanilla. Beat on low speed until soft peaks form. Fold in 1 and ½ cups sliced strawberries, spoon atop cooled meringue. Top with remaining strawberries and reserved chocolate/pecan mixture. Serve immediately or chill up to 24 hours.

Strawberry Cheesecake Pie

Ingredients:
1 9" Graham Cracker Crust
5 Packages (8 ounce) cream cheese, softened
1 ¾ C. Sugar
¼ Tsp. Salt
3 T. Flour
1 Tsp. Grated Lemon Rind
½ Tsp. Vanilla Extract
6 Eggs
¼ C. Whipping Cream

Instructions:

Beat cream cheese till creamy. Beat in sugar, salt, flour, rind, and vanilla. Add eggs one at a time, beating after each is added. Fold in whipping cream. Pour mixture into crust. Bake in pre heated 450 degree oven for 12 minutes. Reduce heat to 300 and bake 55 minutes. Let cool several hours. Chill and top with Strawberry Sauce and Serve. (Strawberry Sauce Recipe Follows)



Strawberry Sauce

Ingredients:
1 Pint Fresh Strawberries
1 T. Corn Starch
½ C. Sugar
½ C. Water
1 T. Lemon Juice

Instructions:

Slice berries and puree in a blender or simply "smoosh" with

your hands. In a small saucepan, combine and cook the corn starch, sugar and water, stirring constantly. When smooth and sugar is dissolved, stir in the strawberries. Bring to a boil and continue cooking, stirring constantly. Boil one minute. Add lemon juice and stir until thickened. (This recipe can easily be doubled if you need more sauce!)

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LIBRARY NEWS & EVENTS

Blue Ridge Free Library

Monday - Story Time starts tonight at 4:30 p.m., immediately followed by Legos and Wee Build Imagineering until 5:30 PM.

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 11:15 a.m. for Story Time and all of its festivities! What could be better than a great book and a fun craft?

Upcoming Special Events

Summer Quest Kick-Off and Registration on June 1st from 10 until 12:30 p.m., join us for space glamping on the asteroid belt and other out of this world activities. Refreshments and prizes.

Meatless Monday has arrived at the Blue Ridge Summit Free Library on June 3rd. Please join Laurna from 6:30 - 7:30 p.m., as she gives handy tips, fresh recipes, and mouth-watering samples of dishes featuring the versatile rhubarb.

Scherenschnitte class with Bill Hammann will be on June, May 4th, from 6 - 7:30 p.m., all ages are welcome, children must be accompanied by an adult. If you have participated before, please bring your knife and board.

June 10th kicks off Moonshot Movie

Mondays at the library from 6-8 p.m. Tonight's movie will be "Star Trek: The Wrath of Khan", rated PG. We will be running a trivia contest again this summer during each movie for raffle tickets towards the end of summer movie trivia prize.

The family movie "How To Train Your Dragon: The Hidden World", rated PG, is being shown at the Blue Ridge Summit Free Library on June 13th at 6 p.m.. "When Hiccup discovers Toothless isn't the only Night Fury, he must seek "The Hidden World", a secret Dragon Utopia before a hired tyrant named Grimmel finds it first."

On June 17th Moonshot Movie Mondays is continuing the theme with "Star Trek: Generations", rated PG, at 6 p.m..

Zero, our wonder therapy dog, will be at the library from 5:30 - 6:30 p.m. on June 18th for the ever popular "dog-house sessions". He loves a good book and great company so stop on by and get a fuzzy cuddle! He also has a brand new book to preview and coloring pages and business cards to share.

The Summit Stitches Quilt Club is also meeting at 5:30 p.m. on June 18th. New members and new projects are always welcome! Any skill level may attend. If you have always wanted to learn how to quilt, now is the perfect time to start! The group is currently working on this year's gorgeous raffle quilt.

The Dining Car Food Club will be meeting at 6 p.m. on June 20th. The theme this month is "Farmers Market Festival" so please put on your creative cap and bring a dish of seasonal foods to share.

Moonshot Movie Mondays jumps forward in time in the Star Trek universe on June 24th with "Star Trek (2009)", rated PG-13. The movie starts at 6 p.m.

"Summit Radio" plays on at the library on June 24th at 6:30 p.m., travel back to yesteryear when families gathered around the radio. This month we are listening to the famous panic inducing broadcast of "War of the Worlds".

Please join us at the Library on June 25th for the new knitting /crocheting club, Knit 1, Purl 2, you can too! The club starts at 6 p.m., beginners, experts, and in-betweens all welcome!

The Train of Thought Book Club will meet on June 26th at 6 p.m., this month's discussion will be about the book "Hitchhikers Guide to the Galaxy" by Douglas Adams.

Frederick County Library Emmitsburg Branch

Family Storytime - Every Tuesday and Wednesday at 10:30 a.m. and every Tuesday night at 6:30 p.m.

Constellation Jars (Grades 6-12) - Saturday, June 1, 10:30 a.m. DIY night sky in a jar.

STEM Monday (Grades K-5) - Mondays, June 3 & 17, 4-5 p.m., 6/3: Balloon Airplanes, 6/17: Chemical Reactions.

Imaginarium (Ages 0-11) - Thursday, June 6, 13, & 20, 10 a.m. - 12 p.m., spark your child's imagination as you play, explore and learn as a family.

Choose Civility: 2020 Census: Employment Opportunities - Thursday, June 6, 5 - 7 p.m., Representatives from the Census will be available with information about employment with

Food 4 Kids Summer Program

Do you need food for your children this summer? Food 4 Kids summer program can help with food for breakfasts, lunches and snacks. You can pick up a free bag of food for each child in your family at Elias Lutheran Church, 100 W. North Avenue in Emmitsburg from 3 - 6 p.m., on the following dates this summer:

*June 19, July 10, *July 24, August 7, *August 14, August 28, *September 18

*Dates you can also receive food from the Maryland Food Bank - Food Drops that will be available in the Elias parking lot.

Please come if you live in the Emmitsburg area. Food 4 Kids summer program is here for your children.

the Census Bureau.

Universe of Stories (Ages 3-10) - Saturday, June 15 & 29, 10 a.m., enjoy stories, music and a fun activity each Saturday morning!

R.E.A.D.® with Wags for Hope (Grades K-5) - Thursday, June 20, 5 - 6 p.m., children read to Reading Education Assistance Dogs.

Teen Theater: Improv with the MET - (Grades 6-12) - Saturday, June 22, 1:30 - 2:30 p.m., join actors from The Maryland Ensemble Theatre for an improvisation class.

Become a Literacy Tutor: Information Session - Monday, June 24, 10 a.m., find out everything involved in becoming a Literacy Tutor in this session provided by the Literacy Council of Frederick County.

Discover Space: Galactic Storytime - (Ages 3+) - Tuesday, June 25, 10:30 a.m. stories, songs, and fun from a galaxy far, far away.

Woodwind Artist - (Grades K-6) - Tuesday, June 25, 6:30 p.m., local woodwind artist Stephen Damell shares his love of music with a variety of instruments such as the Native American style flute, Irish Penny Whistle, and Didgeridoo.

Teen Scene: Outer Space Movie and Pizza - (Grades 6-12) - Thursday - June 27, 11 a.m.- 1 p.m., enjoy Stavros pizza and the space adventure film Zathura (PG).

Thurmont Regional Library

NEW! Musical Storytime - Every Monday at 10 a.m..

Chess Club (Grades K-Adult) - Saturday, June 1 & 29, 11 a.m., stop in to learn, play, or sharpen your skills. All ages and skill levels welcome.

Space Camp (Ages 4-10) - Tuesday, June 4, 11, 18 & 25 - 1-2 p.m., train to be an astronaut and learn about the universe.

Mid-week Makers (Ages 3-10) - Wednesday, June 5, 12, 18 & 26, 10 a.m. - 2 p.m., Thursday, June 6, 13, 20 & 27, 6 - 8:30 p.m., drop in for a simple summer craft!

Eric Carle Preschool Party (Ages 0-5) - Wednesday, June 5, 10:30 a.m., enjoy Eric Carle inspired crafts, games, and activities.

On-site at Catoctin Mountain Park: Storytime and Hike (Ages 3+), Friday, June 7, 10 a.m. - 12 p.m., storytime followed by a short hike. Meet at Visitor Center, 14707 Park Central Rd, Thurmont.

Universe of Stories (Ages 3-10) - Saturday, June 8, 15, 22 & 29, 10 a.m., enjoy stories, music and a fun activity each Saturday morning!

Galaxy Crafts (Grades 6-12) - Saturday, June 8, 2 - 3 p.m., create slime and mindfulness jars inspired by the galaxy.

The Victorian Historian - Tuesday, June 11, 7 - 8 p.m., Adam Shefts, the "Victorian Historian" shares fascinating, odd and obscure historical facts from America's Victorian period.

Continued on next page

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STRAWBERRY HILL

SCHOOL NEWS

Celebrating graduation

Brad Young
Frederick County School Board

One of the most gratifying parts of serving on the Board of Education is attending the graduation ceremonies for our high schools and special programs. It's a chance to celebrate our students, congratulate families who have supported their young scholars, and reflect with school staff about their amazing work. Our ceremonies are the end of a long academic journey and the beginning of a new journey through adulthood. I will proudly be at every single graduation!

This year, Frederick County Public Schools will graduate approximately 3,010 students. Our graduations begin in mid-May with a ceremony at Rock Creek School; this is both inspirational and fitting.

Students there, who have profound physical and academic needs, work with their families, teachers, and support networks to achieve personal and academic goals. Facing great odds and daunting obstacles, they achieve milestones large and small. Their graduation ceremony marks their achievement and the power of perseverance and the personal attention and caring our students receive. Really, that's what all of our graduations are about.

In the days following the Rock Creek ceremony, students from our ten high schools will cross the stage at Knott Arena at Mount St. Mary's. They will be cheered by their teachers, their principals, Superintendent Alban, and members of the Board of Education. But as we stand on the stage with them, we know that standing behind each happy graduate

(in spirit if not in person) are dozens of adults – family members, teachers, coaches, pastors, mentors – who guided them to their proud moment in the arena spotlights. I'm proud of those young men and women and of the community effort and commitment our graduates personify.

Our graduations and our graduates say so much about FCPS as a school system. First, I'll be proud to see the rich diversity in Frederick County clearly represented in our graduates. Our largest graduating class this year hails from Urbana High, with just over 400 students. Our smallest classes are Brunswick and Catoclin High, each with just under 200 graduates. Our students come from a wonderful variety of backgrounds that represent our community, including more than 400 students of Hispanic heritage, almost 400 African American students, and more than 150 students of

Asian heritage. FCPS has also done an outstanding job of serving students who may face special challenges. For example, we're graduating more than 100 students who are English Learners, more than 200 who have special education needs, and almost 600 whose families struggle with poverty. They persisted and achieved.

I'm proud also of our graduates' academic, extracurricular, and community achievements. Our graduates this year have outpaced peers statewide and nationally on virtually every mark of academic achievement. Last year, our graduates received almost \$46 million in scholarships. We expect the offers to this year's class to be on par with that greatly helping parents and families! The education they've received in our pub-

lic schools has prepared them for what awaits them – whether it's college, a career, service to our country in the military, or some other worthy endeavor.

Finally, as I shake the hands of our graduates, I'm so proud of our nearly 3,000 FCPS teachers, outstanding professionals who give of themselves to help their students succeed. I'm also thinking of the 900 instructional assistants, 450 bus drivers, 350 custodians, central office staff and so many others who often don't get the acknowledgement they deserve; these professionals do so much for our students.

Whether you know one of our graduates or not, every citizen of Frederick County has something to celebrate this graduation season.

Continued from previous page

School Skills for Preschoolers (Ages 3-5) – Wednesday, June 12, 19 & 29, 11 a.m., practice school-readiness skills with cutting, tracing, play, and other literacy activities.

Garden Tea Party with Peter Rabbit (Ages 3-5) – Wednesday, June 12, 3 p.m., an afternoon garden celebration featuring Peter Rabbit. Bring your camera for a photo with Peter!.

Fermented Food Series: Summer Sips – DIY Probiotic Ginger Beer (Adults) – Saturday, June 15, 11 a.m. – 12:30 p.m., Rachel Armistead of The Sweet Farm teaches making lightly fermented ginger beer (and other sodas) with less sugar, natural ingredients and seasonal flavorings.

Family Night on the Deck: Scales & Tales (Ages 3+) – Monday, June 17, 7 p.m., a Cunningham Falls State Park naturalist will share tall tales and fables about animals in their care at this live animal show.

On-site at Catoclin Furnace: Hiking Families (Ages 0+), Wednesday, June 19, 4 p.m., stretch those legs with a Ranger-led easy hike to the Manor Area playground. Meet at Catoclin Furnace parking lot, 12698 Catoclin Furnace Road, Thurmont. Frederick Watershed: A Hidden

Gem, Thursday, June 10, 7 – 8:30 p.m., Jenny Willoughby, City of Frederick's Sustainability Manager, will talk about the history, the current environment and trail network, and future plans for Frederick's hidden gem.

R.E.A.D.® with Wags for Hope (Grades K-5) – Saturday, June 22, 11 a.m. – 12 p.m., Children read to Reading Education Assistance Dogs.

On-site at Cunningham Falls State Park Manor Area Playground: Great American Campout Jamboree (Ages 3-10), Saturday, June 22, 1 - 2 p.m., Camping stories, family camping games, music and a special guest. Free admission. Meet at playground, 6709 Cunningham Falls Park Road.

