

Emmitsburg NEWS-JOURNAL

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

OCTOBER 2020

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Schools work overtime to keep students safe

As resurgent cases of COVID-19 continue to adversely impact the stability of offering area students in public and parochial schools, and institutions of high learning, safe in-class learning, Fairfield School District still remains virus-free.

As of September 14, the Fairfield Area School District has had no verified cases of coronavirus since the opening of their elementary school, middle school, and high school.

District Superintendent Michael Adamek reported at a September schoolboard meeting that there have been no cases of COVID-19 reported among the student body, although there were several suspect cases which were reported negative.

The district has engaged in a rigorous sanitation program, utilizing available staff, including pressing available food-service personnel into the effort. Not only are the school rooms and other used facilities sanitized, but the school buses as well are cleansed following each run.

Adamek said, "It's nice to see the teamwork all the people (staff) are putting in, and everybody doing it (sanitation) well. I appreciate everything everyone has been doing for that (participating in cleansing)."

Mother Seton School however

suffered a short-term closure on September 14 and 15, with a Pre-K 4 classroom shutdown for an additional week thereafter. Students were instructed to engage in remote learning during the shutdown.

Principal Kathleen Kilty noted in an e-mail sent to parents that the cause of the closure was the result of "a member of our community testing positive for COVID-19," but did not provide any other details regarding the member being a student or staff.

Mount Saint Mary's University placed itself on a 'low level' alert in mid-September after 19 students and one employee tested positive for coronavirus. A 'low level' status means that a low number of patients have contracted COVID-19 but that the institution has been able to contain it.

The Mount has performed 2,532 COVID-19 tests, of which 0.8 percent tested positive. Since August 7, the institution had 70 confirmed positive student cases and two confirmed positive staff cases. Donna Klinger, Director of Public Relations and Communications, said, "Most of these students and staff have recovered (there are only 5 active cases as of today) and none



Mount Students have set a model other higher education institutions envy in their adherence to wearing masks while in public.

have been hospitalized."

An increase in confirmed COVID-19 cases at Gettysburg College resulted in the institution implementing what they have termed 'de-densification.' A statement issued by the college read, "Together with our public health consultants, faculty, and Board of Trustees, the college determined that our best path forward for the remainder of the semester is to de-densify campus by reducing the number of students in residence."

Students that remain on campus include first-year, transfer, and international students, and select students "who are unable to return home due to personal or academic reasons."

The Gettysburg School District shut down the James Gettys Elementary School and Gettysburg High School in mid-September due to presence of confirmed cases of COVID-19. The state Department of Health in September determined that two members of the school staff at the elementary school had tested positive for the virus, and that two students at the high school had also tested positive. District officials directed that the students employ remote learning during the shutdown, which was expected to be lifted by the end of the month.

Catoctin High School and Emmitsburg Elementary schools remain closed to in-person learning through county mandate.

7th annual Gateway to the Cure underway

This October, the town of Thurmont will be hosting the 7th annual Gateway to the Cure and once again, many local businesses are participating. Over the previous six years, the month of fundraising has resulted in over \$83,000 being donated to the Hurwitz Breast Cancer Fund. As usual, there are many different ways for town residents to support the cause; including donating directly to the effort or purchasing promotional items from businesses that will donate part of proceeds.

In addition to many generous individuals and families, many businesses have already pledged monetary donations to the cause, including Hobbs Hardware, Images of You Hair Studio, Kelcom Plumbing & Backhoe Services, Timeless Trends Boutique, and the Thurmont Lions Club. Throughout the month of October, it is expected that even more Thurmont businesses will join the effort and pledge monetary donations. (See page 46 for the current list of businesses participating in the cause.)

In addition to direct financial donations, many businesses will be donating a percentage of their

October sales to the cause, include Thurmont Kountry Kitchen which is offering to donate 50 cents for each cupcake sold and Roy Rogers who will be donating 50 cents for every strawberry shortcake sold. Seven Dragonflies studios will be selling their custom made COVID-19 masks at the farmers' market, with all proceeds going to the cause. Image of You Hair Studio will be donating \$2 for every haircut, and Tracie's House of Hair \$1.

There will be additional promotions offered by many of the businesses participating in the cause throughout the month of October, so check in frequently to these businesses to see what they are offering!

Pondscapes will be donating \$100 for every new install contract signed in October. "We have been supporting breast cancer research and donating annually to help cover medical costs for those affected for about 10 years," Pondscapes owner, Stacie Zelenka in explaining why the Gateway to the Cure event is important to her business, said: "We have always felt this was an important cause that needs more support. Over the years



Rhonda Brown, owner of Images of You hair salon, is just one of the many Thurmont Business owners that is working hard to ensure Gateway to the Cure is a success.

I have had the pleasure of getting to know Maggie Kudirka ('The Bald Ballerina'), an amazing young woman and phenomenal dancer."

Maggie was diagnosed with stage 4 metastatic breast cancer at age 23. At the time Maggie had just started dancing with The Joffrey Ballet Company in New York and sadly was forced to put her dance career on hold. Maggie has been fighting this battle now for years including

constant pain, chemotherapy, and a double mastectomy.

Additionally, Zelenka said she also had a close friend who was diagnosed with breast cancer a few years ago. She had a mastectomy and treatment and has thankfully made a full recovery. Nonetheless, connections like these to those fighting breast cancer have made the cause a close one to Zelenka and Pondscapes.

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EMMITSBURG NEWS

Hearing on annexation planned

Emmitsburg is planning on annexing more than 85 acres of land east of Route 15. The proposed annexation will be the subject of a public hearing scheduled for November 2.

According to Town Planner Zach Gulden, the property proposed to be annexed will consist of two parcels of land totaling approximately 85 acres "contiguous and adjoining to the existing southern and eastern corporate boundaries of the town." The land is actually owned and maintained by Emmitsburg but has never officially been made a part of the municipality.

Gulden informed that the properties are predominantly open space and contain no residential units or commercial operations. One parcel served as the former site of the old municipal wastewater treatment plant, while the second parcel is the site of the current wastewater treatment facility and solar panels.

The properties are presently

zoned for agricultural use, as per the county Zoning Ordinance, but town staff will be seeking to re-zone the land as institutional zoning. If the reclassification of the use of the property as institutional is found to be in conflict with the county's agricultural zoning classification ... Emmitsburg will then seek a waiver from the country to allow for the proposed re-zoning.

The town planner said the annexation was initially proposed in the 2009 Comprehensive, and again in the 2015 plan, but was never followed-up on. Additionally, town staff would like to plant trees on approximately 11-acres of the site to help achieve compliance with federal MS4 mandates regarding the control of the amount of storm-water runoff within a municipality, as well as taking steps to prevent storm-water contamination.

The trees would specifically be planted on a portion of the parcel upon which the current wastewa-

ter treatment plant is located. The area is presently being used by a farmer to harvest hay, and when that is not taking place, the area must be mowed and maintained by town employees. The town planner said planting the trees there would also reduce the use of town labor in maintaining that portion of the land.

Beyond that, nothing on the two parcels will be altered. Services to the parcels will remain the same, except for the area subject to the tree planting, and there will be no new infrastructure added, and no new roads will be constructed. "Nothing is going to be changed," Gulden stated.

Upon the town planner's request, the commissioners approved accepting the annexation plan and scheduling the public hearing. The approvals initiated a process that will include submitting the annexation plans for review by applicable county, state and regional agencies.

Emmitsburg NEWS-JOURNAL

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Park dedicated to former mayor

Several dozen attendees were present at the community park on September 12 to dedicate the recreational facility in memory of former Emmitsburg Mayor Edward Eugene Myers.

Several dozen individuals attended the dedication, including local, county and state dignitaries, members of the Myers family, friends and associates.

The local commissioners had previously voted to rename the park after the former mayor, and adopted a formal proclamation enacting the name designation at their September meet-

ing. The proclamation was read as part of the dedication ceremony by the Mayor, Don Briggs. A sign designating the new Community Park name was unveiled at the end of the ceremony at the park's east entrance.

The Reverend Vincent O'Malley, presenting the invocation, stated that Myers was "a giant of a man in his community, his family, and in his church," and "may he inspire us to do likewise."

On behalf of Frederick County, County Executive Jan Gardner addressed the gathering by commemorating Myers' many achievements in the interests of the community, and

read a county proclamation declaring September 12 as Edward Eugene Myers Day, while county Council Vice-president Mike Blue also stated that the former Mayor was "a phenomenal father and civic leader."

Myers died at age 77 in 2006 and had served as the town mayor from 1974 to 1978. He also served as chairman of the town Planning and Zoning Commission, as a parks commissioner, and as president of the town commissioners.

The former mayor was also quite active in local sports and recreation. Commissioner Frank Davis noted

that when local baseball became popular in the 1970s, the town only had a single field that served for multiple purposes.

Commissioner Davis previously stated that Myers is credited with being the one who had a vision of creating a community park. Davis recalled how the former mayor spent "countless hours of his own time," mustering together the necessary funds to bring the project to fruition, and the workforce to create it, "and then basically took an old hay-field and began the development of the community park."

Commissioner Cliff Sweeney said Myers had also established a clay tennis court and an ice-skating rink. He said the rink was located next to the dog-walk in the park. "It (the old rink) is grown up now, but you can still see the water. It's full of frogs ... but it's still there."

Among Myers' many other accomplishments, he served for ten years with Vigilant Hose Company as a fireman and as a chief, and is credited with aiding in the effort of having the National Fire Academy sited on the grounds of the former St. Joseph's Academy.

News-Briefs . . .

Man dies as a result of fall on Square

Timothy 'T.J.' Barker, 22-years old, was killed in a fall on September 24 from the 3rd story porch of old Western Maryland Hotel on the southeast corner of the Emmitsburg Town Square.

Non-official reports have stated that Barker was sitting on the railing of the third-floor porch of the hotel, and locked his feet through the wooden balusters uprights, then leaned back, to show oth-

ers on the porch how far back he could lean out when the two balusters he had used to brace himself gave way, resulting in Barker falling backwards to his death.

No day care for north county?

At the September Town Council meeting a commissioner asked why the Frederick County Public School (FCPS) system allowed schools in the southern part of the county to be used during COVID-19 shut-downs, but

apparently did not allow for the same in most of the other northern communities.

Commissioner Burns stated that the county school system "decided to open-up (predominantly South Frederick County schools) to the YMCA to provide daycare, and almost all of Northern Frederick County was neglected."

The purpose of allowing the schools to open was to enable the YMCA to use them for daycare, presumably for the children of parents wanting to get back to

work, as more and more workplaces begin to reopen.

However, Daryl Boffman, executive director of Public Affairs, Frederick County Public Schools, told the News-Journal, "The FCPS neither neglected nor made any decision not to host daycare programs in certain schools. It was the before-and-after school hours care providers, not FCPS, who decided on the locations."

"All schools where before-and-after school care providers had existing programs were eligible to hold full-day programs and were contacted about availability of providing services while FCPS continues virtual learning," he said. Boffman suggested that any questions regarding how the schools were selected should be submitted directly to the service providers.

Left-over grant monies distributed

The Town Council s approved granting leftover town COVID-19 monies that had been set-aside for small businesses to be distributed between two local concerns.

Mayor Briggs said that the town has set aside \$30,000 for small

business grants for COVID-19 relief, but that only 13 businesses who had requested assistance were granted \$1,000 each, leaving \$17,000 uncommitted.

Briggs recommended that the amount be divided evenly between the Emmitsburg Business and Professional Association (EBPA) and for future Main Street Affiliate Program use, each to receive \$8,500.

Willets stated that the reason the EBPA was selected "is that they are really struggling to do what they need to do to help the businesses in town," thus the idea was conceived to give the monies to the EBPA since they, as an entity, wouldn't otherwise have qualified for the grant money, and they would better serve and help the businesses in town and send it where it might be needed best."

Willets said the Main Street Affiliate Program percentage of the funds was to go towards related projects, but if at some time it was felt the EBPA could further use the funds, "I don't see why we couldn't then come back to the board and move the (Main Street) \$8,500 back to the EBPA," she stated.

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FAIRFIELD/CARROLL VALLEY NEWS

Election signs stolen, arrest pending

Carroll Valley Police reported at the council's September meeting that they have investigated a number of incidences of election sign theft, and one arrest is pending thus far resulting from the thefts.

The irony of it seems to be ... it's illegal for election signs to be posted in Carroll Valley this soon before an actual election.

Police Chief Richard Hileman told the council at their September meeting that the property thefts recently investigated involved unlawful taking of polit-

ical signs that had been posted by property owners. He said thus far, there had been "six or seven election sign thefts that I know of."

Police do have one pending arrest thus far for theft of election signs, although Hileman said he did not know if the suspect intended to keep them or throw them away. "We do have one we're actually going to be able to charge this time." The chief further stated, "From what we are hearing, it's probably as bad as it's (theft of election signs) ever been countywide."

Town Manager David Hazlett told the council, "You're not permitted to have election signs up in Carroll Valley right now," noting that it's against the law in Carroll Valley Borough to display election-related signage more than 30 days prior to an election.

Hazlett said the borough staff has been ignoring the infractions "because of the political ramifications of telling people to take their signs back down," adding, that borough staff is aware of illegally-posted signage "but we're not enforcing it."

The town manager said, "I appreciate people are having them stolen, but they shouldn't have them out anyway."

In other borough police business, the council and Chief Hileman continued to work on developing a monthly police report that contains all the information the council members would like to see in his monthly report - an effort which could only be described as a work-in-progress which has spanned over ever several borough meetings.

It was noted that virtually every time the chief presented the infor-

mation requested at a council meeting, new questions followed to be addressed.

In order to pin-point what the council actually wants included in the police reports, rather than continue doing so at council meetings, it was decided that the questions should be submitted in writing to a council committee, who will then compile the questions for presentation to Hazlett, Mayor Ron Harris and the police chief to address.

Council members David Lillard, Robert Verderaine and Jessica Kraft volunteered to serve on the committee.

Infrastructure improvements planned

Road widening, street lighting and other township improvements were approved or considered by Hamiltonban supervisors at their August meeting.

Two sections of Moritz Road will not only be re-surfaced but widened as well. The township had a survey conducted on Moritz to ensure that the municipality had the proper right-of-way markings and to determine if the centerline was, in fact, in the center of the road.

In addition, portions of the road presently have a width of

only 16-feet, while the rest of the township roads have a width of 20-feet. As a result, the board approved widening the 16-foot sections of the road to 20-feet and hopes to have the work commence in spring 2021, starting with laying the base-work. Following the completion of this, re-surfacing will then commence in 2022.

Some utilities may have to be relocated to facilitate the widening. Resurfacing is expected to take place in 2022. Notifications will be sent out in the fall to any property owners informing them

of the township's plans, and to address any potential concerns.

Also, the supervisors will also address a looming threat posed to areas of Mount Carmel Road, adjacent to Marsh Creek. The board noted that with each major storm, the rising waters of the creek are causing concern that the storm-swollen creek could reach the roadway and potentially erode it.

In order to prevent any potential damage, the township is proposing to build a retaining wall along the threatened section of the roadway, extending below the

waterline of the stream for approximately 55 feet.

An Adams County Dirt, Gravel and Low Volume Road Grant will pay for a portion of the work, the total cost of which is estimated at \$12,544. The grant would pay for an estimated \$6,837 of the total cost.

Line-painting is planned for Mount Carmel as soon as wet weather lets up. The line-painting was delayed due to work that was being performed on the road. The township tries to re-paint the municipal roads annually, which

includes right-of-way, centerlines, stop-bars (at intersections), school crosswalk zones, and railway crossings.

The township is also considering installing two additional streetlights in the Orrtanna Village section but has placed the subject on-hold in order to solicit comments from the potentially affected residents before giving the proposal any further consideration.

Cost would not be a factor since the utility service will install the lights and poles. Consideration of where lights may be needed are based on road safety issues.

News-Briefs . . .

SGI spill impacts stream

A spillage of non-toxic clay into Miney Branch, a tributary of Toms Creek occurred at SGI (Specialty Granules, Inc.), leading to discolored water flowing as far as Liberty Township. Matthew McClure, senior director of operations said that the incident occurred on August 29 as the result of a hose failure that was part of the system that pumps "a very common, natural, non-toxic clay used in the manufacturing process."

McClure said the failure was discovered within minutes and was immediately shut-off. "A portion of this (spilled) material was captured by erosion and sedimentation controls in SGI's internal ponds, he stated, noting, "However, some material left the property and entered Miney Branch."

SGI contacted the state Department of Environmental Protection (PADEP) to notify them of the situation, and state personnel arrived on-site to assess the incident. SGI cleaned up the spill as per PADEP requirements.

Liberty Township Supervisor Walter Barlow stated at the board's September meeting, "What I'm disappointed in is that the elected township officials were not informed, and we had a spill in our township... not only in our township, it passed through Carroll Valley, passed through Hamiltonban, passed through Emmitsburg, and it's on down the road."

New police hire postponed

The Carroll Valley Borough Council declined by the Police Chief to hire a policeman at the board's September meeting. The chief has been trying to address numerous questions regarding police responses. Council Vice-president Verderaine stated he would not want to approve the hiring before the issues were fully addressed. "Once we get the additional information, we can reconsider," he said. The council agreed with Verderaine's position.

In other business, Hilman introduced newly sworn-in police officer Erik Peiffer. Peiffer's hiring was

approved by the council in June and sworn-in on September 5. he begins his tenure as a borough officer with a starting annual salary of \$51,345.

Park upgrade to follow tree-plantings

Hamiltonban Township will be holding a tree-planting event on October 17 to kick-off the final phase of Hamiltonban Community Park's improvements. The event, during which 30 trees will be planted, is being held by the Hamiltonban Township & Fairfield Borough Joint Parks and Recreation Commission (JPRC).

The third phase of improvements, which will be completed by spring 2022, will include the extension of

the existing walking path with distance markers along the entire path, a covered restroom pavilion for the portable restrooms, a waterline extension for hand-washing at that location, a waterline extension to service the main pavilion, and a pergola extension to the main pavilion.

Additional improvements planned include a pickle ball court, a new permanent park sign at the Bullfrog Road entrance, a walking bridge over the pond spillway, paving and line painting of the parking area and driveway,

and restoration of the rain-garden along Bullfrog Road.

The upgrade is to be financed through grants and donations. The total estimated project will range between \$185-200,000. The JPRC is working on fund-raising in order to hit the 50-percent match needed to apply to DCNR. Those interested in donating towards this effort may send their tax deductible contributions to: Hamiltonban Community Park, P.O. Box 526, Fairfield, 17320.



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THURMONT NEWS

Protests, public events to be regulated

The Thurmont Town Council voted at their September 1 meeting to adopt regulations which will govern protests and any/all public assemblies/parades proposed to occur which would involve public streets and sidewalks.

Any person(s) proposing to hold a protest, rally, public gathering, or parade will now be required to file an application with the town. The application will then be reviewed by the chief administrative officer and police chief to determine approval or denial.

The proposal was initially introduced at the August 25 meeting. Police Chief Gregory Eyler said, during the introduction of the ordinance, "The primary reason for all of this is actually for our planning, not just for the police department but for the town itself, as far as allocating personnel and all the resources that we may need." He said regarding any existing regulations governing public gathering and/or parades, the municipality has nothing.

Eyler stated that the town is normally simply told "carte blanche" ... that there

is going to be an event, but the municipality is not provided with any information regarding who will be responsible for the activity, who the contact person will be, who will be accountable, or roughly how many potential attendees the event may attract.

The new regulations establish an approval process by which the applicant must provide the town with all pertinent information regarding a proposed event. The police chief stated that the town attorneys had received the ordinance before it was

presented to the commissioners.

Over and above filing definitive paperwork to obtain approval, the town retains the right to deny approval if such would be considered detrimental to the health, safety and/or welfare of the community, or if the town would have insufficient resources to provide for certain events.

Additionally, if the town received applications that would entail holding two separate events on the same day, town staff would have the discretion to either grant both or deny one...

again, depending primarily on available town resources.

The approval process would only apply to events which could potentially impede the use of sidewalks and non-state roads. If state roadways are involved, the state requires State Highway Administration permits. Park usage would not be affected since events to be held in the municipal parks already require permits. Also unaffected would be events to be held on private property.

The approvals can be rescinded upon any observable violation which may occur during the event.

Ordinance approved to limit ADA parking abuse

The Town Council approved an ordinance at their September 1 meeting to prevent abuse of parking meters by those in possession of handicapped stickers or placards.

The ordinance was initially introduced at the commissioners' August 27 meeting to amend existing parking meter regulations.

Part of the stated purpose for the amendment was to prevent those who, under Maryland law, are allowed certain exceptions when using public parking meters ... from exceeding those privileges. The ordinance is actually an amendment

to existing parking meter regulations. The ordinance also updated some of the wording in the existing regulations.

Under state ADA (Americans with Disabilities Act) regulations, sticker or placard holders may park for free at public meters, and up to twice-the-time-limit for parking at a specific meter. For example, if there is a two-hour parking limit on a meter, a vehicle with a handicapped sticker or placard can be parked in that space for four hours. All others have to remove their vehicles after the two-hour limit has expired.

The changes discussed are not applicable to spaces explicitly marked for handicapped parking.

When the ordinance was introduced, Commissioner Marty Burns said the regulations, as written, seemed to allow those parking under ADA protection to remain after the maximum extended time of four hours by paying the meter. "It's not supposed to be you can park there for an extended period of time... They get double-the-time ... they have to go after four hours."

Burns said the reasoning behind seeking these restrictions was to give

the business community a greater turnover of patrons, rather than have a lesser number of individuals tie-up metered spaces by exceeding the time limits.

Regarding general abuse of meter time-limits, Mayor John Kinnaid said there are merchants who, themselves ... are abusing the parking limitations by parking their own vehicles at meters during business hours, rather than park elsewhere and leaving those meters for customer-use.

"It mystifies me," the mayor said, adding, "I have some business-peo-

ple downtown who have called me and complained regularly about their getting parking tickets." He said they tended to view the meters as being for their own personal use.

He said he tells the complainants, "The parking meters are there for your customers, and they say, 'No they're not. They're there for us.' ... They (the ticketed merchants) have a different mindset about that."

The commissioners also briefly discussed a potential need for a parking-enforcement officer at some future time but took for formal action regarding a possible hiring.

News-Briefs . . .

Hunting Creek bridge to be repaired

The Town Council directed town staff at their September 1 meeting to seek bids for the much-needed repairs to the Frederick Road Bridge, a two-span, 64-foot, reinforced concrete bridge which spans Hunting Creek, just east of the Community Park.

The bridge was built in 1928 and was reconstructed in 1984, according to Superintendent of Public Works Harold Lawson. The superintendent noted that, as the result of an inspection of the bridge conducted last year, the bridge was determined as being in "poor condition."

Lawson said the repairs proposed were estimated to cost around

\$103,000. Among a list of issues to be addressed, high on the list was addressing spalling, a form of structural deterioration which is typical of aging reinforced concrete, wherein the metal-reinforced rods within the concrete begin to rust, causing the concrete to crack and break-off into chunks or flakes (otherwise known as spalls).

Chief Administrative Officer Jim Humerick told the board that the issues with the bridge have been gradually worsening over the last few years, and that the town "should start addressing things sooner, rather than later ..."

Lawson said the recommended repairs should add 10 to 20 years to the life span of the bridge, according to Concrete General, Gaithersburg,

the firm that was consulted to help estimate repair costs for the bridge.

Streets & Parks gets new equipment

Also at their September 1 meeting, the council voted to purchase a truck and a roadway roller for Streets & Parks Department. Lawson said the new truck is intended to replace the 14-year old, 2006 three-quarter ton pickup truck used for plowing. He said the department wants to replace it with a pickup truck with a utility-bed on the back to serve the same purpose(s).

The lowest and winning bid received was placed by Crouse Ford, Taneytown, in the amount of \$50,408.

The purchase of a Ford pickup truck breaks a previous pattern of the town having only smaller trucks

made by Chevrolet in the fleet, while the largest township trucks had been Fords.

The commissioners also approved a bid for a Case-model roller in the amount of \$28,200, also for the Streets & Parks Department. The new roller will replace one presently owned by the department.

The roller is not only used in conjunction with road repairs but is also used on leveling athletic fields and on other sites where digging and filling had to take place. Humerick said the town's present roller was quite old when it was purchased years ago from Frederick County Rentals and is presently "on its last legs."

Children's mental health support coming

Key Therapeutic Solutions Men-

tal Health Group will be relocating to Thurmont to provide a number of mental health-related services to the communities they serve. Humerick noted that the juvenile mental health support organization presently works out of two ... one in Baltimore and another in Hagerstown. They will now be establishing a center in Thurmont.

Humerick said Economic Development Manager Vickie Grinder has been working with the organization, and as a result, he said, "We'll be setting up a space for them in the downtown area in the next few months," adding, "Vickie really got started on trying to recruit a service like this to come to Thurmont." He said they will be working with the area schools in providing mental health services.

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TANEYTOWN NEWS

City Hall 'rammer' sentenced

Rodney Davis who rammed his truck into the front of the Taneytown City Hall in August 2019, causing \$51,735 in damages, was sentenced September 1 to a total of 13 years in prison, with all but 18 months suspended.

Attorney Jack Gullo previously told the town counselors that Rodney Davis had "pleaded guilty to first-degree assault, which is a felony, and malicious destruction of property," during the then-suspect's court status-hearing, and predicted that Davis was definitely

going to see a serious jail sentence, stating then, "You can read between the lines that Mr. Davis is likely to be incarcerated for some period of time for the act of violence committed against the city."

State Circuit Court Judge Fred Hecker sentenced Davis to ten years in prison for first-degree assault, with all but 18 months suspended, and three years in prison for malicious destruction of property, with all but 18 months suspended, both 18-month sentences to be served concurrently.

In addition, Davis was ordered to pay the amount of the more than \$50,000 in damages for restitution. Exterior and interior damage repairs to the town offices were completed in August, nearly a year after Davis drove his truck into the front of the building, reportedly after having become angered that the city had cut his water service off.

Councilman Joe Vigliotti, who represented the city government at Davis' sentencing hearing, read, at September's meeting, some of the

statement he had presented at the court, stating, "I was on the scene within moments of the attack ... the areas destroyed by Mr. Davis, the lobby and the front office, were so totally wrecked that little was recognizable. Wooden desks were reduced to splinters. Equipment was broken into pieces. Walls disappeared."

"Only moments before Mr. Davis attacked City Hall, our IT (information technology) department assistant was present in the lobby and could have been killed," he said. "No fewer than three human beings could have been in that office ... the memory of what happened lingers

with those who work for the city," adding, "You do not expect your workplace to be a target for violence ... but Mr. Davis has irrevocably taken away that security."

Mayor Bradley Wantz had called Davis' assault on City Hall "nothing less than a terroristic attack on the city" in the immediate aftermath of the destruction.

Attorney Gullo said, "Realize that, while this chapter is over, for our employees this will never be over. It'll fade with time, but even going back into town hall, as beautiful as the city manager has described it, is full of trepidation."

Police approved for 12-hour shifts

The City Council approved a proposal at their September meeting that will allow police to work 12-hour shifts. The initial proposal was presented at the council's September 9 workshop.

In addition to approving the police working 12-hour shifts, the council also approved paying police time-and-a-half for holidays worked, increasing roll-over time for unused leave, and granting officers an additional annual personal day off.

At the workshop Police Chief Jason Etzler stated, "One of the

things I've been trying to do since I have taken over and everything is to come up with a good schedule that not only keeps the morale up with the officers but also provides the best service to the community."

Etzler further stated the officers had been working ten-hour shifts up to March, when the COVID-19 pandemic resulted in the chief having to implement 12-hour shifts. "I would like to move the department to 12-hours shifts ... Everyone (officers) has liked that so far."

However, he said, 12-hour shifts

create a financial problem by generating an 84-hour workweek, which equates 104 extra hours per officer per year. As of now, he said, police overtime is being covered by COVID-19 relief funding, which will continue to the end of December. "Starting with the new year, we will not have the (COVID) funds to do that," the chief said.

One of the benefits of going to 12-hour work weeks is that it alleviates the problems the department has had in the past with overlapping ten-hour shifts. It takes more

shifts using a ten-hour shift to cover a 24-hour period, Etzler stated. It also allows more flexibility in scheduling officers so there is sufficient time for people to take off, which was difficult to work out during the ten-hour shift schedule.

Along with that, Etzler asked the council to approve officers to be paid time-and-a-half during holidays for those who actually work during a holiday. The chief also requested the council to be able to carry over 96 hours of leave-time instead of 80 hours, as is currently the case.

Also at the workshop, Mayor Wantz noted, "Obviously, there is a

rather significant fiscal note attached to this. Not just for our current budget year, but looking into the future," adding, "This is kind of a trend we're starting to see more and more, as police departments are better-able to focus their efforts by working 12-hour shifts."

Wantz pointed out that this proposal would result in adding \$56,000 for the police in next year's budget, in addition to the possibility of adding a new police officer for \$60,000 plus. Etzler stated the 12-hour shift would still work for the department if hiring another officer had to be put-off for a while.

News-Briefs . . .

Town Hall slated for October opening

Town Hall is expected to be open to the public on October 1, according to City Manager James Wieprecht.

Wieprecht told the City Council at their September meeting that the Town Hall is close to re-opening. They have "started putting the furniture together, but we can't actually occupy it (Town Hall) yet" and are awaiting a fire marshal follow-up inspection.

Mayor Wantz said Town Hall is slated to open October 1 so the public can again start accessing the facility "in its new and more-secure fashion." He said there is one piece of glass that may not be installed by October 1, but it will not hinder the re-opening.

City to get election drop-box

The City Council voted at their regular September meeting to approve the proposed location of an election ballot drop-box in the municipality for use by area citizens in the upcoming November election.

Mayor Wantz told the council at the September work-session that Taneytown was offered an opportunity to have a ballot drop-box by the Carroll County Board of Elections for this election season. "I'm very excited about the prospect of doing so."

He said the proposed location for the drop-box will be at the municipal Police Station where it will also be under video surveillance.

Attorney Jack Gullo, who is also an attorney for the Carroll County Board of Elections, said the election board noted at one of their meetings that there were no drop-boxes

in the northern area of the county, which would mean voters in that area would have to mail their votes in, drive them in, or vote in-person. Gullo said the state Board of Elections approved of the proposal.

The only thing we would have to do, he said, would be to have our police respond to any complaint that an individual was electioneering in the area of the drop-box. Gullo said bi-partisan teams from the county Board of Elections would be collecting the ballots.

The town will have to enter into a memo of understanding (MOU) with the county Board of Elections to allow the drop-box to be located in the municipality.

Playground contract awarded

The City Council awarded the contract at their regular September

meeting for the Taneytown High School park playground to Playground Specialists, Thurmont.

Mayor Wantz said, during a previous work session, the town received seven responses to the town's request for bids on the proposed park improvements, and selected Playground Specialists' proposal in the amount of \$133,499. "The designs (submitted by all the bidders) were spectacular."

Wantz said the Parks and Recreation Advisory Board wanted to see more inclusive pieces of equipment for children who may be less mobile than others. "I think it's a great step forward for the city to be more inclusive on those things."

Commissioner Joe Vigliotti said, "It's been 10 to 15 years since this park has had an upgrade. It's certainly overdue." He noted the contract being awarded also includes the removal of the old playground equipment at the park.

Halloween party permit approved

The City Council approved a permit at their September meeting to allow a Halloween party to be held at Memorial Park. The party is being held by West Carroll Cheer, a recreational cheerleading group governed by the West Carroll Recreation Council.

Commissioner Vigliotti noted during the previous work session that the event application noted that alcohol being served. He said a town ordinance clearly states that any area of an event which is involved in serv-

ing alcohol must be held within a fenced-in area.

Mayor Wantz said the area in which the beverages would be served is located the football field area, which is fenced. "That's how we do the Wine Festival in the football field without having to do any additional fencing."

The mayor said the event coordinators would be responsible for employing COVID-19 precautionary measures. "It's nice to see events starting to pop-up again. But we're starting to see some sort of normalcy maybe coming back to us again. That's exciting to see."

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FROM THE DESK OF...

County Councilman Phil Dacey

I hope everyone has had a chance to take advantage of this spectacular autumn weather that we are fortunate to enjoy here in Frederick County. I am disappointed that Colorfest was not able to be held this year, but look forward to having it back and better than ever in 2021 when everyone will be jumping at the chance to celebrate together.

The Frederick County Council has taken up a number of issues over the past month including making it easier for families to install in-law apartments, creating a new distance setback for building near a stream, providing a framework for county farmer's markets, and a vigorous hearing on whether to allow a

55 and over retirement community in Linganore.

The first issue is there is the issue of in-law suites. Currently, construction of in-law suites can trigger an oppressive penalty if the new units end up between 800-1000 square feet by imposition of a nearly \$8,000 school impact fee. In-law suites that are under 800 square feet do not trigger imposition of the punitive impact fee. Especially in these trying times, families who want to be together should be allowed to be without financial penalty, and we should be encouraging these types of units to be built. The County Council passed this change; however the County Executive has

threatened to make this the first bill to be vetoed in Frederick County history. It is my hope that this initiative can become law, and we can encourage the use of this type of affordable housing.

On the stream setbacks, the County Council decided to essentially extend a water body buffer so that building must occur even further back than the current distances (125 or 150 feet). I did not support this proposal. In my view, the current setbacks are sufficient and it was not persuasively argued that adding additional setbacks was anything other than done for superficial reasons. Additionally, in my view, it shows a disregard for property rights

of the owners of the property along waterways. There is a real danger of property rights creep. There was no explicit rationale for the magic of extending the buffer, therefore the danger is that there could be continual extensions of the buffer with the justification that more is better. Unfortunately, the bill passed over my objections.

On the good news front, the County Council is on the verge of approving farmer's markets to be set up in the county. We are fortunate to have many farmer's markets within the municipalities and towns in Frederick County. Now, our farmers will have additional options for using areas outside of the towns in the county to open farmer's markets. This is one small way to help

the agricultural community.

Finally, with regard to senior communities. Currently we have a great need in Frederick County to provide senior housing and senior communities. I hear from constituents weekly that have decided to move to Pennsylvania to enjoy retirement communities there, even though they may have been long term Frederick County residents. There was an opportunity to locate a community near Interstate 70 in Linganore. Additionally, this development will pay for a major connector road in the Linganore community which will help mobility on the east side of the county. The Council voted to require the road to be built with private funds before any dwellings in this community are put in.

Mayor Don Briggs

It has been a wonderful late summer with temperate weather, clear skies, cooling breezes making for enjoyable walks around this wonderful town. But with the mild weather has also come continued dryness. Though the town voluntary conservation restraint town water use is still in effect, this perspective will be reassessed at the October 5th regularly scheduled town meeting. If the dry weather continues, the prospects for moving into phase two with mandatory town water use limitations become more likely.

The Dunkin (Donuts) opening, after pandemic related delays, has been rescheduled for mid-October.

The town has been told that the proposed Rutters Gas and Go has received all County approvals and is only waiting on State Highway approval of entrance onto Rte. 140 and the Maryland Department of the Environment sign-off on site stormwater pond plan. It certainly has been a long wait.

The County owned Community Center building is slowly reopening. The town has been informed that the Head Start program is reopen-

ing. The town office will remain closed to the public until the county opens the rest of the building and we can assure a safe, healthy way to conduct business. The October town meeting will be virtual.

To add to Emmitsburg's welcoming spirit is the addition of the American Flag painting on the side of Jubilee. Thank you to Jubilee. It gives the town three public art works. The others are the pastoral scene on the front of Jubilee, and the William Cochran glass etching in front of the Fire Museum on South Seton Avenue.

With Ryan Homes back in Brookfield, and hopefully on course for a successful buildout of

the remaining lots, the opening of Brookfield Drive to two-way traffic onto Irishtown Road is more and more becoming a probability. Access onto Irishtown Road is now restricted to one way out. To get two-way traffic and the building of homes along Irishtown Road, the developer will have to lower the crest on Irishtown Road, for better site distance, as you approach Brookfield Drive from the east.

Please check our town website for community events planned for October, including a unity gathering in Community Park on Sunday, October 4th, a daytime Halloween event at Seton Center, and the Lions and Vets annual

Halloween Parade.

The Governor announced restaurants could increase seating capacity to 75%. The County tapped the brakes to hold to 50%. Wearing masks when appropriate, wash our hands and social distancing is more than just sound advice. This is a very serious disease. We need to wear our face mask, properly social distance and wash our hands a lot especially as we move into the flu season months.

