

Emmitsburg NEWS-JOURNAL

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“EXALTING THE IMPORTANCE OF IDEAS AND INFORMATION” —EDWARD R. MURROW

AUGUST 2022

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Emmitsburg celebrates Community Day

Emmitsburg's 39th Community Heritage Day dawned bright and sunny on Saturday, June 25th. Every year, the day begins with the famous Vigilant Hose Annual Breakfast and doesn't end until the glorious fireworks around at 9:45 that night.

If you ask those attending the day who is responsible for the full day of fun events, you will get answers ranging from “the town” to “the Lions” to “I have no idea.”

But the real answer is more complex! It is true that the Lions Club began the event 39 years ago, but realized that it takes “a village” to make the day complete. Over the last eight years, the event has been planned and implemented by The Emmitsburg Community Heritage Day Committee (ECHDC). Representatives from the Lions Club, Brute Council #1860 Knights of Columbus, Sons of American Legion, Tyrian Lodge, the Vigilant Hose Company and Auxiliary, the Emmitsburg Osteopathic Primary Care Center, Emmitsburg Trails, and Friends of the Library.

It may look easy but the event involves a full year's worth of planning and dozens working to make it all look smooth. If you weren't lucky enough to come, Community Heritage Day combines games; such as a raw egg toss, water balloon fight, sack race, and watermelon and pie-eating contests; a chalk art contest; hard fought horseshoe and cornhole tournaments; a dog skills demonstration; chicken BBQ; much-needed water spray from the fire truck; a creative crafts show; a beer garden; candy thrown by several parade floats; and toe tapping music from Special Delivery Band. The day was capped off by the best fireworks for miles around.

In addition to the volunteers on the ECHDC, the town's businesses and organizations generously donated funds for the fireworks. Without them, the fireworks would not have been possible.

Other organizations pitch in too. Shannon Cool organized a cornhole tournament. Funds raised are for Team Cool's Legacy at the “Out of the Darkness Walk” in Frederick, for the American Foundation



Community Day was a hit for everyone, especially those lucky enough to get a never-ending supply of cotton candy!

for Suicide Prevention in honor of her brother Dicky.

The Friends of the Emmitsburg Library and the Emmitsburg Trails sponsored a Beer Garden. Smoke-town Brewery virtually donated three kegs of ice cold, craft beer, charging an astonishingly low price. Smoketown owner Dave Blackman is a dedicated advocate for youth literacy and mountain biking. For those interested in biking, the next race at the Emmitsburg Trails will occur on Saturday, August 6.

The Friends of the Emmitsburg Library worked the front table of

the Beer Garden by checking IDs, selling beer tickets, and engaging in great conversations about good beer and good books!

According to Jennifer Joy, who has been involved in organizing the event for the last decade, “The future of this event is entirely dependent on community involvement. This festival is truly a hometown event that adds vital community cohesion and integration.”

If you would like to help with next year's events visit www.emmitsburgevents.com. We would love to have your enthusiastic help!

Strawberry Hill cancels summer camps

Far-reaching staffing shortages are hitting close to home as Fairfield's own environmental education center, Strawberry Hill Nature Preserve, has had to cancel all its annual summer camp programs this season.

The Board of Directors was forced to make the difficult decision due to lack of staff and related issues, according to Executive Director Daniel Brannen.

The camps would require four or five counselors as well as hiring a new Environmental Education Manager. Amanda Markle, who had been serving as Strawberry Hill's Environmental Education Manager, took a position this spring at the Gettysburg Foundation and is no longer able to help at Strawberry Hill, Brannen said. Without a coordinator, it was impossible to line up the volunteers and counselors in time for this year's camps.

The cancellation applies to all three of the preserve's weeklong day camps for children ages five through 12, including Wildlife Week, the week of June 13 through June 17, STEM and Streams, the week of July 11 through July 15, and Outdoor Adventures the week of August 8 through August 12.

Summer camps at Strawberry Hill strive to provide children with a safe place to learn and ask questions

about the environment around them while participating in a variety of activities based on the weekly theme including hiking, stream exploration, swimming, nature, crafts, and an abundance of adventures.