Open Memory Lab, Sunday, June 23, 2 - 4 p.m., use our equipment to convert your photos and analog home videos to digital formats you can share and enjoy today! Lab volunteers will be available to help. Formats accepted: mini DV tapes, VHS tapes, VHS-C tapes, photos, slides, and negatives. This project was made possible in part by the Institute of Museum and Library Services and the Maryland State Department of Education. Woodwind Artist – (Grades K-6)

– Monday, June 24, 7 p.m., local woodwind artist Stephen Darnell shares his love of music with a variety of instruments such as the Native American style flute, Irish Penny Whistle, and Didgeridoo.

Choose Civility: 2020 Census: Employment Opportunities – Tuesday, June 25, 6:30 – 8:30 p.m., Representatives from the Census will be available with information about employment with the Census Bureau.

Become a Literacy Tutor: Information Session – Tuesday, June 24, 7 - 8:15 p.m., find out everything involved in becoming a Literacy Tutor in this session provided by the Literacy Council of Frederick County.

Board at the Library, (Grades 6-12), Friday, June 28, 2 - 3 p.m., play board games at the library, both old favorites and newer releases.

Sewing Workshop (Grades 5-12), Saturday, June 29, 2 – 3 p.m. Frederick County 4-H will show you some tips and tricks to sew a fun project. Materials provided or bring your own.

Music on the Deck: Chelsea McBee, Sunday, June 30, 2 – 4 p.m., Enjoy the folksy sound of Chelsea McBee's banjo, guitar, and bass trio.

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JULY 22	JULY 23	JULY 24	JULY 25
Every Day is Earth Day Learns how and what you do every day affects you and the planet.	Step Back in Time A day of fun at Catoclin Furnace	The Keys to Baseball A day full of baseball adventures and surprises	Sporting Around A variety of sports challenges and training
JULY 29	JULY 30	JULY 31	AUGUST 1
Hiking Rocks! Discover rocks in our area by taking a hike and finding them at Hog Rock at Catoclin Mountain Park	Mind, Body and Soul Challenge yourself with a little fitness, yoga and obstacle training	A "Foot" of a Good Time Thurmont Regional Library Owl Presentation	Trolley Travel Walk the Trolley Trail and learn about this mode of transportation
AUGUST 5	AUGUST 6	AUGUST 7	AUGUST 8
"Fersine" Around Learns more about our animal friends	How Does My Dark Grow? Hike at Chestnut Picnic Area at Catoclin Mountain Park	Art Adventures with Yemi Create an art project under Yemi's guidance	That's a Wrap! Last Day Fun Day A Day full of fun games and celebrating!

Registration begins May 29.
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 Contact Michele Maze at maze.michele07@gmail.com with questions or to volunteer.

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FOUR YEARS AT THE MOUNT

As the 75th anniversary for D-Day is approaching, we asked our writers to reflect upon the events of that fateful day and how it impacted those living then, and how that event still effects us today.

Sophomore Year

To live for greatness

Harry Scherer
MSMU Class of 2022

No one has greater love than this, to lay down one's life for one's friends—(John 15:13)

On June 6, 1944, about 4,000 Allied troops lost their lives at the hands of war on the beaches of Normandy. Today, our consolation remains that their deaths were not in vain, but rather served a sacrificial purpose which was rooted in the preservation of freedom.

As we reflect on that fateful day, we are prompted to further consider the purpose of war itself. If forceful retaliation was not justified for the Allied forces and responses to international actions of terror were responded with inaction on the part of the United States, then tyranny would be the status quo and American ideals of freedom and liberty would have evaporated.

The American, British, Canadian, Australian, Czech, French, Norwegian and Polish men who died to safeguard Western ideals are collectively imprinted in the memories of the men and women who were alive at that time. Because the loss was so

great for the Western military, that which was defending a flourishing culture and people, the memory of their short-term loss and lasting success proved to become an event which requires commemoration seventy-five years after its occurrence.

The motivations of the men who died deserves further reflection. On a practical level, the soldiers stormed the beaches of Normandy with the intention of pushing the Nazis out of France and diminishing their presence in Western Europe. If the Allied forces would not have been steadfast in their desire to push the Nazis further east, then the continuing conquest of the authoritarian world power would have continued to impose influence on the Western world. Another motivation which the West had was the termination of a long and bloody international conflict. All of the dreadful symptoms of prolonged war, including significant loss of life, a suffering economy and lengthened distraction from a political focus on domestic issues proved to be motivation to end this bitter battle.

The cultural tendency, which Americans and other members of the West have for commemorating events like D-Day, is indicative of the nat-

ural human tendency to recognize selfless action. A world which is surrounded by the selfish action of politicians, business leaders and celebrities has become particularly perceptive to the beauty and freedom of participating in selfless acts.

To that end, what could the individual soldiers have recognized to be the benefits of storming the beaches at Normandy? Was it for the defense of family, future Western generations, or the country for which they fought? Perhaps it was a perceived divine vocation to capitalize on the gifts which the soldiers were given. All of these possibilities necessitate the individual men and women who fought or supported the effort to look outside of their own comforts and pleasures.

It was certainly uncomfortable to spend weeks and months mentally preparing for a battle which was sure to kill thousands of men but had the potential to eventually liberate the nation of France and the rest of Western Europe from the grasp of Nazi control and prevent decades of death and persecution from a fearful and hateful ideology.

It was certainly uncomfortable to board the amphibious landing crafts which were used on that fateful and victorious day, unsure of whether you would be shot shortly after exiting the boat. Excited for the prospect of tak-

ing part in a defining moment in military and world history, the actions in which you would partake would be recorded and used to motivate and instill gratitude in the minds of thousands of free citizens.

It was certainly uncomfortable questioning the preparedness of the Nazis for the arrival of the Allied forces. If the Germans would have been more prepared, it is certain that many more would have died at the hands of the great war. It must be considered, further, the divine involvement in the events of June 6, 1944 and whether some lives were saved because of the surprising nature of the invasion.

It was certainly uncomfortable to travel across the English Channel to the beaches of France, sickened by the smell of vomit, crowded next to other frightened men who were motivated by a love of ideas wholly outside of themselves to perform an unenviable task for the sake of invisible realities.

It was certainly uncomfortable to land on the beaches, decelerated from the presence of the sand, unsure of what the next few minutes would hold and seeing brave men drop to the ground because of wounds.

It was certainly uncomfortable to consider the notion that the sacrifices which took place on June 6 and the lives that were lost could have not borne fruit. It was within the realm

of possibility that the Germans were prepared for this targeted attack and tactically and physically prepared for the invasion. Instead, the Allied forces relied on a providential and practical plan to succeed in their mission.

It was certainly uncomfortable, "but you were not made for comfort. You were made for greatness," said Pope Emeritus Benedict XVI. The men and women who fought on the battle lines of Normandy, who came to the medical aid of the wounded soldiers, who prepared the soldiers for battle, who cooked and cleaned for the soldiers in their time of ultimate desperation away from their homes and families all recognized the universal vocation of not only doing great things but of being great. The calling of the 20th century was one to step aside from the pleasurable allures of comfort and recognize that a life well-lived is not a comfortable one, but one which recognizes and responds to suffering in a just, temperate, prudent and courageous manner. The soldiers who fought on the beaches of Normandy can remind the people of our time and generation that life is too short and meaningful to limit human action to that which is comfortable or instinctive. Our rationality prompts us to something more. Our vocation is greatness.

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

Junior Year

A day of hope

Angela Guiao
MSMU Class of 2021

Since I am not much of a history buff, when I read "D-Day" in the prompt, not much came to mind. In fact, I had mistakenly believed that it was referring to the bombing of Hiroshima. But after some intense research, a look in my grandpa's old diaries, and a quiet evening of watching *The Longest Day*, I realized the vital signifi-

cance that D-Day represents.

As a recap, D-Day is on June 6, 1944. It is the day the Allied forces (Canada, Britain, and America in this particular case) invaded the beaches of Normandy in what can be considered the beginning of the end of World War II.

Hitler, afraid that the attack was just a diversion to distract from another attack assumed to take place along the Seine, refused to send more troops to the beaches. As a result, leaving the German troops vulnerable and easier to overcome. The winning combination of land troops and sea and air

support allowed for extra help when it came to securing bridges. They also allowed for the destruction of certain bridges that would cause the Germans to take longer ways around the land.

Despite high casualties, the Allies reached the Seine and began to invade Germany where the Soviets were planned to enter from the opposite side. The Allies were victorious, and it is hard to ignore the fact that their success is largely due to the events on D-Day.

Now, I would like to focus on a different perspective of D-Day. My grandfather, who was living in the Philippines at the time of the invasion, was an avid writer and often updated his diary. When he died, my mother inherited his journals and kept them in a box in our attic. We were meant to ask someone about what they remember about D-Day, but since I do not know anyone who would have been alive during that time, I hoped that my grandpa had at least written about it. And he did.

In 1944, my grandpa would have been approximately sixteen years old. From stories I have heard from my mother, he was a quiet boy who came from a hardworking family. He was not living in our area of Laguna yet, which is the part of the Philippines where we have built our home, but rather living in his hometown in Batangas.

Amazingly, on D-Day, he does write an entry about a speech Manuel Quezon gave. He listened to it on the radio. I searched up the actual speech and found out it was about the continuous support and prayers the Philippines was sending to the Allied troops on the beaches in France. The invasion was a representation of hope and future liber-

ation from totalitarianism. At the time, the Philippines was controlled by the Japanese, and was looking forward to the arrival of the Americans who had promised to liberate them.

Quezon's speech does not hide the adoration he has for United States' troops, going so far as to refer to General Douglas MacArthur as "our beloved." My grandpa expresses hope for the Philippines, as he had a large family of brothers and sisters whom he had to protect. The Japanese were everywhere, and he was constantly worrying about his sisters who liked to go out alone. He talks about how he had heard many stories of girls being raped by the Japanese, and how he hopes to move away from Batangas soon.

I find his entries compelling since I have never been given the chance to talk with him about it. My mother informed me that at that time the Philippines was filled with what she called "guerillas," though they were considered more to be extremists during her time. She said that the guerillas were scary, angry people who helped fight in the war.

She told me that my grandfather had moved to Laguna, which was not very developed at the time, in hopes to separate himself from the Japanese, who often occupied more populated areas of the Philippines.

Each day afterwards, my grandpa would write. He wrote about his friend's reactions to the news, and the sense of waiting. He said there was a long sense of waiting. His exact words were "Araw araw naghintay kami. Naghihintay lang kami para sa panahon na pwede na kami huminga. Padating na yung mga Americano.

Padating na yung kalayaan." This translates to, "Every day we wait. We wait for the time where we can finally breathe. The Americans are coming. Freedom is coming."

After reading his entries, I found myself more enticed with the events on D-Day. And the movie, *The Longest Day* really allowed me to completely understand what went on. The title itself was something I felt my grandfather could relate to. It made me realize what a milestone D-Day was, not only for the Allies, but for the world. As Quezon said in his speech, "In this global war, every blow struck for freedom anywhere in the world is a blow struck for our own freedom."

The idea of a world overcome by war is something I can only imagine. It amazes me that it was once a reality for my grandparents. From what I've learned, read and understood, D-Day will always be the day that the world hoped. It will always be the day that screamed to the world, "It's almost over!" When the Allies crossed the beaches of Normandy, the world celebrated with joy. It meant it was possible. It meant that there was an end. The terror would pass. It will all pass. There is hope.

Now, when I see the word D-Day, I will know exactly what was happening. It is the day that my grandpa was able to rest his mind and lessen his worry. It is the day that the Allies won. It is the day that the world will forever remember as a day of hope, of freedom, of change. To all the men and women who played a part on that faithful day, thank you.

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

THE LONGEST DAY - JUNE 6, 1944

Senior Year A dwindling memory

Morgan Rooney
MSMU Class of 2020

As summer approaches and things begin to calm down, it's important to reflect on the long chain of events that brought us to where we are. Even though I am just 21 years old, I can think of so many examples of decisions that have been made or events that have happened that put me where I am now.

Sometimes I forget to think of those events that happened well before I even came into existence. The decisions and life events of my parents and grandparents that led indirectly to me. I could keep going forever and ever back, as the probability of each of our lives is the result of an infinitely minuscule possibility.

We will remember the most influential events of our country and beyond forever, especially for those who were around. Many of us remember the events of 9/11 and where we were and how we felt. I even remember the events, although I was only three years old when the attacks occurred. When talking to generations older than I am, I get a better idea of the other events that people still remember. This includes the events of D-Day, which occurred on June 6, 1944.

As the anniversary of the notable event is approaching, we were asked to watch the film "The Longest Day" and to talk to someone who may have a recollection of the events. The film was, like the day, long. As

the film concluded, I wondered if it had just dragged on, but as I began doing more research, I realized how much realistic detail had been incorporated into the film. Even the little things, like the Frenchman on the beach giving away champagne, were actual recorded events and put into the film. After studying the event further, as history has never been my strength, I concluded that the film was very well done and gave me a much more thorough understanding than anything else I looked at.