We have been battling for a voting drop box in Emmitsburg. It seems the dye is cast.

Fall is officially here. Please get out enjoy a walk around our wonderful town.

County Notes. . .

County Plans for Impact of Climate Change

Surrounded by news about the deadly effects of climate change across the country and planet, the joint Frederick City and County Climate Emergency Mobilization Workgroup (CEMWG) kicked off its one-year charge to identify recommendations that will help Frederick meet the Climate Emergency Resolutions' goals adopted this past summer.

CEMWG will submit a final report to the County Council, County Executive, Mayor and Aldermen, and to the public, in

September of 2021. The report will include legislative, administrative, and community recommendations to assist the County and City in meeting the two key goals of the resolutions to 1) implement policy and legislative actions through the lens of climate change; and 2) reduce county- and city-wide greenhouse gas emissions from 2010 levels by 50% before 2030, and by 100% no later than 2050, employing efforts to safely drawdown carbon from the atmosphere.

"We are humbled and grateful to have this opportunity to help ensure a healthy, safe, and clean energy future

for Frederick County and City," says Barb Trader, co-chair of CEMWG, "but we cannot do it alone. We will reach out to all residents for input and comment through our upcoming website and grass-roots programs to make sure everyone is heard. As soon as we're ready, we'll also look for volunteers who want to help make a difference."

CEMWG is composed of 52 resident volunteers who were selected for their expertise in four key areas: Energy, Transportation, and Buildings; Agriculture, Forestry, and Land Management; Health, Extreme Weather Adaptation, and Resilience; and, Public Awareness and Outreach. Kevin Sellner, co-chair

of CEMWG is "encouraged by the depth and breadth of knowledge and the level of engagement of the volun-

teers. Our group is enormously well prepared and ready to work!"

continued on next page.

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GOVERNMENT—SOUTH OF THE BORDER

County Executive Jan Gardner

Leaves are turning colors and there is a chill in the air. Autumn really highlights the natural beauty of the Catoctin Mountains. I hope you can take time to enjoy the fall colors with a hike or leisurely drive.

October is usually the time of year when the nation's firefighters converge on Emmitsburg to remember their fallen comrades. This year, the National Fallen Firefighters Foundation will broadcast a special tribute on Sunday, Oct. 4th, in honor of the 82 men and women who perished in the line of duty during 2019, and 21 others who died in previous years. One of Frederick County's own, Michael 'Pappy' Powell of Libertytown, is being remembered as part of this year's event. The tribute can be viewed at 10 a.m. that day at www.fire-hero.org. You may also hear the National Fallen Firefighters Memorial Chapel bells ringing at that hour. The foundation is ask-

ing towns across the county to mark the memorial weekend with Bells Across America by ringing bells at fire stations and faith houses. We are shining red lights at fire stations and Winchester Hall leading up to the weekend. It's part of Light the Night for Fallen Firefighters to honor and remember these fallen heroes.

Our first responders put their lives on the line every day to take care of people. It is important that we support our volunteer and career firefighters and medics. That is why I am pleased to announce that Frederick County will hire 22 additional firefighters thanks to a \$5.6 million SAFER grant from the federal government. With these new positions, we will be able to provide 24/7 career coverage at Guardian Hose Company sooner than anticipated to support our hard-working volunteers at that station. The grant also will allow us to fully staff a new Northgate fire sta-

tion off Route 15 on the northern edge of the City of Frederick. The SAFER grant will cover the entire cost of these new positions for three years. I appreciate the members of our federal delegation who worked to secure these funds for Frederick County.

Upcoming Election

The November 3rd election is fast approaching. If you want to mail in your vote, the deadline to request a ballot is October 20th. The Frederick Board of Elections recommends applying for a mail-in ballot no later than October 15th so they receive your request by the 20th. Once you mark your ballot, it can be mailed in the return envelope or dropped off at any official ballot drop box, including the one at Catoctin High School.

Catoctin High is also one of the early voting centers for those who want to vote in person. Early voting begins October 26th and runs through Election Day,

November 3rd. You can stop in any day between 7 a.m. and 8 p.m. to cast your ballot.

One big change for this election is that you can vote in-person at any of the county's four early voter centers or any of the 14 Election Day locations, no matter where you live in Frederick County. The full list of election sites can be found at www.FrederickCountyMD.gov/Elections.

COVID-19

It's hard to believe that we are in our seventh month of the COVID-19 pandemic. Sadly, the number of new cases rose substantially in mid-September. That is why we had to take a pause from new expanded openings. We want our economy to reopen fully, and that requires everyone doing their part by wearing face coverings and staying physically distant.

As a reminder, under Governor Hogan's Executive Order, masks are required even when

we are outside if physical distancing cannot be maintained. Face coverings are required inside all gyms and fitness centers, as well as retail stores, bars, barshops and beauty salons, and even farm auctions.

The Frederick County Health Department continues to offer free testing clinics. Clinics will be held at the Thurmont Municipal Building at 615 East Main Street from 5 to 7 p.m. every other Friday, on October 2nd, 16th and 30th. In Emmitsburg, clinics are scheduled from noon to 2 p.m. every other Tuesday at the Seton Center at 226 Lincoln Avenue. This month, the Emmitsburg clinics will be on October 6th and 20th. You don't need to be sick or have insurance to be tested. There is no cost to you.

Now is also the best time to get vaccinated for the flu. Most health care providers and pharmacist offer the flu shot, or you can visit vaccinefinder.org to find a location nearby.

Stay safe and stay healthy!

continued from previous page.

CEMWG will hold public meetings (currently virtual) twice a month on alternate Thursdays from 5-7 p.m. For more information, please visit cityoffrederickmd.gov and search Climate Emergency Mobilization Workgroup. The Climate Emergency Mobilization Workgroup is a body of volunteer experts authorized by resolution No. 20-22 of Frederick County.

County Awarded \$5.6 Million Federal Grant to Fund 22 Additional Firefighters

Frederick County has been awarded a \$5,581,396 grant to pay for 22 additional career firefighter positions, which will reduce response times and enhance firefighter and public safety throughout the county. The grant is part of the U.S. Department of Homeland Security's Staffing for Adequate Fire and Emergency Response (SAFER) program. When the new positions are filled, the Division of Fire & Rescue Service will have 495 operational career firefighters.

"The SAFER grant is absolutely fantastic news for Frederick County,"

said County Executive Jan Gardner. "This grant will allow us to fully staff the new Northgate Fire Station in the City of Frederick and expand daytime only staffing to 24/7 coverage in Thurmont. It's all about taking care of people and making sure we can respond quickly and effectively to calls for assistance. A big shout out to our federal delegation for their hard work to secure these funds so we can better serve and protect our community."

The funding allows the County to add positions earlier than other-

wise would have been possible. It will support 100% of salary and benefits for the positions for three years. This is the third time the county has received a SAFER grant. In 2016, the county was awarded \$6.3 million for 41 additional combined firefighter and emergency medical positions and in 2018, the county received \$5.5 million for 38 additional positions.

"This SAFER grant award will enable the County to meet the ever-increasing demand for service,"

said Fire Chief Tom Coe. "Not only will this award allow us to meet a critical request from our volunteer partners but it will assist in staffing the new North Gate fire station which will provide service to the rapidly growing area north of Frederick City."

The Division of Fire and Rescue

Services is a combination career and volunteer department consisting of 25 combined career/volunteer stations and four all-volunteer stations. The department is responsible for providing fire and emergency medical service response to over 255,000 residents. In 2019, it responded to over 34,000 calls for service.




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BUSINESS SPOTLIGHT



The Thurmont Business Network thanks Frederick County VP Michael Blue for his participation in our September TBN Meeting.

The next TBN Meeting via Webex will be held Thursday, October 8 from 8 - 9 a.m.

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FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

On Friday, Sept. 11, at 8:30 a.m. on the grounds of St. Mary's Catholic Church, there was a ceremony to rededicate the 9/11 Memorial that was constructed in 2015 as the Eagle Scout Project by Anthony Venzin with the encouragement of Fr. Mike Messaro who was Anthony's Pastor at St. Mary's. The Memorial honors the courageous men and women who gave their lives 19 years ago. Anthony's design and construction incorporated all three areas that experienced devastation and loss of so many lives of brave Americans. At the memorial, he pays tribute to New York, Shanksville, and the Pentagon. The Memorial has been placed looking over a Valley where the well-known Lavender Fest of Fairfield drew many visitors. It is a serene and fitting spot with three flags poles, informative plaques, a resting bench, and a seedling from "The Survivor Tree" at New York's 'ground Zero'.

The seedling of "the Survivor Tree" was made possible by retired Maryland State Senator Frank Shore who

attends St. Mary's Catholic Church when he is at his home in Carroll Valley and Fr. Andrew Heintz of St. Paul's in Hague, VA. On a trip to New York's 'Ground Zero' Fr. Andrew's sister, Noelle and Ronaldo Vega, (Project Executive at the NYC Department of Design and Construction) gave Anthony the seedling that was at that time about a foot tall. It now is a symbol of renewed life and hope growing at the Fairfield site. Fr. Andrew Heintz's brothers are firefighters in New York City and carried the New York priest, Father Judge after he had been killed tending to victims of the attack in the city.

The rededication was planned to honor those in the 9/11 attack 19 years ago and all our veterans and their families for their courage and sacrifice in defense of our nation and the freedoms we hold so dear. It is also a time to thank Anthony Venzin for his vision and his dedication to making such a significant memorial a reality right here in the Fairfield Regional Area of Adams County. This past Spring, Anthony graduated

from Mount St. Mary's University. In June, he was diagnosed with a rare form of lymphoma, and has been undergoing chemo treatments.

Attending the dedication and representing Anthony's alma mater was the President of Mt. St. Mary's University – Brigadier General Tim Trainor, Bev Frey, representing PA Senator Doug Mastriano's Office, Honorable House Representative, Dan Moul, Chris Kimple from Representative Dan Moul's office, Mayor Robert Stanley who provided the introductions of the guests in attendance, myself, Reverend Peter DiTomasso and Reverend Christopher Onyeneke, Scout Master Jamie Gaskin, past Scout Master Jay Stroup, and the Scouts of CFA Troup 76 and Anthony's father, Roger, and his mother, Michelle, and Caitlin Besche, Anthony's girlfriend. To see the pictures of the ceremony, please go to ronspictures.net.

We are two weeks into the Fall season, the leaves will undergo a display of vivid color changes until they fall from the trees – the "last hurrah" cel-

ebration before Winter. At the beginning of this month, we should focus on Fire Safety. Fire Prevention Week is observed during the first week of October, which this year runs from October 4th to October 10th. The theme this year is on kitchen safety. The National Fire Protection Association reports that nearly half of all home fires involve cooking equipment. These cooking fires often start from overheated grease and unattended cooking. It is reported that electric stoves are involved in more fires than gas stoves. During this week's observance, we should also make sure we have working smoke alarms on every level of the home, inside bedrooms and outside sleeping areas. If not, consider installing those that are missing. Talk with all the family members about your fire escape plan and consider practicing it during this week. The bottom-line message – if a fire occurs in your home, get out, stay out and call for help!

There are two events you may want to place on your calendar, Carroll Valley Donate Blood and Adams County Medicine Take Back Program. The event will be held in the

council meeting room on Wednesday, October 14th from noon to 5 p.m. It is strongly suggested you schedule an appointment. Walk-ins are welcome; however, donors with appointments will be taken first and this may result in significant wait time. Masks are required. If you are not wearing a mask, a mask will be provided. A free COVID-19 antibody testing and a blood donor t-shirt will be given to everyone donating blood. Please call 800-771-0059 to donate.

The Adams County Medicine Take Back is scheduled for Saturday, October 24th from 10 a.m. to 2 p.m. in front of the Borough Building. The purpose of the program is to allow community members to dispose of their medicines properly, reducing both the availability to youth and the contamination of water sources. Pet medications will be accepted. NO needles. For more information about the "Medicine Take Back", including opportunities to volunteer, contact Eileen Grenell, at 717-357-4439. Please watch your speed in the borough. If you have any questions, call me at 301-606-2021 or email me at MayorRonHarris@comcast.net.

Rich Sterner (D), candidate for State Senate

Our country's strength is grounded in our ability to work together. Unfortunately, in the face of the COVID-19 pandemic, many of our elected officials have not set aside partisan political differences. In a time like this, we need our governmental systems to function efficiently and effectively. We need our elected officials to work together to address difficult issues and make informed decisions that will lead us to recovery as quickly as possible.

When it comes to the issues related to COVID-19, the executive and legislative branches owe their constituents better cooperation. Gov. Tom Wolf and our legislative leaders failed to come together and work through this crisis in a bipartisan fashion. The foundation for such cooperation was not in place when the pandemic arrived. There was not enough trust between the governor and the legislative leaders to foster a strong collaborative response to this crisis.

In general, I agree with, and support, the measures Gov. Wolf and

Secretary Rachel Levine took to slow and prevent the spread of the virus. Not all of their actions were executed perfectly, but I believe they were doing the best they could given the limited information available to them and the short amount of time they had to act. My biggest criticism is that they were not transparent in helping us understand the factors that contributed to their decisions so we could better understand their reasoning.

To date, Pennsylvania has fared pretty well compared to neighboring states and states of a similar size. Our number of cases per 100,000 residents is lower than most, and our death rate is about the middle of the pack. I give Gov. Wolf and Secretary Levine credit for this success. We must not drop our guard. COVID-19 will still be with us when this election ends. We will get through this, but we must follow the science and adjust our strategies as new information becomes available. We cannot "go back to normal" until we have a vaccine and an assurance that we will be safe as we conduct our normal activities.

COVID-19 highlighted many weaknesses and inequities in our healthcare system, which need to be addressed sooner rather than later. There is no good reason why Pennsylvania legislators and the governor cannot get past political bickering, ideological posturing, and special interest influences to come up with solutions to our healthcare problems that will be beneficial to all Pennsylvanians.

We should be able to agree that every Pennsylvanian should have access to affordable health care. Also, access to affordable health care should not depend on the generosity of our employer; and providers should not be allowed to provide services to insured patients at one rate and charge a different rate to uninsured patients?

We can make high-quality, affordable healthcare available to every Pennsylvanian. There are known systems that are more efficient, less complicated, and equally effective compared to what we currently have. As your state senator, I will work for changes that provide cov-

erage for everyone and are paid for through a payroll deduction. Part of that deduction could go into a health savings account that each person controls and is used to cover routine medical expenses. The other portion of that deduction could go into a fund or toward insurance that covers major medical expenses. If we can agree on some basic principles and goals, we can create a system that will provide health care for all in Pennsylvania.

The inequities and unfairness of our healthcare system are particularly apparent in our minority communities. This is one of many aspects of our society indicating that systemic racism continues to be a challenge that we need to overcome. We have been climbing this mountain for a long time. Just when we think we will get to the top, we fall back and must climb up again. In recent months, we have taken another tumble. We have slipped, but we can't quit. We must get up and keep climbing. We must make the necessary changes.

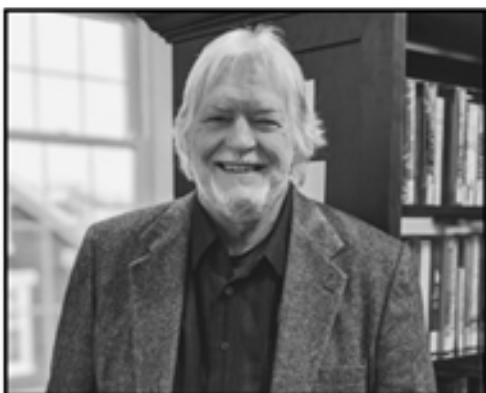
We need to disarm the divisive-

ness. To do that, we must listen. We must seek first to understand and then to be understood. We must acknowledge that generations of racial injustice, prejudice, and bigotry have put many of our brothers and sisters at a disadvantage. This has hampered their access to opportunities, which would have allowed their families to accumulate generational wealth and advance economically in the same way as our white-anglo majority families. We must identify the barriers that still exist, remove them, and provide a means for those who have been disadvantaged to make up the ground they have lost.

We are not getting the action we deserve from many of our elected officials. COVID-19, health care, and racism are just three of the issues that need our immediate attention. Senate District 33 needs and deserves representation that will build relationships, earn the trust of colleagues, work cooperatively, and seek compromise to find effective, lasting solutions to the many challenges we face. I will provide that type of representation for you as your state senator.

Rich Sterner Leadership, Integrity, Compassion, and Honor

Senate District 33
Democratic Candidate



He will listen to and represent ALL residents of Senate District 33!

Rich Sterner will work towards: Better and more cohesive COVID-19 response, Affordable Healthcare for everyone, and Property Tax Reform while maintaining local control of education.

Learn more about Rich Sterner at www.sternerforpa.com

**Vote or Rich Sterner
On November 3rd!**

Paid for by the Sterner for PA Campaign

GOVERNMENT—NORTH OF THE BORDER

County Commissioner Jim Martin

Over the past several months I have found it very difficult to fathom what constitutes whether something is dubbed positive or negative, important or unimportant. A case in point is the number of Pennsylvanians state-wide that are hospitalized with the effects of the Corona Virus.

As of July 28th, Pennsylvania's state-wide total of individuals hospitalized with the Corona Virus was 701. As of September 21st the total number of Pennsylvanians hospitalized for the treatment of Corona declined to 400. These figures were available from the PA Department of Health. This is an amazing decline of 301 patients, but there was no media announcement of this notable occurrence; yet this information is at the fingertips of the media and PA DOH. Why no attention or announcement? Other states with declining hospitalization also get similar media attention. Why?

One statistic that the media and DOH do not fail to publish is the running total of positive Corona

tests. This total has currently reached approximately 150,000+ positive tests. The count is kept religiously like a headline score card. Why? As individuals recover from Corona those individuals are not removed to reduce the running total. Why? I wish my bank account were managed the same way, continually adding and adding to my account without removing my withdraws. This is a great way to impress others with skewed information. By the way, according to the PA DOH, presently an estimated 82% of those infected with Corona have been classified as recovered.

Using the above data, the probability of Pennsylvanians being hospitalized with Corona can be calculated without skewing the numbers. Determining that probability is simple, divide the number of people hospitalized by the population of Pennsylvania. The PA population is at least 12,500,000 and the hospitalizations for Corona over the past several months have averaged 500 on a given day. So, based on these num-

bers the percentage of Pennsylvanians being hospitalized with corona is .004%. That means that you and I have a .004% chance or 4 out of 100,000 people, of ending up in the hospital with Corona. If you live in Adams County that would basically mean four people could expect to be a Corona patient on a given day. Actually, there have been days when there have been zero Corona patients in the Gettysburg Wellspan Hospital.

Given the above facts, I have confidence that I can leave my home and be among the public without fear of being infected with Corona. Repeatedly I have been among outside crowds and have not been infected. That has even built my confidence to continue to be among public gatherings, even to being comfortable among thousands (being at Lincoln Speedway). It is my opinion that sheltering, and masking interferes with building immunity. Also, I have heard and read that fear, anxiety, and stress weaken our immune system. So, does unnecessary shelter-

ing aid and enhance these conditions? I believe many are suffering as a result of arbitrary decisions that are controlling individuals' lives rather than providing the freedom to become resilient in the face of Corona.

While we try to navigate among the issues created by Corona (natural and man-made), election season is upon us. Legislative changes in the election process have occurred since last year. The PA Supreme Court has also created some unconstitutional changes of their own that are legislative in nature and outside the duties of the court. The Court has taken upon itself to extend the election three days beyond election day. Election day is just that, a day that is to conclude the voting and a declaration of the winners.

Along with extending Election Day, the PA Supreme Court has declared that ballot drop boxes may be located throughout the state. What a reckless means of inviting irregularities to the election process. As a Commissioner member of the County Board of Elections, I will not vote in favor

of staging drop boxes throughout the county. The only drop box I will promote will be one located within the Courthouse under security surveillance. The integrity of the election process must be maintained; now our PA Supreme Court is robbing us of that right. Please pray that our elected offices, state and federal, can reverse these and other injustices of the PA Supreme Court.

There are some legal changes in the election law that have passed the PA legislature. One change is to the ballot; there will not be the ability to vote straight party. Voters are now required to vote for each separate office/candidate. The convenience of voting a straight party ticket will no longer exist. My recommendation is that each voter know all candidates on the ballot; studying a sample ballot before election day will be good preparation. If you are concerned that your mail-in or absentee ballot will arrive by the deadline, you may deposit your ballot in the Courthouse Drop Box by 8:00 p.m. on November 3rd.

Best Regards and Prayers for a civil nation, Commissioner JIM Martin.

State Senator Doug Mastriano

A recent ruling by a federal judge confirms what I have been contesting all along: restrictions put in place by Governor Wolf have been unconstitutional.

Specifically, U.S. District Judge William S. Stickman IV cited the Governor's group gathering limitation and business waiver program that resulted in statewide businesses closing their doors. Stickman ruled that Wolf's orders violated components of the first and fourteenth amendments, such as the freedom of assembly, due process and equal protection clauses.

Finally, common sense is prevailing. Yes, we must ensure that everyone is safe, as part of COVID-19 mitigation measures. But the Wolf administration's edicts have been consistently inconsistent, vague and flawed.

Perhaps worst of all is the fact that the Governor has refused to work with the General Assembly over the past six

months. We hear about the new edicts when everyone else does. There are co-equal branches of government, but the Governor prefers to rule via autocratic style.

How else can you explain the group gathering limit that he imposed, yet he subsequently violated that order by participating in a protest? The double standards have been alarming.

During that same protest, the Governor completely ignored social distancing and other safety practices recommended by public health experts and scientists.

The flawed business waiver program is another example. Winners and losers were chosen, without being told why. The Senate held a hearing on this issue in April, and state bureaucrats promised they would provide the data and criteria used—if any—during the process.

Five months later, lawmakers are still waiting on those details. Meanwhile,

the Governor rejected a subpoena seeking that information. As a result, taxpayers are funding a legal battle over Wolf's transparency. I'd prefer to see those costly taxpayer dollars allocated toward vulnerable Pennsylvanians, not being wasted in a costly court fight.

Speaking of transparency, when the Emergency Declaration was first put into place back in March, the Governor and Health Secretary utilized the state's Disease Prevention & Control Act of 1955 as a shield to withhold information from the public.

Other states did not hesitate to release that type of life-saving information.

Earlier this year, the administration imposed stay-at-home orders and put into place restrictions that forced

non-life-sustaining businesses to close. Since then, many of those restrictions have been lifted, however new restrictions impacting the restaurant industry and group gatherings have been put into place. Thankfully, the judicial branch could no longer tolerate the situation.

Stickman wrote that the "Constitution sets certain lines that may not be crossed, even in an emergency. Actions taken by the defendants crossed those lines. It is the duty of the Court to declare those actions unconstitutional."

I have full confidence that state residents can move on from this pandemic and implement their own health and safety practices, without the government interfering in our lives.

Judge Stickman's court order concludes by stating "the liberties protected

by the Constitution are not fair-weather freedoms...in place when times are good, but able to be cast aside in times of trouble."

"The Constitution cannot accept the concept of a 'new normal' where the basic liberties of the people can be subordinated to open-ended emergency mitigation measures," wrote Judge Stickman. Lawmakers, such as myself, have been asking the Governor to work together for six months, but those requests have fallen upon deaf ears.

It is far past time for the Governor to end his autocratic overreach, and forge a partnership with the General Assembly. We can accomplish so much more together.

Pennsylvanians deserve better than unconstitutional edicts.

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Fall is the time to buy! Settle in before the holidays!

UNDER CONTRACT Boy Scout Rd., New Oxford, PA 5 BR, 1 BA getaway on 1.85 acres. \$78,900	***PENDING*** 10 Pinehurst Tr., Fairfield, PA Beautiful, well built, 3BR, 3 BA, pool, with attached garage, fireplace, full finished basement, perfect for easy lifestyle! \$409,900	** SOLD ** 845 Friends Creek Rd., Fairfield, PA 2 BR, 1.5 BA on 12 ac., huge fireplace, loft & galleries evocative if medevil times! A perfect getaway \$389,900
** SOLD ** 20 Pine Hill Tr., Fairfield, PA 2 BR, 2 BA, with possible 3rd BR with full BA on lower level. New appliances. \$180,000	***ACTIVE*** 1B Orchard Rd., Fairfield, PA - 9.8 ac. Ski Liberty, golf & Gettysburg..... \$175,000 5 Spur Tr., Fairfield, PA - Peaceful cul-de-sac, close to Gettysburg ... \$39,900 5600 Fairfield Rd., Fairfield, PA - 1.78 ac., 487 foot road frontage..... \$350,000 53 & 55 Mason Dixon Tr., Fairfield, PA - on historic Mason Dixon line... \$19,900 1 Spring Tr., Fairfield, PA - 3.4 ac., beautiful property. 15 min. to Gettysburg. Close to skiing & golf..... \$89,900	** SOLD ** 1089 Iron Springs Rd., Fairfield, PA 3 BR, 1 BA, Rancher/Rambler on .99 ac. \$25,000
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COMMENTARY

Words From Winterbilt

Once upon a time...

Shannon Bohrer

Experiencing the world pandemic, we have heard numerous stories of fake news and conspiracy theories. In May, Trump said the corona virus was created by the Chinese and they hid the fact that it was released. That conflicts with what our “very stable genius” said in February, that he trusted the Chinese. So which story is true? Are we supposed to choose the answer we like? The corona virus is serious, so you would think that our government would be serious about the response, and at a minimum give us consistent and scientific based facts.

The lack of truth that we often hear, is not new. Our “very stable genius” has exceeded the 20,000 mark, for stating untruths, false facts and plain lies, in less than four years. Of course, the 20,000 marks does not include the untruths and lies he stated before he was inaugurated. The gas lighting started long before he was elected.

The divisiveness with misleading information and plain lies has existed for years. After all, we are talking about politics and neither side is without sin. However, the divisiveness escalated and exploded when President Obama was elected. No other president in the history of our country was questioned about his citizenship or his religion. Is it possible that

there are many people in this country, that could not accept that fact that we elected and inaugurated a black man to the presidency?

On the day of Obama’s inauguration Senator Mitch McConnell said, “The single most important thing we want to achieve is for President Obama to be a one-term president.” When he publicly said those words, he set the stage for intensified partisan politics for the next eight years. In fairness, we already had partisan politics, but we entered a higher level, a level in which one party was intentionally trying to make the government fail. McConnell lived up to those words, blocking and obstructing everything Obama put forth.

Maybe other politicians have felt the same way McConnell did, but I had never witnessed an elected leader say so in public. You would think the single most important thing on Congress’s agenda back then would have been to fix the economy, since we were facing a possible depression. Before Obama took office, the country had lost over 4 million jobs and just 3 months into his presidency that number rose to 6.7 million. The unemployment rate was almost 8 percent and continued to rise to 10. President Obama inherited an economy in freefall and McConnell and the Republicans did everything to make him fail, thus impeding and hampering the recovery. They were not

interested in helping you, they only wanted to see Obama fail.

After McConnell and his Republican colleagues made it okay to openly disrespect the Office of the President of The United States, everyone from elected officials, to private citizens, and of course Donald Trump, unleashed a barrage of disrespectful, hate filled insults, inappropriate racial comments and outright lies against America’s first black President. Before the election Trump started the fake birther theory. He continued after the inauguration and even accused Obama of creating terrorism, saying he was the founder of ISIS. It became the republican norm to be against anything Obama did.

When hurricane Sandy hit the east coast in 2010, it was caused over \$70 billion dollars in damages. President Obama toured the damages in New Jersey and met with Governor Chris Christie. As the two met, they shook hands. Governor Christie, a republican, was vilified by the conservative media, for shaking hands with the president, not because he was the president, but because it was a black democratic president. If you were a republican when Obama was the president, it was considered a sin to interact with him.

False and misleading stories about Obama were often in the news. One network contributed to spreading the false claims and even created some.

Many people wanted to believe it, so they never questioned the facts. However, just because you want to believe something does not make it true.

“When Putin invaded Ukraine, a Fox news said Obama needs to ‘get a backbone’ and he’s lost moral authority” All this while FOX marveled over Putin’s prowess as a true ‘leader’ and swooned about his supposed physical superiority over Obama.” When Fox news praised a dictator, just to disparage our president, you know you are no longer listening to news, you are listening to propaganda. And that is just one example of Fox News’ coverage of Putin and Ukraine and how the Obama was a failure. When Putin invaded Georgia, Fox news never criticized Bush. “Notably absent from the 2008 Georgia coverage was relentless finger pointing and blaming the White House for the extreme actions of a foreign leader thousands of miles away.”

Our “very stable genius” told us that when he took office the economy was in shambles, it was not. Remember, when President Obama took office, the economy was in a recession, but under his leadership, 11.5 million jobs were added and when he left office the economy was growing. In the last three years of President Obama’s term, the number of jobs added was 1.5 million greater than the number added during Trump’s first three years in office. Trump’s economy, which he touts as the best ever

actually ranks 6th, when compared with the last 10. President Clinton and President Obama’s economies both ranked higher.

During Obama’s first State of the Union Speech, Joe Wilson a Republican Congressman from South Carolina called the President a liar in front of the American people and the entire world. Wilson later apologized. Meanwhile, Trump has lied and made over 20,000 false claims in less than four years. His most often repeated lie, made over 360 times, is that the economy is the best in history. If the “very stable genius” were to make a speech in front of the entire congress and each false statement and lie were to be called out, each member of congress (all 535) would have to stand up 38 times just to name each one.

We all know people that lie or have lied. How many lies can a person put forth before one questions anything – they say?

“If you tell a big enough lie and tell it frequently enough, it will be believed. Tell a lie loud enough and long enough and people will believe it. All propaganda has to be popular and has to accommodate itself to the comprehension of the least intelligent of those whom it seeks to reach.”

–Adolf Hitler

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

Common Cents

National debt & societal trust

Mark Greathouse

Trust? Whom would you trust more, someone debt-free or someone deeply in debt? Someone with a great credit score or someone with a score deep in the tank? No matter how you care to slice it, debt is a component of trust. So, with a national debt off the charts, can we trust our government? Worse yet, our currency is what is called “fiat money,” inconvertible paper money made legal tender by decree of the government. It’s not pegged to anything solid like gold.

Our national debt stands at \$26.8 trillion. In 2000, the national debt was \$5.7 trillion and the country operated with an annual budget surplus. Thus far this year, we’ve spent \$6 trillion and taken in \$3 trillion. Ummmm...that’s a \$3 trillion deficit. COVID or not, it’s an ugly picture. Debt is by definition money owed or due, and the U.S. Government doesn’t have a plastic card it can whip out. Dare we trust our government?

Let’s get a perspective on our debt. We’re talking trillions of dollars. The typical person cannot conceptually grasp how much a trillion dollars is. If you were to stack \$100 bills on standard wooden shipping pallets six-feet high, it would take more than 50 football fields of such stacks to store the U.S. debt! To look at a trillion a couple of other ways, a trillion years ago our solar system didn’t exist and a trillion seconds ago would put you in prehistoric times. Are you

beginning to get the picture?

Okay, we have a lot of debt. Who are we borrowing from? Some folks go ballistic and suggest that we owe our fiscal souls to the Chinese. Nope. The Chinese hold only \$1.3 trillion or roughly five percent of U.S. debt. Actually, nearly 40 percent is held by our own beloved government mostly as bonds. U.S. investors hold about a third, while foreign investors hold nearly 30 percent. Are you beginning to understand the picture being painted here? We are talking real money!

Inconveniently, the U.S. Government cannot declare bankruptcy. So, what do we do to get the national debt in check? I suggest at least five possible to actions to rein it in:

First, we can hold our Federal and state politicians’ feet to the fire to stop profligate spending. Feet to the fire might entail anything from phone calls to emails to parking our collective posteriors outside their offices. Lots of luck with these endeavors.

Second, we can educate our politicians to keep their grubby paws out of the national money trough. They crowd up to that money trough like pigs to slop. Educate? Anyone optimistic? My intuition says they’re unlikely to turn away their campaign contributors that influence them to spend on pet projects.

Third, we can elect new, fiscally-conservative legislators who follow-through on promises to not spend in excess of tax revenues. Hmmm. Promises made versus promises kept?

How do we get them to keep those promises? See actions #1 and #2.

Fourth, we can have a balanced budget amendment to the U.S. Constitution to ensure that our Federal government is held to fiscal account. Efforts by the House to obtain the necessary majority to convene a Constitutional Convention have been DOA, but 28 or the required 34 states have passed resolutions to convene such an assembly. A downside to such an amendment is that it doesn’t take into account fiscal emergencies like war or pandemics.

Fifth, we can ramp up the economy to take in vastly greater revenues and thus be able to collect more tax revenue. Despite tax cuts and tax revenues not keeping up with expenditures, we are nevertheless taking in record taxes.

Frankly, my common sense says this fifth action holds the most promise. This still leaves us with how do we keep those supposedly fiscally-conservative politicians from letting us down? After all, politicians are all honest...right? Arrrrgh! Is all this debt bad? Yes but...

Before everyone goes into a panic, consider that our gross domestic product (GDP) is \$19.6 trillion. So, our debt stands at 136 percent of GDP. To place that in perspective, government debt as a percent of GDP is used by investors to measure a country’s ability to make future payments on its debt. This affects borrowing costs and government bond yields. How bad can this get? Since 2013, Greece has been flirting with a government debt of roughly 180 percent of the country’s GDP. Greece was bailed out – reluctantly – by other European Union nations

many of which weren’t that much better off. Did that need to happen?

Politicians throw around simplistic budgetary solutions like eliminating or severely cutting defense spending. Cuts to discretionary spending are like comparing band-aids to major surgery. Still more politicians are wed to new debt-building wild-hair Federal program proposals for healthcare, education, environment, and the like. What’s scarier than their lack of appreciation for spending trillions of dollars is their reliance on voters gullible enough to support them.

Can the Federal Reserve come to our rescue? Founded in 1913 and comprised of 12 districts, it’s run by a Board of Governors consisting of seven members who are appointed to 14-year terms by the U.S. president and confirmed by the Senate. As central bank, the Federal Reserve sets monetary policy, promotes financial system stability, promotes consumer protection, supervises and regulates financial institutions, and fosters settlement of system safety and efficiency. That’s all mostly beyond the average American’s pay grade. This quasi-government beast drives interest rates and strives to anticipate and hold inflation in check. We can thank Woodrow Wilson (28th U.S. President) for this – arguably – abomination. While giving Woodrow credit for screw-ups, we can also thank him for the income tax and the beginning of the end of the gold standard. But, the Federal Reserve has a chequered financial history, as in messing up in 2008 and more recently misjudging economic growth.

What do we do? For one thing, we can measure our economic success using gross output (GO) as opposed

to GDP. The U.S. GO is more than \$45 trillion versus the \$19.6 trillion GDP. GO offers a far more sensitive barometer of how our nation is doing and what our future prospects are, as it immediately reflects when production and investment are growing or weakening. Does this mean we can add more debt willy-nilly? No!

In addition to GO, money must be stable and trusted. I suggest that this can only be achieved by a return to a gold standard. The ignorance of so-called money experts in the 1970s was responsible for the ending of a monetary system based on fixed exchange rates. Its replacement is today’s system of fluctuating “fiat” money that has proven disastrous for the U.S. and global economies. In the past five decades, the U.S. dollar has dramatically declined in value while the U.S. and the world have seen a dramatic increase in major systemic crises. I suggest that unstable money combined with metastasizing debt are among key reasons behind the recent rise of political polarization and unrest. After all, stable money is a critically important facilitator of public trust.

We must dig deeper into fiscal fundamentals. Until recent tax cuts, deregulation, and trade deals supplied a quick-fix band-aid, economic growth had been below historic standards. We must build a vibrant growing economy, not the socialist, government-driven economic sleight-of-hand of the political leftists. We need capitalism on steroids, if we are to dig out of our debt crunch.

To read past editions of Common Cents, visit the Author’s section of Emmitsburg.net.

The Bulwark

American Conservatism, b. 1955, d. 2020?

William Kristol

Is American conservatism as we've known it dead?

Is the Republican party salvageable? Is it worth trying to save? These questions have sparked an interesting discussion, one that raises important issues involving the relationship of principle and prudence, of compromise and accountability, of balancing the past with the future.

But what is the Republican party—or any political party? It is, in large measure, a vehicle for certain ideas.