Traditional Strawberry Hill Camp age groups include Foxes for campers entering first through third grade and Bears for campers entering fourth through sixth grade.

While the popular summer camps for kids had to be cancelled, Strawberry Hill is staying busy with its 25 scheduled afternoon programs throughout the summer including animal ambassador events and local tree programs. “Strawberry Hill runs a lot of smaller programs during this current season and keeping these programs running throughout the summer is the goal,” Brannen said.

Email notices of the cancellations were sent out in May and full refunds were distributed. “We look forward to being back next summer,” Brannen said.

Since 1986, Fairfield's very own nonprofit nature preserve has specialized in educational programs that inspire the next generation of environmental stewards and the annual summer camp has been no exception.

As schools return to session, Strawberry Hill also looks forward to a multitude of autumn programs



For years Strawberry Hill's summer educational camps have been the highlight of their nature education efforts. The have introduced thousands of children to the importance of protecting the environment and their cancellation was felt by everyone this year.

and events for class field trips.

Located in south-central Pennsylvania, Strawberry Hill has been teaching and promoting environmental stewardship as Adams County's only nonprofit environmental education center and, since the debut of its barred owl, Strix, continues to offer the only live raptor program in the area.

Offering a variety of environmental programs ranging from one to three hours, Strawberry Hill educates more than 8,000 people every

year. Area hiking trails remain open to the public, pet friendly, and free of charge.

Although the summer will not be the same without Strawberry Hill summer, patrons are encouraged to routinely check the environmental education center's website for updates regarding other nature program offerings.

More information about Strawberry Hill can be found at strawberryhill.org or by calling 717-642-5840.

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EMMITSBURG NEWS

Five-year parking plan presented

Town Planner Zach Gulden presented highlights to the town's proposed five-year parking plan and cost increase changes made since May.

Top of the list is the town's plan to work with engineers to create a parking concept design for 101 South Seton Avenue, Gulden said. Property owner Dr. Timothy Bringardner has expressed interest in potentially selling the property, according to Gulden. The property is estimated to hold 50-60 parking spots and is only one block away from the main square, "In our

opinion, it's a perfect location for a parking lot," he said.

Upon research it was discovered the town could purchase and demolish the property with a Maryland Department of Housing and Community Development strategic demolition grant. "So that would save the town a significant cost," he said.

More information about the parking concept plan is expected to be brought before the council at a later date.

The plan's total estimated costs are up from \$153,348 to \$172,876 mainly due to

increased prices for new parking poles and bases. The total does not include installation costs or costs for the new municipal parking lot.

There will be no loss of old school charm, as the new parking meters have the same look as the current meters "They are just modernized with the digital component," Willets said.

The town's current meters are fragile and are so outdated, the parts no longer exist and can no longer be fixed. The new meters will also be much easier to calibrate, Gulden said.

Parking fees & fines decision tabled

At its July 11 meeting, the Town Council tabled updates to the parking fees and fines policy.

"Ultimately it is going to come down to the five of us (the Town Council) figuring out in the code how do we change it so that it reads the way we would like to see, so that the town can then enforce what we would like to see as well as what the citizens would like to see," Commissioner TJ Burns said.

The tabled policy would have revised the Town's parking meter fees, permits, and fines structure, which have not been reviewed since 2018. Meter bag permits and parking meter fees would grad-

ually have been increased from 2023 to 2027 in order to help fund various parking upgrades throughout the Town.

The proposed parking meter fee structure called for parking fees to increase from 10 cents for 24 minutes to 25 cents per hour in 2023, to 50 cents per hour in 2025, 75 cents per hour in 2026 and to \$1 an hour in 2027.

In related business, the council also rejected a motion to update the town's parking ordinance to allow parking fees and fines to be paid by credit card via a third-party vendor. The ordinance would have also changed the park-

ing meter hours of operation to 9 a.m. to 6 p.m. Monday through Saturday and would authorize parking boots.

Commissioner TJ Burns and Council President Tim O'Donnell voted in favor while Commissioners Frank Davis and Joseph Ritz voted against, with Vice President Clifford Sweeny absent.