In summary, on June 6, 1944, the Allied Forces of Britain, America, Canada, and France attacked German forces on the coast of Normandy, France. At 6:30 a.m., the first American soldiers arrived at the beach of Omaha with other nations closely following on other beaches throughout Normandy. Other beaches included Utah beach, Juno beach, Sword beach, and Gold beach. With numbers over 150,000, the Allied Forces gained a victory that became the turning point for World War II throughout Europe.

Of course, this important day in history did not follow through without many challenges and problems throughout the day. Many aircrafts missed their targets, as they could not be signaled because of their supplies being elsewhere. Some planes were scattered due to enemy attacks. The paratroopers were not dropped in the right locations as they were either dropped too high and drifted elsewhere, sometimes being shot down without having a way to escape or fight back, and others were dropped too low and faced injuries when landing as their parachutes did

not slow them down enough before reaching the ground. In certain locations, the water was choppy, boats took on water, and some ended up in locations they were not meant to land in. Despite the challenges, the operation was a success.

Although it was a challenge for me to find someone who had any recollection of the events, as most of the people I know in my family, even one of my grandparents, were born after the year that D-Day took place, what I gathered was that it was a period of uncertainty. No one knew when the war would end, nor what the results would be. D-Day gave the Allied Nations hope that things were now in their favor.

When asking my grandmother if she has any memories, even though she was only a young child, she remembered the excitement of the people. She said she was living in California at the time with her father and step-mother, only four years old and outside riding on her tricycle. She also said that the following year, shortly after the war, she remembers traveling back to her home town in Utah by bus and seeing the soldiers on the bus travelling home.

An interesting note my grandmother made was that she wasn't sure if Americans were truly in it for the win anymore, but just wanted the war to end. They were tired of the war and thrilled to see it begin to turn for a better and had hope it would soon be coming to a close.

My grandfather, however, was a bit older when these events took place. He says he was living in Idaho at the time, fourteen years old. He was on a farm and driving the tractor



One of the most iconic photos of D-Day is this one. General Eisenhower - Supreme Allied Command in Europe - speaking to the 101st Airborne on June 5th, the day before Operation, more commonly known as D-Day. The 101st would jump behind enemy lines the night before the invasion to disrupt German defenses. The Allied casualties figures for D-Day have generally been estimated at 10,000, including 2500 dead. In the two months prior to D-Day, Allied air forces lost nearly 12,000 men and over 2,000 aircraft in operations which paved the way for D-Day.

in the field, cutting wheat. His aunt came running out and told him what had occurred. He recalled that many celebrated as there was now hope for the future of the war. When the war finally came to a conclusion, the whole of the small Idaho town held a dance in celebration. The excitement could be heard throughout the whole country.

It was very interesting for me to hear the perspectives of the older generations in my life, and to listen to them talk of the events that are memorable to them. I think about the things I'm worried about and how different those things are from the worries people had during the second World War. I think of my

grandparents' memories as very precious, as there won't still be many first-hand memories of events like this in the coming years, whenever that may be. This, however should not be something we forget just because the first-hand memories will dwindle. Our lives are forever changed because of it, even though we may not think of it.

I am confident, however, that D-Day will never be forgotten, as it was only the most important event of the great war that completely shaped the world and our future forever.

To read other articles by Morgan, visit the Author's section of Emmitsburg.net.

The Graduate

Fighting the battle on our knees

Shea Rowell
MSMU Class of 2019

News of the D-Day invasion on June 6, 1944 arrived in the U.S. around 3 a.m., bringing the nation to its knees in prayer. Newspapers and radio broadcasts struggled to keep the public informed of the latest information as America's sons stormed the beaches of Normandy, France. According to an article by Natasha Geiling in Smithsonian Magazine, the churches and synagogues were packed across the nation, as Americans joined in prayer for the safety of their soldiers, and for victory in the European campaign. President Roosevelt himself urged Americans to "devote themselves in a continuance of prayer" in his radio address that day. The Library of Congress's collection contains pictures of masses and prayer services throughout the nation, including a rally held in Madison Square. The whole nation, it seems, brought the invasion to God in prayer.

In the film representation of the Normandy invasion on D-Day, "The Longest Day," military officers on both sides of the conflict asked, "I wonder whose side God is on?" From an American perspective, it is nearly incomprehensible that God would be on the side of the Germans. How could God condone the horrors of the Holocaust

and the eugenic fascist ideologies, the anger that drove the Germans' aggression, and the oppression of dictators like Hitler and Mussolini against their own people? The frightening reality, however, is that the German leaders, officers, soldiers, and civilians were frequently - although not always - convinced that their agenda was morally right, or at least justified. God, many thought, was on their side.

If God has a side, what is it? While it is too simple to assert that God is on one side or another of an international conflict, God always has a side: the side of truth, justice, and love. Even a secular state should be aware of the moral implications of its actions. It is never easy to determine what is morally right, especially when self-interest clouds our judgment and circumstance limits our freedom. But the history of WWII should warn us that even those who think they are on God's side may sometimes be deceived. No nation or individual is immune to the risk.

While America should never consider herself to be above the influence of deception and self-interest, there is value in celebrating the victories she has enjoyed on behalf of justice. The victory on D-Day is one such occasion for celebration. It was a major turning point for the war in Europe and offered a great boost in morale to the war-weary Allies, especially France

and the UK, whose wounds would take decades to heal. The American ideal as the defender of justice and liberty, while risky at times to maintain, is vital to the American identity. We should hang on to that ideal tightly, as it gives us a goal to aim for and a value system to guide our actions and hold us accountable for our mistakes.

The World Wars established America firmly as a world superpower. This has given our nation an immense responsibility in the world, as our power, for good or ill, has the potential to create deep and lasting consequences for the lives of others around the world. As a result, her duty is to govern herself with justice and consistency, and to regard the other nations with a spirit of peace and service.

But the mythical "America" can do nothing on her own. The great nation is, however, comprised of millions of individuals who share the duty of their nation. We, as Americans, are responsible for the state of our nation and our fellow citizens living within it. While my grandmother was only three years old on D-Day, she does remember the war and its impact on her family. She remembers pulling the shades down in her home to hide from potential bomb threats, and planning to escape to the nearest bomb shelter if need be. She also remembers the war's final ending in 1945, and the joy that drove Americans to the streets to dance and celebrate together. The war touched every American in some way. Women took to the work force for the first time

in factories, families rationed their food, electricity and fuel, and young men were drafted and sent overseas to fight. Their lives, the lives of their family members, and the structure of their communities was at stake; everyone was involved. While these circumstances were dire and the violence horrifying, the sense of patriotism and duty in the culture at the time was evident. The nation was theirs to protect, theirs to support, theirs to nurture.

While our culture has improved in many ways, my generation has much to learn from the WWII generation. I do not wish for a war, a tragedy, or an enemy to unite us, but I do wish for unity and love for our country. I wish for citizens who vote and run for office at the local, state, and federal levels. I wish for helping hands ready to volunteer in community service and artistic celebrations of our national identity. I wish for a renewed sense of pride in

being American, not because it is the best nation in the world, or because it is perfect, but because it is our home. I wish for faith in the ideals that form the American identity: the world exemplar of liberty and goodness - even if we have failed and will continue to fail to meet our ideals.

In short, I have hope in an America that falls to its knees before God when she encounters struggle, like American citizens at home did during the D-Day invasion. I hope for an America who judges her actions against high moral standards of goodness and asks, like the officers in the film, "Whose side is God on?" Finally, I hope for an America who knows her history, feels pride in how far she has come, and never stops trying to meet the ideals that make America beautiful.

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



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FASHION

New Fashion Week calendar hits the streets

Valerie McPhail
MSMU class of 2015

Without a doubt Men's Fashion Week New York is different from anywhere else in the world. Unlike the catwalks in London and presentations in Pitti Uomo, its sense of style breeds a crowd of fashion vets and skater boys, but the unmistakable pace of fashion is also different. Indeed, the speed to which fashion is presented and received at the shows feels fleeting, and that effect is signature to the industry. However, the men's fashion scene in New York manages to create its own time. In a short four-day week of runway shows, presentations and appointments, designers, brands and fashion week producers create an idealistic goal of fashion, and create something that is its own magic, without trying to be anything but its own.

In a world consumed by brand aesthetic and vibes posted on Instagram it becomes a challenge to create something unique without jumping on the trend bandwagon or presenting a product that is too niche and

unrelatable to the consumer. Neither of these issues pertains to the men's fashion industry in New York, as it does bug the larger fashion scene ruled by February and September schedules in the city. New York Fashion Week: Men's, will kick off the Men's Fashion Week Season by starting the season on May 31st, rather than showing in early July as it has habitually been planned for the past four years. First launching in 2015, NYFW: Men's was the CFDA's response to seeing a cultural spike of interest and revenue in menswear that year; the Council scheduled big fashion names such as Calvin Klein, Michael Kors and Polo Ralph Lauren. In a report on the initial launch, Fortune Magazine stated, before NYFW: Men's, "designers incorporated the [menswear] lines into women's fashion week, where the collections got lost in the shuffle." The powerhouse lineup has since become a selection of brands without widespread commercial fame as the initial headlines, but rather smaller scale labels of cult followings and distribution in boutique stores and possibly Barney's,

but that may be too mainstream.

A late schedule release, sharing only four dates — May 31st to June 5th — on the calendar dedicated to NYFW: Men's this year has shaken the industry into feelings that the men's industry is not promising, nonetheless the same as it was when it first launched. Despite skepticism, there is light for the scheduled group as the CFDA continues to feature support. A small studio space just a block away from the Westside Highway, and north of Spring Studios and Skylight Clarkson, Industria Studios proved an intimate and social space for fashion crowds to gather, for individual shows to take the stage, and yet large enough for presentations to show simultaneously. There is space for inevitable change and creative pursuit. Both should engage a fashion crowd. Nick Wooster could be casually spotted comfortably catching up with a colleague, near the entrance of the venue; the sight appeared relaxed in a typically on-edge culture normally running out of time by the minute. The atmosphere was unquestionably fashion — high energy, dramatic fashion statements and a slight aura of impatience, just without the rush of leaving the shows and onto the next. Culture is cultivated here. The atmosphere is far more sustainable. For debatable better or for worse, the Men's Fashion Week Season begins in New York this summer. Just after three years of programming shows such as Linder, Monse and NIHL on the calendar this year, the spirit of fashion will sustain by creative voice



A model walks the runway at the Versace show during Milan Spring/Summer Fashion Week.

and pursuit of the underdog. For it always puts on a good show.

A roster of runway shows, presentations and private appointments will keep the menswear industry a quiet appearance in writing, but mistaken will be those who miss the impact designers such as NIHL, Jeffery Dodd, Victor Glemaud and Linder have on men's fashion and the direction of the global industry. A number of the designers, including Dodd and Glemaud have built their fashion presence through women's fashion — Dodd for power suits and Glemaud know for his soft and colorful cashmere sweaters are leveraging their fashion voice in the direction of another audience. In the event the industry is receiving more effeminate styles in men's fashion option. Last season, NIHL released a collection of everyday fashion from a lens on a boxing uniform. Imagine tight

leotards, exposed skin and a whole new consideration to menswear. The designer behind the brand, Neil Patrick Grotzinger terms the perspective as "Masculine Effeminacy." This design theory is a start to a new wave of fashion looks and styles established in menswear.

Runway Show:

A classic way to present a clothing collection, a fashion show is rigid in style for the show is linear: models walk out onto the catwalk to show collections, piece by piece as guests are typically seated on surrounding benches. When it's time for the show to start, typically twenty minutes later than the show time sent via invite, the lights dim, spot light breaks, music booms and phones light up the room for the benefit of social media content before the moment soon passes.

Presentation:

Presentations are a social environment. This hour long show provides an opportunity for guests to experience clothing, as models stand on platforms wearing a styled outfit from the collection. Although at times it can be paired with a show, a runway and then end with a lineup of looks, a presentation gives time for fashion. It also treats fashion as art, for guests are invited to gaze at the presentation, as one would approach a piece of artwork in a museum. Presentations allow collections to become available, on view.

Appointment:

The most intimate way to experience a collection is through an appointment. Available on view either in store or in the designer's showroom, a sales rep or the designer himself or herself will walk you through the collection, while you can touch, feel and have an overall personal encounter with the collection. A "by appointment only" makes the collection exclusive, especially if the only way to see the collection is by appointment, rather than a re-see, a term that defines a re-visit of the collection after the initial release of a collection on the runway.

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

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COMMUNITY NOTES

The importance of disability insurance

Eric Vinoses
Peak Benefits Group, Thurmont

The importance of planning appropriately for all of life's challenges can't be over stated. Through our daily lives it is easy to get lost in our day to day routines and not consider the unexpected obstacles that we may face; though this does not make the challenges any less likely of presenting themselves at the most unexpected moments.

Although most weekends come and go seemingly too quickly, leaving us the struggles of the work week by Monday morning, most Americans enjoy working and the tasks and achievements it presents. Many Americans say they would continue working even if they were independently wealthy and did not require the income to cover their daily expenses. The difficulty comes when a working individual becomes injured or sick, preventing them the ability to work. Most people do not have the luxury of being independently wealthy and would face a great deal of struggle if income were to stop. The challenges that families face when income stops aren't just limited to the daily bills that continue to come in. Families also face challenges of lifestyle and the ability to keep children consistent in their homes, schooling or after school activities. A simple unexpected illness or injury can immediately cause struggles in the ability to continue their work and earn a living.