For a couple of generations, the Republican party has been the vehicle for American conservatism. So saving the Republican party probably only makes sense if American conservatism is worth saving.

Is it?

That's a big question. And it will have to be confronted after November 3. But it can't hurt to at least turn it over in our minds now.

If modern American conservatism can be said to have been born in 1955, with the founding of National Review, it may be said to have effectively died - committed suicide? - in 2020.

Not in 2016. Four years ago, lots of conservatives opposed Donald Trump and viewed his primary and general election victories as a fluke.

Not in 2017 and 2018, when reasonable conservatives could still have believed that Trump might be hemmed in by "the guardrails of democracy." After all, many of those guardrails were provided by conservative figures and ideas both inside and outside of the Trump administration.

Not even in 2019, when the Mueller report finally arrived and reasonable conservatives could have talked themselves into believing that it was imprudent to get all worked up about something that hadn't quite delivered a proverbial smoking gun.

But in 2020 the question of how conservatives were to deal with Trump came to a head. The guardrails clearly had not held. The stakes were raised from abstract ideas and future threats to reckless mismanagement that cost the lives of 200,000 Americans. Judgment—real, definitive judgment—was finally demanded of conservatives.

But it turned out—it had already turned out, in the last half of 2019—that most conservatives—whether elected officials or political donors or commentators—had no interest in helping to find a conservative challenger to Trump for the Republican nomination.

It then turned out that—with very few honorable exceptions—there was no support for impeachment of the president for his

renewed clear violations of the Constitution. Worse still, there was not even support for chastisement among Republican members of Congress or the people who make up the conservative movement. Instead of rebuking Trump, conservatives actively defended him.

And then, when the Democrats selected Joe Biden, the most moderate imaginable nominee, vanishingly few conservatives were willing to desert Trump. Even if only to sit out the election, let alone support Biden.

So perhaps we need to acknowledge that it has come to this: Real, existing conservatism as it exists in America in 2020 is an accomplice to, an apologist for, and an enabler of Trump's nativist, populist, unconservative, and illiberal authoritarianism.

This authoritarianism is as far from Burke as from Hayek. As far from a concern for liberty as for virtue. As far from American greatness as from American decency. And "conservatism" now rides along with this authoritarianism in a nicely cushioned sidecar.

Maybe we shouldn't be too surprised. After all, there were always elements in American conservatism which carried these traits. Many of us believed that they had been, over the decades, suppressed or expunged. But that turns out not to have been the case. Instead, they were merely dormant, ready to emerge and be exploited by an able demagogue in tune with the times.



And perhaps every political movement has a natural lifespan: Modern American conservatism was born in 1955, peaked in full flower in the 1980s, and then aged, mostly gracefully, for three decades. Until it could easily, if suddenly, be pushed aside in its dotage—forced, or induced, to surrender to its younger and stronger, if disreputable, distant relative.

In sum: 2020 was the year in which American conservatism as we have known it for three generations was weighed in the balance, and found wanting.

What next? A revived American liberalism that rescues and incorporates what was admirable in American conservatism? A new political vehicle—a new institution or set of institutions? A New Center or a New Party of Freedom, to step up to the task?

Or perhaps from the ashes of a Trump defeat, the old American conservatism—suitably updated, of course—might be reborn?

That would be a pleasant thought. But conservatives know that in the real world it is rare for a phoenix to rise from the ashes. Most of the time, the aftermath of a conflagration is . . . just ashes.

William Kristol is editor-at-large of The Bulwark – www.thebulwark.com. He was a founder of The Weekly Standard, and is a regular guest on leading political commentary shows. Prior to his work at The Weekly Standard, Kristol led the Project for the Republican Future, an organization that helped shape the strategy that produced the 1994 Republican congressional victory. From 1985 to 1993, Kristol served as chief of staff to Education Secretary William Bennett in the Reagan Administration and as chief of staff to Vice President Dan Quayle in the George H. W. Bush administration. Before coming to Washington, Kristol taught politics at the University of Pennsylvania and Harvard University.

Down Under

Nightmare on Dream Street

Lindsay Coker

Self-preservation is the first law of nature.

—(Proverb, 1720)

I have been watching your wonderful country fall apart over the past few decades. You may not have noticed – you lack the view that parallax gives – but what I have seen has filled me with dread, anger, and pity.

There is one thing that began the dislocation, and that was the use of slaves. It began the two-class system, us and them, of the idea that 'them' were no more than animals, there for use by owners; they were cheaper and more useful than horses. They became the class who were made to take the blame for failure, wrong-doing and the misfortunes of poor white folk.

The rise of anti-slavery led to reform in the north, entrenchment in the south, and sparked civil war. Even when emancipation became law they were still regarded as trashy inferiors in the south where they were isolated, discriminated against, and lynched. One hundred and fifty years later many descendants have succeeded by reaching the highest offices of the land, running corporations, making being a person of colour an honor. But, for the majority, not much has

changed from those terrible times.

This brings another devastating fact into play. Conservatives, as the title suggests, want to conserve what they have and to keep them that way, while at the same time embracing new ways of increasing their power and wealth. They have always believed they are superior, know better, and are more worthy.

They live by 'The Rule of (their) Law and (their) Order' and in the states and municipalities where this is the way things are done we have seen law enforcement ramp up, army style police forces given almost carte blanche in their dealing with minorities, especially the poor and dispossessed, who are often subject to almost indiscriminate shootings without penalty to the shooter.

This has produced fear and loathing, and coupled with the anxiety produced by the gun lobby, so much stress has resulted that the use of opioids as a means of survival has made the problems worse.

Nowhere else would this be allowed. It would be called murder, plain and simple, and the officers responsible put on trial and incarcerated. Most importantly, the media would expose and condemn the practice.

Your social problems don't end there, even if these are the most vis-

ible. Your system of health care is probably the worst in the world. Even in The Congo there is free treatment for the poor, while Russia and China have always had state funded care at all levels. Many places, of course, have very poor or non-existent health care, but nowhere else must you pay to be treated.

OK, you have a version of Medic Aid, but it is far from universal. Money before treatment is truly inhumane, and reveals the heartless approach of a country whose god is profit.

These, and other social problems such as education, imprisonment and housing pale into insignificance compared to your foreign policy and international relationships.

The greatest manufacturing complex in history has been whittled away, as first Japan, then China undercut you production costs, and with the dogma of 'buy cheapest, sell dearest', the ability to compete was lost. You, especially Walmart, reveled in Midas profits, at the expense of communities and equality. Instead of ditching the mantra and putting tariffs on cheap goods, which would have protected jobs but increasing prices, the idea of trade pacts and a level playing field were introduced, (which Australia, Canada, Mexico and assorted other idiots bought, much to their regret; they were oxymorons of the best kind), because you knew best.

Funny about that, isn't it.

All this may have been manageable, but when the Super-Star Mr. Trump

strutted onto the stage it was a case of 'abandon hope, all ye who enter here.' No one knew that at the time, of course – tragedies don't give advance warning – but that is the outcome. In four short years he has reduced America to being, in the eyes of the world, run by a buffoon, an admirer of dictators, a narcissist, fraud and incomprehensible apologist for the rich.

His inability to comprehend the devastating effects of COVID-19 on the citizens of your formerly great nation is astonishing. He reacted as though the Chinese had introduced it so they could make him look stupid, which they did not need to do. His response at every turn has been to complain that it is interfering with business. 'Drink bleach. Take hydroxy-something. I did, and look at me. Masks? Who needs them? PPE's? Waste of time and money. Just get commerce going. I can't make money otherwise.'

The awful irony is that the share market has continued to rise, although at the time of writing it was showing signs of a fall in blood pressure. Because of this the dollar has remained fairly strong, and investors have chosen it ahead of other scarier currencies. The fundamentals have become more like quicksand as money is printed, (making me wonder if they will run out of paper), and the Chinese dragon is doing a bit of writhing.

Of course the debt will never be met; default is out of the dictionary, and money is no longer the cur-

rency. This has morphed into digital dots representing hopes, deals and assumptions.

It is impossible to know if this will remain when the eye-watering amount that the virus will cost is known. I doubt it, but there's one thing that nothing is proof against.

It is something that makes all the above like a speck of dust. Climate change is altering everything, and it hasn't really got started. Forget weather, the effects are already reducing arable land, oceans are warming, the Antarctic is melting, the tundra has thawed. Agriculture, fish, livestock are getting scarce. Except for the rich, and even their riches will not be enough to meet that challenge.

Can Joe Biden do anything about it? Not much, but he can and will make life more tolerable for more people; he will begin to restore international confidence, he will reduce the feral police forces, cool tempers and get off the law and order bandwagon.

He's no miracle worker, but another session of Donald will ensure that miracles are no longer possible. It's your choice, and I know that the great majority of Americans see the writing on the wall. Whether you are Republican or Democrat, getting Trump out next month is the one path to safety.

Lindsay, in moral support of your freedom and goodness. To read past editions of Down Under, visit the Authors section of Emmitsburg.net.

THE PASTOR'S DESK

The table of Christ is open

Pastor Richard Baker
Trinity UMC in Emmitsburg
Messiah UMC in Taneytown

In the movie *Field of Dreams*, we learned the phrase, "If you build it, they will come." I am the pastor of Trinity UMC in Emmitsburg and Messiah UMC in Taneytown. This pandemic has offered us both challenges and new opportunities for ministry. Like many, I was shocked to see that all churches in Maryland were closed in March of this year. The church for me, like many of you, is a second home. Our Bishop, along with the State of Maryland, gave us specific metrics by which we could reopen. Our churches were blessed to be able to meet those metrics and reopen as soon as it was possible. I was asked by the *Journal* to detail how we met those metrics.

Both of the churches I serve have older members. Their health was paramount to our concerns. Both churches began holding informal meetings to discuss how we would do that. ZOOM became a tool that we are all now familiar with. First off, we had to address social distancing and the Governor's requirement to limit attendance to 50 percent. We determined our occupancy allowances from the County Fire Department and began to map out seating. We blocked every other row to allow for this.

When you visit one of our churches, the first person you will meet is one of our Trustees who will take your temperature and ask

you to record it in a book. We all enter through one door to allow for this. That way, we can assist the County if they need to do contact tracing. You will be asked to wear a mask, and if you do not have one, we will provide it. You would then be asked to use a hand sanitizer.

From there, you will see footprints marked on the floor at 6-foot intervals, showing the proper distance between people. We had to close off water fountains. We had to close our kitchens. We were not allowed to have social gatherings and even our coffee pots were stored away. What troubles many members was when we were told to store away our Bibles and hymnals. That brought it home to many of us.

We are not currently allowed to sing. As Methodists, that goes against our nature. But if we wished to re-open, we had to follow those guidelines. Currently, we are not allowed to hold Sunday School, and we mourn that our young people have been impacted in such a real way. We try to compensate by having an extended Children's Moment in worship.

Coming into our sanctuary, the first thing you see is plexiglass shields in front of the pulpits. It allows our speakers to share without having to wear a mask. This enables me, and our laity, to speak in a more natural manner.

Following worship, our cleaning crew comes in and sanitizes the entire building. We set off aerosol bombs that sanitize with-

out needing to wipe down every surface. They still wipe down every pew and common area. Because of our older congregation, we enlisted our HVAC company and found out that we could install UV lights in the duct work, along with enhanced scrubbers, to make sure the air is safe. This light kills the Covid virus, along with mold spore and HIV.

While our churches were closed, we taped every service and posted them online. Since reopening, we use Facebook live to record and share the service in real time. We are currently looking at other streaming options. Our service is displayed on screens in the sanctuary eliminating the need for a bulletin.

Due to the Virus, we have lost some of our social intimacy. We are asked not to hug or shake hands. Fellowship meals are a big part of who we are. Bible studies have been put on hold. We could concentrate on what we have lost, but we choose to see God at work in new and exciting ways.

During our closure, I began to write a daily devotion for church members. People from outside the church who heard about the devotions asked to be included. To my surprise, people from Florida and California contacted me to say they were reading them after someone had forwarded it to them. One member shared that she reads it aloud every day to 6 older folks without computers. Besides that, she now sends it to 17 other folks. If the church had remained open, that may not have occurred.

We have lost several members due to illness, and we had to mourn remotely. Again, this provided an opportunity for members to experience God in a new way. Methodists pride themselves in that laity and clergy are considered equal. We ask the laity to know the word so that in times of trouble they know and share the Word of God.

None of this was easy, and it came with a cost, but the desire to fellowship together drove our conversations and our work. It also



gave us a chance to look at how we serve the community and do a course correction. Both churches are involved in feeding their communities. At Trinity, we served an evening meal where all were welcomed. We saw community members join us, not because they were looking for a meal as much as they were looking for fellowship. Due to the virus, we are unable to serve the community inside the building, so we now supply prepared lunches that we serve to cars who come into our parking lot. We also give gift cards to a local grocery store. What was fascinating was when a stranger called to offer us fresh produce one week. She was part of a community garden that was flourishing, and she wanted to share.

We have had increased calls for help, and we have done so faithfully. At our Taneytown church, we are supplying toiletries after finding out that the county could not meet those needs. We have opened a ministry called 'Messiah Hope' where we can supply kitchen items, even including microwaves and vacuum cleaners to those in need.

As needs come to us, we rise to meet those needs. We see each person, no matter what their relationship to the church, as a child of God with the same needs and desires that each of us has. To that

end, we have discovered that even with as many safeguards as we have put in place, some are still hesitant to return.

God gave the Israelites specific instructions for how to build the sanctuary. God gave them instructions for how to prepare themselves to enter the sanctuary and then instructions for the proper behavior when they were in God's house. Like God's instructions, ours are intended to prepare us to experience God, and that is our hope for every Sunday. God blessed us at Trinity with the ability to accomplish what we did. God has instructed me to share this with as many people as possible so that all of God's houses can re-open to serve our communities. I am happy to meet with any pastor, regardless of the denomination, and I can and will assist you in re-opening your church. I truly believe that by showing our commitment to God's people, that more churches can re-open and offer the grace and love of our Savior, Jesus Christ. Thank you for taking the time to read this and please feel free to join us on any Sunday. We believe the Table of Christ is open and available to all who seek Him.

For more information on Trinity UMC, visit them on-line at www.trinityumc.yolasite.com.



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THE BOOK OF DAYS

Halloween traditions



There is perhaps no night in the year which the popular imagination has stamped with a more peculiar character than the evening of the 31st of October, known as All Hallows' Eve, or Halloween. It is clearly a relic of pagan times, for there is nothing in the church observance of the ensuing day of All Saints to have originated such extra ordinary notions as are connected with this celebrated festival, or such remarkable practices as those by which it is distinguished.

The leading idea respecting Halloween is that it is the time, of all others, when supernatural influences prevail. It is the night set apart for a universal walking abroad of spirits, both of the visible and invisible world; for, as will be afterwards seen, one of the special characteristics attributed to this mystic evening, is the faculty conferred on the immaterial principle in humanity to detach itself from its corporeal tenement and wander abroad through the realms of space. Divination is then believed to attain its highest power, and the gift of calling spirits 'from the vasty deep,' becomes available to all who choose to avail themselves of the privileges of the occasion.

There is a remarkable uniformity in the fireside customs of this night all over the United Kingdom. Nuts and apples are everywhere in requisition, and consumed in immense numbers. Indeed the name of Nutcrack Night, by which Halloween is known in the north of England, indicates the predominance of the former of these articles in making up the entertainments of the evening. They are not only cracked and eaten, but made the means of vaticination in love affairs.

It is a custom in Ireland, when the young women would know if their lovers are faithful, to put three nuts upon the bars of the grate, naming the nuts after the lovers. If a nut cracks or jumps, the lover will prove

unfaithful; if it begins to blaze or burn, he has a regard for the person making the trial. If the nuts named after the girl and her lover burn together, they will be married.

As to apples, there is an old custom, perhaps still observed in some localities on this merry night, of hanging a stick horizontally by a string from the ceiling, and putting a candle on the one end, and an apple on the other. The stick being made to twirl rapidly, the merry makers in succession leap up and snatch at the apple with their teeth (no use of the hands being allowed), but it very frequently happens that the candle comes round before they are aware, and scorches them in the face, or anoints them with grease.

The disappointments and misadventures occasion, of course, abundance of laughter. But the grand sport with apples on Halloween is to set them afloat in a tub of water, into which the juveniles, by turns, duck their heads with the view of catching an apple. Great fun goes on in watching the attempts of the youngster in the pursuit of the swimming fruit, which wriggles from side to side of the tub, and evades all attempts to capture it; whilst the disappointed aspirant is obliged to abandon the chase in favour of another whose turn has now arrived.

The apples provided with stalks are generally caught first, and then comes the tug of war to win those which possess no such appendages. Some competitors will deftly suck up the apple, if a small one, into their mouths. Others plunge manfully overhead in pursuit of a particular apple, and having forced it to the bottom of the tub, seize it firmly with their teeth, and emerge, dripping and triumphant, with their prize. This venturesome procedure is generally rewarded with a "hurrah!" by the lookers on, and is recommended, by those versed in Halloween aquatics, as the only sure method of attaining success.

In recent years, a practice has been introduced, probably by some tender mamma, timorous on the subject of their offspring catching cold, of dropping a fork from a height into the tub among the apples, and thus turning the sport into a display of marksmanship. It forms, however, but a very indifferent substitute for the joyous merriment of ducking and diving.

Among these is the custom still prevalent in Scotland, as the initiatory Halloween ceremony, of pulling kailstocks or stalks of colewort. The young people go out hand in hand, blindfolded, into the kailyard or garden, and each pulls the first stalk with which he meets. They then return to the fireside to inspect their prizes. According as the stalk is big or little, straight or crooked, so shall the future wife or husband be of the party by whom it is pulled. The quantity of earth sticking to the root denotes the amount of fortune or dowry; and the taste of the pith or custoc indicates the temper. Finally, the stalks are placed, one after another, over the door, and the Christian names of the persons who chance thereafter to enter the house are held in the same succession to indicate those of the individuals whom the parties are to marry.

Another ceremony much practised on Halloween, is that of the Three Dishes or Luggies. Two of these are respectively filled with clean and foul water, and one is empty. They are ranged on the hearth, when the parties, blindfolded, advance in succession and dip their fingers into one. If they dip into the clean water, they are to marry a maiden; if into the foul water, a widow; if into the empty dish, the party so dipping is destined to be either a bachelor or an old maid. As each person takes his turn, the position of the dishes is changed.

The ceremonies above described are all of a light sportive description, but there are others of a more weird like and fearful character, which in this enlightened incredulous age have fallen very much into desuetude. One of these is the celebrated spell of eating an apple before a looking glass, with the view of discovering the inquirer's future husband, who it is believed will be seen peeping over her shoulder.

Another of these, what may perhaps be termed unhallowed, rites of All Hallows' Eve, is to wet a shirt sleeve, hang it up to the fire to dry, and lie in bed watching it till midnight, when the apparition of the individual's future partner for life will come in and turn the sleeve.

Other rites for the invocation of spirits might be referred to, such as

the sowing of hemp seed, and the winnowing of three wechts of nothing, i.e., repeating three times the action of exposing corn to the wind. In all of these the effect sought to be produced is the same the appearance of the future husband or wife of the experimenter.

It may here be remarked, that popular belief ascribes to children born on Halloween, the possession of certain mysterious faculties, such as that of perceiving and holding converse with supernatural beings.

Discovery of America

On 12th October 1492, Columbus with his followers landed on Guanahani or San Salvador, one of the Bahama Isles, and planted there the cross in token of gratitude to the Divine mercy, which, after guiding him safely through a perilous voyage, had at last, in the discovery of a western world, crowned with success the darling aspiration of his life. Land had already been descried on the previous evening, but it was not till the ensuing morning that the intrepid admiral beheld the flat and densely-wooded shores gleaming beneath the rays of an autumn sun, and by actually setting his foot on them, realized the fulfillment of his hopes.

It is now well known that although Columbus was unquestionably the first to proclaim to the world at large the existence of a new and vast region in the direction of the setting sun, he cannot literally be said to have been the first European discoverer of America. The ancient Scandinavians or Norsemen, so renowned for their maritime enterprise, had, at the commencement of the 11th century, not only settled colonies in Greenland, but explored the whole east coast of America as far south as lat. 41° 30' N, and there, near New Bedford, in the state of Mass., they planted a colony. An intercourse by way of Greenland and Iceland subsisted between this settlement and Norway down to the fourteenth century.

There is also satisfactory evidence for believing, that in the twelfth cen-

tury the celebrated Welsh prince, Madoc, having sailed from his native country with a small fleet, landed and founded a colony on the coast of Virginia. But to Columbus still belongs the merit of having philosophically reasoned out the existence of a New World, and by practically ascertaining the truth of his propositions, of inaugurating that connection between the Eastern and Western Hemispheres, which has affected so remarkable a revolution in the world's history.

It is a little curious, indeed, that the belief which Columbus entertained, at first, as to the land discovered by him being part of India or China, was adhered to by him to the last, and he died in the idea that Cuba formed a portion of the mainland of India. This notion so pertinaciously clung to, both by the great Genoese and Europe in general, was dispelled by Balboa's expedition in 1513 across the Isthmus of Darien, and discovery of the Pacific Ocean. Whilst a few years later, the real position of these countries with respect to America was demonstrated by the expedition of Fernando Magalhaens, whose untimely death, in the Philippine Islands, deprived him of the honour of being the first circumnavigator of the globe.

Much obloquy has been thrown on Amerigo Vespucci, the Florentine navigator, for depriving Columbus of the honour of giving his name to the New World. How the denomination of America arose from Vespucci's Christian name has never been satisfactorily explained, but it appears to be sufficiently ascertained that he himself is in nowise responsible for the circumstance. Vespucci, who was a man of considerable attainments, wrote an account of his American voyages, which was translated into German, and obtained an immense popularity with that nation. It has been conjectured that the name of America was first applied in Germany to the New World, and from thence was adopted by the other countries of Europe.

To read more from Robert Chambers' *The Book of Days*, visit www.the-bookofdays.com.

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ECOLOGY

Creating a backyard habitat

Lizzy Ryan
Strawberry Hill Nature
Presenrve

I very recently just bought my first house. It was a crazy and stressful experience, but I'm glad I did it. I was spoiled when I lived with my parents. They have 18 acres of woods, meadows, a pond, and stream! It was a dream for someone who loves to spend time outside. At work, I'm in a forest. I have always been around places of diverse habitats full of wildlife and diverse plants. That is why one of my biggest requirements for a new home was a big yard.

Our new house does have a good-sized yard, but it is also right on the edge of a town - definitely something I'm not used to. We got this house determined to make the backyard our very own habitat and oasis.

Let me tell you about the yard. The front of the house has two sad looking daylilies and two hostas. The backyard has a good amount of shade. However, most of the shade is from three mimosa trees. There is also a nice elm tree and a few silver maples.

When most people move into a house, their first projects consist of interior things. Not me! I want a backyard habitat! The second weekend we were in the house (it wasn't the first because we were physically moving in) I enlisted my mom to go shopping with me and visit some nurseries, not a hard task. I wanted to get a few plants established. I bought six native perennials for the front of the house including a

few echinaceas, a sneezeweed, and coreopsis. I also added a few wooly thyme to the cart. I got these plants to attract a variety of pollinators. For the backyard, I got two native viburnums and a bayberry to go near the property line between our house and the neighbor's. I transplanted the daylilies for now to go alongside the garage. I actually hate daylilies, but I didn't have the heart to get rid of them! I have a lot of work yet to do on the yard, but I feel like I have a good start.

When planning the backyard, I have been researching the aspects of having a certified backyard habitat. In order to have an official wildlife habitat (certified by the National Wildlife Federation) you have to have: food, water, shelter, a place to raise young, and employ sustainable practices. Below, I will outline how to achieve each of the habitat aspects.

Food

Everything needs to eat! Food can be provided in a variety of ways. One way is by planting native perennials, shrubs, and trees. The berries, nuts, nectar, and foliage they produce provide a great food source for a variety of wildlife. Rotting natural debris can provide a food source as well. Decaying matter attracts insects. Insects are food for many for birds and small mammals.

You can also provide feeders. This could be a bird feeder, hummingbird feeder, butterfly feeder, or a squirrel feeder. Bird feeders come in a variety of different shapes and sizes. These different types of feed-



To the human eye, this patch of Milkweed looks out of place in a well manicured pasture, but to the Monarch butterfly, it offers much needed habitat. It provides them nectar, a place to lay their eggs, and food for the caterpillar offspring to feast upon when they hatch.

ers will attract specific birds. My dad always used suet feeders to attract the woodpeckers and black oil sunflower seed in feeders of different shapes and sizes to attract other kinds of birds like cardinals, titmice, chickadees, and finches.

The placement of feeders is also important. In my neighborhood, there are stray cats everywhere! They are of course scaring away any wildlife that try to come through. If you have a cat problem like we do, put bird feeders in a location that is away from these predators, i.e. away from a brush pile or shrubs the cats can hide in and away from trees they can climb on. Our feeders will be placed near the house where we can view them, and they will be protected from the preying cats!

Water

All wildlife needs clean drinking water. Some need water to bathe in and live in as well. There are many ways to "create" this water source to be a backyard habitat. One way is providing a simple bird bath. Bird baths should be no more than three inches deep for the smaller birds to use and the bottom should have some sort of texture on it so it's not too slippery. Birds will use the

bath to drink and to bathe in. Bathing helps keep the birds clean, cools them off on a hot day, and keeps down parasites. You do need to keep bird baths clean as to not allow the growth of unwanted bacteria. You can also buy special heaters to put in the bird bath in the winter to keep ice from forming.

You can also create a container water garden. This is just an above ground pond filled with water plants. You can go the more expensive route and create a pond. All kinds of ponds should have something to deter mosquitoes. This can include a fountain or bubbler, mosquito dunks, and even small fish. My plan is to provide a container water garden this spring.

Cover/Shelter

Cover is important because it provides a place for wildlife to go in inclement weather and for protection from predators. Cover can include brush piles, shrubs, rock/log piles, and even dead trees. When planting shrubs for cover, always remember to plant native! Dead trees make excellent cover because tree cavities can serve as a home in and of itself, but also decaying trees serve as a home to many insects. When leaving dead trees, be sure they are not a safety hazard to

structures or people.

Cover can also consist of man-made shelters. Things like bird houses (including songbirds, owls, and ducks), insect houses, squirrel houses, and even toad houses make a fun project for adults and kids! These houses should be made to proper dimensions depending on the animal you are trying to attract. The Pennsylvania Game Commission has a ton of free woodworking plans for all kinds of wildlife homes!

Go to: www.pgc.pa.gov/InformationResources to check it out!

Places to Raise Young

To ensure that a species survives, they need to reproduce. To provide places for them to raise their young, you can have the wildlife boxes, or nesting boxes, as stated above. A water garden or pond is a great idea if you are trying to attract amphibians. Even mature trees and shrubs provide a place for wildlife to raise young.

Sustainability

In order to have a thriving backyard habitat, you also need to manage it sustainably. This includes eliminating chemical pesticides and fertilizers, planting all native plants and removing any invasive ones, using a rain barrel and creating riparian buffers, and limiting your water use. By using these eco-friendly practices, you are ensuring that your habitat stays healthy. In our yard the mimosas will be coming down. They are not native, and we will leave the stumps to rot to provide that food resource for insects.

If you have created all these elements in your backyard habitat, you can submit your backyard to the National Wildlife Federation. They will review what you have done and then officially certify your garden or yard. You can even purchase a nice sign to display in your habitat for your community to see.

I am looking forward to certifying our backyard over the next year, and that it becomes an example for the entire community.

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IN THE COUNTRY

S is for Shenandoah

Tim Iverson, Park Ranger

In the late 19th and early 20th centuries, America began taking a real interest in conservation and the value of public lands. National parks were set aside to tell the stories of America and to preserve places unlike any other in the world. At the dawn of the agency, the National Park Service was expanding throughout the American West preserving immense natural cathedrals like Yellowstone, Yosemite, and the Grand Canyon. In the east there were historical battlefield sites, like Gettysburg and Antietam, that were originally preserved by the military and later transferred and consolidated into the National Park Service. Yet the east still had not yet realized any national parks in the mold of the grand western parks.

Acadia National Park edged out Shenandoah to become the first national park in the east. However, increasing urbanization continued to feed the desire for another park in the south. By 1925, legislation authorizing the creation of Shenandoah emerged from Congress and was signed by President Calvin Coolidge. However, it would be another 10 years before the dream was finally realized. Shenandoah National Park was officially established December 26, 1935.

The original legislation envisioned the park to be more than 500,000 acres, but it contained no federal funding with which to acquire the land. These circumstances raised the dominoes that would eventually fall on the unwitting residents of the mountain that would become Shenandoah National Park.

The Governor of Virginia, Harry F Byrd, championed the creation of the park, believing that it would increase tourism to help the economy. Together with the state legislature they formed a commission and appropriated it with \$1 million for land acquisition with which the park would be created. As the commission set about surveying and appraising land, numerous problems arose. Many local residents had no claim to the land they farmed and lived on. Some were squatters on abandoned tracks of old homesteads. Others were tenant farmers who had no control on the outcome or share in the sale of the land they occupied. Others still had were the descendants of generational farmers and landowners who refused to sell at any price.

Ultimately the unstoppable tide of progress would acquire the land by one means or another. While some took the offers the commission made and received fair compensation, others found they were offered considerably less than they deserved. Much of the land was legally and rightfully purchased, however many sections were condemned and acquired through the legal practice of eminent domain. The tenant farmers and squatters were evicted. In order to ensure the occupants did not return their cab-

ins were burned. Older residents who refused to sell were persuaded by the state commission that if they sold their land they would be able to remain in place and after their eventual death the land would be turned over to the park. However, the Department of Interior, which manages the National Park Service, never agreed to this and eventually forced many of these people out.

One land owner, Robert H. Via was determined to keep his land, fighting vehemently to ensure it wouldn't be taken away. He filed a lawsuit, which made its way all the way to The Supreme Court. Citing the 14th Amendment, he believed the condemnations and use of eminent domain was a violation of due process. The court ultimately decided not to hear the case, signalling his ultimate defeat. Via left Shenandoah and never cashed the payment made for his land from the government.

One by one the residents left, either through an amicable agreement or by force. After a decade in the making, the patchwork of nearly 200,000 acres, less than half of the original vision, was finally assembled to create Shenandoah National Park in 1935. Stitching together the park was a difficult task, but creating the park ushered in a new era of hope and revitalization during one of the bleakest times in modern history.

The Civilian Conservation Corp, was a "New Deal" relief program offered by President Franklin D. Roosevelt provided jobs and economic opportunity to young able-bodied men during the Great Depression. Over the course of seven years, the young men who came to Shenandoah built much of the infrastructure that became the park. Their crowning achievement in Shenandoah became the construction and landscaping of Skyline Drive, the most popular attraction. Nearly 7,000 men over



Looking for a great weekend getaway? Then look no further than the Shenandoah National Park. While just hours from here, once there, you will feel like you have stepped back in time to a period when Mother Nature ruled supreme.

seven years worked in Shenandoah creating the park we know today. During that time they left the legacy of dozens of camps, they blazed hundreds of miles of trails, and planted thousands of trees - which have become a seasonal sensation in their own right.

During the summer, leaves are little factories for trees. Green tinted chlorophyll allows leaves to capture sunlight and make energy for the tree. The chlorophyll is sensitive to cold temperatures, so when the air gets crisp trees respond by producing less of it. Hidden within the leaves all along were yellow and orange color pigments called carotenoids, also found in carrots, that finally have their moment to shine through. In some leaves while the chlorophyll is breaking down it causes other chemical reactions to occur in the leaf. Anthocyanins are then created, which in turn make brilliant reds out of the once verdant leaves.

As the colors begin to fade another process, called abscission, begins to take place. Abscission

means to "cut away," and that's exactly what happens to the leaf. Where a leaf stem attaches to the tree a special layer of cells gradually develops severing the connective tissue. As a gust of wind comes along it blows the leaf off and the body of the tree is sealed shut by this new layer of tissue.

Every autumn thousands ascend Skyline Drive to view the annual arboreal display of color cascading down the mountain to the valley below. Both the Washington Post and Shenandoah National Park offer foliage predictions. Typically peak color change occurs here around mid-October. While viewing the foliage from a car offers a

great socially distanced method to escape Covid cabin fever, the park also offers a live 24-hour web cam in the event visitors can not make the trek.

The scenery of Shenandoah reminds visitors of the history and the people of the mountain. It's a dynamic cycle of renewal that tells the story of what Shenandoah was, has become, and will be. As America's storytellers, the National Park Service has an obligation to share the experience and lives of those who helped create Shenandoah National Park.

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REAL SCIENCE

Life on Venus?

Michael Rosenthal

I've always been fascinated by the possibility of life on other planets. Growing up with a dual interest in Real Science and Science Fiction, I could usually tell the difference, but that did not lessen my interest in science fiction. I was a subscriber to The Magazine of Fantasy and Science Fiction for many years, and I still have boxes of them in my basement. Are there any collectors out there who want to make a deal?

Recent news indicates there is potential for life on Venus, our nearest planetary neighbor, and the basis of this speculation is ... chemistry! The recent detection of a particular molecule of gas in its atmosphere by an international team of scientists was recently published, and reopens the topic of life (maybe not humans!) on other planets. It's hard for me to imagine, as a scientist, that life exists only on Earth!

Near the top of the acidic clouds that blanket Mars scientists have detected phosphine, a simple molecule, PH₃, produced on earth by bacteria and through certain industrial processes. Phosphorous has the same outer electron configuration as nitrogen, hence its relationship chemically to ammonia, NH₃. Scientists can offer no other explanation for the relatively high abundance of phosphine in the Venus atmosphere, and this is the finding of an eminent MIT molecular astrophys-

icist, Clara Sousa-Silva. Because of more extreme conditions, high heat and low water content, Mars has usually been the scientists' favorite for life other than on earth in our solar system.

Now remember, 'life' does not always mean creatures like those who run for the American presidency (a little humor). Venus, being close to the sun and having a dense atmosphere, thus exhibits a powerful greenhouse effect with a very high surface temperature. We have sent robotic probes that verify Mars as a place less hospitable than even Florida is now (due to COVID-19!). The best thing to do, though easier said than done, would be to send robotic missions to Venus, and ideally bringing Venus samples back to earth. Phosphine has been considered (it can be identified at a distance by its chemical spectrum) as a biosignature on distant planets, but not before within our own solar system.

Phosphine itself is not a fun chemical. It is a toxic (to critters, including us), malodorous gas, extremely poisonous, and even used in chemical weapons. It is not commonly found in nature, but here on earth can be laboratory synthesized. It has been detected in nature, detected in the atmospheres of Jupiter and Saturn, planetary giants of high gravity. Our scientists have yet to figure out how it comes to be found on Venus.

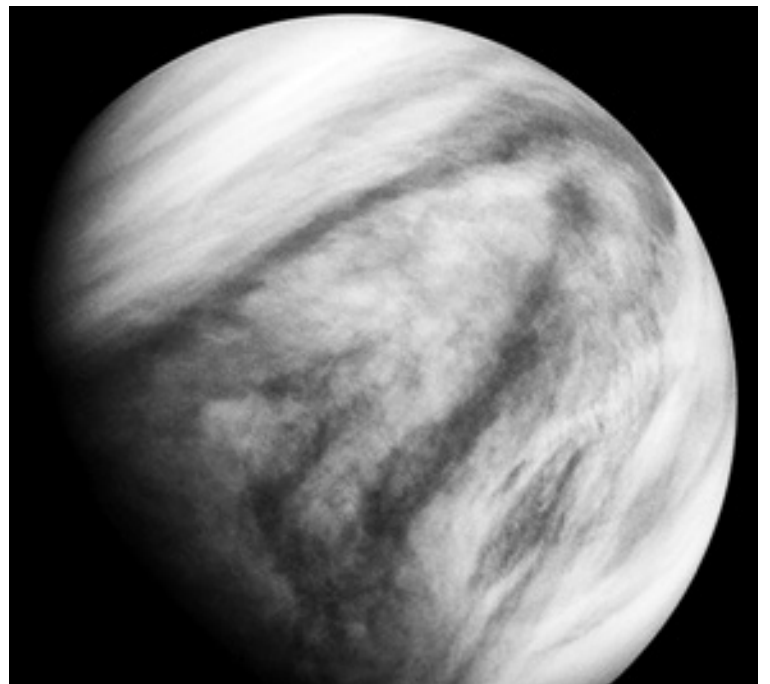
Let me digress a moment to make an important point. No alien life has been found to this day on

Earth. Darn, I was really counting on Bigfoot being a visitor from somewhere out there.