Davis explained his vote as speaking on behalf of local business owners who are not be in favor of the changes. Davis expressed frustration at the parking meters not being business friendly. Davis said current meters were working against



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Senior Advisors:
Eric Glass, Taney Corporation
Greg Reaver, Emmitsburg Glass

Executive Editor: Michael Hillman, editor@emmitsburg.com
Managing Editor: Emmy Jansen, MSMU Class of 2022
Assistant Editor: McKenna Snow, MSMU Class of 2023
News Editor: Andrea Grabenstein, news@emmitsburg.com
News Reporter: Tara Hayes and Colleen Seidel news@emmitsburg.com

Graphic Design and Layout: Brian Barth, timebombstudios.com
Advertising: Sharon Graham, advertising@emmitsburg.com

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business owners whose customers must have parking meter payments in quarters at the forefront of their mind as they shop.

"It is hard enough to get people downtown to start with," he said, noting several businesses

are paying the parking tickets given to customers if they are ticketed while inside their stores. Davis urged common sense to be utilized before issuing tickets during the height of business hours.

Emmitsburg prepares for town election

Two seats on the Emmitsburg Town Council are up for election September 27 with two potential candidates vying for the seats thus far. The two seats, currently being held by council members Frank Davis and TJ Burns are three-year terms. are three-year terms.

As of this time, candidates vying for the open seats include Davis and Burns seeking re-elections.

Burns and Davis were both previously sworn into their seats at the 2019 October town election as newcomers.

After living in Emmitsburg all of his life, Davis ran three years ago to bring a fresh perspective to the town office.

Burns threw his hat into the ring for the previous council seat because he wanted hands-on involvement for his community.

If re-elected Davis is eager to complete a number of unfished town infrastructure projects.

Looking forward, Davis would like to see prioritizing work and plans developed for the town's license plate readers, the water and sewer projects, as well as what

to do with town owned property.

"We have a lot of projects in the wings that we need to prioritize and bring to the finish line," he said.

As of the end of July, Burns was anticipating running for re-election, but due to personal reasons, was uncertain at this junction.

Burns also serves as Council Treasurer.

If re-elected, Burns would like to see the continuation of developing town infrastructure.

Burns' focus would be maintaining the small town feel of

Emmitsburg while also expanding and developing the community.

Burns looks towards what is good for the town as far as growth, including welcoming new businesses "but not growing so fast to be detrimental to the rest of the town, he said.

During his time on the council, the town did the best it could working with the county and the information it had in regard to COVID-19 response, he said.

Regardless of if he runs again, Burns' time on the council seat has given him a behind the scenes look into municipal operation and the insight into government procedures, he said.

"We want instant gratification, but there are a lot of steps to get things done," he said.

As of the Emmitsburg News-Journal's August issue, there has no word on any other potential candidates and information will be presented as it develops.

Town election will be held September 27 at the town office at 22 East Main Street from 7 a.m. to 8 p.m.

Candidates must file a written application for candidacy with Town Clerk Madeline Shaw by 4 p.m. August 26. Financial Disclosures for each candidate are also due Friday August 27, 2021 by 4:00 p.m. All candidates will be posted on the Town bulletin board in alphabetical order. The write-In candidate deadline is September 20 at noon.

More information about candidacy can be found by calling the town office at 301-600-6300 or email Shaw at mshaw@emmitsburgmd.gov.



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FAIRFIELD/CARROLL VALLEY NEWS

Freedom Township Municipal Park officially opens

On Saturday, July 16, Freedom Township officially opened its Municipal Park following the completion of Phase one, which included construction of a 40 by 36-foot picnic pavilion, 6 parking spaces, 8 picnic tables, a charcoal grill, corn hole boards, horseshoe pits, and a rain garden.

In 2018, the Freedom Township Board of Supervisors and Adams County Office of Planning and Development partnered and completed a park and recreation study to create an official Township policy to guide parks and recreation development, priorities, and activities within the Township from 2018 to 2025.