The chances of becoming Disabled for longer than a three-month period is much greater than you may realize. According to the Social Security Administration, 1 in 5 Americans live with a disability. More than 1 in 4 twenty-year olds become

Disabled before reaching retirement age according to the Council for Disability Awareness, with a greater number of individuals facing short term leave of absence from work to recover from a temporary illness or accident. During the time of a medical illness or accident that prevents you from being able to work, your focus should be on your recovery and overall wellbeing, not on the worry of what bill will come in next.

Most Americans only have a limited savings to cover bills for a short-term period if they are unable to work. If you are married, you might be able to rely on a Spouses income to cover expenses although many families rely on their total income to fully support bills and family costs. Accidents happen not only on the job but also at home, and illness can strike anyone at any time. Most Americans carry Health Insurance either through their employer, their Spouses employer or the individual marketplace; however, medical insurance is only designed to pay the providers for their treatments. This type of insurance does not protect your income. Some employers provide family medical leave to those employees on maternity leave or dealing with other family medical emergencies; however these tend to be short term benefits and are not common or long term.

Income during a time of illness, injury or Disability can be difficult to come by. Social Security does offer benefits to those that qualify based on the severity and extent of the illness impacting your ability to work. Many benefits through Social Security Disability require a 24-month waiting period prior to eligibility for benefits. Depending on the cause of your

illness or injury you may be eligible to file for a claim through your Employers workers comp plan; however, workers comp is only designed to cover claims due to the result of accidents caused while on the worksite. Workers comp will not cover claims through an at home accident or illness.

Private insurance is available to be purchased either through an employer sponsored benefits package, or individually through private insurance companies. Employer sponsored plans can only be purchased if offered through your employer. These private policies are offered as either a Short-Term or Long-Term Disability benefit plan.

Short Term plans are designed to cover a limited period of time, normally a few months up to a full year. These plans replace a percentage of your income for this period of time to cover the income that would have been lost. The normal waiting period for these benefits to begin paying a claim is between 0 days up to a week, although these vary between policy types. In certain policy instances, employer sponsored plans will provide coverage for family medical leave and maternity benefits.

Long Term plans are designed to cover a period of time, either after a Short-Term plan expires, or simply after you have waited enough months (traditionally 3 months). These plans are normally designed to pay benefits to policy holders for a number of years, sometimes up to full retirement age.

Any private insurance policy is designed to only cover a portion of your income, normally 60%-75%. These benefits can be taxed on many different levels based on how policies are acquired and paid for. In general, a policy that is purchased by an individual and paid for by that person, received claims payments non taxed. If a policy is paid for by an Employer, then generally the employee would need to pay tax on the benefits received.

Finding coverage and protecting your family from the unexpected challenges life throws at us can be a daunting task. Be sure to do your research and speak with a professional about any specifics of coverage choices as they can vary between providers.

Be sure to check with your employer if Disability coverages are available through your companies benefit package. Normally an employer sponsored plan offers

limited medical underwriting or guaranteed benefit limits to participate in if enrolled during the annual enrollment period. These can be the simplest option if available but be sure to understand the specifics of the plan you elect.

If your employer does not offer a disability benefit option, they are available through the individual marketplace. Be sure to speak with a health insurance agent/broker about the options available and check multiple carriers. Each company prices and underwrites specific occupations and pre-existing medical conditions differently, so there is no 'one-size fits all' plan for people. Most brokers will work with you to not only help you understand these coverages, but also compare options to ensure you are receiving a good value for your personalized benefits and not solely looking at one carrier.

Your family is worth planning for and protecting to ensure continuity and stability through your working years. Protect your family through many of life's obstacles and be sure that you are planning with a purpose!

To learn more about disability insurance call Eric at Eric Vinoses at 301-304-3249 or visit their offices at 18-A Frederick Road, Thurmont.



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ARTS

Majestic's 13th annual Summer Classic film series

Gettysburg College's Majestic Theater heralds the arrival of warmer temperatures and longer days with the return of its Summer Classic Movie series for the thirteenth year. Enjoy classic movies in the beautifully restored historic theater Wednesday nights at 7:30 p.m. June through August. Tickets are just \$6.00 and will be available starting June 1.

The series opens on June 5 with a showing of the epic 1962 film *The Longest Day*. The Majestic Theater commemorates the 75th anniversary of the D-Day Landing at Normandy

with this star-studded film which relives the sacrifice and struggle of June 6, 1944. In addition to this special showing, throughout the summer the Majestic's art gallery will host "Voices from D-Day" a free exhibit from Gettysburg College's Musselman Library which includes oral histories from Adams County veterans who participated in the landing.

Classics from the golden age of cinema are featured on the giant screen throughout the summer with *The Wizard of Oz* (1939) on June 26, and a 75th anniversary showing of the

madcap comedy *Hail the Conquering Hero* (1944) on July 3. Other comedic favorites light up the screen when *Smokey & The Bandit* (1977) work to evade Sheriff Buford T. Justice on July 10, and bizarre scaremeister *Beetlejuice* (1988) assists ghostly newlyweds with an eviction on August 14.

Top thriller and horror titles are also featured with *The Exorcist* (1973) on July 24, and *Rear Window* (1954) on August 21. Decipher whether women and men can truly be friends on July 31 with *When Harry Met Sally* (1989) and follow a retired gun-

slinger (Clint Eastwood) on his last job in *Unforgiven* (1992) on August 7. The 2019 series closes on August 28 with *Field of Dreams* (1989).

Each ticket includes a chance to win free raffle prizes and lively introductions by the Majestic's favorite movie buff, Founding Executive Director Jeffrey Gabel.

"Wednesday nights in downtown Gettysburg will be the place to be this summer," enthused Gabel, the Majestic's founding executive director. "In addition to our popular classic films, the Majestic will be presenting two once-in-a-lifetime, live events –

on June 19th, we are partnering with the Gettysburg Community Theatre to host the National Community Theatre Festival with companies from across the United States, and on July 17 international rock star Elvis Costello will perform with his band The Imposters. Tickets to both events are available on our website."

A full schedule is available online at www.gettysburgmajestic.org. To purchase tickets starting June 1, visit online, call the Box Office at 717-337-8200, or stop by at 25 Carlisle St., Gettysburg.

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Gettysburg Brass Band Festival

The Gettysburg Brass Band Festival will celebrate its 22nd year this June 6th, 7th and 8th. Please consider adding our information to your calendar of events in the upcoming months leading up to the Festival!

This coming June, 15 Bands from 7 states, including bands from the Midwest, will join what has traditionally been a Mid-Atlantic gathering of bands performing in our town of Gettysburg.

The 2019 brass festival will begin Thursday evening, June 6 on the Main Stage at the Lutheran Theological Seminary with the Carlisle Brass Band, Adams County Community Band and The Gettysburg Big Band.

The Gettysburg Brass, Hot House Jazz Band, Lancers Drum and Bugle Corps, Antebellum Marine Band and others will perform Friday evening, June 7 at locations around the town of Gettysburg.

The festival will also host the All Star Youth Brass and Percussion from Columbus, Ohio, the Atlantic Brass Band (2017 North American Brass Band Association Champion and US



Open Champion) from New Jersey, the Chesapeake Brass Band (former NABBA Champion) from Delaware, Spires Brass Band (former NABBA Champion), and Benfield Brass Band from Maryland, the Brass of the Potomac from Virginia, the Crossroads Brass Band from Indiana and the Brass Band of Columbus from Ohio. All will perform on the Main Stage on Seminary Ridge, Saturday June 8.

The Gettysburg Brass Band Festival will once again close with the moving "Taps" Tribute as buglers bring

honor at historic sites. A popular part of the GBBF is the Brass Instrument Petting Zoo, where youngsters of all ages can play a variety of brass instruments. A Saturday Gettysburg Lions Club Community Picnic will also be held at the Main Stage site. This event is organized by community volunteers in partnership with the Lutheran Seminary Music, Gettysburg! Concert Series, Gettysburg Times and Destination Gettysburg.

The Gettysburg Brass Band Festival, Inc. is a 501(c)(3) organization. Tax deductible donations are payable to the Gettysburg Brass Band Festival and can be sent to PO Box 3491, Gettysburg, PA 17325

"When we see a town with flourishing enterprises, such as newspapers, schools, libraries, picture galleries, literary and scientific societies, concert halls, theaters, Brass Bands, etc., we need not be told that it is the dwelling place of intelligent and cultivated people." This excerpt from George F. Patton's *A Practical Guide To The Arrangement of Band Music*, published in 1875 describes our town. Made famous as the place where Abraham Lincoln delivered his "Gettysburg Address" four months after the Civil War battle which bears its name, the small college town of Gettysburg, Pennsylvania has become home for the past 22 years to the Gettysburg Brass Band Festival. Past performers of the festival have included The United States Marine Drum and Bugle Corps, The United States Army "Old Guard" Fife and Drum, The United States Army Field Band and Soldiers Chorus, The Quantico Marine Band, The River City Brass Band, The Boston Brass, The Grammercy Brass Orchestra, the Athena, all-female, all-star, Brass Band, the Syracuse University Brass Ensemble and the United States Army Herald Trumpets.

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Tickets go on sale June 1st in person at the Majestic Box office located at 25 Carlisle Street, Gettysburg, PA or Online at Fandango.

The art of propaganda

Chloe Corwin
MSMU Class of 2020

Being that this is the 75th year anniversary of the historic D-Day event beginning the end of World War II, this month's article will focus upon the artistic poster propaganda in addition to recent depictions of these mass manipulations through the modern Marvel comics adaptations, particularly through the character Captain America and his individual film.

Everyone knows the iconic images of Uncle Sam pointing his finger to every young strapping man of the late '30s to early '40s inspiring a call to duty to join the cause in defending the country and the world. The encouragement the medium brings to the receiver through the famous finger point and direct eye contact creates a personal relationship and sense of responsibility on the consumer's part. If that isn't enough, the red white and blue patriotic outfit of Uncle Sam is overwhelmingly American; just in case we weren't sure which side we were fighting on. This really drives home the American values and patriotism the character of Uncle Sam represents.

With the glorious gift of hindsight, we now know this was a very intentional tactic to influence men to fight in what would turn out to be very traumatic situations. The men who answered the call from Uncle Sam would become true American heroes, whose service in the United States' Military should never be unappreciated, as it is their sacrifice that has created the world we live in today. To all the veterans, we thank you for your service.

When everyone followed Uncle Sam to the war, there were many people, mostly women, left home to man the country with worry clouding their every day for their fathers, husbands, brothers, friends, and family. Here is where we meet the brilliant Rosie the Riveter. Since there were not enough men to fill the positions that they typically did in this time period, women rose to the occasion and answered the call to leave their places in their homes and contribute to the war effort in factories and various other jobs.

Had there not been a war, home-making would be the primary concern of a married woman with children. Desperate times, though, call for desperate measures. Rosie the Riveter showed women who they were capable of being. Rosie's masculine qualities, such as her muscles, outfit, and clenched fist, remind women of the strength in which they would possess contributing to the effort. Her feminine qualities, though, such as the colorful polka dot wrap in her hair and small, pointed, facial features, as well as the slimming fit of her jumpsuit, show how the daintiest of women are able to contribute as well. Not only that, but that women could maintain their beauty and femininity while simultaneously working what would typically be considered a man's job.

Figures such as Uncle Sam and Rosie the Riveter, as well as the various others created during this time period are excellent examples of how art has such an influence in a soci-

ety. This alone proves the importance artistry holds, as its power can impact and unite an entire country to fulfill the roles needed to win World War II. Though propaganda is not necessarily a positive thing, the influential aspects of these works of art are very impressive.

Now, as homage to the end of the long lasting Avengers series with the final installment *Avengers: Endgame*, the second part of this article will be examining the propaganda in the Captain America film, *Captain America: The First Avenger*. Spoiler Alert!

Stan Lee's iconic comic series came to life the last ten years in multi-film saga. The Captain America comics were first created in the midst of WWII, and could be considered propaganda itself. Now, seeing these comics come to life allows for a new generation to experience WWII propaganda in the movies.

Watching *Captain America: The First Avenger*, there are several distinct times in which WWII propaganda is vital to the plot of the movie.

First we see this when Steve Rodgers is at the carnival in the beginning of the film. He is seeing posters urging men to sign up for the draft, not unlike Uncle Sam as discussed earlier. We find out he is unable to be drafted due to health issues, but nevertheless, it is understood these posters have a way of influencing Steve.

The most compelling part of this film, though, is the use of Captain America himself as propaganda. When Steve Rodgers transforms into Captain America, he is no longer another soldier that fights for the cause, but a tool to boost morale on

the events happening overseas. His athletic build, attractive face, red white and blue outfit, and the iconic shield are depicted as a symbol of hope, inspiration, and the heroic efforts of those fighting. He even has a touring show that tantalizes audiences all over America with dancing women and music to go along with it. This becomes a major hit for those in the States.

When the show is taken to the soldiers abroad, though, it is received much differently. This truly shows how the glorification of war through propaganda is deceptive.

It isn't until Captain America fights alongside everyone else that he truly assumes the role as a model soldier. He becomes more respected by those fighting and is a true beacon of hope for them. Once he breaks that barrier as a fellow fighter, he sheds the image of just another propaganda tool now that he has experienced the brutality of the war. Allowing young people to experience a movie such as this allows for an appreciation for those who came before them and the sacrifices they have made to bring The United States of America to where it is today.