More information on this topic can be found in two excellent articles in the September 15 and September 16 Washington Post.

Well, you might say, that I am not that much interested in Venus. Here is an alternative. NASA recently announced that it's looking for companies to mine the surface of the moon! They want them to collect rocks and dirt from the lunar surface, and sell them to NASA. The underlying reason is to help astronauts "live off the land." This plan is part of NASA's Artemis Project, a plan to set up a permanent presence on and around the moon, on the way to exploration of Mars (!). In 1967 the Outer Space Treaty says that no country may lay sovereign claim to the moon or other celestial bodies, and reassurances have been made that this effort would be in compliance with that treaty.

NASA sees this effort as an important way to assure cooperation and fairness as interest grows in extracting resources from outer space, much as the agreements now in place to prevent undue exploitation of ocean resources. NASA wants to go back to the moon by 2024, particularly to the moon's south pole where there is ice in shadowed craters. The water is potentially useful not just in its usual obvious ways, but as a source of hydrogen and oxygen, for rocket propulsion. (It always comes back to chemistry!). This can be a prototype for future extraction of other materials, says NASA, from on and below the lunar surface, such



A chemical you've likely never heard of has burst into the news thanks to scientists' announcement that they have detected phosphine, which they say may be a sign of life, in the clouds of Venus.

as precious metals. I remember a lot of cowboy gold rush movies as I was growing up; the next generation may see Moon Rush movies (streaming on our devices, of course). A number of existing companies have shown interest in this potential project.

Our nearest neighbor in outer space is of course our Moon. NASA is planning an astronaut trip to the Moon is 2024. It's only 239,000 miles, after all. We haven't sent anyone there since 1972. And it will include the first woman (yet unnamed) to travel to the Moon. The mission will utilize the Unified Geologic Map of the Moon, what is called the "definitive blueprint of the moon's surface geology." The map is a revolutionary tool that took more than 50 years to make, and it utilized the finding from the Apollo moon missions of the 1960s and 1970s. The map illustrates the moon's layers, differentiating lava plains and ancient highlands, in colors. This map will be a great help, says United States Geological Survey research geologist James Skinner, in showing in detail the physical features of the Moon's surface, and thus helping astronauts in their explorations.

topics on which I have written earlier that have new developments. The Flint water crisis was a terrible event in which lead entered the drinking water system. The issue has not come yet to rest. There are still legal battles taking place and arguments over federal regulation. The EPA has still not come forward with the level of update to the Lead and Copper Rule, that regulates the amount of these chemicals allowed in drinking water. No amount of lead or copper is safe in drinking water!

Many communities have had levels of lead in their water above the safe level, but Flint came to attention because of the extremely high level of lead. Between January 2015 and March 2018, 5.5 million people were using that water. No amount of lead is safe, and zero percent lead should be the goal of the water for human consumption. Much of the problem, you may recall, had to do with the lead lining in old water pipes. Lead lined service lines should be eliminated! The cost is high, but in my opinion it is necessary to do this to protect health, with special concern for the health of children.

I have now written over sixty articles of Real Science, and I occasionally like to come back to

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THE VILLAGE IDIOT

When you get old(er)

Jack Deatherage

"Congratulations," One of my mentors said to me about one thousand days ago. "You've finally joined the twenty-first century."

The DW and I had gone back into the debt hole when we were forced to buy another used car. I was *not* happy about all the computers and other electronic features the car was equipped with, but it was the best of the rolling cages we looked at that we could afford, barely. I heard the laughing gods warming up with chuckles as I scribbled something that in no way looked like my name on document after document in the dealership office. I walked out of the office, sick to my stomach as I usually am when I've gone over my head in debt- the less than happy co-owner of a 2006 Buick.

About one hundred days after taking possession of the Buick- the warranty had expired- the headlight switch assembly crapped out. After having the battery drained several times and needing jump starts from friends and neighbors I finally took the hulk to a garage and away went just shy of a thousand dollars. I figured the gods would move on to laugh at someone else, but their laughter grew louder.

When the driver's side window cracked into three pieces for no reason anyone could fathom, I sighed and settled in for the "fix, repair, repeat" sequence I knew was my fate. (That broken window required the purchase of an entire door as the windows are no longer in stock.)

The first car I was forced to drive and maintain was a Buick the DW's da gifted us because we had a baby due and everyone was telling me I had to give up motorcycles and acquire a car. (Thirty-two years later I still say we could have brought the baby home on a bike and avoided all the troubles four wheeled cages have caused me since.) I'll admit the 1978 Buick was as comfortable as the first car I remember being in as a child. Dad's 1954 Buick served the family well. It hauled five of us around Florida for a few years before taking us to Maryland and Dad on to Texas for training before all of us, plus a new baby, headed to Ohio in it. When we left Ohio four years later there

was a seventh family member onboard when we reached Maryland again, and eventually moved into Pennsylvania. By the time Last Brother was born the Buick had been replaced. (If I could find a restored 1954 Buick I'd not worry so much about going into debt for it. Damned fine cars they were. Almost as trustworthy and user friendly as the motorcycles I used to own.)

Our current Buick replaced an Olds, which replaced a Chevrolet, which replaced a Ford, which replaced a Chevrolet, which replaced the first Buick. Of those rolling cages the Ford survived for nineteen years with me at the wheel and it was three years old when we bought it.

On top of needing unexpected repairs (long before we've paid off the loan) the current Buick is the most uncomfortable of the vehicles I've owned. (Yes, my age has something to do with that, but the car is simply cramped and has too many hard surfaces in places I don't need them. Gods! For the freedom of movement motorcycles permitted!)

The second piece of automotive electronics to act up was one of the computers installed under the hood- where water flung up from the tires could get at it. We were told replacing that would be close to another grand we didn't have. Fortunately the thing didn't involve any safety features and only got wonky when it was wet. It was wet a lot that year, but we still haven't replaced the computer.

By the time the second computer started crapping out (our mechanic updated its software rather than replace it for... (oh, never mind) we had acquired a flip phone from the DW's ma so we could attend to her should we be out and about when she needs us. Neither the DW or I knows how to work the fracking phone, though I did manage to call the Mad One when the gear shifter cable in the Buick broke and left us sitting in Thurmont recently.

I expected to find the phone's battery dead when I retrieved it from its hidey-hole in the car. How the gods passed up that opportunity for a major guffaw has me worried- more so than usual. I'll have to start carrying the phone with me from now on so I can check its power level regularly. Gods! I do not want to

become part of the Borg's Collective! At least I can't give the phone's number to anyone else, because I don't know what it is. Though that doesn't seem to stop people I don't know from calling the phone. Not that I ever answer the thing unless it's a number I recognize, and I only know two or three numbers- the home number and the DW's ma's number. The Mad One put her number in our phone while she tried to explain to me how to use the thing.

"You are smart enough to learn how this works." She glares at me. "But you are a stubborn ass, so you won't learn."

When her number turns up as an incoming call I answer the phone immediately, or return the call quickly if I wasn't around when she made it. It's all "Yes dear. Of course dear." Until she's back on a different continent where I can ignore her if I'm feeling brave at the time.

"You need to embrace the technology, or you will become a dinosaur." Or some such she chided me recently.

I grumbled something about being content with becoming a grumpy old man who would happily go to the manure pit without ever learning how to use the blasted flip phone, or Windows 97, or the antique iPad the editor gave me. (I did figure out how to recharge the iPad when the bat-

tery gets low- how else could I play solitaire on it?)

"For God's sake! You have three laptops with Windows 10 loaded in them!"

"Is that why I can't figure out how to use them?" I scratch my head in confusion and wonder if I should increase my memory pill dosage. (Probably not. I don't want to give up the "failing memory" excuse that gets me out of most arguments when I'm losing them. Which seems to be more often than not with her these days.)

This growing older physically

hurts as it is. Having to deal with technology is just another added pain I don't want. Ah well. Given the lifespans of most of Mom and Dad's families I've only got twenty more years to go, thirty if I can avoid doctors. Maybe I'll learn to text (whatever that is) before I shuffle off this mortal coil. Or is it "shuffle off the buffalo"?

Meh. I doubt the Collective would understand either reference anyhow.

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



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THE MASTER GARDENER

Think gardening is over? Think again...

Mary Ann Ryan
Head Guru, Adams County
Master Gardeners

Fall weather hit us fast! It seemed like one day it was hot and the next we were wanting to turn on our heat! In our area, September 19 was our first frost of the season. Hustling to cover plants and picking the remaining crops that would be affected by frost made for a busy evening! Does that mean the season is over? No way. There's plenty to do to prepare for a healthy garden next year.

Here is a list of things on my to-do list. Maybe some of these things you will want to do as well.

1. Do a soil test. Generally, testing the soil for pH and nutrient value is good to do about every three years. My three years are up, so I have purchased a soil test kit at the extension office. Soil testing is an easy thing to do. After purchasing the kit, dig samples of soil throughout the garden beds and mix the soil in a bucket. Take one cup of soil and put it in the bag that is provided in the kit. Package it according to the instructions and fill out the paperwork.

Enclosed in this kit is a multi-page form with different colored pages. It looks more daunting than it really is. We gardeners would use the last page of the packet (specific to the Penn State soil test kit), which is specific to gardens, not field crops, and follow the instructions. Include this paperwork with the soil sample in the bag provided and mail it. You should get results within two weeks.

2. When the results of the soil test come back, add the appropriate lime or sulfur to address any pH issues as well as any needed nutrients.
3. Add compost. Compost improves soil structure and promotes drainage and aeration to our clay soils. Other benefits to adding compost is it reduces soil compaction, a common problem on new-build sites or areas that have had heavy equipment running over it. It is always a good idea to mix it into the soil to keep those nutrients there and reduce the amount that may erode or run off.
4. Weed thoroughly. Getting rid of any weeds, especially those with seeds, will reduce the amount

problems next spring. This goes for ornamental gardens, like perennial gardens or shrub and tree borders and foundation plantings, as well as vegetable and fruit gardens.

5. In a vegetable garden, be sure to pull any vegetable plants and discard. This will reduce insect and disease pressure for next year that may have been a problem this year. Disease spores and insects can overwinter on dead plant tissue, thus quickly infecting next year's crop.
6. Cut down any of the foliage from perennial vegetables, like asparagus, and discard. Again, we are trying to reduce overwintering insects that may have caused problems with the perennial vegetables.
7. In contrast, in the perennial garden, leave dead flower stems and seed heads for beneficial insects that may live in the hollow stems, and for a food source for the overwintering birds. Perennials like Rudbeckia (Black-eyed Susan), Echinacea (coneflower), and Helianthus (perennial sunflower) provide a great source of seeds for the winter birds.
8. Plant shrubs, trees, and perennials. If expanding a bed, replacing plants, or creating a completely new ornamental garden, October is a great time to plant a new space. Follow all the proper planting rules: don't plant too deep – the level the plant is in the pot should be the same level in the hole, water it well after planting and continue to water if there is not enough rainfall.
9. Mulch. Especially newly planted trees, shrubs and perennials will benefit from a fall mulch. This will help to keep the soil temperature more even, thus reducing the amount of freezing and thawing that will happen without mulch. Freezing and thawing negatively affects newly planted plants because the soil will push the soil ball up and tear any roots that may have started to grow into the existing soil. It will potentially expose roots as well



Allow stems and flowers of plants like cup plants and echinacea to remain standing for winter birds and overwintering beneficial insects.

when heaving.

10. Rake leaves that are on the turf-grass into the planting beds or vegetable garden. This is a free source of mulch, and as it breaks down, will add that organic matter to the soil with all the benefits we discussed earlier. I have been known to gather bags of leaves from neighborhoods to add to my compost or to use as mulch for my gardens.
11. Plant bulbs. Fall is the time to plant spring blooming bulbs like tulips, daffodils, and hyacinths. Follow instructions when planting as each type of bulb will require a different planting depth. The bigger the

bulb, the deeper it needs to be planted.

12. When selecting bulbs at a garden center, whether in pre-packaged bags or loose, select firm bulbs that do not have holes in them. Avoid a package that may have even one mushy bulb, as the rot can affect the other bulbs in the package.
13. Dig up any tender bulbs or tubers, like dahlias, gladiolas, and cannas. Cut off any green growth and store in a paper bag in a cool, dry location that does not freeze.
14. If growing hybrid tea, grandiflora, floribunda, climbing or David Austin roses, rake away

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THE MASTER GARDENER

Small Town Gardener

One last tomato harvest & three recipes to deal with it

Marianne Willburn

The last of the tomatoes are ripening on the vine. Many more are currently ripening on the ground after a spate of blustery weather, and it takes a Herculean effort on my part to pick them this morning, as it is not just the harvesting but the promise of preparation implicit in the gathering that makes me wonder if it might not be better to wait until tomorrow.

Tomorrow and tomorrow and tomorrow. I roll the thought around as I heft the large hog wire cages back into upright positions, think better of it and let them fall again against wet leaves and spent soil. Already my thoughts are turning to woodland mushrooms, beef and venison pie, and guilty slices of warm apple pie for breakfast.

Fall is here.

And yet, so are these tomatoes. My conscience will not let me ignore them. Chances are, neither will yours. Here are three quick things to do with this last harvest that can assuage that conscience with minimum effort and maximum enjoyment. If you've got a food processor, the effort is almost less than minimal.

Roasted tomatoes for the freezer

If those bushel baskets are overflowing, this is an easy way of processing the harvest without ever figuring out how to seal a canning jar. They will last in the freezer for up to a year and you can use them wherever you want a bit of homegrown tomato flavor.

Grab your overflowing baskets. Find something riveting on television, or at the very least, marginally entertaining. Cut tomatoes in half, squeeze out and discard extra seeds and juice, and lay them on cookie sheets lined with parchment

paper. When you're finished, finely chop a couple garlic cloves together with some thyme and oregano and any other herb you have in the garden that you think will taste good with winter tomato dishes. Add some olive oil, salt, pepper and a little bit of balsamic vinegar and perhaps a tsp of sugar (as if you are making a salad dressing).

Drizzle the herb mixture over the tomatoes and place in a 300 degree oven. Roast them slowly to concentrate flavor – about an hour and a half. Let them cool then seal into Ziploc, and freeze.

One last batch of fresh tomato salsa

Just one more dripping, flavor-drenched, healthy bowl – one more to keep us going over the next eight months. If you've never made salsa before, I'm sorry that you're coming to this at the end of the season, for you're liable to be bitter over all that you've missed.

Using the blade of your food processor, or a bit of wrist action and a good chef's knife, finely chop two cloves of garlic, a jalapeno pepper, and a handful of cilantro leaves. Add the juice from half a lime and a few twists of the pepper grinder. Cut seven or eight tomatoes into quarters then put them in the food processor bowl to be chopped coarsely. Just keep chopping if you've only got a knife, stopping briefly to put a food processor on your Christmas list.

Once you've achieved the texture you desire, it's time for the magic ingredient: Salt. Salt is what makes those flavors sparkle – and you'll need more than you think. Start slowly, but if you over-add, chop a few more tomatoes and you'll

be fine. Nothing beats fresh yummy salsa with a crisp bag of tortilla chips.

Tomato pesto pasta

This is a quick, no cook recipe (says she, pulling out the Cuisinart one last time), given to me by a Dutch friend one July long ago. She loved my tomatoes but tired of having fresh salsa forced down her throat every evening and told me there was more to pesto than armfuls of basil.

Very finely chop (by hand or by machine), a half a cup of almonds that you have 'roasted' in the microwave for two minutes. Add two cloves of garlic, a handful of basil and a half cup of shredded parmesan and process until finely chopped. Now add tomato quarters as you might have done for the salsa and chop until fine, adding a couple tablespoons of balsamic vinegar and perhaps a quarter cup of olive oil to achieve the consistency you'd like. Salt and pepper to taste. You should have a coarse, flavorful sauce to pour over a steaming plate of pasta. I like to brown butter and toss the pasta in that before it is topped with the pesto.

There you have it. Three delicious ways to soothe the conscience, and one big ticket item for the Christmas list this year.

Hurry up. This window is almost closed.

Marianne is a Master Gardener and the author of the new book Tropical Plants and How To Love Them. You can read more at www.smalltowngardener.com.

any dead leaves, sticks or stems from around the base of the plants. This will help to reduce disease and insect infestation for next year. If it is a grafted rose, mulch around the graft union to protect it through the cold winter temperatures.

15. Have a water garden? Be sure to prepare it as well for the winter. Any tender plants that you wish to keep for next year must be lifted and overwintered in a shallow pool of water in a cool location that doesn't freeze. Remove any pumps and store in a dry location like a basement or garage.
16. If you have your tropical plants in a protected area outside, get it indoors. Freezing temperatures will kill tropical plants.
17. Take notes. Fall is a great time to begin a garden journal. Keep track of what went right this past garden season; make drawings of changes you would like to make for next year. Note any new plants you tried and how they did through the summer. This will remind you in the spring where they are so you can easily determine how they managed through the winter as well. The older I get, the more important notes become. It helps me in deter-

mining the direction of the garden for the following year, and it's fun to look back on notes from years ago to see how the garden has changed. Notes can include pictures of the garden to help remind you what you did and what went right.

18. Force bulbs. Consider planting some tulips, daffodils or hyacinths in containers for forcing in late winter. Bulbs need a cooling period, so if you are purchasing bulbs that have not been pre-cooled, get them planted in containers early this month and cool them in a refrigerator for about 12 – 14 weeks. They will be ready to put in a sunny window in late February, early March for a bit of spring color indoors.

I find October one of the best times to garden. The weather is great, and it feels good to get outside after a hot summer to do a clean-up from the gardening season. Fall gardening gives me energy that I lost to the heat in July and August and gets me excited for the next season. It helps me to focus on ideas for the following year and I look forward to winter planning. Hopefully it will do the same for you!

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

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PETS

Journey to my forever home

“Q”

It seems so, so long ago. I remember the first time I wandered away from ‘home.’ It wasn’t so much of a home, as I know it today. It was a spot in some high grass where Mom had placed us.

I was one of five. Alex, the adventurous one, had wandered down the path Mom used. He had been away for a while and I went looking for him. I followed the path for what seemed like forever. In reality, I didn’t go very far as I was constantly stopping to look back since it was my first time away from home. Everything was new. It was exciting, yet at the same time, it was scary.

After inspecting what I would later learn was a cricket for almost half an hour, I was about to start off again in search of Alex when I heard something crashing through the grass at me. I hunkered down, like Mom had taught us, and hoped whatever it was would not see me. When I did look up, all I could see were Mom’s two eyes – and they did not have a happy expression on them.

Mom picked me up by the neck and I soon found myself next to Alex and everyone else back at home. So much for my first big adventure.

Life was pretty good back then. Mom always made sure we had something to eat. I still remember the first time she brought us our first mouse. We were so clumsy that it kept getting away. Eventually, we figured out how to grab it with our claws but had no idea what to do next, so we let it get away. Mom was furious!

When she wasn’t around, we practiced our hunting skills on whatever wandered near our nest. I spit out my first grasshopper – it tasted horrible! I couldn’t wait to grow up and hunt like Mom.

One day Alex left the nest again, but having learned my lesson, I didn’t follow him – I knew he would get in trouble when Mom brought him back home. But Mom came home without him; she turned around and left immediately. That

evening, when she returned, Alex was still gone.

I never did see him again.

A few days later, Mom didn’t return home that evening, nor did she come home in the morning. By the second night, we were all getting hungry and one by one, slowly crept away from the nest to look for Mom.

As I was the oldest, I went first. I soon passed where Mom had found me on the path a week or so back, and though I was scared, I kept going on. It was bright and sunny out. After a while the path came to the stream Mom had taken us to several times to drink. I could smell her scent, but she was nowhere to be seen.

I jumped from rock to rock and was soon on the other side of the stream and continued on. Eventually, I came to a wide opening. The ground was hard and black, and there were big things swooshing by me. They were moving so fast that I couldn’t turn my head fast enough to follow them. I turned around. As I would learn later, it was one of the smartest things I did.

I wandered alongside the back dirt for while and then went back into the grass. I was just about to lay down for a nap, when a big older cat jumped in front of me. “I was on his territory,” he told me and, “I had better keep moving.”

I turned to head back the way I came, but he blocked my way, so I turned around and kept going in the direction I had been heading.

It seemed every time I stopped, I was told to keep moving. I had no idea where I was, or where home was anymore. I was on my own.

I was still little, so ‘mousing’ was still beyond my capabilities. I lived on grasshoppers, crickets, and anything else that passed my way. My stomach always felt empty.

Mom had found us a nice shelter, so no matter how hard it rained, we were always dry. However, I had no place to call home now, so when it rained, I always got wet. And as time went on, you can add cold to

the list of miseries that afflicted me.

One day, I found a bowl of food and ate it with gusto. I came back the next day and it was full again! This time, after eating it, I waited around to see how it magically refilled. Boy, was I surprised when I saw a woman fill it. She had no sooner filled it then I rushed to eat it before anyone else could. While I was eating, she reached down and stroked my back. It was the first time since Mom that I had felt anyone touch my back. I wanted to run, but I was too busy eating. Not to mention it felt good!

As weeks turned to months, I became comfortable being around the woman; I even let her pick me up when she wanted to. I was getting pretty used to being around her house, and even had a place to sleep out of the rain, so I began to call it home. But one day, just like Mom, she failed to show up. The food bowl remained empty.

I stayed around for a week, hoping against hope. But as the hunger in my stomach grew, I eventually moved on. Again, I found myself running into other cat’s territories. Some would simply warn me to move on, others, well let’s just say, they were spoiling for a fight. I lost more than I won, so by the time I showed up here, I was pretty banged up.

I can still remember my first night here. There were a bunch of cats behind a wire, all hanging out in the cool of the night. One called out to me as I was passing. We started up a conversation: him asking me what it was like to be feral and me asking him what it was like to have a home.

I guess we were pretty loud, because before I knew it, I heard a door open and a man walked towards me. While I was alright with the woman who had fed me, I had learned enough over the years to hide away until I knew if I could trust someone. I moved into the tall grass and watched him. Much to my surprise, he put down a bowl of food! I ate like I hadn’t eaten in a long time.

I thanked the guys behind the



The nice thing about not being a feral cat anymore is Q’s ability to spend an afternoon basking in the sun on his favorite rocking chair!

wire and went on my way. My territory was rather large, and I still had a fair amount of it to patrol before I could rest, but at least tonight, I would rest with a full stomach.

The next night, I stopped by the farm again, and sure enough, there was a bowl of food just where I had left it the night before. Again, I scarfed it down, all the while chatting with the other cats behind the wire.

Soon I had a new routine. They even built me a little hut so I could eat inside during the rain. It was far from perfect, but for a feral, it would do.

With my second winter approaching, I got sick. I don’t know what I got, but I was pretty sick. I was too tired to groom myself and always seemed to be coughing. Thankfully, I was able to find an old barn to sleep in and tried to wait out the sickness. But I keep getting sicker and sicker.

Then it happened again: I went to eat, and the food bowl was empty. When I came back in the morning, the bowl was in a small cage. I didn’t care; I was tired and hungry, so I walked in. No sooner had I walked in when the door slammed shut. I was trapped.

I wanted to cry out, to fight, but the nice man was soon by the cage and he covered it with a blanket. Before I knew it, I could feel the cage moving. The next thing I knew, I was inside. It was warm and a lot of people were looking at me.

I remember someone grabbing the back of my neck, and felt a bee sting, and then I was running after a mouse in a wide-open field in bright sunshine. I must have been dream-

ing, but then again, I wondered if I was dreaming when I woke up laying on a warm bed to the sound of rain outside of a window.

In a blink of an eye, I had gone from a feral cat to an inside cat. Well, not really an inside cat, but a barn cat. But I’m not just any barn cat, but a barn cat with my own room to sleep in, with my own bed (heated in the winter no less!), a food and water bowl that are always filled, and a nice friend – Will – who, like me, got lucky enough to be able to call this farm home.

It’s now going on three years since that nice man came out to feed me. My life before then is quickly becoming a distant memory. That nice man is now my guy. I hear people say I’m more like a dog than a cat, because I follow him everywhere, but what do I care? I like him and he likes me. Every night he comes out to sit with me. Sometimes, he brings his computer, like he did tonight, to capture my story before either of us is too old to remember it. Someday, when we are both old, and I truly am an indoor cat, we’ll sit in front of the fireplace and he will read this story to me, and memories of good times will come roaring back.

Until then, I’m just going to enjoy this life. I’m sure Mom, wherever she is, would be happy to know I was one of the lucky ones. I made it. I finally have a place I can call home again. And this one is a forever home.

To read other article by Michael Hillman visit the Authors section of Emmitsburg.net.

In-Home

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Bitsy was surrendered to the shelter when her owner could no longer care for her. She is a 7-year-old gray-and-cream colored girl who is super sweet. She's not terribly fond of being picked up, but boy does she love a good chin scratch! Do you have the right home for Bitsy?



Frito was brought into the shelter as a stray, so we don't know a lot about him and when he first came in, he was in pretty rough shape. He had a severe case of ear mites to the point where he had the back of his neck and ears scratched open. We got him treated immediately and he's doing much better now. Frito also had an injury to his lower eye lid and sclera of his eye, which was checked by a vet and believed to be just cosmetic at this point. This 4-year-old orange-and-white boy has been through a lot in his life. Could you be the one to show him what the good life is all about?



Faith came into us with her siblings when they were all about three weeks old. She is now almost 3 months old and is still with us. Faith and her siblings were bottle fed and all her siblings found homes, but Faith is still with us. She lives in our executive director's office and this adorable brown tabby can be a little shy when she first meets people, but once she knows you, she is quite a lovebug. Could you help Faith out?

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

The importance of vet care

Linda Shea
Frederick County
Animals Control

Most people are aware that the Frederick County Division of Animal Control and Pet Adoption Center is the only animal shelter in the County, and that we take in stray or unwanted animals every day of the year. We provide care for those animals in the form of proper nutrition, water, clean bedding, exercise, training, and enrichment. We also provide veterinary care that ranges from basic preventatives in the form of vaccines to in-depth diagnostics. Similar to individual pet owners, we are the custodians of shelter animals and manage a budget for vet care costs both responsibly and realistically.

There is a standard cost to protecting pets with vaccines as well as preventing disease outbreaks. Even if your pet is strictly kept indoors and you are opposed to getting your pet a rabies vaccine, we are the agency that has responded to over sixty-five calls from peo-

ple who found bats inside or near their home during fiscal year 2020.

What we know from experience is the importance of veterinary care before a problem develops. It is important to develop a rapport with the practice or person who will be providing veterinary care for your pet. While routine exams are sometimes viewed as unnecessary—usually because of the cost involved-- they should really be considered a valuable part of preventative medicine. Vets can provide better treatment if they have a prior baseline of your pet's health and a routine history of weight, eating habits, and any behavior concerns. Seeing an animal for the first time when it's injured or sick puts everyone at a disadvantage.

Regardless of where you acquire you furry, finned, or feathered family member, be sure to include veterinary care as a priority. We provide our adopters records of any medical preventatives, exams, or treatments that we provided while the animal was in our care. Because we understand the impor-



tance of continued veterinary care once an animal leaves the shelter, shelter pet adopters are entitled to a free vet visit from one of our many local participating veterinary practices.

Dottie is just one of many adoptable pets looking for a forever home. Please contact the shelter at 301-600-1546 for more information on how to adopt.

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

To a poor and lonely stray I'd give:

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

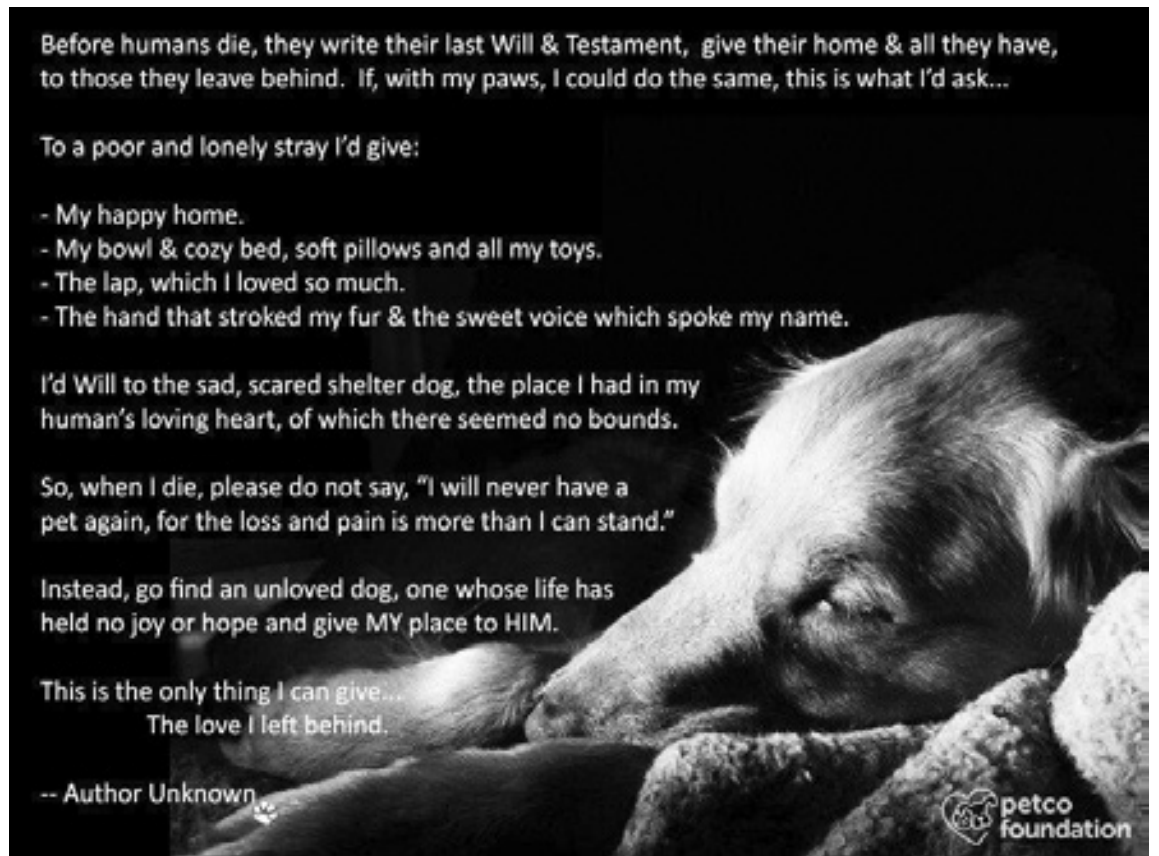
I'd Will to the sad, scared shelter dog, the place I had in my human's loving heart, of which there seemed no bounds.

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

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

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

-- Author Unknown



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THE YOUNG EQUESTRIANS

Getting from here to there

Lisa S. McLeod-Simmons
(mother of the Young Equestrians)

Emma and Sarah are busy with the start of school this month, so they asked me to fill in for them and write the September 'Young Equestrians' column. Fine. Glad to do it. I'll write about horseback riding from a Mom's point of view.

Around our house, preparing for a riding lesson, and we usually have two a week, is not just a task, not just an activity, but a full-blown event. We begin the night before with me telling Emma and Sarah to make sure their riding clothes are clean, and their gear is all together. This is how it goes.

Me, calling from the kitchen as I'm making supper, upstairs to the twins who are playing: "Emma and Sarah, please make sure all of your riding things are ready to go for tomorrow afternoon."

Their response: "---"

Me: "Girls, did you hear me?"

Their response: "---" (muffled giggles).

Me: "Seriously, it's not going to be like last time. Make sure you have everything together tonight. Ok?"

Their response: "---"

Scuffling sound from upstairs. Sound of cat screeching from upstairs. Sound of rapid thump, thump, thud as the cat blazes down the stairs at break-neck

speed, through the living room and into the kitchen. Cat has been the victim of yet another dress-up game. He's got pieces of brown cloth wrapped around three of his legs. The fourth piece of cloth is dragging behind him, still partially attached to his little body. There's part of an old fluffy beige scarf around his upper body and some sort of brownish feathers taped on elastic and attached to his tail. As I'm returning the poor cat to this natural state, I puzzle to myself, "he looks a bit like a small horse." I give him a loving scratch under the chin and set him free. And I tell him to be patient with twins and to refrain from exacting a too severe retribution against them during the night as they sleep. These things can escalate very quickly. Then I suggest that he makes a quick retreat to the basement.

Me (with exasperated tone and now resorting to full names): "Emma Abigail Simmons and Sarah Charlotte Simmons, I mean it!"

Their response: "Did you say something, Mama?"

Me: "---"

During supper I remind the girls that they need check their riding clothes and gear to make sure everything is ready for tomorrow. With their sweetest faces, they promise to do so as soon as they finish eating. Later that evening, after they have taken a bath, played some more

(cat is noticeably absent), and finally drifted off to sleep amidst soft giggles, I go into their rooms, rummage through their drawers, and get out their riding clothes. All clean, thankfully. Sometimes dirty riding pants get put back into drawers, causing much consternation when it's time to ride again. While the twins understand the beneficial functions of the washer and dryer (at least theoretically) and they know where these large machines are located (the same place they find the poor cat hiding in hopes of not repeating the humiliating game of dress-up), they remain confused and confounded about the how to get their dirty riding clothes from their bedroom floors down to the laundry room. Hum. You'd think that straight-A students could figure out this one.

It's riding day morning, eight hours before we leave for Mike's farm. I tell them they need to clean their riding boots. They are filthy. I mean really filthy, covered in mud, dust, and what I highly suspect is dried horse poop. They promise to do so right after breakfast.

After they finish eating the most important meal of the day, I'm pleasantly surprised that the girls linger at the kitchen table rather than running outside to play for a few minutes before school. I place their grimy boots in front of them on two fluffy pile of paper towel, slightly stained work clothes, a couple of Le Chameau boot sponges, and Fiebing's boot shine from Dover Saddlery. They begin by scraping off the loose material hanging from their boots. I dodge several startlingly large bits that fly by my face, too close for comfort, and try to push out of my mind the source of the material that nearly darkened the color of my blond (and yes, more than a few intermingled stands of gray) hair. At least it's dried and not fresh, I think to myself.

The twins then begin to use the sponges to remove weeks of muck that have been accumulating - or perhaps growing by now - on their riding footwear. As they



There is an old saying in the equestrian world - "Coaches pick their students, not visa-versa." Coaches look for students who love being around horses, are smart, talented, but most of all, willing to listen, practice, and look at failure as an opportunity to grow. Sarah and Emma meet all those requirements.

work in a tandem rhythm known only to twins, they quietly chat about things I'm rarely privy to and don't understand anyway since the girls still rely on some of their young childhood made-up twins' language. Before long they are applying the boot shine. They rub on the polish and work it in well. With each circular motion, their giggles get louder and I realize that if they don't finish soon, I'll end up having to finish the job. But again, to my surprise, they manage to control their giggling long enough to present me with two pairs of well-polished boots.

As the twins bound out toward their rooms, softly calling the cat, trying to entreat the poor little creature out of his hiding place, I begin cleaning up the kitchen. The floor, the chairs, the sink, and the counter are all covered in what was once dried muck, but now reconstituted by the water and polish. Deep sigh. With a growing clarity in my mind, I realize that it would have been faster, easier, and certainly cleaner for me to polish those riding boots myself. But as I scrub and re-sanitize my kitchen, I tell myself the same thing that every mother says in this all too common situation. "I can't keep doing things for them.

They have to learn to do for themselves." But then I think, "Why? Do they really have to do things for themselves at this very moment in time?" In a few years and with many tears, I'll send them off to college and they can learn to do things for themselves and have to clean up their own messes. Something to add to my 'things to think about later' list.

At about T-minus 1 hour, the household is a flurry of activity. The twins have to change into their riding clothes and bring their gear downstairs. A seemingly simple task, but it takes a full 30 minutes to complete. As I'm enjoying a few minutes of solitude at the

kitchen table with a cup of coffee, I hear a wide variety of thumps, small crashes, and snippets of sentences like "are you wearing my belt?" "where's my..."