The study worked to quantify Freedom Township residents' outdoor recreation needs, determine adequate financial support for recreational facilities, provide a realistic plan for the provision of facilities; and connect residents to nearby recreational opportunities and green space, Township Manager Zach Gulden said.

The results of the study concluded that Freedom Township should require a mandatory land dedication of 24 acres of recreation land per new dwelling unit, the payment of recreation fee-in-lieu of land dedication of \$1,809 or a combination of both for new residential developments.

This was approved by the supervisors in 2018 or all new residential developments proposing 5 or more units,

The survey noted the development of recreation facilities should primarily accommodate the passive recreation and fitness needs of older households.

Given the existing deficit of both recreation lands and recreation facilities, the survey noted Freedom Township should consider the development of one neighborhood / community scale park that should be located near the US Route 15 and Emmitsburg Road interchange.

Under the leadership of

Chairman Allen Beckett and Vice-Chairman Paul Kellett, the township researched grants and planning for the creation of the Freedom Township Municipal Park. A proposed park site plan was presented to the public during a parks and recreation workshop in 2020.

The park's second Phase will include construction of a fourth of a mile loop trail, benches, and fitness stations. Phase 3 will include a construction of a soccer field with bleachers.

Donors include Department of Conservation and Natural Resources Small Community Grant, Adams County Parks and

Recreation, and Green Space Grant, National Association of Realtors and Realtors Association of York & Adams County Incorporated.

Funding grants that made the project possible also included \$70,000 from the Department of Conservation and Natural Resources, \$25,000 from Adams County, \$5,000 from York Adams Realtors Association, a \$6,200 seed/straw/labor donation from Allen Beckett Construction, a \$2,050 stone donation from Specialty Granules, \$1,000 from Salisbury family, \$500 from Tim and Tammy Shields, and \$500 from Adams Electric.

Carroll Valley police officer returns

One month following the council's approval to raise the hiring police officer starting wage, the Carroll Valley Borough Council gladly welcomed back Patrol Officer Courtney Herring.

Herring was previously hired in 2018 and was the police department's first female officer before moving to other opportunities in McSherrystown Police Department in 2020.

Herring left the borough in good standing and has a "glowing track record of performance," Borough Manager David Hazlett said.

The council was eager to have not only an experienced officer fill the ranks, but one familiar with Carroll Valley. Having already gone through the Civil Service process, Herring would not need to go through the process again, according to Hazlett.

With the council's approval, Her-

ring begins work immediately as a full-time patrol officer to bring an anticipated much-needed relief to the department.

At the council's June meeting, approval was granted for the borough's police hiring ad hoc group recommendation of a \$70,000 starting salary and a three-year contract guarantee of \$85,000 at the end of three years. The salary range is negotiable depending

upon the qualifications and experience of the selectee.

Herring, along with the rest of the police department will be found at Carroll Valley's annual National Night Out Aug. 2 for community wide meet and greet.

In related business, in a continual effort to ensure employees are paid their worth, the council unanimously approved a pay raise for Carroll Valley Police Department

Corporal Clifford Weikert. The increase was based on his 21 years of excellent service and dedication. "It overwrites an overdue wrong" and pays Weikert "closer to what he is worth," Hazlett said.

"I'm honored to serve Carroll Valley," Weikert said.

The Council looks to continually open conversations about salary and opportunities to compensate valued employees as well as they should be, Councilmember Jessica Kraft said.

News Briefs...

Public Sewer Water Advisory Committee Established

The Carroll Valley council officially dissolved the Sewer and Water Authority and established the Public Sewer Advisory Committee.

As discussed at a previous meeting, the Sewer and Water Authority had been responsible for the long-range public sewer and water facilities planning goals of Carroll Valley.

When the Sewer and Water Authority was created in the 1970's, municipalities had very limited borrowing power and the way to get around that was to set up 'authorities' that on paper had tangible property that they could take loans out on. However, times have changed, Hazlett mentioned at a previous meeting, and municipalities like Carroll Valley can now easily borrow money, or see bonds to cover operating costs, he said.