To conclude, propaganda iconography through artistry had such an impactful influence on WWII, it would be foolish to deny the power it held. From posters to comics and movies, these images still stick with the American people 75 years later. To all those who contributed to the war effort whether it be on the front lines or in a factory at home, your efforts and work are appreciated by this great country.

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



Though displayed only briefly in Westinghouse factories, the poster in later years has become one of the most famous icons of World War II. As women were encouraged to take wartime jobs in defense industries, they became a celebrated symbol of female patriotism.

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LOCAL SPORTS

Catoctin track and field on the road to states!

Grace Kovalcik
CHS Class of 2021

While most people might treat conditioning as a chore, running and fitness are much different for Catoctin High School's track team. For the team, running has become a core part of their lives, and the time that is spent devoted to the sport is astonishing.

In order to make it all the way to states, Catoctin first participated in the county tournament. The girls competed in thirteen out of the twenty events held at Frederick High School the day of counties but performed better in some more than others. Some standout performances included junior Emma Strickland's 1 minute and 1.16 second 400-meter dash, along with her 2 minute and 24.72 second 800-meter dash. Strickland was able to come in seventh place for her 400, and sixth for her 800, altogether scoring five points for the team.

The Cougars also had success in their 4 by 800 relay, with Lily Gadra, Emma Wivell, Emily Williams, and Brenna Williams finishing in third out of nine teams. The group of freshmen finished with a time of 10 minutes and 31.74 seconds and earned Catoctin six more points. Additionally, freshman Jenn Zentz scored two points by finishing seventh out of eighteen runners in the 300-meter hurdles. After finishing the rest of the events, the girls' team

as a whole ended the tournament in ninth place out of ten teams with eighteen points, happy to be sending so many runners to the regional tournament.

The Boys running for Catoctin were also able to end counties with content after finishing twelve events. Elijah Moser ran in the 200-meter dash, coming in eleventh out of twenty-four runners at 24.31 seconds. He also ran in the 110-meter hurdles, placing eighth and scoring the team a point with his time of 16.87 seconds.

Catoctin's 4 by 200 meter relay team finished in eighth place out of the ten teams competing. Junior Cole Torres and seniors Elijah Moser, Jack Malachowski, and Eamonn Law-Knotts earned the Cougars a point with their finish of 1 minute and 36.78 seconds. Torres, Moser, and Law-Knotts then ran once more with junior JoAngel Gomez Ventura in the 4 by 400 meter relay. Once again, the boys finished in eighth place, scoring another point for Catoctin with their 3 minutes and 54.48 seconds finish.

Meanwhile, in the discus and shot put rings, Catoctin's throwers had been scoring an abundant amount of points for the team. For shot put, junior Jacob McIlvaine threw 48 feet and 7.75 inches. His throw put him in first place in the entirety of Frederick County, scoring ten points for the team and securing his spot at regionals. Juniors Tristan Rice and Tyler Hauk also competed in shot

put. Rice, who came in fifth out of twenty-six, and Hauk, in seventeenth, were both able to qualify for regionals as well.

The three boys also had great success in the discus ring. Hauk, scoring ten points, came in first place in the county at 144 feet and 4 inches. McIlvaine and Rice then came in eleventh and twelfth out of twenty-five throwers, at 105 feet and 5 inches and 102 feet and 8 inches. The end of this event brought Catoctin's boys' team up to 27 points and placing them in ninth out of ten.

Just as they had at counties, Catoctin had lots of success at their regional tournament, even though their region is known to be one of the most competitive in the state. One of the girls' best events was the 800-meter run, in which Strickland, Wivell, and Zentz competed. Strickland finished in 2 minutes and 24.31 seconds with Wivell close behind her at 2 minutes and 27.91 seconds, putting the girls in first and second place. Zentz crossed the finish line soon after at 2 minutes and 35.27 seconds, placing her in seventh place. Together, the three girls scored a total of twenty points in this race, not including the other incredible finishes they had throughout the day.

Another one of the girls' most notable performances was their 4 by 800 meter relay, run by both Emily and Brenna Williams, Wivell, and Zentz. The freshmen's finish at 10 minutes and 26.17 seconds put them in third place and promised the team of runners a spot at states.

For the boys, their time spent at regionals was just as productive as the girls. Malachowski placed second in the 100-meter dash at 11.43 seconds, scoring eight points for the team and sending him to states. He also placed second in the 200-meter dash at 23.47 seconds, earning another eight points but just missing the required time to advance.



Jenna Zentz runs in the girls' 4x800 meter relay, taking long strides to reach the finish line. Photo credit: Jimmy Kempisty

put. One particular relay involving Moser, Torres, Malachowski, and senior Cameron Baumgardner left coaches and teammates on edge. The boys finished first, just under a second before the second place team, and scored ten points for Catoctin. Although, to the team's dismay, they were only half a second away from qualifying for states.

Without a doubt, the shot put throwers came to regionals ready to compete. McIlvaine, Hauk, and Rice exceeded all expectations with their throws of 46 feet and 4 inches, 43 feet and 5 inches, and 42 feet and 9 inches. The three boys came in first, second, and third and were all happy to advance to states. On top of that, Hauk proved to be the best in the region for discus with his personal record throw of 150 feet and 3 inches. Scoring an additional ten points for the team, Hauk was able to qualify for discus as well as shot put. At the end of the regional tournament, the girls finished in eighth out of eleven teams with forty-three points, and the boys in third out of twelve teams with eighty-five points. Overall, the tournament left the Cougars pleased with themselves, and eager for states.

The following weekend, the Maryland state tournament had the Cougars full of both smiles and tears. The mix of the competition and the conclusion of the season had the team all worked up and emotional. Even so, the Cougars were competitive until the last minute and brought home several medals and ribbons.

The girls' team was ecstatic to have so many runners place at states. Strickland, running in multiple events, received two awards for her individual runs. She placed second in the 800 and fifth in the 1600, resulting in a silver medal and a ribbon. Also running in the 800, Wivell finished in eighth place out of fifteen runners in 2 minutes and 28.63 seconds.

Both the 4 by 400 and 4 by 800 relay teams finished the tournament cheerfully, although tears of joy were almost contagious between the group. Finishing seventh for the 400 was the team of Emily Williams, Wivell, Zentz, and Strickland. Soon after, Brenna Williams, Strickland, Wivell, and Zentz raced in the 4 by 800 and finished in second place.

For the boys, Moser competed in the 300-meter hurdles, finishing in sixth place and setting a new personal record at 42.21 seconds. Additionally, Moser, Torres, Baumgardner, and Malachowski placed fourteenth in the 4 by 100 relay.

Also, Catoctin's throwers kept up their competitive mentality as they headed into the shot put ring. McIlvaine, Rice, and Hauk were able to finish in sixth, eighth, and fourteenth out of sixteen. Additionally, Rice was able to hit a new personal record of 44 feet and 6 inches. Hauk also competed in the discus event and finished fourth in the state with his throw of 147 feet.

With the growth that the team has seen over the course of the season, coaches and teammates cannot imagine the success they will have over the next couple of years. After all, for these students, track season never really ends.

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

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MOUNT SPORTS

Lacrosse teams clinch NEC titles

Collin Riviello
MSMU class of 2020

Women's lacrosse caps off a historic season with the most wins ever in program history, men's lacrosse completes a remarkable turnaround season from a year ago, and despite being plagued with injuries, the men's and women's outdoor track & field teams have a strong showing at the NEC championships.

With June now here, the seniors have gone their separate ways and the one-time juniors now prepare to be the new leaders to the incoming freshmen athletes. For the women's lacrosse team, All-NEC first team goalkeeper, Jillian Petito, is a leader the team will have to replace. She led the NCAA in goals-against average (7.14) and save percentage (.564) this season to help her team to rank second in the nation in scoring defense with an average of 7.05 goals per game. She was also instrumental all season long in helping the Mount sweep their NEC regular season schedule en-route to their fourth regular season conference title and guaranteed home field advantage, and top seed, in the NEC tournament. She made seven saves in the semifinal matchup with fourth-seeded Bryant and with the help of her team's defensive unit, kept the Bulldogs to an atrociously low .200 shot percentage all the while collecting her 16th win of the season with the 18-4 blowout win. The win against Bryant was the Mount's 13th straight win, a new program record.

During the championship game against second-seeded Wagner, the Mount had a clichéd chance to tie the game and send it to overtime. With Wagner dominating control in the second half and up by one, the Mount looked to be running out of time to mount a comeback. With 5:33 left in the game, Wagner scored a goal to push their lead to 7-5. Then with about two minutes remaining Beanie Colson shot a goal in from in front of Wagner's net to make it a one-point game. After losing the ensuing face-off, Wagner attempted to play keep-away to run down the clock, but the Mount forced a turnover with twenty seconds remaining and ran down the length of the field to try and score. Emily Davis was fouled with .06 seconds left on the clock and had the chance to tie the game with a free-position shot attempt, but her shot missed the net and Wagner escaped with the NEC tournament title, snapping the Mount's 13-game win streak. Jordan Butler, who put up two goals in the game and six goals during the entire tournament, captured the NEC Offensive Play of the Year award. She tallied 78 points during the season which grants her the most points earned in a single-season title for the Mount, crushing the previous total of 60 points set in 2009. Emily Davis also set a pro-

gram record for the Mount with 75 draw control wins, the most in a single season. She was also named to the NEC All-Tournament team, along with Kaitlyn Ridenour and Petito. Ridenour earned NEC Defensive Play of the Year honors as well.

The men's lacrosse team also had a historic season, winning their second ever regular-season title with a 5-1 NEC record, and earning the right to host the men's NEC Tournament with a number one seed for the first time since 2011. They took down formerly 14th-ranked Richmond 12-11 in overtime enroute to an overall 9-7 record. The last time the Mount won against a nationally ranked team was in 2013 against then 18th-ranked Bucknell. Just a year ago the team went 2-4 in conference play and 5-9 overall.

During the semifinal matchup against fourth-seeded Robert Morris, the defending NEC Tournament champions, the Mount led by as much as five points in the third quarter. But down 12-7, the Colonials showed the Mount why they were the defending champs and whittled down that lead to just three by making two goals in the finals two minutes of the quarter. With a renewed stout defense that shutdown any Mount offensive strike in the fourth quarter, the Colonials scored their 12th goal of the game to force overtime with 39 seconds on the clock. That momentum was enough to carry the Colonials past the Mount as they scored the winning goal just two minutes into overtime to make the 13-12 comeback win a stunner for the Mount crowd. The Colonials later defeated second-seeded Hobart 11-10 in the championship game. Individual highlights of the season include Chris DiPretoro becoming the 13th player in Mount history to reach 100 career goals, and Jack Mangan reaching 73 career caused turnovers, the most in Mount history. In addition, Man-

gan was selected by Major League Lacrosse's Atlanta Blaze in the annual Rookie Selection in late April.

The defending men's outdoor track and field champions were not able to repeat their success from last spring, as they placed third in this year's team standings with 141 points. Star sprinter Justin Kimble got injured while running in the 100m dash finals. However, he still placed fourth with a time of 10.73 seconds. In the 200m dash finals, an event he qualified for prior to his injury, he finished in eighth place helping the Mount to score a point. Individual event winners include William Merritt in the 10000m run with a time of 33:06.98, Nick Fransham in the 5000m run with a time of 14:43.56 and Brian Sagendorf in the javelin throw with a mark of 62.68m. A second-place finish in the 3000m Steeplechase for Merritt (9:22.47) helped to earn him win the Men's Most Outstanding Track Performer (Distance) award. Saint Francis (Pennsylvania) won the outdoor title with 192 points. Central Connecticut placed second with 150 points. LIU Brooklyn finished fourth with 74 points, followed by Fairleigh Dickinson (67), Wagner (65), Bryant (58), Sacred Heart (56) and St. Francis Brooklyn (15).

The Mount women placed sixth as a team with 94 points. The 4x800m relay was the only event the Mount won. The team was comprised of Maddie Kole, Destiny Boone, Clarke Hooper and Erin Jaskot (9:08.12). Erin Sample placed second in the shot put (14.09m) and third in the hammer throw (49.44m). Najae Nickerson placed second in the 100m hurdles (14.44) and eighth in the 400m hurdles (1:06.83). Kole placed fourth in the 3000m steeplechase (11:36.38) while Jaskot went second in the 1500m (4:45.14) and fourth in the 5000m run (17:50.51). Hooper went third in the 800m with a time of 2:26.12.



The women's lacrosse team set a program record of 16 single-season wins enroute to their first regular season NEC title since 2007.

Central Connecticut won the team title with 118 points, edging Sacred Heart (117.5) by half a point. Saint Francis U had 116 points, Fairleigh Dickinson 108 points and LIU Brooklyn 106 points. Following in order of succession are Mount St. Mary's (94), Robert Morris (81), Wagner (61.5), Bryant (7) and St. Francis Brooklyn (4).

In other Mount athletics news, recent Mount graduate, midfielder Jenna West signed a professional soccer contract in early May with Sundsvall DFF. The Swedish-based club competes out of the country's second highest division, Elitettan.

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

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COMPLEMENTARY CORNER

7-Day Qigong journey to heart harmony

Renee Lehman

Warmth of the Spring gives rise to birth, the Fire of Summer fuels rapid growth and development, the coolness of Fall matures all and provides harvest, and the coldness of Winter forces inactivity and storing. This is the rhythmic change of nature. If the four seasons become disrupted, the weather becomes unpredictable and the energies of the universe will lose their normalcy. This principle also applies to the body.