The girls spring down the stairs, outfitted in their riding attire. They're carrying helmets, riding vests, crops, and chaps, along with hairbands. While they can normally manage their own hair, they do need some help getting it braided tightly. After the requisite complaints about pulling their hair and something about child cruelty and torture, their hair is neatly braided. Now, they just have their footwear left. Even though they don't wear tall boots for riding lessons, and they've had a year of practice putting on their short paddock boots and chaps, it still seems to take them a near eternity to finish this last task. I tell them that if we don't leave NOW, we'll be late. Oblivious to my warning, they take their time as I stand by the door jingling my keys. But their boots do look wonderfully shiny. And as I bustle them out of the door, I take a brief moment to think how lovely they look and how fast they're growing up. College isn't that far away, and I well know that I'll miss these days once they leave.

We make it to the car with no time to spare. But just as I'm getting ready to turn the ignition key, a voice in the backseat shouts, "crops, crops, where are the crops?" Not one, but both twins dismount from our red Expedition and run into the house at a full gallop in search of missing crops. A full five minutes later, the twins return to the car, crops in hand and mouths full of gum-balls. We're finally off to their riding lesson at Mike's farm. As we drive from the yard, I can almost hear the cat's sigh of relief, a brief reprieve. That cat loves horses as much as the twins do.

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

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COMMUNITY NOTES

Investment flexibility

Ryan Fox

For me, writing articles like this one has taken a backseat to reading research over the past five months.

With COVID-19 related events across the economy, the need to review daily research from major institutional firms has remained a critical component when evaluating portfolio holdings for clients.

I expect this ongoing need for research review to continue no matter how quickly a COVID-19 vaccine emerges, which may or may not coincide with an effective treatment. In fact, according to a recent research piece, there are over 250 COVID-19 treatments being evaluated and nearly 200 vaccine candidates in the pre-trial or trial phases. I don't bet much, but I'd

bet heavily that we will find a vaccine and series of treatments for this terrible virus.

As these COVID-19 headlines continue to dominate, we are entering the marathon, critical election cycle for the White House and both houses of Congress. The rhetoric is far from its apex.

Oh, and for households like ours, kids just started school again, in person, for the first time since March. That five-month hiatus from in-person school, and whatever the next few months bring for in-person schooling, sure seemed like an eternity. It is only superseded by what has been, by definition, an entire stock market cycle – something that often takes several years or more.

COVID-19, elections, headlines about violence, a national schooling

crisis, and an entire economic cycle in just the last six months? We could be forgiven for those extra pounds packed on over quarantine.

The message that continues to emerge is that we need to be flexible in so many regards. Except our faith – faith needs to remain a stable foothold for reflection and perspective.

Flexibility is especially important with investing strategy. First, there is no one-size fits-all when it comes to investing. Imagine if we had that approach to clothing or really anything else, we do. Each investor, and many times even between couples, has a different investing goal and risk tolerance.

Investing flexibility also means riding the tides of economic and political news without making major changes in portfolios out of fear. Those who sold in 2009 regretted it, just like those who sold in March of this year have. How can we avoid major portfolio

mistakes? While no one enjoys bear markets, consider market selloffs as an opportunity to reallocate from bonds and money markets into the stock market side. That's "Investing 101" and can be very hard to do.

And don't be greedy. It risks portfolio annihilation when the next market correction occurs.

For example: If I am 100 percent stock in my portfolio, and the stock market falls 30 percent, there is little I can do to buy into the market decline. But, if I am maybe 50 percent stock and 50 percent bond/money market, when that market takes a fall, I still have a large percentage of my portfolio to reallocate strategically.

Yes, we may miss out on some of it when markets fly higher by big percentages. But over time, many investors agree that a good defense can support the offense.

Feeling isolated, fearful, and wor-

ried are all pretty normal feelings when stock markets fall. Quarantine challenges, masks when shopping, and jarring headlines may add to the anxiety.

I often kid clients that the reality is that they pay me to do their worrying when it comes to investing.

As for the future – I'm pretty darned excited.

For me, optimism abounds.

We will recover, our faith may be stronger than ever, and staying flexible is as important as ever.

If you are worried, call someone – a friend, relative, or neighbor.

If you aren't worried, call someone you think might appreciate a friendly voice.

Ryan Fox is partner/owner in Huston-Fox Financial Advisory Services, a fee-only fiduciary advisory firm, in Gettysburg, Hanover, and York. 717 398-2040 or Ryan@hustonfox.com.

Golden Years: October and November

Jim McCarron, CSA, Chairman,
Carroll Co. Commission on Aging
& Disabilities (COAD)

Here we are, the end of September, six plus months into the COVID 19 pandemic. I don't know if nostalgia for the "good ole days" can be felt in only six months, but I know I am surely ready for this to be over! There is a lot to celebrate, though, with September comes Autumn. We are so blessed to live in our part of Maryland where we may experience all the glories of the season. Pandemic or not, I plan to get out and enjoy all Fall has to offer..... At a proper social distance and a mask and hand sanitizer with me of course. I hope you do too! Things are starting to open up. Our governor has declared it is safe to begin "Stage Three" of our recovery. Still many are hurting financially, many are feeling the sting of isolation, and all of us I think all of us would like to get back to a level of "normal" where we may freely meet and gather with friends, and associates, without have to second guess or decision. Many times it has been said "we're all in this together" and that true. So if you know someone who is having a particularly hard time of it, reach out to them if you are able. I know you will because that the kind of people we

are in Carroll County. One of the ways you may be able to help is to volunteer at a nearby "pop-up" food pantry. They are looking for volunteers. Contact Bureau of Aging, Citizens Service at the website in the next paragraph.

Despite the county's senior centers being closed because of the pandemic, there is still lot going on in the "Golden Years" community. Speaking of Senior Centers, some hopeful news, from Carroll Co Department of Aging, has a goal of reopening the Senior Centers soon and optimistically that could be a early as some time in October. A caution though, if indeed we can open our senior center as planned, they will be operating under "modified rule" with restrictions in place allowing for safe practices to protect us from COVID 19 exposure. Please stay tuned for developing information. The best way is to access the Carroll Department of Aging website. <https://carrollcountymd.gov/aging-and-disabilities> and for the Senior Centers: <https://carrollcountymd.gov/seniorcenters>

Well, it is autumn and we have another big event to plan for, coming in November. Unless you have been living on the moon these last months, you know that 2020 is a Presidential election year. Over and over you have heard how important this year's election happens to be. Our country is as

divided as it ever has been (in my lifetime). The very fabric of our republic could be changed as result of this election. The "Golden Years" population is a critical voter's block and can make the difference. So please become/stay informed and vote. Learn the true facts and exercise your right to vote on November 3rd:

Dates and deadlines

Election Day is Tuesday, November 3, 2020.

The deadline to register online to vote is Tuesday, October 13, 2020.

The deadline for registering by mail to vote is (postmarked by) Tuesday, October 13, 2020.

The deadline to register in person to vote is Tuesday, October 13, 2020.

The deadline to request a ballot by mail is (received by) Tuesday, October 20, 2020.

The early voting period runs from Monday, October 26, 2020 to Monday, November 2, 2020, but dates and hours may vary based on where you live.

You can also register and vote on Election Day.

The Carroll County Board of Elections website is: <https://elections.carrollcountymd.gov/>

In other news, The County has established tentative dates for

"drive through flu shots" for October 5th-9th. The final information should be available on the Bureau of Aging (BoA) website by the time you read this column. The important Senior Inclusion Program (SIP) has struggled during the pandemic to maintain the customary level of service. It is alive and well though. Scheduled home visits are still part of the service, following all the COVID 19 protocols and "virtual visits" have been added. If you know of someone who would benefit, please contact BoA. Another huge benefit for some seniors is that the FHA/HUD has announced a special program for those folks with a reverse mortgage. Currently (HECM) reverse mortgage rates are at historic lows. In many cases, the maximum (FHA allowable) benefit that can be obtained from a reverse

mortgage, because of this the FHA feels may be a good time to consider refinancing your existing reverse mortgage. In some cases, refinancing may be accomplished with no closing costs. If you have a reverse mortgage or know someone who does ask them to contact me for the details. It is quick and easy to find out if you will benefit (jmccarron@mutualmortgage.com or call 410-756-5006).

In closing, I received a notice for the US Department of Justice, alerting everyone of a Scam that targets the elderly. In brief Scammers, Claiming to be with DOJ the fraudsters attempt to obtain personal information. If you think you have been victimized you may report this to FTC web site or by calling 877-FTC-HELP (877-382-4357) The full "alert" may be found @ www.Justice.gov/news.

Keep Safe! I'll talk with you again in time for the holidays!



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HEALTH NOTES

Keep your heart healthy

Heidi Winkler
Frederick Memorial Hospital

Heart disease is the leading cause of death for American men and women alike. Fortunately, there are steps you can take to reduce your risk of heart disease—but first, you should understand what causes heart disease and what your risks are.

Often, when we talk about heart disease, it refers to the most common type: coronary heart disease (CHD), also called coronary artery disease (CAD). If you have CHD, the arteries that carry blood to your heart become narrow or blocked by plaque buildup. Plaque can be caused by too much fat and cholesterol in the blood, high blood pressure, smoking, or diabetes. When an artery becomes blocked by plaque, it's hard for blood to flow to your heart. This can cause issues such as chest pain or a heart attack.

Am I at Risk?

Heart disease can affect anyone. However, you may have an increased risk of heart disease if you: 1) Have high cholesterol or high blood pressure, 2) Don't

exercise, 3) Don't eat a healthy diet, 4) Smoke or, 5) Are overweight or obese.

Your age and family history also affect your chances of developing heart disease. Your risk is higher if: 1) You're a woman over 55, 2) You're a man over 45, 3) Your father or brother had heart disease before age 55 or 4) Your mother or sister had heart disease before age 65.

What is Cholesterol?

Cholesterol is a fatty substance made by your liver, and it's also found in certain foods. Your body needs some cholesterol to function correctly, but having too much of the bad type of cholesterol (LDL) puts you at a higher risk of having a heart attack or stroke. If there's too much cholesterol in your bloodstream, it can build up in your blood vessels and cause blockages. These blockages can reduce blood flow to your heart, increasing your risk for heart attack, and reduce blood flow to your brain, increasing your risk for a stroke.

Cholesterol consists of:

- Low-density lipoproteins (LDL), the "bad" cholesterol that blocks blood vessels. Your

LDL number should be less than 100, or less than 70 if you have coronary artery disease.

- High-density lipoproteins (HDL), the "good" cholesterol that helps protect you from heart disease. An ideal number for HDL is 60; 40 or higher for men and 50 or higher for women is acceptable.
- Triglycerides, another type of fat that builds up in the body that is considered a cholesterol "building block." An ideal triglyceride number is less than 100.
- The steps you can take to lower cholesterol levels are similar to the steps you can take to improve heart health: eat a heart-healthy diet, exercise regularly, eat more soluble fiber, eliminate trans fats, quit smoking, maintain a healthy weight, and don't drink alcohol in excess.

Take Steps Toward Better Heart Health

Not only is exercise good for the heart, but a lack of exercise is a risk factor for developing heart disease. One of the best

ways to show your heart some love is to take steps against heart disease—literally.

If you haven't been active for a while, you might want to start slowly and work your way up to these goals. In general, you should aim for at least: 1) 150 minutes per week of moderate aerobic exercise, like walking at a brisk pace, 2) 75 minutes per week of vigorous aerobic activity, like running, or 3) Two or more strength training sessions per week

A Heart-Healthy Diet

Making simple changes in your diet can go a long way in reducing cholesterol and blood pressure and, in turn, help prevent heart disease. Consider these healthy eating tips for a healthier heart.

First, let's talk about portion size. The amount you eat is just as important as what you eat—when you overload your plate, take seconds, and eat until you feel stuffed, you're probably consuming more calories than you should. Start using smaller plates and bowls to control your portions and keep track of how many servings you eat. Eat larger portions of low-calorie, nutrient-rich foods and much smaller portions of high-calorie, high-sodium foods.

Don't underestimate the power of

fruits and veggies, which are a good source of vitamins and minerals. They also contain substances that may help prevent heart disease. Additionally, eating more fruits and vegetables can help fill you up, so you eat fewer unhealthy foods.

Go for whole grains, which are a good source of fiber and other nutrients that help regulate blood pressure and heart health. Start your whole grain journey by swapping out white bread for whole wheat, and refined cereals for oatmeal or high-fiber cereal.

Limit unhealthy fats in your diet, like saturated and trans fats. The American Heart Association recommends eating no more than 5 to 6 percent of your daily caloric intake in saturated fats and avoiding trans fats altogether. Reduce saturated fats by trimming fat off the meat you eat or choose meats with less than 10 percent fat. When you do use fat, choose mono-unsaturated fats like olive oil or canola oil, or polyunsaturated fats, like those found in fish, nuts, and seeds.

Don't be salty. Eating a lot of sodium can contribute to high blood pressure, which can increase your risk of heart disease. The American Heart Association recommends that healthy adults shouldn't have more than 2,300 milligrams of salt each day—approximately the equivalent of a teaspoon. Know that much of the sodium you eat comes from canned or processed foods, like soups, baked goods, and frozen dinners. When possible, make your own meals so you can control sodium levels. And when buying pre-made foods, choose reduced-sodium options.

As a physician trained in Internal Medicine and Obesity Medicine, Dr. Kristen Conley is often asked, "What's the secret recipe for losing weight?" Her answer, though, isn't so simple. According to Conley, it's difficult to determine which diet advice to follow when there is so much information and misinformation. However, she encourages her patients to incorporate the "best of everything" when it comes to eating habits.

"By 'best of everything,' that means taking some elements of a variety of types of foods that provide nutritional value," Conley says. "I stress a plant-rich diet, high fiber, and non-starchy vegetables."

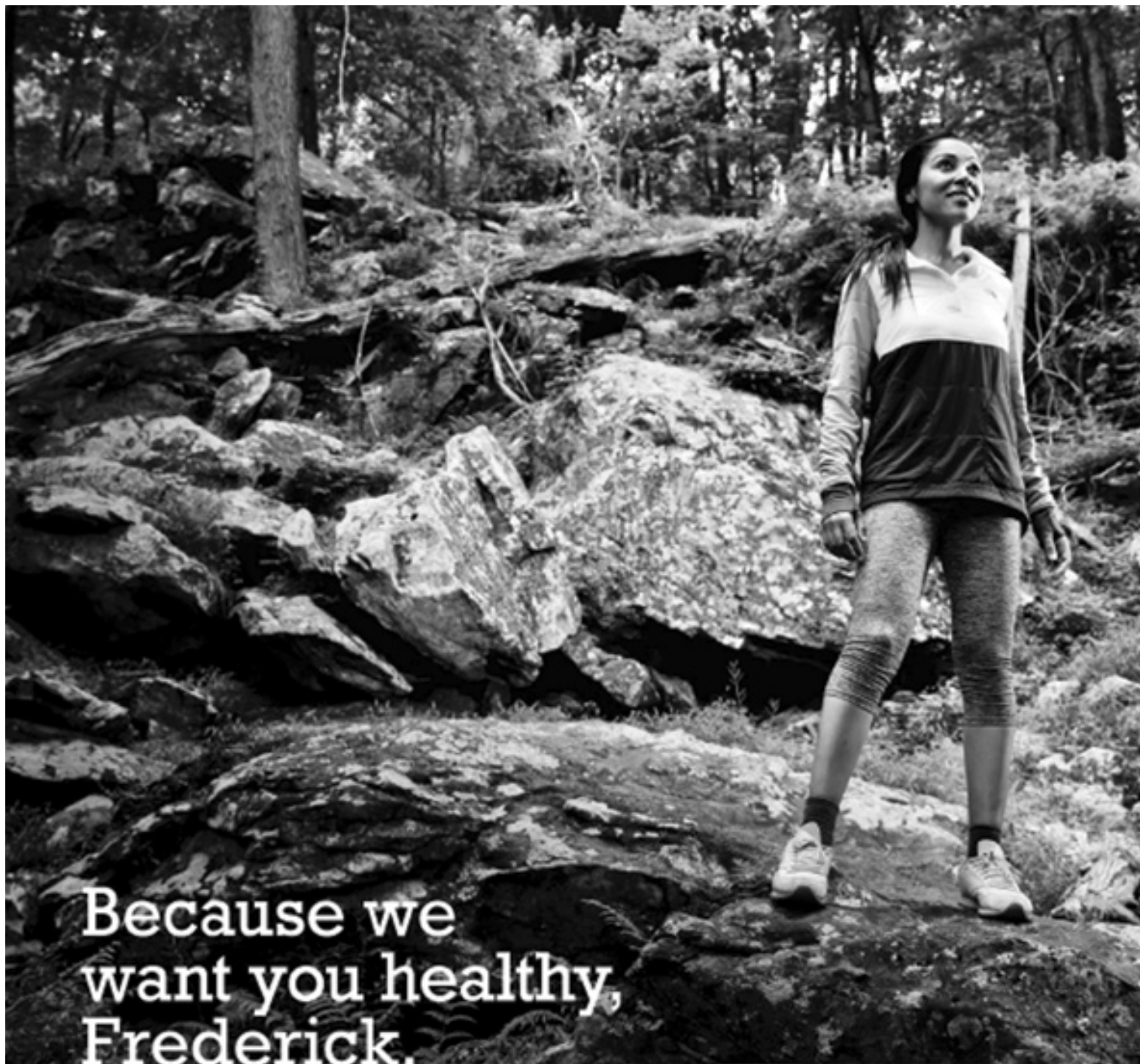
Under Conley's advice, fruits are welcome, but you should give preference to those that have a low glycemic index and are rich in antioxidants, like berries. She also encourages getting healthy fats from sources like nuts, avocados, seeds, and fish.

"The foods we eat daily have an immediate impact on our brain health and how we age, in addition to our heart health," Conley says.

So, how does Conley recommend starting the process of healthier eating? Start by taking stock of your current habits. What are you eating daily? What are your portion sizes? A food log is the best way to assess this.

"Taking an honest, detailed look at your food and beverage intake and sharing this with your physician or dietitian will help us assist you in your journey and guide you to shape your meals," Conley says. "As you change these smaller habits, little by little, the larger lifestyle changes will be easier to accomplish."

Need more advice on taking better care of your heart? Frederick Health is here to help. Contact us today to get exceptional heart care or call 240-566-HERE.



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Inside the 2020 mail-in ballot process

Edison Hatter

With regards to the upcoming 2020 Presidential Election, many voters around the country have recently expressed concerns about the mail-in voting process and its legitimacy. In this article, members of the Board of Elections of both Frederick County and Adams County provide answers to commonly asked questions to provide voters with voting information and to reassure voters of the upcoming election's legitimacy.

Voting Options This Election

All Frederick County voters have three options to vote in the upcoming election: by mail-in ballot, at an early voting site, or at an election day site. More information regarding mail-in ballots will be provided below. Voters are able to cast their ballots at four in-person early voting sites in Frederick County from October 26 through November 3 from 7 a.m. to 8 p.m. daily. In addition to the four early voting sites, an additional ten in-person voting sites will be open from 7 a.m. to 8 p.m. on Election Day, November 3.

This means that fourteen total in-person voting sites will be open in Frederick County on Election Day. Any Frederick County voter can vote at any early voting center or any Election Day center, regardless of where he/she lives. Despite rumors circulating to the contrary, the closest voting site for Emmitsburg and Thurmont residents is not located in Walkersville, but rather is Catoctin High School in Thurmont. For a complete list of available early voting and Election Day sites, visit <https://frederickcountymd.gov/1198/Board-of-Elections>.

Adams County voters will have similar voting options. The only difference is that Adams County does not offer in-person early voting. However, Sean Mott, Assistant Solicitor for Adams County, explained that Adams County will offer fifty polling locations for this election. Mott added that Adams County did not condense the number of election sites as a result of the pandemic; this is the same number of locations that is available for normal election years.

Mail-In Voting Information

All registered voters in the state of Maryland should have received by now a mail-in ballot application. Some voters have expressed confusion and believed the application to be the actual ballot, but this is not the case. The application is merely that and must be filled out and sent back to the Board of Elections by October 20 for a voter to receive a ballot by mail. Once the voter receives a mail-in ballot, he/she simply needs to fill it out, sign it, and mail it back into the Board of Elections.

Alternatively, if the voter does not feel safe mailing his/her ballot, it can be delivered in-person to one of several ballot drop box locations in Frederick County. In fact, a ballot can be delivered to any drop box in the state of Maryland and it will make its way back to the Frederick County Board of Elections, but the process will go smoother for all parties if the ballot is dropped in a drop box in Frederick County. Voters should visit www.frederickcountymd.gov/1198/Board-of-Elections for a full list of ballot drop box locations.

If the ballot is mailed, voters should be aware that the ballot must be postmarked by Election Day and received by the Frederick County Board of Elections by November 13. As an additional note, voters should be aware that if a ballot is placed in their mailbox on Election Day, it does not necessarily guarantee that the ballot will be postmarked on Election Day.

Adams County has a very similar mail-in process when compared to Frederick County, although some of the dates are different. Mail-in ballot applications must be received by the Adams County Board of Elections by October 27. Completed ballots must be postmarked by Election Day and must be received by the Board of Elections by November 6 to be counted, per a recent ruling from the Pennsylvania State Supreme Court. Adams County only offers a singular ballot drop box, which is located in the Adams County Courthouse in Gettysburg. An additional service offered to Pennsylvanians is the ability to track mailed ballots to ensure they are received and counted. To do so, visit www.pavoterservices.pa.gov.

Ballot Counting Information

Per the state of Maryland, canvassing of ballots can begin on October 1. However, counting in Frederick County will begin a little later in October, according to Stuart Harvey, Election Director for Frederick County. This is due to an expected ballot volume that can be managed in a shorter time frame. All results of ballots counted prior to Election Day will be withheld until results are released on Election Night. Final canvassing of valid ballots received after Election Day will be completed on November 13.

In Adams County, canvassing of ballots is not allowed to begin until 7 a.m. on Election Day. However, Adams County does not anticipate beginning to canvass ballots until 9 a.m. on Election Day. Final canvassing of valid ballots received after Election Day will be completed on November 6.

Ballots Returned Without Signature

A major national news story a few weeks ago raised concerns that many ballots returned without a signature could potentially be rejected. While Harvey confirmed that a ballot returned with a signature could be rejected, the Frederick County Board of Elections will do everything possible to obtain a valid signature for the ballot. If a phone number or email is known for the voter, Harvey said Board of Elections employees will reach out with the voter to get a signature this way. Otherwise, the voter will be notified by mail to seek the signature. However, despite these efforts, if a valid signature cannot be obtained in time, the ballot will have to be rejected.

Adams County officials said that the Pennsylvania Supreme Court recently ruled that counties are not legally required to notice voters of ballot defects. With that said, Adams County intends to make every effort possible to contact voters if any defects are noticed. If the defect is noticed after Election Day, the county will have no choice but to reject the ballot. Mott said that "the county stresses the importance of ensuring that the ballot is signed and placed in the "secrecy" envelope, as the failure to do either will result in a voided ballot."



Much has been said about the safety and veracity of the mail-in ballot process, so we thought we would take a good hard look and get answers to some of the most frequent questions.

Voters Attempting To Vote Twice

Many have expressed concern that voters may attempt to and may be able to vote twice in the election. Harvey stressed that this is not the case and no voter will be allowed to vote twice. The state of Maryland uses electronic poll books to track voters. On Election Day, if a person should attempt to vote in-person after he/she has already requested a mail-in ballot, the system will notify an election judge when the person attempts to check-in. However, the person will still be allowed to vote via a provisional ballot.

A provisional ballot is one that will be scrutinized in greater detail before it is counted; in this case, one of the checks will be to ensure that the person did not already vote. If a person requested a mail-in ballot and lost it, threw it away, or otherwise never voted it, then the provisional ballot will be accepted. Otherwise, the ballot will be rejected and a review board will determine whether the individual should be referred to the State Prosecutor for voter fraud. A similar process would occur if a voter voted legitimately in-person at one site, and then attempted to vote at a different site later. The voter would cast a provisional ballot at the second voting site and during the auditing process, the voter irregularity would be caught.

Adams County officials stressed that the exact same poll book and provisional ballot process mentioned above holds in their county as well. However, one tiny difference is that if a voter brings their uncast mail-in ballot to the polls on Election Day, they may be allowed to vote a regular ballot instead of

a provisional ballot after signing a sworn affidavit.

Other Fraud

Two other concerns some people hold about the voting process is individuals requesting and voting multiple ballots and individuals voting deceased persons' ballots. Both of these would be nearly impossible to pull off in either Frederick or Adams County. The mail-in ballot application sent to voters has their name already filled out on the form, along with a unique serial code and number on the ballot. Even with the most advanced technology, it would be impossible to replicate the application to a level where it would be accepted by the Board of Elections. As for the second issue, both Frederick County's and Adams County's Board of Elections receive lists regularly from their respective state departments of health with a list of individuals who have recently passed, at which point their name is removed from the voter registration database. As a result, it would be difficult to cast a ballot in the name of someone who is deceased.

Final Words

Harvey assured Frederick County voters that he has the utmost trust in the system, regardless of whether a voter votes by mail or in-person. He stressed that voters who feel unsafe about mailing their ballot should take advantage of the drop box locations to hand-deliver their ballot. "Once the ballots are securely received at the Frederick County Board of Elections," Harvey said, "they are locked in the building and will only be accessible to staff. I have been working with our staff here for years and have the utmost trust in them and the process."

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HISTORY

Gateway to the Mountains

George Wireman
Originally published in 1969

Chapter 19
Independence Day—1876

On July 4, 1876, the citizens of Mechanicstown staged an event that will long be remembered in the annals of history of this little mountain town. The old saying that the people of Mechanicstown could never get up anything of a startling nature to relieve the monotony of the quietness was beautifully knocked in the head on Independence Day, 1876. Many of our present citizens think that the George Washington Bicentennial Celebration of 1932 or the Thurmont Bicentennial Celebration of 1951 were the greatest events ever held in the community, but the celebration of 1876 was one of the most talked about affairs of that day and era.

It was the belief of the citizens of Mechanicstown that the celebration of 1876 would never be equaled in any town of twice the inhabitants. There are several records as to the number of persons who attended, but there were fully three thousand persons on hand to witness and take part in the big event honoring the 100th Anniversary of the Signing of the Declaration of Independence.

People from all sections of the country came to witness this much talked about demonstration, and, notwithstanding the hastily gotten up affair in our sister town — Emmitsburg — which was going on at the same time, quite a large number of persons were on hand from that community as

well. Everybody was so pleased and some were so much overjoyed by the celebration that they gave out with deafening shouts of applause as the mammoth parade passed through the streets of Mechanicstown.

The celebration itself got underway at twelve midnight, when Charles Harman, an experienced gunner, fired a cannon. This was done to usher in the day, and had the desired effect of awakening the citizens from their sound slumbers. Soon there was a grand street parade led by Mulligan's Guards, under the command of Captain William Lynn. Since most of the citizens were not dressed at this hour of the morning and hearing the music in the street, they watched the parade from their bedroom windows. The parade lasted until 4 a.m., at which time the church bells were rung until the first signs of daylight began to appear over the horizon. There was no doubt that after the firing of the cannon, all chances of sleep were banished, so most of the people got up and began trimming their homes with evergreens and flags, prepared the day before.

The decorations were beautiful and tastefully displayed from every home. Some were very expensive. Freedom meant a lot to these early settlers and they proved this by taking an active part in the big celebration.

The early Western Maryland train coming East, brought the Rouzerville Band and a large crowd from Sabillasville and other stations along the line. As the band members got off the train they immediately assembled in formation and paraded down Carroll Street



We were unable to find a photo of Thurmont's 1876 Independence Day celebration, so we opted to run this photo of Emmitsburg's 1909 Home Coming Week celebration to give you an idea what Thurmont may have looked like in 1876.

and up East Main to the square. When they arrived at the center of town they rendered a very enjoyable concert under the able leadership of William H. Embly.

At 8:30 there was a general stamper down East Main Street to greet the Woodsboro Band who had been engaged for the occasion. Their huge red bandwagon glistened in the sun and the members were dressed in neat and showy uniforms. After dismounting, they too rendered a concert, entertaining the large crowd that had gathered by this time. Flags were flying and excitement was high. Soon after the concert by the Woodsboro Band, delegations from Lewistown, Creagerstown, Graceham, Emmitsburg and other communities began to gather for the big parade.

Dr. J. J. Henshaw, Parade Marshal, and his aides, mounted on fiery chargers made their appearance and the task of forming the parade got underway. This was no easy task, for the crowd was so large and at times almost ungovernable. Dr. Henshaw, however, was equal to the emergency, and with a great degree of coolness and past experience, soon had the procession lined up and ready to move off.

First, in the line of march was the Rouzerville Band followed by the

International Order of Odd Fellows, appearing in full regalia, marshaled by John H. Rouzer. This organization, still active today, numbered 200 and made a wonderful appearance as they marched down the street in their beautiful colored uniforms. At last this much talked about affair was at hand. Thousands cheered, waved flags, and were thrilled by the music, the color and gaiety of the occasion.

Next in line was Col. Rouzer, leading the various Sunday School organizations of the churches in the community. Each organization carried their appropriate and exceedingly handsome banners. Following the Sunday School groups was a float featuring the Goddess of Liberty, drawn by two beautiful white horses. Miss Kate Stokes portrayed the Goddess and was seated upon a richly adorned throne. A wagon containing the representatives of 1776 was next in line, dressed in costumes popular at the time of the signing of the Declaration of Independence. Two old veterans from the War of 1812 followed close behind in a buggy, decorated with ribbons and flags. As the veterans waved to the crowds, loud cheers echoed through the streets.

The Woodsboro and Lewistown bandwagons were next, filled with

beautiful ladies representing the thirty-eight states of the Union. These were dressed in white, with red, white and blue sashes and straw hats trimmed in the national colors.

The next unit of the parade featured a long line of buggies, carriages and wagons, drawn by some of the finest horses in the country. Riding in this unit was many citizens from all sections of the country, who, on many occasions, had given proof of their loyalty and strong attachment to the country, which their forefathers had purchased with their blood and lives. This unit turned out to be one of the most impressive of the entire parade. The citizens of Mechanicstown were always ready to defend their freedom and never failed to answer the call to duty. This was proven in World War I and II and in every major conflict since.

Following the parade, which lasted several hours and covered every street in the community, the crowds gathered in a near-by grove where ample preparations were made for refreshments and relaxation. There were games, dancing, and band concerts. In the evening everyone gathered at the square to watch an elaborate display of fireworks. Thus ended the great Independence Day Celebration of 1876.

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HISTORY

which is now but a page of the rich history of the early days of a thriving little community nestled in the foothills of the beautiful Blue Ridge Mountains.

Although the spirit for such occasions today just doesn't exist, the spark remained and was rekindled in 1951 when the citizens of Thurmont staged a big celebration in honor of the 200th Anniversary of the founding of this little mountain town.

Chapter 20 Outstanding Civic Organizations

Thurmont is indeed fortunate in having two very outstanding civic organizations and they have done much to improve the community and help to promote many worthwhile projects which have won for them the respect of the entire community as well as the clubs in the surrounding area.

Thurmont Lions Club

On October 28, 1929, The Thurmont Lions Club was chartered with twenty members. Their membership classification represented a cross section of the many community enterprises, which included a banker, two physicians, two contractors, a canner, manufacturer, undertaker, florist, two salesmen, an agriculturalist, lumber dealer, car dealer, railroad agent, general merchandise dealer, a tourist camp operator, a monument dealer, a farmer and a retired business man.

The first President of the Thurmont Lions Club was Victor Birely, Parmelee Ewing was Secretary and John Creeger was Treasurer. The Frederick Lions Club was the sponsoring club and credit for organizing the local club goes to E. P. Line. Meetings are held at Cozy Restaurant every other Friday.

It is interesting to note that since this club was organized in 1929, there have been only three Treasurers. Saylor Weybright, the present club treasurer, has held this position longer than any other member.

Activities of the Thurmont Lions Club are vast and varied as well as outstanding and the community has benefited tremendously by this active and wide-awake organization.

During World War II the Thurmont Lions put on a clothing drive which gained State-wide recognition and produced several tons of clothing for the needy.

Through the years the mem-

bers have been alert to the needs of the community and by their efforts have met these needs successfully. They have distributed white canes for the blind; purchased eye-glasses for a number of children in the community; conducted an industrial survey of Thurmont; sponsored observances of Memorial Day in 1932; have sponsored the annual Easter Egg Hunt; organized the Conservation and Sportsman's Club and even sponsored a move for the construction of a road from Thurmont to Foxville. The club, as always, has been deeply interested in community betterment and youth programs. There is no question of the fact that the work of this fine civic organization has helped in many ways in making Thurmont a truly outstanding community in every respect.

Thurmont Jaycees

The Thurmont Jaycees is a civic organization of young men between the ages of 21 and 35 inclusive. This active organization, although not quite as old as the Lions Club, is dedicated to two purposes: (1) Improvement and development of the community, (2) Improvement and development of its individual members to train them for business advancement and civic leadership.

On May 19, 1960, The Thurmont Jaycees held their Charter Night celebration at the American Legion Home and since that date, they have completed many worthwhile projects which have made the community a better place in which to live.

Officers for the organization in 1960 included the following: Donald Fitzgerald, President; Paul Connolly, Vice President; Charles Snurr, Vice President; Herbert Martin, Secretary; Glenn Nikirk, Treasurer; Robert

Schildt, Director; Calvin Staub, Director; and John Royer, State Director.

Charter members of the Thurmont Jaycees, in addition to the above named, included Herbert Biser, Walter Biser, Earl Draper, Albert Ecker, Carroll Eyer, Herbert Eyer, Merhle Eyer, Clarence Favorite, Paul Finneyfrock, Gerald Fitzgerald, Carroll Fralley, Mark Franz, Edward G. Hobbs, Frank E. Keeney, Kenneth Keeney, Charles Kiser, Charles Lenhart, David Long, Frank Martin, Edward McKisick, Floyd Newcomer, Anthony Nussbaum, Curtis Powell, Joseph Royer, Joseph Scott, Charles Spalding, Ernest Staub, Donald Stutely, Daniel Tressler, Norman Tressler, Nevin Trout, Harold Wantz, Franklin Wilders and Harold Williard.

The Thurmont Jaycees, like the Thurmont Lions have been very active and alert to the needs of the community.

In 1967 the Thurmont Jaycees sponsored a 'Visitors' Guide,' which was designed to provide helpful information to visitors of the community. This project took a lot of work and courage and as a result, has done much in bringing the scenic, recreational and historic points of interest, which Thurmont has to offer, to the attention of the visitor.

The Community Park, which is still under development, was first started by the Jaycees and when completed, will serve the community well.

The Jaycees have conducted several community surveys which have been a tremendous help to them in organizing and planning for the future needs of the community. The Thurmont Jaycees are proud of their many accomplishments and the citizens of Thurmont are proud of the Jaycees, who have contributed much to community life.

continued next month.

Robert McGlaughlin



Robert L. McGlaughlin (Bob), 79 of Gettysburg died September 23 at his home surrounded by his loving family. Bob was born in Gettysburg the son of Robert C. and Frances (Rider) McGlaughlin. He is survived by siblings Emily (John) Matthews of Gettysburg and Thomas (Brenda) McGlaughlin of Toledo, WA. Bob was married to Margaret Sterner. They celebrated their 59th wedding anniversary Sept. 1. Bob is survived by his children, Kimberly McGlaughlin and Michael McGlaughlin of Gettysburg and Robin (Nicholas) Bair and grandchildren Luke, Taylor and Olivia Bair of Spring Grove. A daughter Laura Lee passed away at birth. He is survived by numerous nieces, nephews and cousins.

Bob and Margie owned and operated McGlaughlin's Refrigeration & Appliance Service for 41 years and it is still being operated by the fam-

ily. Bob was a member of St. James Lutheran Church and served on the church council and chairman of the property committee. He was a member of the Good Samaritan Sunday School Class. Bob was a member of RSES a refrigeration service association, the American Legion, the Fraternal order of Eagles and was an honorary member of the TKE Fraternity, and belonged to the NRA and NFIB. Bob served with the PA Army National Guard for 10 years.

Bob enjoyed taking care of his clients and in his spare time he enjoyed hunting, crabbing, golfing, metal detecting, water skiing and watching sports, especially high school sports. For a period of time he served on the chain gang for his alma mater, GHS's football.

Funeral Services will be held at 11 a.m. October 3, at the Monahan Funeral Home in Gettysburg. Interment will follow the services in the Evergreen Cemetery. The family will receive friends at the funeral home on Friday, October 2, from 6-8 p.m.