Dissolving the authority reverts ownership of the sewer system back directly to the Borough which will then be wholly responsible for all aspects of the operation. Dissolution eliminates the previous confusing leaseback operations, as well as streamline the application process for future funding needs, according to Hazlett.

The Public Sewer Advisory Committee's focus will be on the long-range planning of the wastewater treatment and collection facilities of the borough. The committee is responsible for reviewing, analyzing and drafting plan updates to address sewage needs.

With large infrastructure proj-

ects on the horizon, more representation is sought from residents who receive the sewer service. The committee roster currently includes members previously served on the Authority along with one vacancy. Residents, particularly holding tank customers and those in public sewer areas are encouraged to join the committee.

"I think it's important that those who are actually using the sewer system be involved in any kind of decision that we make," Councilmember David Lillard said.

Councilmember Resignation Presented

A letter of resignation was received

to the Carroll Valley Borough Council by Councilmember Robert Verderaime.

In vacancies past, the council has put word out for an interested elector to throw their hat in the ring, Hazlett said.

The council looks to formally accept the resignation at its September meeting to provide opportunities for candidates to express interest and apply for the seat.

Recently re-elected to a four-year term, whomever is appointed to Verdeme's council seat will serve until the end of December 2023 and then there will be an election to fill the position, Council President Richard Mathews said.

Residents interested in serving their community are encouraged

to reach out to the borough office with qualifications.

Pavilion Open

In other business it was also noted, the borough's newly renovated Cortner Pavilion at Carroll

Commons is ready for public use, including event rental.

Bollinger Construction Inc. of Emmitsburg, was credited for its generous donation of the pavilion as well as the remodel of the Cortner Community Room.



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THURMONT NEWS

Livestock enforcement regulations to be updated

At its July 26 meeting, the Thurmont Town Council discussed potential changes to town livestock code for non-agricultural properties.

Moving off the scheduled agenda, Mayor John Kinnard noted residents have filed livestock related complaints with the town, but the code enforcement officer cannot address these complaints due to the current regulations. The ordinances need to be updated by the council.

Several homes in Thurmont own livestock that “are not addressed in our regulations regarding livestock on residential properties,” Kinnard said.

Currently, the town typically follows and defers to Frederick County Animal Control regulations, but the county code does not specifically address livestock, he said.

While “each and every call,” is diligently answered, unfortunately, the town code enforcement

officer’s hands are tied in addressing these complaints and issues.

Unless code regulations precisely spell out what livestock is allowed and prohibited, it is very difficult for the code enforcement officer to act.

Kinnard looks to put language in the town code that addresses the concerns of Thurmont residents and allows the code enforcement officer to enforce and implement regulations.

With this specific language, Kinnard looks to have more stringent control of livestock on residential properties that fall within town limits.

Residents of West Main Street and Belmont Avenue have made numerous complaints regarding the smells and sounds of animals as well as the increased number of rats due to livestock feed and fecal matter build up.

Kinnard has also been provided photographs from residents that depict deceased vermin and noted

a property owner acquaintance on West Main Street who has physically brought forward dead rats that the resident claimed to have been trapped on adjacent properties.

“I can assure you that the rats are there as a result of livestock, feed, and the manner the properties are kept up in,” he said.

“When you start having issues with rats in resident neighborhoods, that’s a bad issue to have. Animals running loose along residential streets without regulations is a gateway to worse issues and clear code language could help quell that before further concerns arise,” he said.

The council reached a consensus to send a recommended list of proposals forward to town attorney, Leslie Powell, for review.

Kinnard suggested the prohibition of livestock that is “anything other than domestic chickens,” including but not limited to ducks, geese, peacocks, goats, and pigs, from “nonagricultural prop-

erty within the town limits.”

The code language would also have to be very specific to include whether or not roosters were included along with chickens as complaints have arisen “not only from the sound, but the smell, and other issues,” he said.

Another suggestion, by Kinnard, was to require considerations for sufficient yard space, a regulation that would likely limit approval to only single family homes, preventing owners of townhomes and condos/apartments from attempting to keep livestock on their property.