—(Su Wen, chapter 6)

In the December article, it was discussed that we should follow Natural Law and in the May article, the concept of our energy savings and checking accounts was explained. If you missed the May article, think about the following analogy. Your bank's checking account is analogous to the energy checking account that you pay your "energetic bills" from on

a daily basis. How do you increase the money in your checking account? By depositing more money or by withdrawing less money from your bank's checking account.

The same is true for your "energetic checking account." We tend to spend, spend, spend from our energy checking account. We deplete our energetic checking account, and then we feel worn out and get sick. So, how would you like to learn how to save your energy? How would you like to deposit more energy into your energy checking account?

From June 23 until June 30, Traditional Chinese Medicine World Foundation and Grand Master Nan Lu, OMD is offering a virtual Heart Harmony seasonal program to support your body-mind-spirit and give yourself a chance to transition smoothly into the upcoming season of summer. In other words, this virtual program is meant to give you an opportunity to increase the energy in your energetic checking account! It's meant to help your overall level of health!

What is meant by this being a virtual program? You can live anywhere in the world and participate in this pro-

gram. All you need is a way to access the internet. You will have exclusive access to all the materials online beginning June 23, 2019. How does this work? When you register online, you will receive a confirmation email. Then two days prior to the program's start, you'll receive a shopping list of suggested food items. One day before, you'll receive a link to log into your program materials.

Summer is the season that is most closely aligned with the Heart. In Traditional Chinese Medicine, your Heart is the King/Queen. Your Heart is associated with feeling peaceful, calm, and also vibrant. Our modern-day lifestyles create overwork and distress (just to name a few issues). By supporting Heart health, you are more able to pursue your passions in life. How can this 7-day program support your Heart?

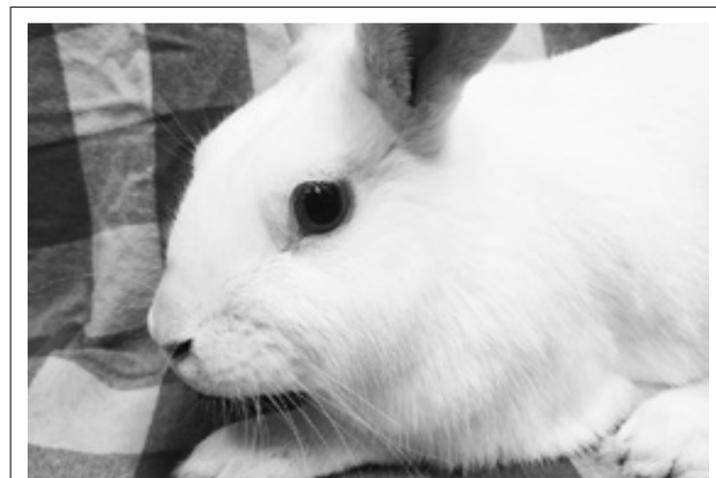
Grand Master Nan Lu will share Qigong exercises that are specific to the needs of the season, guide you in what foods to prepare and offer teachings that will deepen your understanding of natural law.

Here's what you'll experience as a part of this 7-day program.

Guided Meditation - Begin the program with a live call and a guided meditation that will open the door to inner peace. Use this meditation as your daily go-to!

Conference Calls - Grand Master Nan Lu will have two conference calls: Sunday, June 23 and June 30. He will encourage you to move beyond your current level of health and answer your questions during these calls. Tips and guidelines to follow throughout this summer will also be given.

Qigong Exercises - Grand Master Nan Lu has chosen meditative Qigong



Edgar is an all-white rabbit who came into the shelter as an owner surrender in January and he's still looking for his second chance. He's a 2-year-old really nice boy who doesn't mind being handled and is neutered. Can you help Edgar out?

For more information about Edgar call the Cumberland Valley Shelter at 717-263-5791 or better yet visit him in person at this wonderful shelter!

practices to allow the body to deeply rest. Releasing stress and making room for that feeling of ahhhh is the result you'll love. There's also a powerful chanting meditation to enliven your inner vibration.

Eating Plan - Eating fresh, seasonally grown foods helps you tap into this over-looked communication from nature. You will be provided an easy-to-follow 7-day eating plan which includes smoothies and bread. Generally, Traditional Chinese Medicine does not suggest juicing and that's how unique this session is. You will be taught how to juice without causing internal harm. Foods include fish, peaches, apricots, tomatoes, napa cabbage, and barley. They'll provide you with a grocery list of foods including vegetables, fruits, grains, and fish.

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—Maya Angelou

"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift."

—Albert Einstein

"It is only with the heart that one can see rightly. What is essential is invisible to the eye."

—Antoine de Saint-Exupéry, The Little Prince

Renee Lehman is a licensed acupuncturist, physical therapist, with over 30 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

How a personal trainer helps you?

Linda Stultz
Certified Fitness Trainer

Many people don't realize what a Personal Trainer does. Hopefully this article will answer some of your questions like: What weight should I start with? What exercise will help me reach my goal? Should I eat before or after my workout? By having a trainer, you have the confidence of knowing that you are doing the best workout for you.

People think having a trainer is expensive. Depending on the area you live and the program you choose, trainers can actually be less expensive than paying those advance fees

at the gym and then never going to use it. With a trainer, the program is designed especially for you. Your program is made to fit your goals and ability. Your weights are set up for you. The trainer demonstrates each exercise and refreshes your memory each time. Your form, reps and weights are monitored and increased as your strength and ability allows. There is no guess work on your part.

Working with a trainer also means no waiting on machines. Being able to move from one exercise to the next, without a long break waiting for others to get finished with the machines, giving you an aerobic workout right along with your

lifting program. Having a scheduled appointment helps you keep your exercise commitment. When you go to a gym, an instructor, not a certified trainer, may show you how to use the equipment the first time but then you are on your own. The next time you go, hopefully you will remember how to use the machines. You may not be sure when it is time to increase the weight you are using and if you push yourself too fast, that's when injuries occur.

If you've been thinking about starting an exercise program, remember the benefits a trainer can add: personalized program just for you, guidance for proper form to

prevent injury, confidence of knowing your progression is monitored and advanced properly, support for questions, a scheduled appointment for motivation, no advance fees or contract for a long period of time, personal attention for your needs and other benefits you can only get by working with a trainer.

Winter is a hard time to get motivated to do anything. It gets dark early in the evening and it is dark when you wake up. Having an appointment and working with a trained person may just give you that extra push you need to get started. We get more exercise in the summer just by doing the outside chores like mowing the grass and weeding the flower beds or taking care of the

necessary things around the house. We are even more motivated to go for a walk because it is warm outside during the summer evenings. It stays light longer and therefore the evenings are a great time to walk with a friend or by yourself to release the stress of the day.

Many of my clients tell me they wouldn't stick to an exercise program without the appointment and how much better they feel after their workout, both mentally as well as physically. Let a trainer guide you to better health for yourself and your family. Give me a call and let's get started on your healthier future.

For further information or any questions please call 717-334-6009.

Herb of the month

June's herb of the month is Sweet Cicely. Sweet Cicely is an attractive, early-blooming perennial herb with delicate, fern-like foliage, clusters of tiny white flowers and a pleasant, anise-like aroma. All parts of sweet cicely plants are edible. Although sweet cicely has been widely cultivated in past years and used to treat ailments such as stomachache and coughs, it isn't commonly grown in most modern herb gardens. Many herbalists think sweet cicely deserves more attention, especially as a healthy, zero-calorie replacement for sugar. You can also cook the leaves like spinach, or add fresh leaves to salads, soups or omelets. The stalks can be used much like celery, while the roots can be boiled or eaten raw. Many people say sweet cicely roots make flavorful wine.

Using plants for healing is far from new news. Dating back as far as the origin of human beings, plants have been used to benefit the body in ways beyond nourishment or flavoring food. A practice not limited to humans, even animals

will search for certain plants to eat for curing an illness. For example many pet owners have witnessed their dog eating grass for an obvious upset stomach. Closer examination will reveal that the plant eaten is specifically chosen, and not just any grass or plant will do.

The animals appear to have a natural instinct for this behavior rather than it being taught to them. Whether by trial and error, by instinct, or by Divine guidance, no one knows the true origin of how and why plants were used for healing by early humans. What we do know is that eventually the methodology of herbal healing moved beyond passing along the knowledge from one generation to the next.

Over five thousand years ago the Sumerians, a civilization in ancient Mesopotamia, that is present-day Iraq, had recorded the first writings of the medicinal use of herbs. Ancient China and India later developed and recorded their own systems in healing including their use of herbal medicine that continues to be utilized today. Later

the ancient Egyptians and Persians detailed in writing herbal healing practices, which the Greeks and then the Romans later assimilated and combined with practices of other cultures to lay the foundation for herbalism and medicine today.

Not only a folk-lore fascination

or healing tradition of cultures all over the world, herbalism is a vital component of healing that has been instrumental in the survival of human beings all along. As we delve into the fascinating history of herbalism we uncover the even more intriguing philosophies

of this practice. These philosophies include the doctrine of signatures, the shamanic or mystical powers, the energetic properties, the dynamic functions, and the phytochemistry of herbs, which we will discuss in future articles about herbs.

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\$300,000	\$191,889	\$185,889	\$175,389	\$167,289	\$154,689	\$137,589
\$350,000	\$222,889	\$215,889	\$203,639	\$194,189	\$179,489	\$151,539
\$400,000	\$253,889	\$245,889	\$231,889	\$221,089	\$204,289	\$181,489
\$450,000	\$284,889	\$275,389	\$259,639	\$247,489	\$228,589	\$202,939
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\$600,000	\$375,889	\$363,889	\$342,889	\$326,689	\$301,489	\$267,289

*DOWN PAYMENT

These calculations are based on a variable rate ARM (30) with an expected rate of 3.25% and an initial rate of 3.00% as of March 22nd, 2019 APR (Annual Percentage Rate) Range: 3.25%-4.00%. Loan charges include origination fees, mortgage insurance premiums, and underwriting costs which are to be disclosed. Some of these fees may be financed into the loan. Interest rates and terms available may change without notice and not be available at the time of loan commitment. Prices subject to change. Please speak with your loan officer for more information regarding current rates including fixed rate options.

This information is for illustrative purposes only. Estimated fees, including up to \$100 mortgage insurance premium range from \$11,000 to \$21,000 depending on the value of the home (included in mortgage). Closing costs vary from state to state and an offer down payment. Please check with your MCO/Lender/Officer for actual figures. Your loan balance and interest will decrease due to your ability to pre-pay or default on your loan. Please contact your lender for more information regarding your loan.

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ASTRONOMY

The night sky of June

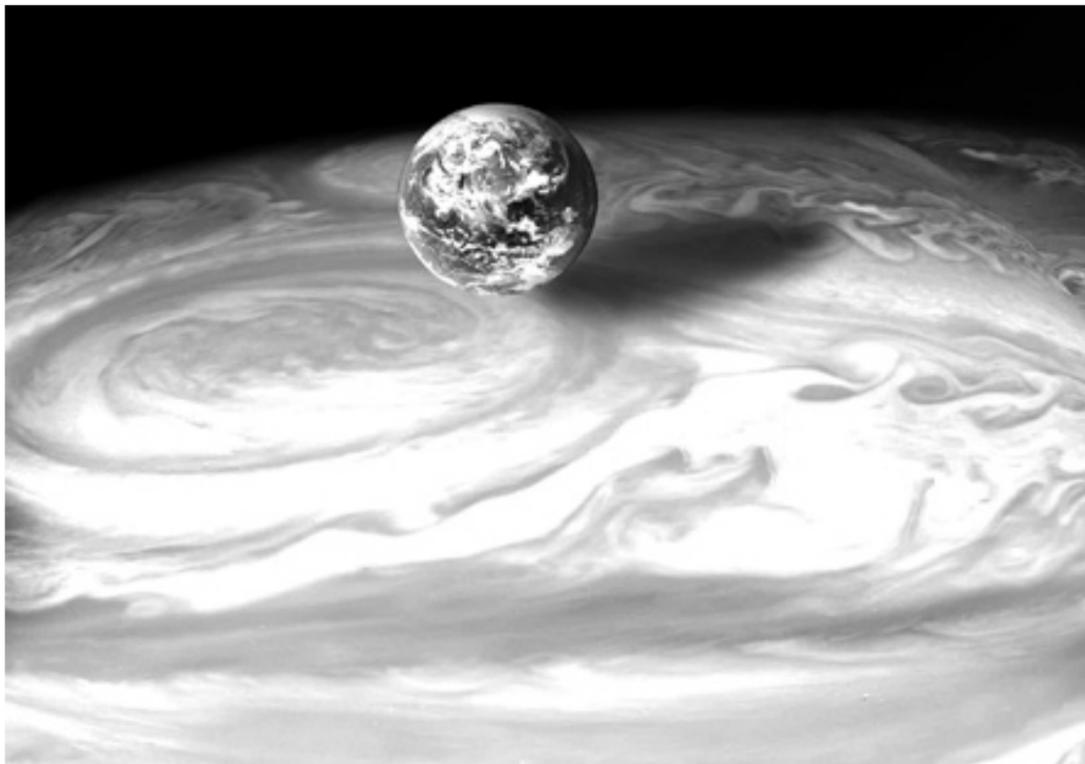
Professor Wayne Wooten

For June the new moon is on June 3rd, and a thin crescent may be visible with binocs just left of Mercury in twilight, about 40 minutes after sunset. The much easier crescent is to the upper left of Mars on June 5th. The first quarter moon is on June 10th. The full moon, the Honey Moon, is just north of bright Jupiter at sunset on June 17th. The waning gibbous moon is just left of Saturn on June 19th, both rising about 10 PM. The summer solstice occurs on June 21st at 10:45 a.m. CDT. The last quarter moon is on June 25th, rising at midnight.