In lieu of flowers the family requests memorials be given to St. James Lutheran Church, Gettysburg or The Association for Frontal Temporal Degeneration, 2700 Horizon Drive, Suite 120, King of Prussia, PA 19406.

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TANEYTOWN HISTORY

Taneytown & the Battle of Gettysburg

David Buie

For the past several years, I have been examining the history of Taneytown from its founding to the present day. The most frequently asked questions concern Taneytown's involvement in the Battle of Gettysburg; very few know that Taneytown's participation was not limited to this historic clash. Taneytown played host to many a soldier on more than one occasion.

When the Civil War began, a regiment of the regular Calvary marched through Taneytown on their way to Washington. These men had a garrison in the Carlisle, Pennsylvania barracks, and they called themselves the 'Texas Rangers' and were ordered to Washington, D.C. for duty. At the time, there was a flagpole in the square near the public well. When the citizens heard of the approach of the regiment, they ran the flag up the pole and, taking another flag, headed by Mr. Tobias Rudisil, who carried it on horseback; they went down and met the regiment at Sandy Lane (Harney Road). The troops saluted, the citizens cheered, and the officer in command expressed his great

pleasure at receiving such a loyal welcome in Maryland, where they had expected rebels.

In 1862, when the 5th Virginia Cavalry was making its raid into Carroll County, it passed through Taneytown, but no damage was done. A Union soldier noted in his journal that, "One day a report came that a company of Confederate Cavalry was encamped at Trevanian Mills; Captain Guthrie and another person were appointed to reconnoiter, and in the meantime, teams were in readiness to take away some of the prominent citizens. In a short time, the captain and his comrade were seen coming back at full speed, and many were certain the Rebels were at their heels, but it proved to be a false alarm, and the excitement quieted down for the time."

In the summer months of June and July 1863, the full impact of the Civil War met the ears of the people of Taneytown. One can well imagine the assortment of excitement, fear, and anticipation the people must have had when they heard rumors, which flowed freely in the time of war, that both Northern and Southern armies were concentration

for a battle, somewhere on Northern soil, possibly even in their own fertile country of Carroll County.

Early on the morning of June 29, 1863, Meade began arranging his troops for the battle and moved his headquarters from Frederick to Taneytown. "As news spread through Taneytown of the coming of General Meade and his staff, many prominent citizens, having with them the Reverend Levi T. Williams of Trinity Lutheran Church, came to greet the General and determine his intentions for the battleground. As the welcoming party and the officers approached Taneytown, songs and cheers of children and townsfolk further greeted them." General Meade and Reverend Williams became relatively well acquainted with their ride to town. General Meade decided to make his headquarters in the Lutheran Church parsonage library on Emmitsburg Street; he also established a field headquarters on the Littlestown Road about one mile out of town on the farm of Benjamin Shunk.

Another contingent of soldiers soon arrived on June 30, 1863; Third Corps commanded by General Daniel E. Sickles. When they came, they passed through the town and camped on the farms of Jacob Null, John Thomson, and Benjamin Shunk. General Sickles took position on the porch of the Old Stone Tavern and reviewed his troops.

Meade, confident that his plan was working as he had hoped, called in his trusted and capable friend Winfield Scott Hancock. Hancock had given his men a good rest, all of June 30, at Uniontown, and on July 1, reached Taneytown at 11:00 a.m. Hancock's Second Corps passed through town and went into camp on Dr. Swope's farm (Harney Road and Emmitsburg Road). Hancock looked around Taneytown with interest and told Major St. Clair A. Mulholland, who was on the way to headquarters with him, that his grandfather, as a soldier in the Revolutionary War, had gone to this same village to pick up prisoners at Burgoyne's surrender and conducted them up to George Washington.

In Taneytown, tired, hungry troops were arriving to report to headquarters, among them being the 72nd Regiment Pennsylvania Infan-



Major General George G. Meade (1815-1872): On June 28, 1863, President Lincoln appointed Meade to replace General Joseph Hooker in command of the Army of the Potomac. Meade repulsed General Robert E. Lee at Gettysburg (July 1-3, 1863) with great tactical skill; however, some have criticized him for allowing Lee's army to escape after this decisive victory.

try and Lieutenant Colonel Freeman, 1st Volunteer Brigade and the Reserve Artillery, which camped near headquarters on the night of July 1.

According to many accounts, the women and young girls of Taneytown were asked to bake pies, bread, and cakes to feed the troops and were told to charge the men for what they took since the men had just been paid. The woman was also instructed not to overcharge them since they would soon have to go into battle. One person alone, the wife of Reverend Levi Williams, used up a whole barrel of flour in her baking. The soldiers lying in the streets and porches waited patiently as the goods were delivered to them.

Four of Taneytown's citizens were pressed into services as guides and taken to the camp in Thomson's meadow (Littlestown Rd). "They were Messrs. John W. Jones, James Kridler, John Bishop, and Thomas D. Thomson. At ten o'clock on the night of July 1, 1863, the order came for them to lead the troops to within two miles of Gettysburg at sunrise.

Messrs. Jones and Kridler led General Sickles Third Corps, and Messrs. Bishop and Thomson led Second Corps to the Gettysburg area. The guides were allowed to come home on the night of July 2, 1863, since they lost their horses while they were in the front of Meade's headquarters in Gettysburg when a cannonball smashed into the gable end of the house and scared them off.

Next month we will look at how the citizens of Taneytown were affected once the battle in Gettysburg began.

David Buie is a graduate of the University of Baltimore and Johns Hopkins University. He is an active member of the Historical Society of Carroll County, the Taneytown Heritage Committee, and the Carroll County Representative to the Coalition to Protect Maryland Burial Sites. He can be contacted at teambuie05@msn.com.

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

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100 YEARS AGO THIS MONTH

October 1

Votes For Women Expensive To Taxpayers

Elections in Maryland have always been very expensive under the present ballot law. Comparisons have shown them to be greatly in excess of the cost of elections held under the original Australian ballot law, and now the doubling of the number of voters brings with it also a doubling of the previous already exorbitant election cost. Supervisors must buy additional ballot boxes, the cost of which has jump from five dollars each a few years back to \$25 now. It will also cost an additional \$15,000 to print more ballots and modify the registration lists.

It is too early to figure the cost of the election this year for the whole state, but there will be something for the taxpayers to think about, when they are found out. The question we will have to answer will be: 'was it worth it to give women the vote when it is clearly known that they do not have, nor will they ever have the mental capacity to understand the complexes of running governments.' All we can hope is that women will follow the direction of their husbands or fathers and vote as told, otherwise chaos will surely ensue.

County Hunters Ready For Sport

The first non-resident hunter's license for the 1920 hunter season in Adams County was granted to Ida Mundorff of Emmitsburg. Mr. Mundorff is in ardent sportsman and spends much time each fall hunting small game on his farm near Fairfield, and in quest of wild turkeys and deer on the mountain outside of Emmitsburg. With the opening of the Woodcock season last Friday, the demand for hunter's licenses saw a decided increase. Within the last four days 100 permits to hunt have gone out. The total number issued is 705.

October 8

Electric Light Coming To Taneytown

The President of the Taneytown Electric Light Co. said that the Taneytown line will be completed within the next few weeks. The delay in its completion has been caused by inability to get certain material necessary for the lines completion. The President said that everybody connected with the company is more anxious to get the electric line in operation and will do everything to help matters along.

Death of Edmond Smith

Mr. Edmond Smith, one of the best known citizens of Taneytown, died suddenly from heart disease in the offices of Dr. Roop. He had been attending a director's meeting at the Taneytown Savings Bank, and was in a cheerful mood, but had expressed himself not feeling well, and after the meeting went to the doctor's office for medicine, where an attack came on suddenly

and death ensued in a short time. He had been suffering from heart attacks for several years, which had recently grown more frequent and severe. He was president of the Taneytown Mutual Fire Insurance Co., and was active in local public affairs. Earlier in life he taught school in Frederick County and was engaged in farming on his farm near Bridgeport.

Apples In Abundance

Up to 15 or 20 carloads of apples have been sent to various places from the Fairfield railroad station. These apples were gathered from orchards throughout the Lower Track and Carrolls' Track within a radius of 6 miles.

October 15

Taking Joy Out Of Tonics

Many patent medicines offered to the public as 'tonics', or under some other medical designation, are going to lose their charm. The thousands a patrons who, since the prohibition enforcement law became effective, who have become experts in diagnosing their own diseases and also in treating them with tonics are going to learn that their 'favorites' will be placed under scrutiny by officials of the internal revenue service.

A revenue report showed that after prohibition law became effective, patent medicine sprung up from every nook and corner. The originality of the productions, the wonderful effects produced by a slight overdose in the popularity of some of the brands quickly spread amongst boozers. If there is the slightest suspicion that medicines may grow into a beverage it has. "It is possible, of course, to get drunk on Witch Hazel, but the man who tries this medicine two or three times is going to the hospital," said an revenue. The same is true of patent medicines, which are tonics.

Revised Mail Delivery Questioned

Concern is being raised about unnecessary delays in mail delivery as a result of changes in the way mail is routed between post offices. Where in the past, mail between local post offices was delivered directly to them by local carriers, now mail is routed to local distribution centers. Mail from Emmitsburg to Harney, which lies just 5 miles East of Emmitsburg, must first go to Baltimore, then to Taneytown, and then by stage to Harney. People living in Harney get their Friday papers the following Tuesday. The changes are a result of the new Post Office postmaster and has raised question in the minds of voters if they can conscientiously vote for an administration that a sanction such senseless in efficiency?

October 22

Former Boozers Protest Crackdown On Tonics

Members of the Former-Former Boozers Association held a protest

at the fountain on Saturday night protesting the intended government crackdown on medical 'tonics.' Dr. Brokaw, President of the Association, told the assembled drunks, that he knew first hand the value of self-medicating. "Tonics made for corn squeezings," Brokaw continued, "can be used to cure just about all maladies effecting men, especially nagging womenfolk. "Imagine," Dr. Brokaw said, "what life would be like if we had to deal with our wives with out it? Now that would be a true crime." The rally lasted well into the wee hours as Boozers sampled the lasted batch of 'tonics' fresh off the mountain.

Emmitsburg Community Show

The Emmitsburg Community Show, which promises to be one of the largest and most interesting exhibition of its kind ever held in the county, will begin this evening with a massive carnival. The show proper, which will be held in the school building will open tomorrow and continue until Saturday night.

The carnival will include such characters as the human skeleton, the Fat Woman and Charlie Chaplin. Prior to the carnival, Gardner, the human fly, who has awed thousands of spectators in large cities by climbing high buildings and performing dangerous acts on the edge the buildings high in the air, will climb the two bank buildings and the new hotel. Saturday night there'll be a community singing on the Square, and a concert by the Brunswick Band and a agricultural movie show.

The main show will include exhibitions a farm and garden products, household fancy goods, livestock, poultry, canned goods, preserves, jellies, cake, needlework and many other exhibits. About 151 first and second cash prizes will be awarded too successful exhibitors.

A number of merchants and businesses of the town will have floats in the parade on Saturday and many decorated automobiles in school children will also be in line. This will be the second annual community show for Emmitsburg and every detail has been prepared on a large scale.

Serious Automobile Accident

Mrs. Egner Essig suffered a probable concussion of the brain and her passengers were badly cut about the face and heads when her automobile, a five passenger Ford, turned over on the Emmitsburg road yesterday morning and was completely wrecked. The accident happened at a sharp curve at Richfield farm, a few feet from the location of the old tollgate. As the car was about to round the curve the steering gear locked causing the machine to turn upside down.

Stambaugh Barn Burns

Fire started in a large straw stack on the farm of Jake Stambaugh about 3 miles from Emmitsburg Thursday afternoon. The barn was completely destroyed. The barn is said to have cost in the neighborhood of \$6,000. This is the third time the barn on the farm has been destroyed by fire

October 29

Democrats gather to hear speeches

About 100 Fairfield Democratic supporters assembled in the town hall, on a few hours notice, Wednesday night, to hear speeches on the importance of electing Democrats to office. Vocal selections by Miss Aagot Borge, who is in charge of music in the Gettysburg Public Schools, where also included on the program.

Thurmont Women Organize

The women Democrats if the Mechanicstown District have organized a club to promote the principles of the League of Nations. Their platform refers to the educational and welfare legislation, which is credited to the Democratic Party, dwelling at length on the Federal Child Labor Law. Mrs. Ross, their chairman, made an appeal to the Democratic women of the district to cooperate with the women in other districts in inducing the newly enfranchised women voters to register and vote. A large crowd packed the hall and overflowed into the streets. Music was furnished by an orchestra and the hall was decorated with pictures of the Democratic candidates with flags flowing.

Warning to Women Voters

That there will be thousands of new women voters this year, is well-known too tricky politicians. They will size them up as 'easy' to deceive will reports that traditional smarter male voters would recognize as campaign lies. Be on guard against all extreme statements reporting to come from any candidate.

The candidates are wise as to what they are saying. County newspaper offices, especially, are quite apt to try out stories that are intended to deceive. It is an old, old trick, but, like 'Mother Goose' such stories are always news to somebody. So don't be fooled by 11th hour lies. Think before your vote, or better yet, ask you husband how you should vote. Remember, he is smarter than you.

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

SCHOOL NEWS

Fairfield strives to connect students

A national shortage of Chromebooks – resultant of so many schools across the country electing to teach classes online ... has made it difficult for the Fairfield Area School District (FASD) to purchase the number of necessary units by the district.

The school has been struggling to a limited degree to accumulate enough Chromebooks to place the computers in the hands of all the students participating online classes.

The COVID-19 pandemic has forced many schools to either hold only virtual, online classes, or hold

'hybrid' classes, meaning that students will attend some classes in-person, and other classes virtually.

FASD is holding hybrid classes, with all-virtual-learning an option for students whose parents remain unconvinced that it is safe yet to allow their children to attend in-person classes, or students who may not be able to comply with COVID precautionary methods, due to other issues or medical conditions.

Of course, virtual learning necessitates the use of computers, and FASD has been attempting to provide them,

in the form of Chromebooks, to students who may not have access at home to their own computers. The school has also been supplying multiple Chromebooks to families who have multiple students, if such is deemed warranted.

Technology Coordinator Nathaniel Makar told the school board at their September meeting that the district is "out of Chrome Books that we can distribute," although a small number of the district's supply remains in-school for special needs.

Makar said some 500 Chromebooks have been distributed thus far, since the

start of the new school year, but that this is short of the actual need.

He said additional supplies of computers have been ordered, and are expected to arrive in a week or two, noting that there has been such a Chromebook shortage, that the order that is expected to arrive was placed in May. "Every school district in the country wants these Chromebooks," he said.

In related matters, the district is also working to provide families with students in the district who do not have internet service, in order to enable them to also take advantage of virtual learning.

To accomplish this, Makar stated,

the district is providing Cradlepoint wireless routers to students who would otherwise not have Internet access from their homes. The wireless router alone will not get a student connected, so the school must also subscribe to a provider for a student using such routers.

The technology coordinator stated the district has them "in very limited numbers," having only initially purchased 19 of the routers, which he said "were not cheap. We didn't want to go over (having) 20 (on-hand) if we didn't have to." He further emphasized these routers were not for families who have slow Internet, but for those who have no Internet.

School Board reconsiders all-virtual classes

Brad Young
Frederick County School Board

The Board met on Wednesday September 22, to hear from staff a potential hybrid model, which would return more students to school. The Board adopted an all-virtual format for the first semester of the 2020 school year. Recently, the State Board asked local Boards to re-evaluate their re-opening plans. The proposed hybrid model would bring back several grades under step 2 which include Pre-K, Kindergarten, 1st grade, 2nd grade, 6th grade & 9th grade in addition to the already identified small groups.

The full virtual model would stay in effect for all other grades and would be available to those students who opted out of returning to the building.

For students returning social distancing and masks would be required. Under Step 3 the additional grades 3rd, 4th, 5th, 8th and 12th would return. All students would return at step 4. Under all steps, the virtual option will remain for those students not feeling safe to return to the buildings. This meeting was for information and allows the Board and staff the opportunity to define when steps 1 through 4 will occur

and under what metrics. The State did put out metrics in late August and those will be used to determine the schedule. The Board will meet at a future date to further discuss the plan and make decisions.

FCPS did recently begin bringing back in small-identified groups of students based on need and availability of staff. These small groups will give us great information on how to bring back in additional students safely. FCPS was also the first county school system to initiate student athlete conditioning sessions under FCPS' Return to Play committee. These groups are happening allowing our athletes the opportunity to get conditioning and some practice in.

The Return to Play committee will evaluate and make recommendations on recent changes at

the state level for additional activities. Right now, MPSSAA will not allow any sports competitions until February of 2021. Their anticipation is having shortened Fall, Winter and Spring seasons starting then. It will be dependent on the state of the virus at that point and any vaccination that may be available.

Frederick County Public Schools is extending free 'to go' breakfast and lunch service through December 2020 to all children ages 18 and younger, following recent approval from the United States Department of Agriculture. FCPS will also provide meals for adults 19 and older who are enrolled in an FCPS program for people with disabilities.

Twenty-six schools will provide the free meals, continuing to follow the Summer Food Service Program guidelines, with no need for

children to be enrolled in a Frederick County public school. Parents may pick up a student's meal.

Meals are provided from 11 a.m. to 1 p.m. on Mondays, Wednesdays and Fridays using the following schedule.

- Mondays – "To-go" breakfasts and lunches are provided for Monday and Tuesday
- Tuesdays – Kitchens are closed
- Wednesdays – "To-go" breakfasts and lunches are provided for Wednesday and Thursday
- Thursdays – Kitchens are closed
- Fridays – "To-go" breakfasts and lunches are provided for Friday, Saturday and Sunday

For more information visit www.fcps.org.

Frederick County Library

Frederick County Public Libraries is excited to announce our new Learn From Home initiative which will be coming soon to our website. We want to support families and students as they take on virtual learning. We have several new additions to our website and catalog to enhance online learning to include Brainfuse HelpNow! Brainfuse allows students to access live tutoring across several subjects and all grade levels with expert help. This service is available every day from 2-11 p.m.

Another popular feature is the

online writing lab. Students can get help with all aspects of the writing process and submit their writing for review by experts who will provide feedback within 24 hours. Need help getting through the college application process or FAFSA application support? Brainfuse has you covered! Brush up on your Microsoft Office skills to include Excel and Word, as well as interviewing skills, resume help and career resources. Brainfuse really is a one stop shop for all ages and skills levels!

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4	CHAMP & RHONDA'S ANNIVERSARY * ALL HAIR CUTS \$18					9	FLEA MARKET 7702 Roddy Creek 50% OFF Select Items 9 a.m. - 1 p.m.
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FLEA MARKET 7702 Roddy Creek Everything Must Go! 9 a.m. - 1 p.m.	19	20	21	22	23	FLEA MARKET 7702 Roddy Creek Everything Must Go! 9 a.m. - 1 p.m.	
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FREDERICK COUNTY SCHOOL BOARD CANDIDATES

Rea Gallagher

For the Board of Education and for BoE candidates, the end of summer and start of fall brought many questions about the return to school for educators and students. Although the Board made the decision in July that the school year would start in a virtual-only environment with enhanced learning, student engagement, and focused social-emotional learning support, we heard from many concerned parents and community members about the potential long-term impact on educational outcomes.

Just days before the first day of virtual learning launched, Governor Hogan and State Superintendent Salmon made an announcement that based on the current health metrics for the state, all schools should focus on some level of re-opening in person. FCPS implemented small group, in-person instruction for targeted student groups – including English learners, some stu-

dents with special education needs that could not be met as easily in a virtual space, and for students who struggled with access. Given the recently released guidance from the state on health metrics for expanding in-person services – which school systems have been asking for over the course of several months – the BoE will answer the tough questions to ensure for the health, safety, and well-being of the FCPS community based on the scientific data right now.

Despite these immediate questions on the horizon, as a BoE candidate I wonder what lessons we will glean from the time our teachers and students worked from their kitchens, living rooms, and bedrooms. In the first few weeks after schools shuttered in March, we heard a national narrative celebrating teachers for being heroes – for turning their classrooms inside out and quickly adapting to an online model with little training and even

fewer resources. A few months later, teachers and educators are being regularly attacked for being ‘fearful’ about returning to school buildings rather than being recognized for shifting and pivoting to meet the varied needs of reaching students through the computer screen.

All of our educators are now in the position to not only be teachers – but to become students in learning new ways to incorporate technology and new tools into the classroom. Now is a time to embrace the growth mindset and set up a school environment where it is safe to experiment, test things out, and refine teaching practices. While everything may not go perfectly, focusing on learning, growth, and new opportunities will likely lead to innovation in the classroom for years to come.

One of my primary concerns as a candidate and BoE member is focusing on how to mitigate the effects of the current pandemic such as likely increased gaps in student learning – particularly for students who most

traditionally struggle. Virtual education environments put social inequities and lack of access to technology and the Internet directly in the spotlight. Many educators risk their personal health because of their belief that the physical school building provides a social safety net – not just for academics but for access to consistent meals, mental health supports, high-speed internet access, and critical social interactions. FCPS made immediate strides to ensure these vital services would continue by providing now close to 500,000 meals; implementing safe, secure telehealth visits to meet therapeutic needs; and providing as many hot-spot Internet devices as budgets would allow. As we look to the future of the remainder of the school year and beyond, I wonder how the future of education can be reimagined to be more inclusive, equitable, and with resources for all students.

One of the first steps we need to do is ensure all educators possess the tools, resources, and support they need

to address any widening gap in learning and achievement as a result of the pandemic and school closures. Teachers and support staff will not only need to assess any gaps or content loss, but will also need to implement strategies to differentiate instruction to meet the various learning needs of their students.

Differentiation is not a new feat for teachers – each year, teachers must assess which skills students may need to work more intensively on in a new grade level or content area. However, the potential for bigger gaps over the next few years is substantial. Teachers will need additional tools, strategies, and systemic support to ensure that they are able to meet the needs of all students who may be experiencing wider ranges of learning gaps than previously experienced. In the near future, as a system, we should focus on expanding access to pre-kindergarten services; increasing the availability of career-technology education; and offering additional support to targeted student groups.

David Bass

I'm David Bass, candidate for Board of Education. I seek to bring my experiences as a special education teacher and higher education professional to the Board.

My advocacy for students with special needs is personal to me. It comes from my younger brother who is on the autism spectrum, as well as my work in special education. These experiences drive my commitment to expanding special education services in Frederick. I am deeply concerned to hear of Frederick County parents who must send their children to other counties or homeschool them solely because their needs are not met by our school

system. We must take the best practices from other school districts and implement them in Frederick County.

For the last five years, I have worked in a variety of roles in higher education, from a tutor to a testing center coordinator to a leader in diversity and inclusion initiatives. In all of these positions, I have grappled with issues of accessibility, especially economic accessibility. I believe that a solution lies here in Frederick. I want to deepen the connections between FCPS and Frederick Community College, Hood College, and Mount St. Mary's University. This can help lessen the cost of college and will deepen the curricular offerings available to high school

students. I also believe that Frederick County students who take classes at one of our Colleges or Universities while in high school are more likely to pursue higher education in Frederick County.

Career and technical education is critical to our community as well. We have a very strong Career and Technology Center at Frederick Community College. It is essential that students have the opportunity to gain experience in career fields as they plan their futures. There has been some talk of creating a second Career and Technology Center, or, at minimum, a satellite campus. I support that initiative and would want it located in northern Frederick County for easier geographic access.

Another aspect of my platform is expanding American Sign Language instruction. ASL should be offered, either as a class or extracurricular, in all FCPS schools. In the schools where ASL is currently offered, it is one of the most popular languages. Expanding instruction in ASL is one of the ways in which we can be a more inclusive and supportive community.

We must also recognize the opportunity we have to broaden the curriculum to ensure that students are learning from a variety of perspectives. Non-white writers have not been featured as prominently in our curriculum as they should be. We must address this by bringing in more voices and expanding the literature that we teach.

Finally, I want to raise up one of the most important parts of my platform – engaging directly with Frederick County residents through community conversations. I want to hear from students, teachers and community leaders in a manner that invites constructive dialogue and real solutions. True leadership is exhibited when we seek out others and listen sincerely.

I hope to have your support in this year's Board of Education election. I seek to be a unifying leader and empathetic listener to create a stronger school system. In the difficult times that we face due in part to the covid pandemic, truly listening to community concerns will go a long way in our ensuring an excellent school system.



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FREDERICK COUNTY SCHOOL BOARD CANDIDATES

Dean Rose

Hello again to the Northern Frederick County community! As you read this article the most important Board of Education election is quickly approaching. Some of you may have already received your mail-in ballots, early in-person voting begins October 26th and November 3rd is right around the corner.

Thanks to the pandemic, we are facing a new reality in education. The effects on our educational system and the impact on our students will be felt for many years to come. In order to minimize these impacts it's going to take leadership, cooperation and creativity from our Board of Education members, teachers, staff, parents, students and the entire community.

Almost immediately after being sworn in, new Board of Education members are going to be faced with some difficult decisions and a number of challenges that will need to be addressed.

The most pressing question will be whether we return to our brick and mortar schools for the 2nd semester and what will that look like, or will we still be teaching our students via Distance Learning? Our number one priority should be the health and safety of our students, staff and families but we must also take into account the impact of Distance Learning on the social, emotional and academic well-being of our students.

Even now some students have returned to the classroom in small groups. By December we will have learned a great deal from these interactions that we should be able to apply to our plans for returning all students to in-person learning.

In last month's article I discussed a number of initiatives that were started or planned prior to the pandemic. Expanded mental health services, addressing racial, geographic and economic equity and improving access to our Career & Technology Center.

Regardless of when we return to

the classroom, we should be working behind the scenes to ensure that when our students do return, they are returning to the best learning environment possible.

We've identified the "what", now we need to discuss 'how' we execute these important initiatives.

To execute these plans, our Board of Education will need to take a more active role in working with our local, state and federal representatives. Board members have to spend more time with these representatives finding new ways to fund valuable initiatives and encouraging future investment in Frederick County schools.

FCPS should also consider forming a non-profit Foundation that could take advantage of educational grants and solicit funding from our community partners. Many Maryland school districts, including Washington County Public Schools already take advantage of the investments a foundation can provide.

Additionally, we need to expand meaningful partnerships with local

businesses and non-profits like the Boys & Girls Club of Frederick County, I Believe in Me, City Youth Matrix, Frederick County Housing Authority, Frederick Health, and Frederick County Mental Health Association. We need to collaborate and work directly with these organizations in order to develop a shared vision that will better all of our FCPS students.

We also need to begin negotiations on a new FCPS Teachers Agreement and address teacher's compensation.

This is why this is the most important Frederick County Board of Education election ever.

My commitment, passion and experience will make me a valuable member of the Board of Education.

For over two decades I have been involved in mentoring and working for positive change in the lives of young people. I have served on the Board of Directors of the Boys & Girls Club of Frederick County for five years, currently serving as Board Chair. I have spent 13 years

volunteering as an Assistant Varsity Basketball coach at both Urbana and Oakdale High Schools. Professionally I have worked for a Fortune 100 company for 35 years and for the past 20 years I have owned and operated a small business in Middletown.

I have been engaged in the state of education in Frederick County for many years. I have attended dozens of Board of Education meetings and community forums. I have spoken publicly at Board meetings on a number of occasions and met privately with Board of Education members, Central Office staff, parents, students, community leaders, and teachers. I have also spent a number of days in Annapolis and on Capitol Hill advocating for youth and education.

A Greek philosopher once said, "A society grows great when men & women plant trees whose shade they know they will never enjoy."

Please vote Dean Rose for Board of Education and help me plant some trees!

Sue Johnson

Election Day is quickly approaching! Hopefully, you have formulated your voting plan because your vote is your voice. Your voice matters now more than ever especially since all three seats up for election on the Frederick County Board of Education will go first time election winners.

If you were one of the 23,368 voters who cast a vote for me in the primary election, thank you. I was humbled to win the primary by a strong margin and even more humbled to learn that I received the most votes ever cast for a Frederick County Board of Education candidate in a primary.

At my core, I am a teacher. Teaching has been my vocation for more than 20 years. I have had the privilege of teaching over 3,000 students at Frederick Community College as a professor of computer and information science since 1997.

Besides extensive teaching experience, I have a broad and unique

range of skills that are particularly beneficial to the Board of Education during a pandemic, including:

A strong background in distance learning. My doctoral research was on measuring quality in distance learning. I have taught online and hybrid classes for 20+ years.

A strong background in public safety. I am a Firefighter/EMT with over a decade of operational experience with two Frederick County volunteer fire companies. I serve on FCC's Crisis Management Team. I helped write the "return to play" plan for a local youth baseball/softball organization and have been responsible for ensuring success of that plan as the Safety Officer and a board member for the league. We have been playing ball since mid-July and have received district-wide recognition for our COVID-19 prevention plan and mitigation efforts.

Mother of an FCPS third grader. Who better to help craft educa-

tion policies than someone most impacted by them? I see, on a daily basis, the efforts made by teachers to help ensure our students have a quality remote learning experience but am as anxious as they are to have a plan in place that enables our students, teachers, and staff to safely return to school.

Extensive business experience. Prior to pursuing a teaching career, I worked as a management and IT consultant for companies including Andersen Consulting (now known as Accenture), Lotus Development, and IBM. Much of this experience was overseas in Europe so I am familiar with educational systems of other countries.

Close ties to our agricultural community. My husband and I own and operate an income-producing crop and livestock farm. Our son is in 4-H and just participated in the first virtual 4-H livestock auction at the Great Frederick Fair.

Legislative Experience. I successfully worked with my local delegate to propose a change in the Maryland Healthy Working Fam-

ilies Act. I testified at hearings in Annapolis and ultimately received strong bi-partisan support for the bill. This bill, which addressed protection for adults under guardianship, was one of the few pieces of legislation passed in the shortened 2020 Maryland Legislative Session and became law on October 1, 2020.

Strong support for my candidacy. I was one of 17 candidates who applied for a vacant seat on the Board of Education in November 2019. I was one of six candidates invited for an interview by the Frederick County Council and one of three finalists sent forward to the County Executive. I am the only candidate now running who received strong bi-partisan support during this process, including votes from all Frederick Council Members Michael Blue – District 5, Kai Hagan – At Large, Phil Dacey – At Large.

I bring a strong work ethic along with my commitment to excel-

lence in education. I helped establish the groundwork for the now highly popular and regarded FCC/FCPS dual enrollment program. More recently, I was on the team that wrote a bid for a National Science Foundation grant that led to an award of over \$600,000 to help bring underserved students into FCC STEM programs and ensure their success.

I attribute the strong bi-partisan support I have received to my deep experience in education within Frederick County, my extensive background in serving the public, my willingness to listen to and work with others, and my results-oriented drive and determination.

You can visit www.sue4boe.com to learn more about my background and platform. Thank you for reading this. I hope you consider me when casting your ballot. If elected, I will do my best to ensure we have excellence in education.

Lois Jarman

I am running to retain my current seat on Frederick County's Board of Education. In January 2019, I was appointed by the County Executive to complete the term of Ken Kerr, who was elected as a State Delegate. One of my goals since joining the board has been to work towards meeting the needs of the whole student, not just the academic student. Our FCPS students come to the classroom from a myriad of experiences and backgrounds and we need to provide an environment for them that enables them to learn. I believe that providing more in terms of mental health care and reducing the number of students in a

classroom will enable us to meet the social and emotional needs of our students. I think that FCPS is beginning a move in the right direction.

As a parent of two FCPS graduates, I held offices in the Parent/Teacher Organization, logged over 1,000 volunteer hours, led the efforts to create the Brunswick High School wrestling team, and participated in organizing many school fundraisers.


I have been an advocate for teachers while on the board. I spent 17 years as an FCPS world language teacher (11 of those years were at Catocin High School), writing curriculum and assessments in summer work-

shops, advising clubs, traveling to Europe with student groups. I received my doctorate in 2011 and my research led to the revision of FCPS's long-term CRES scoring rubric which I helped write.

This year has been a very difficult year for our schools. The board has had to make some very difficult decisions. These decisions, however, were based on our best efforts to serve our students and the people of Frederick County.

I am running for another term on the BOE so that I can continue to work towards offering the best environment for our students, teachers, and staff, and build great community schools. I hope that you will cast your vote for me.

Lois Jarman



Frederick County Board Of Education

by the authority of Friends of Lois Jarman, Melanie Galloway, Treasurer

FOUR YEARS AT THE MOUNT

This month we asked our writers to reflect upon the importance of being political aware and active

Freshman

Introducing Me!

McKenna Snow
MSMU Class of 2024

My name is McKenna Snow, and I am a freshman at Mount Saint Mary's University. I intend to major in Business and minor in Theology. For all of high school, I lived in Kentucky, and made the almost nine-hour drive up to the Mount from Kentucky with my brother, Brett Snow, who is a junior at the Mount. I have grown up in a military family, so I have done quite a bit of moving in my life. My answer to the question of "where are you from?" usually takes a brief journey around the southern part of the U.S., as I was born in Texas, but have also lived in Alabama, Georgia, Tennessee, Maryland, and most recently in Kentucky.

Family life is very important to me. My parents celebrated their twenty-fifth anniversary this June, and I have a very close bond with all of my siblings. When people ask me, "how many siblings do you have?" my answer typically surprises them: I have seven siblings. I have one

older brother, one older sister, three younger sisters, and two younger brothers. They are each very dear to me and I am so blessed to have the family that I do. Sure, having a larger family can make it more difficult to make plans everyone agrees on; questions like, "what movie should we watch?" or "what sounds good for dinner?" are typically questions we never get a one-hundred percent agreement on. Moreover, some people think that sharing a house with nine other people would be chaotic, messy, or cramped. In some aspects, they assume correctly; but sharing a home with nine people that I love has a way of making up for things like having a little less space, and a little noisier of a household. Each sibling brings special hobbies, talents, thoughts, and joys to the table. Despite some challenges that come with having a larger family, I would not have my family life any other way.

My educational background is that I have been primarily homeschooled my entire life. I took online courses through Mother of Divine Grace, an accredited homeschool program based out of California. Additionally, in junior and senior year of high

school, I took dual-credit courses at my community college. This gave me a head start on earning college credits, and in familiarizing myself with college-level academics. I was drawn to the Mount because of its high-profile academic reputation, credibility in the fields I wanted to study, and because of my ties to Maryland, and Emmitsburg in particular.

Beginning when I lived in Maryland in sixth grade, I attended a summer camp called Camp Veritas. Camp Veritas is a week-long Catholic sports summer camp held at Summit Lake in Emmitsburg, Maryland. One of the most memorable parts of the camp schedule was when we would all carpool over to the National Shrine Grotto of Our Lady of Lourdes on the other side of the mountain, to spend the morning in prayer, and to listen to talks. After the talks, we would then walk down to the Mount campus for Mass in the large chapel on campus. I attended this camp for six years in a row, encountering the Grotto, and the Mount, in a meaningful and impactful way long before my college decision was made. Thus, even after moving to Kentucky, I was drawn to back Emmitsburg, and ultimately to the beautiful campus of the Mount.

I also have a deep love of music, and I am self-taught in guitar, ukulele, and the violin. Wanting to put my musical interests to good use in high school, I worked at my church, Saint Christopher Parish, as a singer for Mass for three years. This particular job taught me good preparation skills, because I had to learn and study new music for every Mass for which I sang. Additionally, it helped me overcome a sense of stage-fright, and the intimidation of singing in places where people were listening to me. I am now quite comfortable singing in front of other people, and frequently enjoy playing guitar and singing for my friends. Finally, I have extensive experience as a babysitter. Because of how much time I have spent with my three youngest siblings, who are currently seven, five, and three and a half years old, I am highly familiar with babysitting. Thus, I was also employed as a babysitter for children of various ages while I was in high school. This experience has helped me grow in patience, and it has deepened my love of working with, and spending time with children.

I did various volunteer work in high school. As a senior, I volunteered as a small group leader at my church for

a Confirmation retreat. I gave a thirty-minute talk about life as a Catholic teenager, which was a good opportunity for me to become more familiar with public speaking. I also volunteered at my church's Lenten Fish Fry, a church fundraiser and community event. Overall, I have spent approximately seventy-two hours doing this particular volunteer work for my parish, as well as other volunteer work around Christmastime through my parish.