Specific regulations requirements also need to be included for what kind of enclosures would be necessary for the chickens, noting some properties are currently utilizing entire yards to house the poultry, according to Kinnard.

Requirements would also be necessary to address complaints of waste cleanup and potentially limiting the number of animals per

square feet. “This is an issue that goes all around,” he said.

Although Kinnard anticipated the council would run up against residents who requested to be “grandfathered in,” exempting them from the new regulations, he believed the council could set a time limit on implementation of the new rules and move forward to resolve the issue in six or seven months.

Any outstanding property that doesn’t adopt the regulation is anticipated to be required to resolve the situation within a few months.

“You live in a community; you are not living in a vacuum... there are neighbors to be considerate of,” Commissioner Wes Hamrick said.

While currently referring to the county for animal control authority, the biggest question Kinnard had going forward is “What responsibility are we giving ourselves to enforce this sort of thing?”

Fire destroys Camp Airy dining hall

The Frederick Fire Marshal’s Office deemed the Camp Airy building a total loss after a two alarm fire June 29.

Frederick County Division of Fire and Rescue Services were dispatched to a building fire at Camp Airy, located at 14938 Old Camp Airy Road, Thurmont at approximately 7:27 a.m.

A Frederick County Sheriff’s Office school resource officer as

well as a Maryland State Trooper were first on the scene and confirmed smoke on the second floor of the structure and that the building was evacuated, according to a press release from the Frederick County Division of Fire and Rescue Services.

Arriving fire crews located the camp’s dining hall with visible smoke and a rapid intervention dispatch, tanker task force, and second

alarm were requested. The incident brought in over 100 firefighters from Maryland and Pennsylvania to battle the blaze. Fire and rescue crews were able to isolate the fire to the dining hall and Camp Airy staff relocated all campers safely to a distant section of the property. The fire was brought under control in about three hours, but numerous crews remained on scene for the duration of the day extinguishing hot spots.

As is normal for a fire this substantial, hot spots rekindled overnight and throughout the morning bringing crews back out to continuously monitor and douse embers. Residual smoke could be spotted by residents and travelers to Thurmont. Over 85,000 gallons of water were placed on the remnants of the structure to ensure it was completely extinguished.

Though the camp was in session,

no camp staff or attendees were in the area of the fire when it started and no injuries were reported.

The Frederick County Fire Investigations Task Force has examined and assessed damages. Work will continue to determine the exact cause, but officials have ruled out any intentional or suspicious factors. The building has been determined to be a total loss and damages are estimated to be around two-million dollars. Following the incident, Camp Airy has continued to operate as normal.

News Briefs . . .

Safety improvement grants awarded

In July, the Town of Thurmont received \$41,591 in grant funding from the Maryland Department of Housing and Community Development “Safety Works” Grant Program. An application was submitted by Town Economic Development Manager Vickie Grinder after meeting with town administration and the Thurmont Police

Department to determine where improvements were needed.

The grant funding will be utilized toward the purchase of additional security cameras, speed awareness signs, flashing pedestrian crossing signs, and security lighting in several of Thurmont’s parks. The program is available to local government agencies for community related safety improvements that implement

the agency’s plan for making public and private spaces safer and more defensible. “I am very happy that we have been able to obtain this grant funding for these very important projects that will enhance and improve safety measures throughout town”, according to Chief Administrative Officer Jim Humerick.

“The safety of our residents, businesses, and visitors is our highest priority and we are fortunate to receive this funding that helps us

in achieving this goal,” Thurmont Police Chief Greg Eyler said.

Duty promoted to town planner

Thurmont welcomed town employee Kelly Duty as its first full time town planner.

Duty started with the town of Thurmont in 2015 as the zoning and utilities inspector. As time passed and responsibilities increased, Duty was promoted to planning and zoning manager. Thurmont has come to the point

where the need for an onsite planner is a necessity, Chief Administrative Officer Jim Humerick said.

Chris Jakubiak served the town in an exemplary manner for the past several years as a contractual town planner and will continue to work in a consulting role, he said.

Duty’s education and experience makes her the perfect fit for this position according to Humerick, “and I couldn’t be more pleased with this well-deserved personal personnel action.”