This June Mercury and Mars are visible in NW in Gemini much of the month just after sunset. The two appear closest on June 18th, only .3 degrees apart, with Mercury on top and brighter. Both are lost in sun's glare by month's end. Venus is likewise behind the Sun all month and invisible.

Jupiter is well placed for evening observers north of Antares in Ophiuchus. It was at opposition on June 10th, and rising in the SE as twilight falls. Any small scope will also spot its four Galilean moons. The Great Red Spot is unusually red now, and should also be spotted among its clouds at 100X with even small scopes.

But the most beautiful object in the sky is Saturn, which comes to opposition in east pf the tea-



Jupiter's Great Red Spot is a cyclone larger than two Earths.

pot of Sagittarius on July 9th. It is not quite as open as last year. Look closely for its large moon Titan, and also perhaps for smaller moons Dione, Rhea, and Tethys. Download the program Stellarium at www.stellarium.org and you can zoom in on the planets to find the layout of the moons of Jupiter and Saturn at any moment.

If you drop south from the bowl of the Big Dipper, Leo the Lion is in the SW. Note the Egyptian Sphinx is based on the shape of this Lion in the sky. Taking the arc

in the Dipper's handle, we "arc" SE to bright orange Arcturus, the brightest star of Spring. Cooler than our yellow Sun, and much poorer in heavy elements, some believe its strange motion reveals it to be an invading star from another smaller galaxy, now colliding with the Milky Way in Sagittarius in the summer sky. Moving almost perpendicular to the plane of our Milky Way, Arcturus is 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, then curve to Corvus the Crow, a four sided grouping. Jupiter lies just east of

Spica this July. North of Corvus, in the arms of Virgo, is where our large scopes will show members of the Virgo Supercluster, a swarm of over a thousand galaxies about 50 million light years distant.

To the east, Hercules is well up, with the nice globular cluster M-13 marked on your sky map and visible in binocs. The brightest star of the northern hemisphere, Vega (from Carl Sagan's novel and movie, "Contact"), rises in the NE as twilight deepens. Twice as hot as our Sun, it appears blue-white, like most bright stars. At the opposite end of the parallelogram of Lyra is M-57, the Ring Nebula.

Northeast of Lyra is Cygnus, the Swan, flying down the Milky Way. Its bright star Deneb, at the top of the "northern cross" is one of the luminaries of the Galaxy, about 50,000 times more luminous than our Sun and around 3,000 light years distant. Under dark skies, note the "Great Rift", a dark nebula in front of our solar system as we revolve around the core of the Milky Way in the Galactic Year of 250 million of our own years.

To the east, Altair is the third bright star of the summer triangle. It lies in Aquila the Eagle, and is much closer than Deneb; it lies within about 13 light years of our Sun. Use your binocs to pick up many clusters in this rich region of our own Cygnus spiral arm rising now in the east.

To the south, Antares is well up at sunset in Scorpius. Jupiter is the bright planet north of it this June. 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! Scorpius is the brightest constellation in the sky, with 13 stars brighter than the pole star Polaris! Note the fine naked eye clusters M-6 and M-7, just to the left of the Scorpion's tail. Beautiful Saturn now sits well north of the stinger on the scorpion's tail.

Just a little east of the Scorpion's tail is the teapot shape of Sagittarius, which lies toward the center of the Milky Way. From a dark sky site, you can pick out the fine stellar nursery, M-8, the Lagoon Nebula, like a cloud of steam coming out of the teapot's spout.

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Farmers' Almanac

"Spring being a tough act to follow, God created June."

—Al Bernstein

Mid-Atlantic Weather Watch:

Showers, cooler (1, 2) turning fair and warm (3, 4, 5); more showers, mainly in the southern part of the region (6, 7) with fair and hot weather (8, 9, 10, 11). Scattered storms (12, 13), turning fair and hot again (14, 15, 16); severe storms (17, 18, 19) returning, yet again to fair and hot temperatures (20, 21, 22, 23, 24, 25) with more Storms in the north (26, 27, 28) fair and very warm (29, 30).

Tornado Watch: The Town and Country Almanack sees possible tornado activity in the Mid-Atlantic Region from the 14th to the 18th of June.

Full Moon: June's Full Moon will occur on Monday, June 17th. Because roses start to show their gorgeous blooms at the beginning of the month, it has been called ROSE MOON and also Strawberry Moon because the first strawberries of the season become ripe for the picking (and for the eating!).

Special Notes: Summer officially starts with the Summer Solstice

that occurs on Friday, June 21st. Honor your favorite student this month when he or she graduates from high school or college. This is a major milestone so mark the achievement with a special event or memorable gift.

Holidays: Display 'Old Glory' on Flag Day, Friday, June 14th! To be sure that you are displaying it properly. Father's Day is Sunday, June 16th. Do something really nice for the guy who a) paid for 4 years of college, b) paid for a really nice wedding, c) helped you finance that new (fill in the blank), or d) All of the above!

The Garden: Transplant when the rainy season starts but remember that working in the garden when plant leaves are wet can spread many diseases. If you have to divide plants, give them a chance to recover from having their roots disturbed by keeping them in the shade for at least a week. Tick-proof your yard this summer. Deer are likely to bring ticks into your space so plant species that deer do not eat like the thorny barberry, bugleweed, forsythia, foxglove, and most needle-leaved conifers. As the tem-

perature starts to rise, lawns should be getting 1.5 inches of water a week. If Mother Nature is stingy, water deeply once or twice a week but NOT daily. Here's a good tip: spray the underside of your mower with a thin coating of vegetable oil to prevent grass from sticking. And always remember that when working outside in hot sun for any prolonged period of time, be sure to take salt tablets, drink plenty of water, and take frequent breaks in the shade.

The Farm: Best for planting root crops (1, 28, 29); weeding and stirring the soil (2, 3, 4); planting above-ground crops (5, 6); harvesting all crops (15, 16, 17); the best days for setting hens and incubators (10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25); the slaughtering and butchering of meat (3, 4, 5, 6, 7, 8, 9); transplanting (3, 4, 5, 6, 7, 8, 9); the weaning of all small animals and livestock (15, 16, 17, 18, 19, 20, 21, 22, 23, 24); harvesting and storing grains (1, 2, 25, 26, 27, 28, 29, 30)

J. Gruber's Thought For Today's Living

"If all of our today's held as much hope as our tomorrows, what wonderful memories we would have of all our yesterdays"

COMPUTER Q&A

Printers: buying & troubleshooting tips

Aysë Stenabaugh
Jester's Computer

They just don't make printers like they use to. 10-15 years ago you could buy a printer that could last a decade, today you might consider yourself lucky if yours lasts you more than 5 years. Why? Well like anything we have found ways to manufacture printers less expensively, the price has dropped but so has the quality. If you haven't purchased a printer yet or are looking to replace yours there are a few things you can consider while attempting to make a decision. First you should determine what your needs are, do you need a fax capabilities? Will you be scanning? Do you need to print in color? Will you be printing photos? Are you going to be printing wirelessly, or with a USB cable? Once you answer these questions you can begin to narrow down your choices.

You may notice while browsing for your new device, that some printers are inkjet and utilize either inkjet cartridges, an EcoTank or toner cartridges. We've gathered some information to help explain the differences between the different options and some of the pros and cons of each type.

Inkjet Printers – These printers can be the least costly to purchase and utilize two or more cartridges to deliver ink to your paper. Ink cartridges for these printers can run upwards of \$20 each with some printers utilizing one cartridge for black and one for color and other printers (especially photo printers) requiring individual color cartridges (and on some photo printers a special grey cartridge). Some manufacturers (HP were looking at you!) have gone so far as to create a "security" setting that doesn't allow you to use your unused cartridges in another printer. I don't know about you but I've never known anyone to steal ink cartridges out of someone's printer. For these reasons, the need to replace cartridges more often and with the potential for unused (or expired) cartridges to dry out, we find that inkjet printers can be more frustrating and can be the least cost effective long-term with an average of less than a 500 page yield per cartridge.

EcoTank Printers – While these printers are technically inkjet printers, they have a unique ink delivery system. Instead of utilizing cartridges, ink is stored in a tank and bottles of ink are easily replaced with virtually no mess at all. Since each color has its own tank you can replace colors individually and they yield a lot more ink so you will find they last a lot longer and you get more prints (roughly 20,000 pages per color). Only Epson offers the EcoTank printers and these printers are recommended for those who print at least a few times a week, as use or maintenance (via a built-in utility) is required to keep the ink tank lines from clogging up over time.

Laser Printers – Most laser printers are used in a business environment but those who are high volume printers of heavy text or photo documents (excluding high quality photo printing) can find benefit from using a laser printer. Unlike inkjet printers, laser printers use toner cartridges that are full of powder. The most notable quality of laser printers aside from also averaging a high page yield per cartridge is the increased speed at which pages print. Unlike inkjet ink,

toner does not smear when coming in contact with water.

Troubleshooting Tips

Not being able to print is a bummer! The first thing you should investigate is whether or not your printer is printing independently. If you have scanner you can attempt to copy a document to see if it prints. If you're unable to print a scanned document, then the issue is likely with the printer itself and is not related to the connection to your computer. If you've tested and it works or you are unable to try scanning a document, try restarting the power on your printer next.

If at that point you are still unable to print from your computer, the next step is to investigate the connection to the computer. If you are using a USB cable to connect your printer to your computer, unplug the USB cable from the computer, restart the computer and plug your printer into a different USB port after the computer has loaded up. If you're using a wireless connection to connect your printer to your computer, you should verify that the printer is still connected to your network. Typically, printers with a touch screen have a wireless icon that indicates if you are

connected or not. If you aren't sure how to check your wireless connection check your printers manual for detailed instructions.

If you've verified your wireless connection and still can't print, your printer may be setup to automatically get an ip address and your computer may not have the updated address. Most of the time when you install your printer to be used wirelessly, a utility is installed on the computer which will let you update your printers ip address. We highly recommend setting your printer to have a manual ip address so that your computer doesn't need to search for a new address if it changes. At Jester's Computers we offer on-site services which include configuring your wireless network and printer.

If your printer is printing out blank or incomplete pages, you may need to perform maintenance on your printer. Usually you can use the touch screen to find utilities or tools from your printer however, most printers have the utilities built into the printer software as well. On inkjet printers you may need to occasionally clean printheads and perform page alignments. EcoTank printers as mentioned above require you to perform maintenance on the lines that



feed the ink to your printer if you haven't used it for a while or aren't getting any ink on the paper. Toner printers don't usually require any maintenance per say, but after a certain amount of use some parts like the printer drum may need replaced. Most inkjet printers aren't worth repairing and finding someone to repair them is challenging.

If you need additional information or assistance with your printer or computer contact Jester's Computer Services at 717-642-6611, visit us at www.jesterscomputers.com We are located at 5135 Fairfield Road Fairfield and our regular business hours are Monday-Friday from 9 a.m. to 5 p.m. with extended hours until 7 p.m. on Tuesdays and Thursdays.

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UPCOMING EVENTS

June 1

St. Mary's & St Rita's mini-retreat called "Into the Deep" with guest speaker Dan Burke at St Mary's Parish Hall, 256 Tract Rd, Fairfield, PA. During this retreat of finding peace through prayer Dan will delve into his testimony and the universal call to conversion entitled "The Journey to the Castle". In "The Journey of Prayer" Dan will describe the call and path to ever deepening union with God. "The Seven Secrets of Spiritual Progress" will conclude the secrets of the saints revealing concrete steps to progress and success in prayer.

For more information call 717-642-8815 for more information.

Catoctin Mt. Park's - Creaks, Squeaks, and Shrieks! Meet a ranger at the Owens Creek Campground Amphitheater shortly after sunset and discover the wonderful world of nighttime animal calls and sounds that you might hear while sitting around the campfire. For more Information call 301-663-9388.

June 1 & 2

Hollabaugh Bros 4th Annual Strawberry Festival

Fresh Strawberry Sundaes, Strawberry Pies, Strawberries n' Shortcake, Strawberry activities for the kids...it's all strawberries, all weekend! We welcome the chance

to offer you a "taste" of the country and our high quality fruit products! While you're here, check out our retail farm market offering fresh fruits, vegetables, gift items, homemade baked goods, ice cream, local foods and artisan goods, fruit gift baskets and more. Hope to see you there! For more information visit www.hollabaughbros.com or call 717-677-8412.

June 6, 7 & 8

The Gettysburg Brass Band Festival. The Gettysburg Brass, Hot House Jazz Band, Lancers Drum and Bugle Corps, Antebellum Marine Band and others will perform at locations around the town of Gettysburg.

The festival will also host the All Star Youth Brass and Percussion from Columbus, Ohio, the Atlantic Brass Band (2017 North American Brass Band Association Champion and US Open Champion) from New Jersey, the Chesapeake Brass Band (former NABBA Champion) from Delaware, Spires Brass Band (former NABBA Champion), and Benfield Brass Band from Maryland, the Brass of the Potomac from Virginia, the Crossroads Brass Band from Indiana and the Brass Band of Columbus from Ohio. All will perform on the Main Stage on Seminary Ridge, Saturday June 8.