My Catholic Faith plays a major role in my life, and I have a deep interest in studying theology at the Mount as a minor, and potentially as a major. The question "what gets you up in the morning?" yields an answer that begins with my greatest passion: love of Jesus Christ, and love for His Church. Every morning invites the question of, "What is God going to ask of me today?" I always discover that the answer varies. Sometimes the answer is simply that He wants me to do homework, or to spend time with a friend, or to spend extra time in prayer. And other times, the answer is to write an article for the Emmitsburg News-Journal! No matter what it is, I strive to arise happily with the intention to live my day wholly for Him.

Sophomore

Exercise your rights

Emmy Jansen
MSMU Class of 2023

There is no reason to live in a democracy if you do not care about politics. If you don't care about politics, we won't live in a democracy. For the people to be accurately represented, they must actively participate in the systems of representation. In Virginia, where I'm from, the voter turnout for general elections is typically less than 50% except for presidential election years. This means that less than half of the state is voting for the people who represent us in Congress. Imagine the results if the entire state was represented—likely, it'd be very different. Our government is not truly representative because only those who vote are being represented.

There is no reason not to vote. Absolutely none. It is part of your civic duty as an American citizen to participate in the democracy that defines us in the international realm. This means voting, at the very least. I voted for the first time when I was seventeen, before I had even graduated from high school. In Virginia and some other states, if you turn eighteen before the general election, you can vote in the primary proceeding it. I did; I checked each of the candidate's websites, learned about their platforms, and made an informed decision. I have voted in every election and primary since, most of the time mailing in an absentee ballot from my dorm room. I thought every college student would be doing that, since we weren't able to vote in person. It surprised me to see that none of my friends had requested ballots and wouldn't be voting. It just wasn't on their mind. How, as an American citizen, can this not be on your mind? How can you live in a democracy that prides itself as the forefront of liberty and equal-

ity and not work to keep that spirit alive? How can educated college students not understand the value of their vote? Of their voice? How can you be 20, 30, 40 years old and not have voted before? How do you call yourself an American?

My generation cares about politics, or at least seems to. We like to call ourselves politically active and knowledgeable but the vast majority of us aren't. When I see posts on social media, sometimes I have to roll my eyes. There are grave misconceptions about government and politics, which I was only able to overcome by taking classes in the discipline. From a young age, I have cared about American government: I was involved in student government throughout secondary school, I contacted my local officials, I listened to NPR on my morning commute. My freshman year of college, I tutored a course about the foundations of American government. If I was at home for the November election, I would be a poll worker. So, when it came time to register to vote, it was a no brainer. It still shocks me that it isn't that simple for most people. My older siblings don't vote or just started to, even though they've had more years of opportunity than me. My college friends still aren't registered. I understand that people didn't grow up with the same interests that I did and are less knowledgeable about the political process. However, as college students in the 21st century who have access to the internet in our pockets, there is absolutely no reason to remain ignorant. It takes five minutes to register to vote. It takes twenty to research candidates, if you're diligent about it. It takes ten minutes to walk and mail out our ballots. Not voting is laziness. Not voting is ignorant. Not voting is un-American.

But you shouldn't care only when an election happens. You should care in the primaries. You should care about state, local, and federal government. You should care about the bills on the

floor, the cases in the Supreme Court, and the governor's addresses. How many of us can name our elected officials off the top of our heads? I didn't, until I sought them out for myself. The key part of the political process that people fail to grasp is that the responsibility is on you. I wish this wasn't the case, but it is through your own actions that you get involved, no one else's. It isn't hard to register to vote or even to do it, but it is energy spent in a different facet of life than what occurs in your daily life. It requires the retraining of your brain to think about things with the political lens. To be politically active means to be active, first and foremost. It won't be handed to you, but through small steps you can become a strong participant in government.

I understand that there is a strong anti-American sentiment growing in my generation, or at least the media is perpetuating one. I understand that there are things happening in politics that people disagree with, me being one of them. But I do not understand accepting that as the way things should be. I do not understand being upset about it and giving up on our government. As the people for which this government was created, we are the ones who change it. With our votes and with our political participation, we create the government we want. That is how our country was founded, but it fails when the people don't use it as they should. If only half of a state votes for their governor, the governor is not an accurate representation of what the people want. It makes sense that we would be dissatisfied with someone we didn't truly want in power.

Voting isn't the only way to be politically active, but it is the place to start. Vote in November and then vote again the next year, even though it won't be presidential. Sign up to receive emails from your state and local representatives. Learn their names. Write them

letters when you're dissatisfied. Sign petitions— or better yet, write petitions. Watch a YouTube video on the basics of American government. Read a biography of your favorite American president. Attend school board and town hall meetings. Ask questions. Watch the news. Read a newspaper. Talk to your family and friends. Yes, talk to people about politics. To keep America as a strong, free nation, we have to rebuild the dialogue of government. It has been all but lost. We can talk to each other without agreeing. It

may not always be easy, but neither is keeping the elephant in the room. As November gets closer, this dialogue is important. It is the building block of government and can easily turn the tide of history in the direction that we want it. But until then, don't call yourself an American until you are a part of the political process that defines what "American" means.

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

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ON THE IMPORTANCE OF POLITICAL INVOLVEMENT

Junior

The Choice of Citizenship

Harry Scherer
MSMU Class of 2022

The attitudes of citizens in our country with regard to political concern are quite varied. Some live and breathe political news, others hear about it from their friends and still others could not care less. As our country anticipates the completion of yet another contentious president election, we are confronted with the perennial question: should we even care about politics?

To answer this question, it would be appropriate to consider what we mean when we say “politics.” Do we find the meaning of politics on FOX News or MSNBC? Perhaps we should search for a balanced presentation of its nature on the front page of the New York Times or Washington Examiner? Surely, we can understand the essence of politics when we observe the ways in which our politicians engage with one another at our nation’s capital.

A response in the affirmative to any of these options would be, by today’s standards, laughable. Another

far less divisive way to look at political life is that necessary participation in social life. Because our human nature demands that we live with and for one another, we are inclined to live in community. Aristotle and Aquinas both would acknowledge that we are social animals and that we find our fulfillment by means of the community. Aristotle would even go so far as to say that a person who is so separated from social life to be considered “a-political” is either a “beast or a god.”

After we recognize that dignity elevates us from beast and humility dismisses a divine identity, we are necessarily political beings. I wonder how similar this conception of politics is to the conceptions of most of our politicians. Do the latter view this political participation as merely a game, a series of frequent races that sometimes lead to victory and frequently lead to defeat?

If our politicians really do not think in these ways or if they actively deny this conception of political life, the question about whether we should care about politics immediately becomes more legitimate as a concern upon which to dwell. At this point in the inquiry, I see little reason to concern my time or mental energy with a game that is being played. The only concern I have so far

is whether or not I am one of the many pawns in this high-stakes game.

At this point, I think it would offer us all a little bit of comfort if we were to consider what St. Augustine would have to say about all this. Augustine mentally formulated a brilliant conception of these two cities: the city of man and the city of God. In the city of man, citizens are concerned with themselves and their progress, their appearance and their goods. No matter where their focus lies, it is rarely, if ever, directed toward God. Those in this city feel right at home in the earthly world and feel that they are fulfilling their purpose when engaging in earthly delights. In the city of God, citizens do not share this same comfort. Augustine pictures the persons in this city as mere travelers, pilgrims in a foreign land. Instead of fulfilling their desires in the pleasures of this life, their actions are informed by a hopeful expectation of beatitude in the next.

Augustine is clear that these two cities do not cooperate with one another for the common good. Instead, they are in clear opposition and the human person is forced to choose whether their citizenship lies in the domain of God or that of man. I hope that this sadly superficial exposition of

Augustine’s political thought informs our current question of whether we should be concerned with modern political life. If one wishes, at least on a theoretical level, to claim citizenship in the city of God, it seems to me that the answer to this question should be motivated by a concern for whether or not this sort of political participation is apt for such a citizen.

What are the concerns of a citizen in the city of God? It seems that an enthusiastic reply to Christ’s endorsement of the invitation to “Love the Lord, your God, with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself” (Luke 10:27) should inform our political life. Does participation in modern political affairs fulfill this command? Is it fitting for a citizen of the city of God to concern himself with contemporary political matters?

In the first place, it seems that it is appropriate for such a citizen to concern himself with such matters, no matter how unpleasant he might consider the time spent in such a way to be. At the very least, it is important for a budding citizen of the city of God to concern himself with these affairs because many other persons in his community concern themselves with

day-to-day politics. An evangelical heart, one that desires to share the joy of the Gospel with all mankind, should be driven by a concern for the concerns of his fellow men and women. To be clear, this is not an intrusive and overbearing desire to involve ourselves in the intimate details of our neighbor. On the contrary, this concern comes from the ideal of meeting our neighbor where they are at every moment; in other words, this is love.

The sorry state in which our culture finds itself is certainly not by accident. Spirits of corruption and evil have invaded our systems because of the participation of human agents who were and are willing to participate. This corruption demands a healthy response from those who are wishing to claim citizenship in the city of God. As St. Paul says in his epistle to the Church in Rome, “where sin increased, grace overflowed all the more” (Rom 5:20). Therefore, our responsibility for ourselves and for our neighbors, even those with whom we disagree, makes it clear that an attention to politics is not only an outlet for personal interest but an opportunity to love.

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

Senior

American responsibility

Angela Guiao
MSMU Class of 2021

Should Americans be politically active? I think the most immediate answer is yes. The United States is a democracy. The laws of our land are dependent on the ability of our elected officials to advocate for the greater population. Not getting involved in politics means not getting involved with the decisions for our future and present needs.

However, in the current climate, it is easy to see why so many have decided either to be overly involved in politics or not involved at all. In fact, in my family, I see a little bit of both.

My younger cousins are very involved in the current political issues circulating society, and they base a lot of what they know off of articles or social media posts. They are much more vocal about the issues they feel passionately about. And they are more active than I ever was when it comes to signing petitions or getting their voices heard.

I would consider myself moderately involved in politics. I keep up to date on the political issues that I am concerned with, but I don’t actively look for others who have similar beliefs and look for ways I can get more involved. Sometimes I wish I were more involved, but politics, in my personal opinion, are currently very messy and divisive.

My mom wants nothing to do with politics. And in many ways, I understand why. With the upcoming election so near and with two parties with very different belief systems, it is easy to just want to take a step back from all the hate.

Hate.

Currently, this is the word I associate most with politics. And I am not

talking about one particular side. For certain issues, in my personal opinion, it has become less about the American people and more about the internal disagreements between each party.

This makes it difficult to become politically involved because you either don’t feel heard, or you do but you are faced with a bunch of people who judge you for your beliefs.

Therefore, I believe that, theoretically, you should be politically active, but realistically, the issues of politics have become less about the actual country’s problems and more about what party you associate with.

However, I do support political activism. No country has a perfect government, and there are plenty of issues that don’t directly affect me but still continue to exist. By acknowledging that, I also acknowledge that they are plenty of issues that many citizens directly deal with on a day-to-day basis. And because of this, I do believe it is important for American citizens to get involved with politics.

America has always stood for equality, justice and freedom, and I believe that the American people play a big part in holding those who regulate our laws and represent our values accountable.

From what I observed around me, my generation is much more politically active than previous generations have been. I believe this is because of the rise of social media, which makes it much easier to spread and share news.

My greatest concern with political activism driven by the information gathered over social media platforms is the tendency and opportunity to absorb false information. When my mom was younger, news was mainly spread through things like the newspaper, radio, or sometimes through the television.

While it may not always be entirely accurate, there was some sort of verification process that ensured the infor-

mation being spread was gathered from a reliable source. Isn’t that what the news was for? To hear reliable information about current events.

In today’s day and age, it is much easier to read something not fact checked or reliable and believe it. And scarily enough, there are plenty of people who do spend the time to make false posts or videos with the intention of influencing the opinions of those who don’t make sure their sources are dependable.

But despite this danger, at a human level, I think we all, as citizens, have the responsibility to keep up to date with what is going on in our government. Sometimes, I think back to when I was younger, and I realized very few of the adults I knew actually voted. I didn’t think much of it then, but as I think about it now, and I think about why some of the people I know don’t vote or plan on voting, I’ve discovered that mainly it was because of how little information they knew.

Oftentimes the people I knew that didn’t vote knew snippets of information regarding politics but more often than not they weren’t very up to date. I think it is this lack of information or the lack of readily available information that is to blame for thousands of Americans not participating in not only the presidential election but also in the primaries and caucuses as well.

I believe media plays a big part in influencing who decides to become politically active and why they feel they need their voice heard. People have more motivation to go out and vote for candidates that they believe represent their values and beliefs but oftentimes we depend on media to inform us who the candidates are and what their message is.

The issue with this is that media itself is often times biased and their articles are often written to please their main audience. This makes the media an unreliable source of information when it comes to politics, political views, and

political issues. People should stay away from opinion pieces and base their opinions on more fact-based texts.

If more people spent the time to research what is going on in our government and realized how possible it is for their voices to be heard I believe more people would take the opportunity to get involved in politics through channels like voting and signing petitions.

America and its government were shaped by the American people. We created a government that allowed for

all voices to be heard and we follow laws that generations before us decided would benefit the future. Being politically active should not be a choice but a responsibility because without the voice of the American people we would not be living in a democracy. It is time for us take the time and remember what America stands for and what makes our country great.

To read other articles by Angela, visit the Author’s section of Emmitsburg.net.

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HOME DECOR

Keeping cozy

Jessica Crawford
Owner, Cotton & Co Vintage
Boutique, Keymar

Can you believe another month has already come and gone? September flew by, and here we are, into October. We can officially embrace the changing of the seasons. I've indulged in a couple of Pumpkin Spice Lattes now and have dragged out my Fall décor at home. It's time, and I am ready; ready for crisp, cool evenings, pumpkin picking, bonfires and backyard camping with the kids.

Last month, we chatted about decorating for Fall. Tips and tricks for selecting Fall décor, that gets you the most bang for your buck, and takes you from September through November. Right up to the holiday season. Right now, the shop it jam packed with sea-

sonal finds to get you inspired. You can find this article archived under last month's link on the Emmitsburg News Journal's website. I thought it might be fun to do a little something different this month.

In addition to being a vintage junkie and lover of all things old. I also love to cook and garden. We have a mini homestead in Westminster, where we raise chickens and ducks and also turkeys seasonally. We have a 5,000 Ft² garden at home, which admittedly got a bit neglected this year. But nonetheless, creating and cooking farm to fork food, straight from the garden or local farmer's markets is another hobby of mine. I developed the recipe below, a few year's ago, when I used to weekly blog for a local garden center. It utilizes homegrown pump-

kins and Fall/Winter Squash and locally grown tart apples.

Roasted Pumpkin & Apple Soup

- Ingredients*
- 1 Sugar (or Pie) Pumpkin; chopped into uniform chunks
 - 1 Large Onion; chopped into 6 pieces
 - Approx 1 1/2 Cartons Chicken Broth
 - 3 All-purpose or Cooking Apples (I used honey crisp and granny smith)
 - 1 C Fat Free Half and Half
 - 1/4 tsp Pumpkin Pie Spice
 - Salt and Pepper to Taste



Instructions: Preheat oven to 375 degrees. Roast pumpkin, covered, with a splash of water in the bottom of pan to help steam the pumpkin meat. Uncovered, roast apples and onion. Roast all ingredients until fork tender. In large saucepan, add remaining

ingredients and roasted veggies, after removing skins from pumpkin. With stick blender, purée soup until smooth and creamy. Can also be puréed in a food processor or blender in small batches. Over medium-heat, bring up to temperature, but do not boil as

cream will curdle. Garnish with a splash of half and half and a few roasted pumpkin seeds. Serve with some hearty bread for dipping. Serves 6.

It's a Fall family favorite, and delicious paired with a fresh, crusty bread for dipping and a simple side salad. There are many greens still available this time of year, at farm stands and markets, that would seasonally pair with this soup. A baby spinach-arugula and balsamic salad jazzed up with sliced apples and candied pecans would be an excellent accompaniment.

Keeping it local is always a focus in my personal and business life. I love supporting local shops, businesses, farmers, etc.. whenever possible. Especially as the owner of a shop that hosts goods and wares from approximately fifty local, nearly entirely woman-owned businesses.

In terms of the shop, this month we have a couple of exciting events happening on-site. The second Sweekend of the month, October 9-11, we are hosting our final Yard sale of the season. My vendors have been purging their homes and clearing inventory in their booths. We will have an abundance of seasonal, vintage, antique, home, décor and children's items, marked at yard sale prices, under our covered patio.

We are also going to be hosting a Fall Pop-Up Vendor Event on Saturday, October 24. This event will kicking off the beginning of the holiday shopping season and featuring several local artisans and makers. You can look forward to connecting with several vendors from the local community that make and create specialty goods. Both of these events will be rain or shine, as we are lucky to have a covered patio that protects our customers, merchandise and pop-up vendors from the elements.

As always, if you need inspiration or guidance on making a space in your house feel more like home, stop on by any weekend. We're open Friday through Sunday weekly, and are always more than happy to assist. Happy Fall Y'all! In the words of Anne of Green Gables, "I'm so glad I live in a world where there are Octobers."

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COMMUNITY NOTES

Land Conservancy of Adams County to hold COVID-adapted Road Rally

The Land Conservancy of Adams County will hold its annual Fall Classic Road Rally fundraiser this year on Saturday, Oct. 17—with several coronavirus-related adaptations.

In acknowledgement of the non-profit land trust's quarter-century of work in Adams County, this year's Road Rally theme is "25 Years of Preservation in Adams County." The route will highlight some of most dramatic and scenic land preserved since the conservancy's founding in 1995.

In response to the nation's continuing struggle with the coronavirus pandemic, the annual fundraiser has been redesigned to make it safe for all attendees and volunteers: Fewer stops will allow teams to complete the course without having to use a restroom (though restrooms will still be available), and fewer hands-on activities will reduce the need for volunteers at the stops and eliminate team touches and handling. All CDC-recommended social distancing protocols will be in place.

The Land Conservancy of Adams County is also offering a Drive-at-Will Rally alternative for those who cannot attend on Oct. 17 or may be uncomfortable with the normal Rally format. Teams will drive the route at their convenience with a deadline to submit answer sheets by Nov. 1 to be considered for prizes. Team and sponsor registration forms are available at PreserveAdams.org/road-rally.

Again this year, teams can drive for free by signing up one Road Rally sponsor. For more information, visit PreserveAdams.org/road-rally.

The Land Conservancy of Adams County is an accredited nonprofit, member-supported land trust dedicated to preserving the rural lands and character of Adams County. To learn more, visit PreserveAdams.org.

Fort Ritchie Bass Fishing Tournament Results

Guy Swormley of Williamsport won

the annual Fort Ritchie Community Center Bass Fishing Tournament held on September 19th. Swormley reeled in a 16 3/4 Bass to take the top honors in the adult division. William Trovinger, 6, of Sabillasville, MD won the youth division with a 13 inch Bass.

The Community Center traditionally hosts two Bass tournaments on Lake Royer each year, however, due to the COVID-19 pandemic, the spring event was cancelled this year. Cobblestone Hotel & Suites is the primary sponsor of the annual events.

Brehon Sweeny, from Hagerstown, MD earned 2nd Place honors in the adult division with Jason Day, from Baltimore, MD taking 3rd Place. Dominic Wade, 17, from Waynesboro, finished second in the youth

division. Proceeds from the tournament support the programs and events offered by the Fort Ritchie Community Center located in Cascade. For more information on the Center, please visit online at www.thefrc.org.



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FIND NEW ROADS™

ARTS

There is still a pulse in the local arts scene!

Sarah Muir
MSMU Class of 2018

As the weather cools, we are seeing a thawing of the restrictions which held businesses captive for the last several months. We have managed in that time frame to create, share, and come together. People adapted and pushed forward with the normalcy they could create. An industry that has certainly felt the pinch of isolation is the arts. As Frederick County enters the third phases of re-opening and Adams County attentively turns green, the local arts community is buzzing with excitement at the prospect of reopening. However, not all events remain untouched and among the other cancelations of this season is the 14th Annual Foothills Artists' Studio Tour.

The tour normally features five studios and ten artists who showcase their creative spaces in the beautiful Fairfield/Carroll Valley, showing a portion of the thriving art community of crafts people, artists, and artisans of Fairfield. You can still appreciate the local artists' works on the tour's website, www.foothillsartists.net. Next year, they hope you will join them to visit and meet the great local artists whose mediums range from woodworking to pottery to painting and more.

Some events hosted by the Adams County Arts Council are still going on as planned with the help of their virtual platform. On October 15, Amanda Evans-Freet, the trauma art therapist at the Adams County Children's Advocacy Center, will present "Art Therapy: Healing for the Mind, Body & Soul," for the Adams County Arts Council's 3rdThursdayNoon program. This hour-long, noontime program via Zoom is free, but registration is required.

Participants will learn what art therapy is, who benefits from it, and why therapeutic art does not require an artistic skill. For the program's hands-on part, participants will receive a blank mandala cover sheet, sent to them

via email with their Zoom log-in information. They are asked to have a few drawing materials like pens, pencils, crayons, or markers. Join them virtually for a relaxing hour of making art while learning about the field of art therapy and discover how it can be healing for the mind, body, and soul.

The Adams County Arts Council is also excited to celebrate the art exhibitions of Chris Lauer and Dan Mangan with a First Friday reception on Friday, October 2, 5-7:30 p.m. at the Arts Education Center, at 125 S. Washington Street, Gettysburg. The reception is free and open to the public. The exhibition will be up through October.

Last month, Gettysburg's Majestic Theater announced two new programs to bring the Majestic's magic to the homes of its patrons. On September 1, the theater launched its "Majestic Movies at Home." The program allowed patrons to stream online, first-run independent art films. So far, this program is still going strong. Another event is the "majestically" delicious popcorn which is available for purchase under the marquee First Fridays throughout the fall. Prices are \$4 and \$5. Curbside popcorn dates are October 2, November 6, and Dec. 4, 5-7 p.m.

The Gettysburg Community Theatre, which has been closed since March, is now live streaming performances. Over the past several months of COVID-19 closures and quarantine, the GCT has been offering online classes, improv shows, Shakespeare readings, and other online performances streamed to their audience via Zoom. While the theater will remain closed for the remainder of the 2020 season, it has shifted its program of in-person camps, classes, rehearsals, and performances onto an online platform.

Last month, the GCT started streaming virtual performances to their isolated audience to support the theatre during this time. The actors are from all over Central PA and rehearse the performance via Zoom. An upcoming performance is a virtual play, Clue: Stay-

At-Home Version. Available on October 3 at 7 p.m. with access for 24 hours, preorders are available for purchase now on the theater website, www.Gettysburg-CommunityTheatre.org.

For a practically perfect time with your family, come to the Way Off Broadway Dinner Theatre this fall with the high-flying family musical adventure Disney & Cameron Mackintosh's Mary Poppins. Opening night was September 18, and the show is available until October 25.

The Way Off Broadway Theatre was eager to see performances once more take flight when they officially reopened following the untimely closing of Baskerville: A Sherlock Holmes Mystery six months earlier.

Jaimie Lea Kiska plays Mary Poppins alongside Jake Therault, making his WOB debut as Bert. Jordan B. Stocksdale is George Banks with Megan E. West as Winifred Banks. Playing the Banks children, Madelyn Grace Kiska and Olivia Manos share the role of Jane and Patrick Ford as Michael. The cast also includes Tina M. Bruley, Tim Edwards, Katharine Ford, Brian D. Kaider, Nicky Kaider, Melissa Ann Martin, Sarah Melinda, Peter Radzikevish, Carrie Shaw, and Isabella Slyman.

In Disney & Cameron Mackintosh's Mary Poppins, jack-of-all-trades, Bert, introduces us to England in 1910 and the troubled Banks family. Young Jane and Michael have sent many a nanny packing before Mary Poppins arrives on their doorstep. Using a combination of magic and common sense, she must teach the family members how to value each other again. Mary Poppins takes the children on many magical and memorable adventures, but Jane and Michael aren't the only ones upon whom she has a profound effect. Even grown-ups can learn a lesson or two from the nanny who advises that, "Anything can happen if you let it."

"We are extremely excited to not only be able to announce that the theatre is reopening, but to do



Jaimie Kiska plays the practically-perfect nanny in The Way Off Broadway Dinner Theatre's production of Mary Poppins.

so with such a fun and entertaining musical," says Way Off Broadway's Executive Producer Bill Kiska.

While the theatre is excited to have open doors again, they do so with public health in mind. As laid out by the government agencies charged with addressing and monitoring the pandemic crisis, several new health and safety protocols are in effect. "From the beginning of the crisis," said Justin Kiska, the theatre's Managing Director, "our goal has always been to be able to welcome audiences back in the safest possible way so that everyone can once again enjoy a visit to the theatre. To that end, we have examined every health and safety guideline put out by the various agencies and found ways to incorporate these new practices and procedures into Way Off Broadway's operations. This means, if you have been a regular guest at the theatre for some time, you will see some things being done a little differently now."

Disney & Cameron Mack-

intosh's Mary Poppins will run through October 25, with performances every Friday and Saturday evening and select Sunday matinees. In the evenings, guests arrive for dinner at 6 pm, with the show beginning at 8 p.m., while for Sunday matinees, guests arrive at 12:30 p.m. for lunch with the show starting at 2:15 p.m. You can purchase tickets by visiting the theatre or calling the Box Office at 301-662-6600. To learn more about Mary Poppins, or any of Way Off Broadway's productions, including the newly announced 2020/2021 Season line-up, visit www.wayoffbroadway.com.

The Weinberg Center for the Arts, located on West Patrick St. in downtown Frederick, has successfully gone virtual! While eager to reopen, the doors remain closed amid health concerns. The public, however, still has access to a wide range of shows. Many of the virtual art experiences are available at a free or low cost. To begin streaming, visit the theater website: weinbergcenter.org.

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Recalling Fond Mount Memories

Tristan Anderson
MSMU Class of 2024

The fine arts have an influence on a person, quickly making her accustomed to the deeper and more intellectual parts of life. With the opportunities offered at a college focused on the arts and a paper interested in the usage of the written word, magic happens, and individuals are prepared to face the world and succeed. Kathryn Franke is one such individual.

A two-time graduate of the Mount both undergraduate and graduate, a veteran of the Emmitsburg News-Journal for a more than impressive amount of time, and now a successful businesswoman out in the world, Kathryn has developed an excellent track record for herself. It all begins in the area familiar to us, where so many other students have started their own journey. Coming to the Mount in the year 2009, Kathryn knew herself to have loved art ever since she was a little kid. "I wanted to major in fine arts and communications from early on," she said in an interview. Though both disciplines appear to have very little linking them together at first glance, Kathryn would soon find a way to fuse them together.

Later in her college career, while on a run with a friend to prepare for the upcoming track and cross-country season, Kathryn encountered a man who would eventually become her boss. After a short conversation about photographs that eventually led to one on the topic of the Emmitsburg News-Journal, Mike Hillman, the owner, operator, and chief editor of the paper, made Kathryn an offer for the job of a fine arts writer. It was the perfect chance to combine her love of the arts, her two majors at the college, and her skills at writing all into one occupation. It was the commencement of a long career with the paper, one in which Kathryn would, according to her own words, write "more articles than I can count."

Over the course of six years at the Mount, Kathryn continued her time at the Emmitsburg News-Journal, spending about ten years in total at the service of the paper. She covered a wide range of topics related to the arts on campus, including the methods behind producing art, music, paintings, various activities at the Mount, and even what life is like after college. Her articles served a critical purpose for both the college and the community, drawing the two closer together. Art cannot truly be art if it is not enjoyed by someone or if it is only enjoyed by a small fragment of a community. Kathryn's articles were a method to correct this issue and connect the residents of Emmitsburg, Thurmont, and many other local towns, with the beautiful works and performances at Mount Saint Mary's, enabling the students to share their talents with those who

otherwise would receive no benefit. Without a doubt, this fusion has provided more opportunities to both students and residents, fostering a new sense of community.

One of her articles in particular accomplished this, and in a way very personal to her. As an honors student, it was required that Kathryn orchestrate a special project before graduation, a task which she performed in the form of a juried art show. While the show itself was certainly difficult to compose, Kathryn also, in a way, handled her own publicity for the event. She was able to write about the event she worked on herself, experiencing both parts of her college career in different ways and at the same time. Kathryn went so far as to state that covering this event was her "favorite article, if I had to pick."

More than that, Kathryn was the very first Fine Arts writer for the News-Journal, starting a tradition that continues until current times. Without her initiating the line of succession, there would be a number of writers who would not have received a chance to speak for their interests and to share information with the community at large. Though she had many other responsibilities on campus as a student, Kathryn fulfilled this goal nonetheless. The Emmitsburg News-Journal was one of the primary activities in which Kathryn participated, described by her as a "huge benefit" to her career. In fact, her work at the paper was so important for her that it changed her as a person, but only for the better. "Writing for the paper helped me to gain confidence with what I was learning in school," she said.

As one would expect, with such a long time working anywhere, people tend to accumulate a vast array of positions and responsi-

bilities. When pressed as to what part of working for the Emmitsburg News-Journal was her favorite, Kathryn responded that she loved "being the managing editor, because of the continuity." As with many of the other positions for the paper, a long line of students hired by other students fills the position of managing editor. Other than that value, however, Kathryn handled quite a heavy load of responsibilities, assisting with the publication of the paper, brainstorming ideas for articles, and helping Mike with advertising. It was an informative experience for her, and one that she passed down to the classes afterwards to handle.

After she graduated from Mount Saint Mary's with a master's degree in 2015, Kathryn leapt into the world of marketing. She landed many different roles that furthered her career and also brought her great satisfaction, due to the "good preparation from the Mount and the real world." It is no unfair assumption that the paper provided a means for her to gain that real-world experience. When combined with her studies this experience gave Kathryn a clear example of the lessons from the classroom applied to reality. In particular, she stated that offering of experience as something her boss, Mike, was particularly skilled at. "He had many ways to take the experience out of the classroom and integrate it with the education at the Mount."

For that reason, when prompted about what she missed most about the Emmitsburg News-Journal, Kathryn gave a simple response. She stated that she missed working with Mike most of all, because of his unique personality and ability to link the Mount with the surrounding communities. She also stated that he has "excellent stories and is a wealth of information." It



Kathryn Frankie was not only the paper's first Arts writer, but also the first Mount student to hold the title 'Managing Editor'. Katherine was responsible for developing the process where Mount students pick and groom their own replacements. A process that has proved its worth year after year as demonstrated by the quality the Mount students have held this paper to.

is apparent that Kathryn still can easily recall her experiences today and is particularly aware of how much they influenced her path. Now, as a grown woman with an eye to the future, Kathryn is able to look ahead into the future just as much as she likely did in the past. When asked what the future holds next for her, she simply replied that she plans to build upon her career, an occupation in which

she always finds ways to integrate her love of the arts and marketing together. In more ways than one, she has found a career that both fulfills the plan she set for herself and builds upon the foundation she worked to diligently build. Her own words speak for themselves for what all the future might hold, and they must be allowed to stand. "The fine arts will always be a part of my life."

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CATOCTIN SPORTS

2020-2021 CHS sports outlook

Mia Ferraro
CHS Class of 2022

This past winter, COVID-19 brought an unforeseen and unprecedented halt to many aspects of our lives. Highschoolers were suddenly restricted to visiting classmates online, prom was canceled, graduations were virtual, and student athletes were benched for the season. This abrupt change brought unpredictability and uncertainty with it for many students, and many student athletes were looking to Frederick County Public Schools (FCPS) for some clue as to when they can return to the game, and what, exactly, that might look like in the midst of a global pandemic.

In response to this uncertainty, FCPS announced the formation of the FCPS COVID-19 Return to Play Committee mid-June. Its purpose is to evaluate and determine how FCPS will move forward with its athletic programs for the 20-21 school year based on guidance from the Maryland State Department of Education (MSDE) and the Maryland Public Secondary Schools Athletic Association (MPSSAA). The committee, made up of 22 members, including 5 members of the FCPS Sports Medicine Advisory Committee, states its

guiding principle to be that "the health and safety of FCPS student-athletes, coaches and all other athletic-related stakeholders will drive all decision-making of the Return to Play Committee." According to Keith Bruck, Catoclin High School Athletic Director, much of Catoclin's plans rely on the MSDE, the MPSSAA, and FCPS. By the end of June, FCPS had announced that the FCPS COVID-19 Return to Play Committee had set a tentative return date for summer conditioning as July 13 and August 12 as the tentative date for fall sports to begin. However, on July 14th, FCPS announced that non-sport specific summer conditioning and re-acclimatization was to begin on Monday, July 20th and run through August 12th. With everyone's safety in mind, conditioning was to be held outside during periods when heat and humidity were low. Athletes were to be grouped in pods of 10-15 students and standard COVID-19 precautionary measures were to be followed. This momentum was cut short, however, when the Frederick Board of Education suspended the 2020 Fall Interscholastic Athletic season, including summer conditioning and re-acclimatization, after the decision to conduct the first semester of the year online was announced on July 29th.

Almost a month later, FCPS released details of how the schools would proceed with voluntary workouts and non-contact practices during the first semester of the 20-21 school year. Fall, spring, and winter sports would have their own voluntary workout seasons. Fall sports conditioning was to run from August 31st to September 23rd. Spring conditioning is to run from September 28th to October 21st with registration to open September 16th. Winter sports conditioning is to run from October 26th to November 18th, with registration to begin on October 14th. No athletic fees will be charged for any first semester sports activities and no tryouts are to be held until second semester. Practices are completely voluntary and will not determine team picks for the competitive season.

The MPSSAA announced its plan for the second semester competitive season on September 11th. Winter sports will hold practice and reconditioning from February 1st to February 21st, and competitions from February 22 through March 27th. Fall sports will practice from March 15th to April 4th and compete from April 5th through May 8th. Spring athletes will practice from April 26th to May 16th and compete from May 17th through June 19th. As sports are expected to resume, a number of new coaches are welcomed to Catoclin, including Kevin Felichko and David Lillard.

Kevin Felichko is taking over as the new head coach of the CHS boys soccer team after assisting the team last year. He has been coaching for 10 years. He began his coaching career at the Catoclin Youth Association Soccer Club. The team that his son was on needed a coach, so he stepped in. Like the beginning of any career, it wasn't an easy start. He attended coaching clinics as a means to improve his soccer skills and knowledge, and he played indoor soccer to relate better to the athletes. "That was easily the best decision I made in terms of my coaching as I experienced game time decision-making, the feel of scoring a goal, the disappointment of scoring an own goal, etcetera," he explained. In addition to coaching CYASC, he served on the soccer club's Board of Directors for nine years.

Felichko has been conducting Return to Play conditioning, and it seems the athletes are progressing very quickly. He explained that the difference between



the first and last days of training was "incredible." He went on to say, "This is a very coachable group of athletes who want to learn and do more." Felichko expects consistent improvement this year over the last few seasons. Throughout the conditioning season, the team has been mostly focused on transitioning to attack out of their defensive third, something they struggled with last year. He hopes to reduce the amount of last year's goals scored against them by 35-50%. They are really focusing on reading the game and reacting to the opposing players in the moment, and reducing the time they take to acknowledge and act in any situation.

It's Felichko's belief that the success of a team starts by "reducing their goals against and increasing their possession time using last season's metrics." He says that the success of an individual means maintaining confidence during problem-solving, learning from one's mistakes, and applying these lessons to the other aspects of learning.

Felichko has co-created a soccer app which helps athletes improve soccer skills on their own through challenging games. The app is called StatUP and can be found in the App Store and Google Play.

Coming from Oakdale High School, David Lillard is the new CHS boys cross country and outdoor/indoor track coach. He previously coached at Urbana High School for 10 years and then began a 10-year coaching career at Oakdale High School, where he also continues to teach science. He started running in high school, and began coaching by working alongside a friend when they asked him for his assistance. He enjoyed this occupation and has continued in that direction since.

Lillard is familiar with the athletes

from previous seasons, as track and field is a tight-knit community. He feels that the athletes have been progressing very well during conditioning. He has been working closely with girls cross country and indoor track coach, Lois Strickland, getting the athletes focused on what a typical work-out day is like. Catoclin seems to be welcoming Lillard well. "It's an easy transition because it doesn't matter if you're at Oakdale, Urbana, wherever - the athletes are generally great kids and they just want to do their best for you," he said. "Overall, Frederick County has got some amazing kids that just want to do great."