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TANEYTOWN NEWS

Sewell Farm annexation approved

At its July 11 meeting, Taneytown City Council approved a proposal to annex the Sewell Farm Property in a 4 to 1 vote at its July meeting. Councilmembers LeRoy Hand, Judith Fuller, Diane Foster, and Daniel Haines all voted yes to the annexation. Mayor Pro Tem Joseph Vigliotti cast the lone dissent vote.

The decision received much public attention over the past few months. There were proponents both for and against annexation, although the majority of public comments heard were against the decision.

After the vote, resident Jim Thomas felt the council made the

decision without completely looking at all the issues. "Knowing that the decision was made without all of the homework being done is disappointing," Thomas said.

Resident Barbara Cook applauded the decision, stating that she had strongly suggested the council approve the annexation so it could "take control" over what happened to the property.

Councilmembers discussed their opinions and concerns regarding the annexation at the council's July workshop the week before the vote. Several councilmembers referenced planning for the future as their rea-

son behind voting yes.

"I am all about planning for the future," said Councilwoman Fuller, who believed the increased revenue to the city from potential residential development of the property would help Taneytown pursue its smart growth plan.

"Things do change, and we need to adapt," Councilman Hand said. Hand discussed redevelopment in the area as an important consideration, especially when preserving outdated buildings or uses becomes too costly. "It's exciting when we can take what's already around and make it useful and good," he said.

Vigliotti expressed his opposition to the annexation based on the proposed housing development plans that could be pursued on the Sewell property. He argued that to make a decision on one would "necessarily include the other."

"I cannot in good conscience come around to support the annexation with respect to development," Vigliotti said, citing concerns of additional strains to the town's Fire, emergency medical services, police departments and health facilities. Bringing in new residents would be "adding pressure to an already overburdened system."

Councilman Haines made a point that if the Sewell farm property is

developed without being annexed to the city, it would be subject to Carroll County governance and not that of Taneytown. "Better that we be the ones that have influence over what that property becomes than not at all," he said, explaining his case for approval of the annexation.

Prior to the council's vote, there was discussion about the potential for a petition to move the decision to a referendum vote. After the legislative action is officially taken, citizens have 45 days to deliver a petition signed by 20 percent of the city's voters to force a referendum vote on the issue. If such a petition is rendered, the legislative action is put on hold until the council can schedule a special election.

Garnet Ridge concept plan approved

At its July 25 meeting, the Planning Commission hesitantly voted to accept a preliminary concept site for the planned Garnet Ridge housing development. Acceptance of the concept plan moves the ball forward to the next stage of review by several town and county agencies, which will further define elements of the planned 50-unit senior housing development.

Following the unanimous vote, Councilman LeRoy Hand made a point of saying, "To be clear, this motion is merely 'we've received the information.' There's still a lot of work to be done."

Martin Rickell and Martin Hackett of CLSI, the civil engineering firm responsible for the project, presented a rendered image of the proposed development to the committee and public in attendance. The concept includes 10 duplexes and 10 triplexes that will compose the 50 residential units, a 24-foot-wide road that circles around the inside of the development with one combined entry and exit point, and environmental features intact.

According to James Wieprecht, Taneytown City Manager, the original annexation agreement for the property designated the area as Residential-10,000 and business com-

mercial zoning. There was also an agreement that the development could not exceed 50 units of age-restricted housing. "The concept does honor what the annexation agreement required," he said.

Several citizens expressed safety concerns about the conceived plan as presented by CLSI. Both residents Steve Marsalek and Barry Garner questioned the wisdom of having only one entry and exit point.

"I've never known a township to approve of only one way in and one way out of a development. Too many things can happen at the beginning and you'll never get

back there for fire or ambulance," Garner said.

He added concern about the capability of a 24-foot road being wide enough to handle emergency vehicles.

Marsalek asked if the length of Route 140 adjacent to the plan would be widened. Wieprecht stated that would be decided by the state highway authority.