The Gettysburg Brass Band Festival will once again close with the

moving "Taps" Tribute as buglers bring honor at historic sites. A popular part of the GBBF is the Brass Instrument Petting Zoo, where youngsters of all ages can play a variety of brass instruments. A Saturday Gettysburg Lions Club Community Picnic will also be held at the Main Stage site. This event is organized by community volunteers in partnership with the Lutheran Seminary Music, Gettysburg! Concert Series, Gettysburg Times and Destination Gettysburg.

June 6

Catoctin Mt. Park's - Storytime and Hike at Catoctin Mountain Park at the Visitor Center. The program is targeted for 3-5 year olds. Sponsored by the Thurmont Library and Catoctin Mountain Park. For more Information call 301-663-9388.

June 7

Lancers Drum and Bugle Corps Performance. Bring your lawn chair or blanket, and enjoy the sounds of the Lancers Drum & Bugle Corps! This free concert is held in conjunction with the Gettysburg Brass Band Festival. The upbeat sounds of this senior drum and bugle corps will have your toes tapping and keep you on the edge of your seat. Sponsored by Appalachian Brewing Co. & Gettysburg Heritage Center. Gettysburg Heritage Center, 297 Steinwehr Ave., Gettysburg, For more information call 717-334-6245.

June 8

Strawberry Hill's Herp Hike - Join PA Reptile and Amphibian Survey (PARS) County Coordinator, Sue, to learn about our local rep-

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 Tuesday, June 4 - Sticktime
 Wednesday, June 5 - Catoctin Mountain Boys
 Thursday, June 6 - Taylor Brown with Elvis Show
 Friday, June 7 - The Rock and Roll Relics
 Saturday, June 8 - Borderline

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TUESDAY - Turkeys, Ham, Mashed Potatoes, Gravy, Corn, Dessert
WEDNESDAY - Roast Beef, Fried Chicken, Mashed Potatoes, Gravy, Green Beans, Dessert
THURSDAY - Roast Beef, Fried Chicken, Mashed Potatoes, Gravy, Sauerkraut Corn, Dessert
FRIDAY - Fried Shrimp, Fried Chicken, Mashed Potatoes, Gravy, Green Beans, Dessert
SATURDAY - Roast Beef, Fried Chicken, Mashed Potatoes, Gravy, Green Beans, Dessert

UPCOMING EVENTS

tiles and amphibians, and searching techniques.

Mt. Tabor Church of Rocky Ridge will hold a festival at Mt. Tabor Park, home of the Big Slide. Come enjoy good home-cooked food: Soup, Sandwiches, Iced Tea and Ice Cream & Strawberries Music by "River Bend Band" from 6 - 9 p.m. Come join us in Christian Fellowship - surely a good time for everyone of all ages.

June 8
Catoctin Mt. Park's - Astronomy Program. Join us for an astronomy program at Catoctin Mountain Park, see website. For more Information call 301-663-9388.

June 9
Gettysburg National Park's - D-Day Anniversary Commemoration at Eisenhower National

Historic Site. For information go to www.nps.gov/eise.

June 15
Catoctin Mt. Park's - Ranger Program Join a Park Ranger for a special program hosted at the Owens Creek campground amphitheater. For more Information call 301-663-9388.

June 22
Catoctin Mt. Park's - Salamander Safari Join us at the Owens Creek Campground Amphitheater to begin a hands-on search for the salamanders that live in Owens Creek. Come and discover their vital role in the health of the streams and forestlands of the park. For more Information call 301-663-9388.

June 25, 26, 27 & 28
Gettysburg National Park's - Summer "Days With Documents"

teacher professional development opportunities at Gettysburg National Military Park. Teachers spend time with Civil War experts and fellow teachers to explore Civil War era documents, and create focus questions, reading strategies, learning objectives and assessments for students. Come to one, two, three or all four days. This year's focus is on Maps (June 25), Photographs (June 26), Political Cartoons (June 27), and Speeches (June 28).

June 29 & 30
Gettysburg National Park's - Great Conversations at Gettysburg. Book talks and lectures. Free. Co-sponsored by Gettysburg National Military Park and the Gettysburg Foundation. At the Gettysburg National Military Park Museum and Visitor Center. For more information go to www.gettysburg-foundation.org.

June 30
Music Gettysburg presents - Dearest Home. Kick off the celebration of Independence Day with music from the home front of the Civil War and home places of Appalachia! Weather permitting, at the outdoor performance platform (Schmucker Grove adjacent to 61 Seminary Ridge, Gettysburg). For more information call 717-339-1334.

Upcoming Events at Hollabaugh Bros, Biglerville, PA

June 1 and 2: Strawberry Festival - 12 to 4:30; No fee or registration required.

June 13: Adult Cooking Class - Strawberries - 7 to 8:30 p.m. - Cost \$30; Registration Required

June 12: Summer Read, Learn, Grow Class for Children - Suggested Ages 3

to 8 - Cost is \$7 first child, \$6 additional child in same family - No registration required - Runs for 8 weeks - attend the sessions you wish!

June 13: Summer Adventures, Experiments and Other Exploits - Suggested Ages 7 to 12 - Cost \$15.00/child - No registration required - Runs for 8 weeks - attend the sessions you wish!

June 15 - Father's Day Make and Take Event - 10 to noon - Cost is \$10/Gift; No registration required

June 15: Family Cooking Class: The Ultimate Dad Food - 1:30 to 3 p.m. Cost is \$15.00/child. Registration is required.

June 29: Pancake Breakfast - 9 to 11 a.m.. Cost \$7/Adult; \$3/children 3 to 10; Children 2 and under are free. RSVP requested but not required.



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We would like to congratulate the staff & siblings on their graduation!

CATOCTIN HIGH SCHOOL
Rachel Burns, Raegan Smith, Brittnee Brown, Cameron Baumgardner, Jacob Legg and Sydney Zentz.

TOWSON UNIVERSITY - Rebecca Burns

MT. ST. MARY'S UNIVERSITY - Dylan Adelsberger



2018 Mount St. Mary's University Water report

Important Information About Your Drinking Water

We're pleased to present to you the Annual Water Quality Report for 2018. This report is designed to inform you about the water quality and services we deliver to you every day. Maryland Environmental Service (MES), an Agency of the State of Maryland, began operating the water treatment facility in June 2014 and prepared this report on behalf of the Mount St. Mary's University.

The Environmental Protection Agency (EPA) regulates Public Water Systems and the contaminants found in water through the implementation of the Safe Drinking Water Act (SDWA). The SDWA sets regulations and guidelines for how public water systems operate and identifies several hundred drinking water contaminants, establishes monitoring frequencies and limitations. The Maryland Department of the Environment (MDE) is responsible for the enforcement of the SDWA and routinely complete Sanitary Surveys as part of their ongoing inspection and monitoring program. MES provides safe dependable operations of the water system and is dedicated to consistently providing high quality drinking water that meets or exceeds the SDWA standards.

If you have any questions about this report or concerning your water utility, please contact Tood Otis, Director of Capital Projects & Energy Management at 240-344-4765, e-mail: otis@msmary.edu. Copies of this report will not be mailed to consumers but are available upon request from your utility.

The Mount St. Mary's University water works consists of three drilled wells. Before the water enters the distribution network chlorine is added to protect against microbial contaminants. The water is then pumped into a storage tank. The Maryland Department of the Environment has performed an assessment of the source water. A copy of the results is available. Call Maryland Environmental Service at 410-729-8350.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (1-800-426-4791).

Important information Regarding Gross Alpha Emitters

Mount St. Mary's University's water system was placed on quarterly monitoring for Gross Alpha beginning in October 2014. Compliance with the MCL will be determined based on a annual rolling average of quarterly results. Alpha emitters are naturally occurring radiations in soil, air and water. These emitters generally occur when certain elements decay or break down in the environment. The emitters enter drinking water through various methods including the erosion of natural deposits. There are no immediate health risks from consuming water that contains gross alpha, however some people who drink water containing alpha emitters in excess of the MCL over many years may have an increased risk of getting cancer. Currently, the highest level of gross alpha detected is 13.0 pCi/L.

Definitions:

Maximum Contaminant Level Goal (MCLG) - The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Contaminant Level (MCL) - The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Action Level - The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow

Treatment Technique (TT) - A required process intended to reduce the level of a contaminant in drinking water

Turbidity - Relates to a condition where suspended particles are present in the water. Turbidity measurements are a way to describe the level of "cloudiness" of the water.

pCi/l - Picocuries per liter. A measure of radiation.

ppb - parts per billion or micrograms per liter

ppm - parts per million or milligrams per liter

Special Points of Interest:

The water at the Mount St. Mary's University is tested for over 120 different compounds. The Mount St. Mary's University's Drinking Water met all of the State and Federal requirements. Drinking Water, including bottled water, may reasonably be expected to contain at least small amounts of some compounds. The presence of these compounds does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's (EPA's) Safe Drinking Water Act Hotline (1-800-426-4791)

The table on this page lists all the drinking water contaminants that were detected during the 2018 calendar year. The presence of these compounds in the water does not necessarily indicate that the water poses a health risk. Unless otherwise noted, the data presented in the table is from testing done January 1 – December 31, 2018. The State requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year.

Sources of Drinking Water

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain compounds in water provided by public water systems. We treat our water according to EPA's regulations. Food and Drug Administration regulations establish limits for contaminants in bottled water, which must provide the same protection for public health.

Important Information About Arsenic

Arsenic is a semi-metal element in the periodic table. It is odorless and tasteless. It enters drinking water supplies from natural deposits in the earth or from agricultural and



industrial practices. Some people who drink water containing arsenic in excess of the MCL over many years could experience skin damage or problems with their circulatory system, and may have an increased risk of getting cancer. Currently, the arsenic levels are being monitored quarterly. We are constantly evaluating alternatives and treatment options for reducing the arsenic levels to less than 10 ppb.

Lead Prevention

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The Mount St. Mary's University is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your drinking water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the EPA Safe Drinking Water Hotline at 1-800-426-4791 or at <http://www.epa.gov/safewater/lead>.

Contaminant	Highest Level Allowed (EPA's MCL)	Highest Level Detected	Ideal Goal (EPA's MCLG)
Regulated at the Treatment Plant - Point of Entry			
Nitrate	10 ppm	2.8 ppm	10 ppm
Typical Source of Contamination: Runoff from fertilizer use (range from 0.9 to 2.8 ppm)			
Barium (2016 Testing)	2000 ppb	741 ppb	2000 ppb
Typical Source of Contamination: Erosion of natural deposits (range from 239 to 741 ppb)			
Selenium (2016 Testing)	50 ppb	1.52 ppb	10 ppm
Typical Source of Contamination: erosion of natural deposits; discharge from mines (range from 0.0 to 1.52 ppb)			
Fluoride (2016 Testing)	4.0 ppm	0.13 ppm	4.0 ppm
Typical Source of Contamination: Water additive which promotes strong teeth (range from 0.0 to 0.13 ppm)			
Arsenic	10 ppb	6.2 ppb	10 ppb
Typical Source of Contamination: Erosion of natural deposits (range from 3.3 to 6.2 ppm)			
Combined Radium (226 & 228) (2015 Testing)	5 pCi/l	2.3 pCi/l	0 pCi/l
Typical sources of contaminant: Erosion of natural deposits (range from 0.0 to 2.3 pCi/l)			
Uranium (2015 Testing)	30 ug/l	13.4 ug/l	0 ug/l
Typical sources of contaminant: Erosion of natural deposits (range from 12.1 to 13.4 pCi/l)			
Gross Alpha (2015 Testing)	15 pCi/l*	12.4 pCi/l*	0.0 pCi/l*
Typical Source of Contamination: Erosion of natural deposits (range from 7.3 to 12.4 pCi/l)			
* Please read page 4 of the Consumer Confidence report for more information on Gross Alpha Emitters			
Gross Beta - (2015 Testing)	50 pCi/l*	4.7 pCi/l**	0.0 pCi/l
Typical Source of Contamination: Erosion of natural deposits (range from 0.0 to 4.7)			
*EPA considers 50 pCi/L to be the level of concern for beta particles			
** Because the beta particle results were below 50 pCi/l, no testing for individual beta particle constituents was required			
Regulated in the Distribution System			
Chlorine	4 ppm	1.21 ppm *	n/a
Water Additive used to control microbes. *Annual Average (range from 0.52 to 1.77 ppm)			
Total Trihalomethanes (TTHM) (2016 Testing)	80 ppb	22.3 ppb	n/a
Typical Source of Contamination: By-product of drinking water chlorination (range from 8.2 to 22.3 ppb)			
Haloacetic Acids (HAA5) (2016 Testing)	60 ppb	5.1 ppb	n/a
Typical Source of Contamination: By-product of drinking water chlorination (range from 0.00 to 5.1 ppb)			
Regulated in the Distribution System			
	Action Level	90th percentile	Ideal Goal
Copper (2015 Testing)	1300 ppb	202 ppb	1300 ppb
Typical Source of Contamination: Corrosion of household plumbing fixtures and systems			
Lead (2015 Testing)	15 ppb	0 ppb	0 ppb
Typical Source of Contamination: Corrosion of household plumbing fixtures and systems			