"My first expectation is that when the kids come in, they're stronger than the day before - stronger than yesterday," Lillard explained. "That's how you slowly inch your way into becoming great." That's the team's motto as well - "Stronger than yesterday." He believes that a team is only successful when the athletes are successful. Lillard feels that the most rewarding part of coaching is seeing everything come together. "When you see that self-confidence kick in and that self-worth be shown, and they know that they are as good as they've been told they are, it's just amazing." He feels that his responsibility to the team goes beyond training. "Coaching is a priority but the reality is that we also want to produce young men and women who will help whoever needs help and to do whatever needs to be done."

Although circumstances are unprecedented this year, the coaches' and teams' commitment to their sports and communities remain strong. Let us wish them the best.

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MOUNT SPORTS

Cross-Country goes virtual

Samuel Barber
MSMU Class of 2022

This year has dragged the world through the worst of situations; at points, it has seemed there will never be the light at the end of the tunnel. The same goes for the world of collegiate sports. The cancellations and postponements of spring sports have now carried over to the fall. One of the most successful fall programs at Mount St. Mary's, cross-country, is set to showcase their talents in an alternative way: on the track.

Chris FitzSimons, who is in his fourth season at the helm of both the men's and women's program, is looking to carry last season's success over to this calendar year. However, one obstacle stands in the way: there is no season. To fill the competitive gap, FitzSimons, along with a host of other Northeast Conference (NEC) coaches devised a plan to host a virtual cross-country season.

The Mountaineers will compete in two inter-squad races at their on-campus track. Both races will be six and eight kilometers, respectively. The virtual NEC Championships will encompass athletes from all 10 institutions, competing on their respective tracks in a five-kilometer race with the winner being crowned as virtual champions.

Despite there being an absence of in-person competition, the virtual approach will offer exciting new twists. The installment of a five-kilometer race is quite foreign to male athletes, as they only race that distance during the track seasons. Plus, there will be no championship rings or trophy that athletes will be toeing the line for. Without that first-place incentive to strive for, the determination and grit will have to be extracted from somewhere else, which will be enticing, to say the least.

Regardless, the head coach remains intrigued and open-minded to the new idea. "I think it's a great way to keep people motivated during this time. Just to have something on the schedule to train for, instead of just training to train. It makes everyone a little bit more motivated," FitzSimons said.

The men's team, who is coming off a third-place finish at last year's championships, is poised for even more success this season despite losing three routine scorers. Will Merritt looks destined to once again lead the Mountaineers. Contrary to previous seasons, Merritt will have a more unified group of front runners. Isaac Kole and Grant West, both of whom earned conference honors, have used their time away from competition wisely, and the latter is shaping up for a breakout season. Pair those three with incoming transfer Colin Kelly (via Saint Francis PA) and rising junior John Wang, and the Mount has five runners that can surely turn some heads within the conference.

Although a team's frontrunners are critical to one's success, the displacement runners could ultimately decide whether a team wins out. Andrew Jackson and Paul Fagnano will be joined by incoming freshman Michael Chipi, which will round out the top eight. Chipi, the Kenyan native, has shown glimmers of hope that could foreshadow future success.

From a team outlook, the Mountaineers are undoubtedly the favorites, as the defending champions, Wagner, lost much of their talent to graduation or transfer. Their biggest competition is sure to be Central Connecticut State (CCSU). Despite the potential competition, this remains a conference race for the Mount to lose.

The preseason excitement does not just surround the men's team. The women's team, who is looking to build on the fourth-place finish at conference's a season ago, have a strong repertoire. Key returning seniors, Alexandra Kay, and Destiny Boone will certainly be the anchors and the two that set the foundation for the team. Emma Strickland, Erin Billigmeier and Mary Campbell are poised to be a lethal trio during their four years at the Mount.

Campbell, the Ephrata, PA native brings plenty of individual accolades to Emmitsburg that will surely benefit the team. During her time at Ephrata High School, Campbell flirted with the under-five minute barrier in the mile, running a 5:02, which is quite the impressive feat. During her junior campaign, she posted a 2:19 in the 800-meters, a time that proves her speed will carry over to the cross-country course.

Strickland, a 2020 Catocin graduate, boasts impressive times coming into her freshman season. While at Catocin, Strickland captured three individual Mary-

land 1A state titles. Much like Campbell, the mid-distance speed is going to give her a significant edge in the most pivotal parts of the races.

Not only are the incoming freshmen and rising seniors making noise throughout the team, sophomores Molly Connelly and Theresa Long look ready to take the next step. Long is coming off a top-25 finish at last year's NEC Championships. Similar to the men's side, CCSU has all the pieces to defend their cross-country title.

The NEC, as well as the NCAA, have been discussing the best course of action to have a traditional, in-person cross-country season. The NCAA announced earlier this month that in-person NCAA cross-country championships would be hosted in March, with regular-season competition beginning on January 23. However, no official word from the conference has been announced on when their season will commence.

Long before the NCAA's announcement, FitzSimons had a growing level of optimism for a season of some capacity. "It appears so, it has been gaining traction for a couple of months now", he said. "It is looking that there will be either a winter or spring season, however, I'm not sure how and when the NEC will vote on this groundbreaking decision", FitzSimons added.

While each school will be competing socially distanced at their respective tracks, two monumental pieces of a championship season will be left out of the picture, a trophy and a ring. Hoisting the championship trophy and fitting the ring on your finger are two moments that truly embody the winning spirit. With every aspect of it virtual, do the champions even deserve the tangible accolades. After all, this is not a



Mount Cross Country coach Chris FitzSimons

real championship. It is instead a replacement plan to institute a sense of normalcy in the lives of the athletes.

"No, it is just a different atmosphere. You are not there on a cross-country course; you are on a track. Each team isn't on a level playing field," according to the head coach. Despite his seemingly staunch opinion on giving out championship awards, he was open to the idea of an alternate prize.

"I, along with the entire coaching committee, have decided to get some type of an award. All of us coaches have got together and decided to either get medals or a cheesy trophy, like a COVID Cup," FitzSimons stated.

With the likelihood of the cross-country season extending into the winter season being quite high, the cancellation of

indoor track has been discussed. From a logical standpoint, having cross-country is a lot safer than indoor track. Regardless of there being fans in attendance, cross-country offers the ability to have athletes and coaches to be in a more spread out, especially now that the United States is in the thick of the pandemic.

This fall will be like none other not only in the NEC but the NCAA as well. This fall is set to give cross-country athletes unprecedented challenges. This fall is going to test the limits and mental toughness. Despite not being able to compete against their fellow conference foes, one thing is for sure, the Mountaineers will be ready to toe the line in their shining moment.

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COMPLEMENTARY CORNER

Qigong Meridian Therapy

Michelle Clowe

This year has been a wild ride with major ups and downs and loop-dee-loops, and many people are feeling the effects in body, mind, and spirit. Have you been feeling stressed, anxious, depressed, or scared? Have you been experiencing body tension, trouble sleeping, or poor digestion? It is okay to feel these things. We are all a work in progress. These conditions are helpful messengers letting us know that our Qi (energy) is out of balance, and the great news is there are things we can do to move in the direction of inner peace on every level. One way to help ourselves feel better is through Qigong Meridian Therapy (QMT). QMT offers a natural and enjoyable way to release physical and mental pain and stress.

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ative massage along your meridians (energy pathways). When our Qi is flowing strong and free, we can let go of physical and emotional suffering and our body and mind can function peacefully.

One client in his early seventies was slated for shoulder surgery and four QMT sessions later he was pain free. A young mom uses QMT to relieve her anxiety and ease her PTSD. After one treatment, two weeks of eye pain went away for another client. A teacher broke her foot the same time as another teacher in her school. With regular QMT, her foot healed six weeks faster than the other teacher. A lawyer comes regularly to manage job stress and another client uses QMT, acupuncture, and reflexology to manage her Multiple Sclerosis. QMT is not an instant magic cure-all but, whether it is a physical or emotional challenge, acute or chronic, Qigong Meridian Therapy will help you reawaken your own inner healing ability and will

always offer benefit.

You do not have to do anything special to prepare for a QMT session. Come as you are! It is helpful to wear comfortable clothing. Although, I once had a client who had real seashells attached to her shirt! No problem. It is recommended not to eat a huge meal right before your appointment but if you are coming straight from a pizza party, that is okay, too! Lastly, if possible, take a tech break and leave your cell phone at home or in the car.

A QMT session lasts between 30 and 60 minutes. During your session you will relax comfortably on a massage table. (Recipients do need to be able to lie on their stomach.) No cream, oil or scents are used and, other than slipping off your shoes, you remain fully clothed for your session. Special healing hand techniques are used by the practitioner to give restorative attention to your meridians and energy points on your neck, shoulders, back, legs, and feet. QMT opens the door to deep relaxation and profound healing and it feels amazing to step through that doorway.

The benefits of your QMT treatment continue even after the session ends. Just as a pot of boiling water does not immediately drop to room temperature when you turn off the stove, you are still percolating after you get up off the table. You may notice physical and mental shifts for the next several hours or even the next few days. Some recipients even report experiencing a mild euphoric feeling. Following your treatment, do as little as possible for the rest of the day. Enjoy the good vibrations of a relaxed body and calm mind by taking it easy. Anything you can put off until the next day, please do! For the next 24 to 48 hours, support yourself by avoiding cold food and drink, refraining from strenuous or structured exercise, reducing your screen time, and going to bed by 11:00 p.m.



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HEALTH AND FITNESS

Alternative exercise practices

Linda Stultz
Certified Fitness Trainer

Cardio is the well-known exercise for heart and overall body health but there are a few others that will keep you moving a little easier too.

Meditation is a practice that has been around for centuries. You may not think of this as an exercise but it can improve your overall health just the same. Today's world was filled with stress even before the pandemic and now people are looking for more ways to relieve anxiety. Daily responsibilities like work, school, family and household chores are always there. How we handle them can make all the difference in your health and the health of your entire family. Taking thirty minutes to yourself may sound impossible

when you think about your schedule.

Maybe you can't find that much time each day but everyone can find 5 to 10 minutes once or twice a day to do something for themselves. If you have not thought about meditation or have never tried it, do some research and see how taking just a few minutes a day can help with blood pressure, anxiety and even some of those aches and pains. Slow down, breath and think of a place or activity that you enjoy.

Put yourself in that place in your mind and relax. You may not feel immediate changes but after a week or so, hopefully you will notice a little less stress and a little more calm in your life. I'm not saying you won't still have all the bustle and work but hopefully your body will react to it in a calmer way.

Stretching is another way to relieve

the stress and aches and pains we feel from our busy lives. Many people find themselves sitting in front of the computer more than ever. Working from home has its advantages but it also has some challenges. Get up and walk around every half hour or so. Sitting for long periods of time is one of the worst things we can do. If you are more sedentary than usual because of a change in your work schedule try doing a few stretches while sitting there.

Flexing your foot or leg will not interfere with working and may ease or eliminate stiff muscles. Rolling your shoulders back and forth and up and down may help you avoid a stiff neck or a headache. Stretching can also give you a little boost of energy during that afternoon slump instead of reaching for that soda or candy bar that will just all calories and pounds.

Yoga is another great way to strengthen your body that doesn't take a lot of time out of your day. I know taking a yoga class with an instructor is a better way to push yourself to do more but you can practice a few moves on your own during the day. Yoga is not hard and you can adapt the moves to your flexibility and time. Just like meditation and stretching, yoga can be incorporated into your daily schedule in short periods of time.

Find a stretch or yoga position that targets the area of your body that is feeling stressed, fatigued or achy and hold it for a count of three to five slow breaths. This will not only relieve the pain in the area you are concentrating on but it will also calm your mind and slow your heart rate. Try doing this a few times a day and you will find it relaxing as well as beneficial to your health.

As always, if you have any health

problems or concerns check with your doctor before starting any new program. These suggestions may seem time consuming but trying one at a time for just a few minutes a day is possible to work into your busy schedule. Meditation, stretching and yoga are all great ways to relieve stress and boost your immune system and overall health.

Try them and see which works for you. Maybe all three will be enjoyable and you can practice a different one each day. Don't expect a big change in a day or two. These practices are something that will bring about a positive change when used consistently over time. Don't give up and you will feel the positive benefits and hopefully incorporate them into your daily routines for the rest of your life.

Remember to keep moving and stay positive during this trying time!

Impact of Racial and Class Lines on the Opioid Epidemic

Andrew Wyka

The Opioid epidemic in our society is real and has been validated by numerous studies. Some of the findings suggest that both race and social class have a significant impact on the opioid epidemic.

Other contributing factors to the opioid epidemic appear to include low income, often within minority populations, coupled with limited economic resources and opportunities for assistance. The unintended consequences suggest an increase in use of prescription opioids for pain. However, the differing access to prescription drugs has also resulted in extensive addiction of street drug among the poorest communities.

Prior research related to the opioid epidemic has compared suburban verses rural communities. However, more attention should be focused on minority communities which appear to be experiencing significant increases in opioid misuse and overdose deaths. According to Joseph Friedman at the David Geffen School of Medicine at UCLA, "the systematic racism within the health care system has led to increased addiction and overdoses in low-income white areas, but also insufficient treatment among communities of color." A US News Analysis using the Centers for Disease Control and Prevention data found the "rate of fatal opioid-related overdoses among African Americans averaged 3.7 deaths per 100,000 population between 2005 and 2013, compared to a 7.6 average rate for whites. However, from 2014 to 2017, the fatal overdose rate among African Americans rose by 130 percent, compared to 61.5 percent surge for others during this timeframe." This is more than a double the increase in fatality rates.

There are multiple variables contributing to the opioid abuse in minority communities. One key variable of opioid misuse and overdose is caused by the excessive prescription of opioid drugs for pain management. Second, the dependency on these pain medications often lead to the use of cheaper and more readily available illicit opioids such as heroin. Many of these street drugs have been found to be laced with fentanyl, which contributes to even more overdoses and opioid related deaths.

It is also a reality that minorities living in lower income areas do not have the same level of access to prescription drugs as wealthier Americans. A study of emergency departments found that minorities are significantly less likely to be prescribed opioid prescriptions for pain from medical providers. Wealthy Americans are much more likely to receive medication for their addiction than minorities and the poor. (The Opioid Crisis and the Black/African American Population: An Urgent Issue was prepared for the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS), May 2020)

There is the concern that stereotyping opioid use as not being prevalent among minority communities may lead to inaccurate results. This information may then limit opportunities, resources, and even deflect attention away from minority communities, when in fact they may actually need more community support to avoid serious health and addiction related problems.

In order to reduce the opioid crisis in minority communities, often leading to overdoses, there needs to be a concerted effort from multiple agencies at all levels. Community leaders, faith-based organizations, local agencies and educators must work together with their respective communities and treatment centers. A collective effort is needed to deliver drug prevention and treatment services, as well as to develop policies to ensure they incorporate relevant racial assessments. All these factors are necessary in order to reduce the opioid crisis.

There are gaps in the health care system when it comes to the access of quality treatment opportunities, and this affects the use of opioids in pain management. As discussed in the May 2020 SAMHSA Report referenced above, the federal and state governments should develop more culturally targeted programs to benefit minority communities in the opioid crisis. The report also suggests that programs should include the use of faith-based organizations to deliver substance use prevention and treatment services, the inclusion of racial impact assessments in the implementation of drug policy proposals, and a formal consideration of effective interaction with the criminal justice system in designing treatment options.

In an interview with Dr. Gregg Pane, the former District of Columbia Health Commissioner, he stated that "certainly minority communities are disproportionately affected and more likely to have more severe problems and addiction.

This is a multifaceted problem that needs action in terms of better prescribing and patient follow up, better monitoring by pharmacies, education for providers and patients, and better funding and access to addiction treatment." Dr. Pane has over

35 years as a senior health administrator.

Andrew Wyka is a Senior at West Virginia University in a Multi-Disciplinary Studies Program including minors in Drug Addiction, Sociology, and Marketing

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ASTRONOMY

The night sky of October

Professor Wayne Wooten

For October, all eyes will be on bright red Mars at opposition! This is the closest to us Mars has been since August 2003, and telescopic views should reveal interesting meteorology! The earth overtakes it on October 9th, and Mars for a few weeks outshines even Jupiter in the SW evening sky. It rises then exactly at sunset, and will be up all night. It will be highest in the sky for best viewing about midnight, and will not be this close and bright until 2035.

The full moon, the Harvest Moon, occurs October 1st. The waning gibbous moon passes just south of bright Mars on October 3rd. The last quarter moon is October 9th, and the waning crescent moon passes just north of bright Venus on the morning of October 13th. The moon is new on October 16th. The first quarter moon makes a striking triangle with brighter Jupiter (to the west) and Saturn in the evening sky on October 22nd. The waxing gibbous moon is just west of Mars on October 28th, and below it on October 29th; see if you can Mars with your naked eye just before sunset, using the rising moon as your guide. The Full Moon (a 'blue' moon as the second full moon in a calendar month) is the Hunter's moon, very appropriate to guide the trick or treaters this Halloween!

We can not see Mercury well this month, too close to the Sun, but Venus dominates the dawn skies for



Mars will for a few weeks outshine even Jupiter in the SW evening sky and will not be this close and bright until 2035.

the rest of the year. It passes very close to the brightest star in Leo, Regulus, on the first four days of October. Mars dominates the eastern evening sky, but Jupiter and Saturn are both still well placed for viewing in eastern Sagittarius. Remember to check out the fine triangle they make with the moon on October 22nd in the evening sky.

While the naked eye, dark adapted by several minutes away from any bright lights, is a wonderful instrument to stare up into deep space, far beyond our own Milky Way, binoculars are better for spotting specific deep sky objects. For a detailed map of northern hemisphere skies, about September 30th visit the www.sky-maps.com website and download

the map for October; it will have a more extensive calendar, and list of best objects for the naked eyes, binoculars, and scopes on the back of the map. Also available as the next month begins is wonderful video exploring the October sky, available from the Hubble Space Telescope website at: http://hubblesite.org/explore_astronomy/tonights_sky/.

The Big Dipper falls lower each evening. By the end of October, it will be only the three stars in the handle of Dipper still visible in the northwestern twilight. By contrast, the Little Dipper, while much fainter, is always above our northern horizon.

To the southwest, Antares and Scorpius also set soon after twilight, and will be gone by month's end.

East of the Scorpion's tail is the teapot shape of Sagittarius, which marks the heart of our Milky Way galaxy. Saturn lies above of the pour spout now. Looking like a cloud of steam coming out of the teapot's spout is the fine Lagoon Nebula, M-8, easily visible with the naked eye.

The brightest star of the northern hemisphere, Vega dominates the sky overhead. To the northeast of Vega is Deneb, the brightest star of Cygnus the Swan. To the south is Altair, the brightest star of Aquila the Eagle, the third member of the three bright stars that make the Summer Triangle so obvious in the NE these clear autumn evenings. To the east of Altair lies tiny Delphinus, a rare case of a constellation that does look like its namesake.

To the east, the square of Pegasus is a beacon of fall. South of it lies the only bright star of Fall, Fomalhaut. If the southern skies of Fall look sparse, it is because we are looking away from our Galaxy into the depths of intergalactic space. The constellation Cassiopeia makes a striking W, rising in the NE as the Big Dipper sets in the NW. Polaris lies about midway between them. She contains many nice star clusters for binocular users in her outer arm of our Milky Way, extending to the NE now. Her daughter, Andromeda, starts with the NE corner star of Pegasus' Square, and goes NE with two more bright stars in a row.

It is from the middle star, beta Andromeda, that we proceed about a quarter the way to the top star in the W of Cassiopeia, and look for a faint blur with the naked eye. M-31, the

Andromeda Galaxy, is the most distant object visible with the naked eye, lying about 2.5 million light years distant. It is a bigger version of our own Galaxy, which it may collide with about three billion years from now.

Below Andromeda is her hero, Perseus. In his hand is a star most appropriate for Halloween, Algol. This star "winks" at us for six out of every 70 hours, which Arabic astronomers centuries ago found spooky, hence naming it "the ghoul". We know today it is an eclipsing binary system, with the larger, cooler orange star covering 80% of its smaller, hotter neighbor during the 'wink'. At the foot of Perseus, the hero of "Clash of the Titans" is the fine Pleiades star cluster, the "seven sisters" that reveal hundreds of cluster members in large binoculars. This might be the best object in the sky for binocular users.

Winter will be coming soon, and in the NE we see yellow Capella rising. It is the brightest star of Auriga the Charioteer, and pair of giant stars the same temperature as our sun, but at least 100X more luminous and about 10X larger than our sun. It lies about 43 light-years distant. A little farther south, below the Pleiades, orange Aldebaran rises. It is the eye of Taurus the bull, with the V shaped Hyades star cluster around it making the head of the bull. This colorful giant star is only 2/3 as hot as our yellow sun, but 44X times larger and at 65 light years distant, one of the closest of these monster stars.

To read past editions of the night sky, visit the author section on emmitsburg.net.

Farmers' Almanac

"Listen! the wind is rising, and the air is wild with leaves, we have had our summer evenings, now for October eves!"
—Humbert Wolfe (1885-1940)

Mid-Atlantic Weather Watch: Occasional showers, breezy (1, 2, 3) turning cooler and windy (4, 5); warm and dry (6, 7, 8, 9, 10, 11, 12, 13, 14) with heavy rain, storms, and wind (15, 16, 17, 18). Cooler, brisk, frost/freeze west (19, 20) turning warm and dry (21, 22, 23, 24, 25, 26, 27, 28, 29); heavy rain, storms, wind (30, 31).

Full Moon: October has two Full Moon to occur during the month. The first, occurring on Thursday, October 1st was recognized last month as the Harvest Moon (the full moon falling closest to the Autumnal Equinox). The second to occur is the Hunter's Moon. Named because of the extra light it provided many Native Americans to extend their hunt for food into the early evening, it will occur on Saturday, October 31st. It was also referred to as Moon of the Falling Leaves and Yellow Leaf Moon by the Cree Tribe because many of the trees lose the last of their leaves during the month and because of the many leaves turning that color during October.

Holidays: Columbus Day is observed on Monday, October 12th, United Nations Day is celebrated on Satur-

day, the 24th, and Halloween falls on Saturday, October 31st.

Special Notes: Remember get your flu shots early this year! And follow current guidelines for protecting yourself, your family and loved ones as well as others we may encounter throughout our day. October is Fire Prevention Month. In 1922, the National Fire Protection Association named the second week of October Fire Prevention Week in commemoration of the Great Chicago Fire in 1871. Today, we celebrate Fire Prevention Week and Month by raising fire safety awareness and educating families, students and communities across the United States. During this month, fire departments provide education to their communities, and encourage parents and loved ones to practice fire safety and whole home safety. Have an evacuation plan ready with your family and check smoke detector batteries often.

The Garden: There is still time left to plant perennial seeds and bulbs! With a little effort at Fall planting time, you will speed the timing of that first new growth by as much as a month. During the fall months, after soil temperature drops below 60°F, the bulbs of spring flowering Tulips, Daffodils, Hyacinths, Sibe-

rian Squill, Dwarf Irises, Anemone, and Crocus should be planted. Most spring flowering bulbs should be in the ground by the early part of this month, with the exception of Tulips which can be planted up until early November. Select healthy, disease free bulbs. Add bone meal or bulb fertilizer into the planting hole, as you prepare the soil. One last effort at weeding will help to improve the appearance of your garden throughout the winter. Any weed that you can eliminate from the garden this fall will possibly prevent thousands of weed seeds from sprouting in the garden next spring!

The Farm: Best for planting root crops (4, 5, 15, 16); weeding and stirring the soil (11, 12); planting above-ground crops (17, 18); harvesting all crops (1, 2, 3); the best days for setting hens and incubators (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 23, 24, 25, 26, 27, 28, 29, 30, 31); the slaughtering and butchering of meat (16, 17, 18, 19, 20, 21, 22); transplanting (16, 17, 18, 19, 20, 21, 22); the weaning of all small animals and livestock (19, 20, 21, 22, 23, 24, 25, 26, 27); harvesting and storing grains (9, 10, 11, 12, 13, 14, 15).

J. Gruber's Thought For Today's Living

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COMPUTER Q&A

The average life of your PC

Aysë Stenabaugh
Jester's Computer

No, this isn't a reference to what your computer does all day although, chances are if it's a desktop or an all-in-one device it probably doesn't get out much! Seriously though, we often get the question of how long the average computer lasts, so here's some insight into what the average lifespan is, what affects the life of your device and how those things affect PC performance.

As an average, devices last between three to five years but the answer isn't so cut and dry. In the over 20 years our repair shop has been in business we've found that all-in-one computers, laptops, and smaller desktop computers have a higher failure rate which we largely attribute to the lack of airflow and increased heat. In general, we recommend desktop owners to keep their computers turned on to help keep their devices at a constant temperature because a consistent temperature is better for the components inside the device. Leaving your computer on isn't necessarily a good idea for smaller devices which can overheat more easily because of cramped space around components.

Laptops and all-in-one devices have limited repair options compared to standard size desktop computers. Only some parts like hard drive and memory can be replaced on those devices. To make matters worse, manufacturers are intentionally making it more difficult to get access to these components at times using parts that are not removable. Other parts like keyboards, touchpads broken power jacks, and screens can usually be replaced but the cost of labor for the repairs is much greater than repairing/replacing desktop components. Even if your device can be repaired the cost of labor will be higher than the cost of labor for the same repair on a desktop computer.

We are firm believers in keeping good devices up an running rather than throwing them away and replacing them completely. The majority of our clients that experience problems with their devices can be attributed to software issues or hard drive failure. Occasionally we find that the cost of a repair or upgrade isn't worth it but that doesn't happen often. The hard drive in your computer is comparable to the tires on your vehicle. You wouldn't go out and buy a new vehicle just because you need new tires right? The cost of a hard drive replacement or upgrade is typically a third of the cost of a new computer and even if you purchase a new computer you still have to consider having to re-install all of your software, transfer your data, install devices like printers and reconfigure them else either transferring important files manually from your old failing devices or incur even more expense paying someone to transfer the data for you.

If your computer is running slowly you might benefit from a hard drive replacement/upgrade or increased memory. The average life of a hard drive is three to five years which is

probably why the average is so close to this number despite many devices having the potential to last much longer. Often when hard drives start failing users replace their devices without ever knowing that they may have had other options that could have saved them money and headaches. If your computer's hard drive is still functioning properly your old hard drive can be cloned to a new one preventing you from having to re-install any software or re-configure any settings. Replacing your hard drive will provide a performance boost not only if the hard drive was failing but also because technology has advanced and solid-state hard drives which are becoming the new standard are much faster, more reliable, and have become more affordable in the past few years.

Realistically though, hard drive failure can occur at any time, especially on older drives that still have moving parts (unlike the solid-state hard drives commonly used today). In reality, potential defects increase the failure rate of hard drives during the first 12 months making it not unheard of to have to replace hard drives prematurely. This is one reason manu-

facturers provide warranties on their hardware – the life can be unpredictable and many factors go into the rate at which your device will fail. We always recommend that you keep all your important data in TWO places so that if one storage device fails, you have a backup of all your files. Some hard drives will decline in performance over time when they begin to have issues but others can fail suddenly with no warning signs. One thing you can do to check your hard drive to see if it may have issues is to open file explorer on your computer and to right-click on your c: drive. When the menu appears left click on properties and then on the Tools tab in the window that appears. Now left-click on the "check" button under error checking. If it takes more than 5-10 minutes to scan your hard drive for errors you likely have some kind of issue with your hard drive. Minor errors can be corrected or bad spots on the hard drive avoided being used by the operating system. Significant errors indicate that the hard drive should be replaced or if you plan on replacing your device instead, at least backing up all important data if you haven't already done so.



If your computer looks like this, it really should be in the Smithsonian. It's time for an upgrade.

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HUMOR

The antics of the Emmitsburg Chapter of the Former Former Boozers Association. As originally published in the Emmitsburg Chronicle.

1918

January 25 - Boozers Thwart Closing Of Hotel Slagel Saloon

Members of the Former Former Boozers Association refused to leave the Hotel Slagel's Saloon to allow it to close at noon in accordance with the recently issued requirements from the Fuel Administrator in Washington, in order to save fuel for the war effort. The Boozers protested loudly that the saloon was the only place they could drink without listening to the non-stop nagging of their women folk. "I'd rather be stuck in a trench on the front lines than listen to my wife screech all day to me about needing to fix the roof or chop wood," said one boozier. Other Boozers question the need to heat the saloon - "Pack enough of us in here, and give us enough hooch, and before you know it this place is plenty warm and our blood sufficiently provides us, for the temperature outside can drop to 100 degrees below and we would never know!" Burgess Annan's attempt to talk them out of the saloon ended after his third shot of Dan Shorb's special mountain mix.

June 14 - Partial Eclipse Of The Sun

Many residents of Emmitsburg, between the hours of 6:30 and

7:30 on Saturday evening, viewed the interesting spectacle of a partial eclipse of the sun. When the Earth entered the moon's shadow, a black speck appeared at the lower edge of the sun's surface. This gradually increased in size until 7:30 when the sun had the appearance of an inverted crescent. According to reliable sources, members of the Former Former Boozers Association, who were getting soused at their secret lair in the Mountain, attributed the darkness brought about by the eclipse to a better-than-usual quality of hooch they were sampling, and bid the price up on it. Dan Shorb, the provider of the hooch, was long gone with his ill-gotten haul when the sun came back out and the Boozers realized his swill was nothing more than the usual rock gut they are forced to drink these days due to war restrictions and uppity women-folk who have forgotten their rightful place.

July 19 - Boozers Call For Prohibition Against Women Drivers

The Former Former Boozers Association has responded to Dr. Jamison's car accident by rallying for a law to prohibit women drivers in Emmitsburg. "I don't know a single member of our association that can't drive better, fully loaded from a night of drinking 'shine,' than a sober woman," said Boozers President John Shorb, at the Association's top secret still on the Mountain. "Women just don't have the men-

tal capacity, or the attention span, to handle the complexities of driving. We would all be a lot safer if women just stayed at home and did what they were made for: clean the house, wash clothes, and cook vittles for their hard working menfolk. Trust me," Shorb continued to the cheers of the assembled drunks, "... if we don't stop them here, one day women will be asking us to listen to them when they talk, something no self-respecting man should ever do!" Shorb's speech met with three rousing cheers, each followed by a round of drinks. Mayor Annan agreed with Shorb's prediction and said he will work with the town council to prohibit women driving within the corporate limits of the town.

August 23 - Must Not Use Gasoline

The Fuel Administration called upon the public in the states to cease using all classes of automobiles, with a few named exceptions on Sundays, until further notice as a gasoline conservation measure. Only voluntary compliance with a letter and spirit of the request will prevent the issuance of a mandatory order prohibiting the use of gasoline on Sunday.

Motor vehicles to which the restrictions do not apply include tractors and motor trucks employed in actual transportation of freight, vehicles of physicians, used in performance of professional duties, ambulances, fire apparatus, police wagons and undertaker conveyances used for funerals. In addition, motor vehicles on errands of necessity in rural

communities where transportation by steam or electricity is not available are also excluded from the prohibition.

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

weeks as a necessity and practical act of patriotism.

August 30 - Hooch For Fuel?

Dr. Brokaw, newly elected President of the Former Former Boozers Association, has sent a letter to Congress recommending that the Government drop its proposed tax on whiskey and instead promote 'White Lightning' as a replacement for gasoline. "Anyone who has ever tasted the hooch

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You can support the Gateway to the Cure in several ways!

1. Purchase a Pink Light Bulb at Cousins Ace Hardware, Hobbs Hardware, or the Town Office for \$4.00. Turn on your pink light every night from 6 - 8 p.m. through the month of October.
2. Purchase a Pinwheel at the Town Office for our pinwheel garden.
3. Purchase a Gateway to the Cure shirt, water bottle, umbrella, ball cap & vote for your favorite pumpkin in the window at the Main Street Center. All Votes \$1.00. Merchandise and votes are at the Town Office.

HUMOR

coming off the mountain knows it carries more punch than gasoline," Dr. Brokow stated. "On more than one occasion when I needed to get to an emergency call, I would pour some of my stock into my trusty runabout and it would race down the road like a Boozer running from a deranged wife out to get his hard-earned money. Given the number of stills in the mountain, we could produce enough fuel for all of our needs, and still have enough for hard-working men seeking to escape nagging wives to enjoy."

Sept 6 - Women Approved To Deliver Mail

The first woman letter carrier of the Post Office was appointed today in Frederick over the objection of male letter carriers. The appointment was the first evidence of the recently announced determination to put women letter carriers at work to meet war conditions. Several months ago the city Post Office put two women letter carriers to work, but after a two-week trial the women were withdrawn. According to the male carriers, the women were fired because they spent too much time gabbing and not enough time doing real work.

September 20 - Boozers Protest Women Mail Carriers

Members of the Former-Former Boozers Association protested outside the Emmitsburg Post Office to resist the plans by the Post Office to hire women mail carriers. John Shorb reflected the views of many when he said that the work was too complex for the feeble

brains of women folk. "My wife can barely get my evening vittles right," Shorb said, "I can't imagine her trying to figure out how to sort mail and get it to the right person." Newly elected Boozer President Dr. Brokow pointed out that the job would require them to drive autocars, noting that over the past twelve months he "had to shoot fourteen cars because of inept women drivers." "How many more cars will I be forced to shoot if we unleash female carriers on rural mail routes? Autocars deserve better," Brokow said as the roars of the drunks assembled.

December 12 - Emmitsburg Motor Car Co. Sued

A suit has been brought by George Sander of Freedom Township and member of the Former-Former Boozer Association, against the Emmitsburg Motor Car Company, in which damages of \$2,000 are claimed. The action grows out of a collision between an automobile, sold by the Emmitsburg Motor Car Co. to Miss Rebecca Shorb and a team driven by Mr. Sanders who was returning from his mountain still with a prized haul of his 'Mountain Thunder.'

Mr. Sanders, citing evidence recently published by the University of Harney that women's brains did not have sufficient capacity to master the art of driving, feels that the Emmitsburg Motor Car Company should not have sold Miss Shorb the car. "By selling a car to a woman," Mr. Sanders said, "they have endangered all hard working men who have to use the roads to make a living, and thus are liable for any dam-

age they produce. Women should stick to their proper roles - namely cooking, cleaning and taking care of youngins, and leave complex tasks

that require thinking to men."

The suit has brought much attention as Miss Shorb's lawyer has challenged the legitimacy of Emmitsburg

Justice of the Peace Schuff's hearing the case, as Squire Shuff is rumored to be part owner of the Sander's still.

continued next month

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2 - 1 sheet of 3 cards 50/50ea.
1 - 1 sheet of 3 cards Winner Take All

Roast Beef, Mashed Potatoes & Green Beans
Full Bar - Photo ID Required
Kitchen open for additional food purchase
Tip Jars ~ 50/50

301-748-5359, 301-271-3820 or Friday Night Bingo
No guarantee tickets at the door.
We reserve the right to lower payouts if less than 300 tickets sold.

THURMONT EVENT COMPLEX
13716 Strafford Drive, Thurmont
thurmonteventcomplex.com



Jubilee Foods

Your Local Grocer

"Friend Us On Facebook"
or sign up to have specials emailed at
www.shopjubileefoods.com

We are regularly able to purchase limited quantities of product at excellent prices. We post these specials in Facebook.
DON'T MISS THESE GREAT DEALS!

Weekly Seafood Ad	
	Pasturized Imported Peltin Jumbo Lump Crab Meat \$12.99 lb.
	Pasturized Imported Blue Lump Crab Meat \$14.99 lb.
	16-20ct. Jumbo Sold in 2lb. bags Only \$21.99 - 2lb. bag
	Gulf IQF Brown USA Shrimp \$10.99 lb.
	Medium 31/40 ct. Sold in 2lb. bags Only \$11.99 - 2lb. bag
	EZ Peel Shrimp \$5.99 lb.
	Farm Raised - USA Pints
	Oysters - Selects or Standards \$9.99 pint

301-447-6688
www.shopjubileefoods.com
Patronize our local businesses and restaurants

Did you miss these previous specials?

Did you miss these previous specials?



**Re-elect
DOUG
MASTRIANO**

REPUBLICAN
for
STATE SENATE

**Doug fought
for freedom** in Iraq
and Afghanistan.
He will continue to fight for
Senate District 33!

VOTE
November 3rd

Paid for by friends of Doug Mastriano

Doug Mastriano is an honorably retired Army Colonel and this photo does not infer DoD endorsement