There was some discussion about development's potential impact on water and sewer management within the town. Wieprecht explained that the property is currently on the town's water/sewer master plan in the long-range cate-

gory. He expects the town to have enough water to serve the property, but the sewer side will be "the challenging point right now."

"We will need to do a water/sewer master plan amendment," he said.

Councilman Hand asked the engineers how much land and how many trees will be disturbed on the property under the current concept.

"We did not get into that with the grading and such yet," responded Hackett. "That'll be our next step, to see how much is actually taken out. We do have to stay out of the wetland areas." He added that currently the entire property is one-third wooded, and two-thirds cleared.

Harvest Festival approaches

As the leaves deepen in color, everyone far and wide is welcome as the city rings in the Autumn season with a festival in Taneytown Memorial Park September 24.

The popular community event offers free admission and countless activities including pony rides, petting zoo, bounce houses, a children's craft area, a straw maze, hayrides, and an incredible concert by the Twisted Bluez Band. Offering Fall fun for the whole family, the festival will run from 11 a.m. until 3 p.m. and will showcase all things Autumn including music, food, activities, and more.

The Harvest Festival will also feature all manner of great seasonal food and fair delights.

Those 21 and older are invited to stop into the Cider Court for some fantastic Hawk Knob Appalachian Hard Cider flavors.

Last year, the venue saw 17 vendors as well as a variety of food trucks, a beer garden sponsored by Flood Zone Brewery featuring their handcrafted autumn themed ale, and music accompaniment was provided by the band Poison Whiskey at the park's gazebo.

A city celebration to ring in the autumn season, the Taneytown Harvest Festival was created to bring people in from the greater community by retired Director of Economic Devel-

opment Nancy McCormick, according to Parks and Recreation Director Lorena Vaccare. "It is an event in the city that people look forward to every year," she said.

Like all large Taneytown events, the Harvest Festival was canceled in 2020 due to the COVID-19 pandemic. Returning in 2021, Vaccare was not disappointed by the crowds she had anticipated would appreciate the ability to safely be a part of the community again, Vaccare said.

"We have seen a jump in the number of people interested in our programs. People are so happy to get out and celebrate again," she said.

All manner of fabulous festival vendors are sought for patron dining and shopping enjoyment. Vendor registration is \$30 for a standard 10 x 10 booth and \$50 for 20x 20 booth area. Volunteers will be available to assist with setup and take-down if requested. Vendor spaces are allocated on a first come first serve basis. Inter-

ested participants can contact Vaccare at 410-751-1100 exten-

sion 108 or by emailing lvaccare@taneytown.org.

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GOVERNMENT—SOUTH OF THE BORDER

County Councilman Michael Blue

Over the next few months, the November 8 general election will be in the forefront of all our minds. I wanted to take this opportunity to provide a brief overview of the Frederick County Charter amendments that may be on the ballot.

Proposed Charter Amendment 1 – Article 5 Budget and Finance, Section 506 Action on the Budget by the Council. This amendment was introduced by Council Member Steve McKay (District 2). Currently, the County Council is only allowed to decrease or delete items from the budget. We cannot add items. We have no power to change the form of the budget as submitted by the County Exec-

utive. This amendment would allow for the Council to increase items in the budget except those required by State law. An increase of any budget item shall not result in the creation of a new project, program, or office, and shall have an offsetting and equal decrease in the fiscal year budget.

Proposed Charter Amendment 2 – Article 2 County Council, Section 207 Salary. This amendment was introduced by Council Member Jessica Fitzwater (District 4). This amendment would change (in italics) this section to read, “in addition to salary, the Council Members may be entitled to receive allowances and fringe benefits as those terms are defined in this Charter. A Coun-

cil Member may not accrue annual leave or be entitled to any payment in lieu thereof. The Salary and any allowances and fringe benefits allocated in the budget shall be in full compensation for all services performed but may not preclude reasonable and necessary expenses as may be provided in the budget. The Council shall establish by ordinance a Compensation Review Commission every four years to review the Council’s salary and fringe benefits in accordance with the provisions of Article 25A Subsection 5(AA) of the Annotated Code of Maryland. The Council may accept, reduce, or reject the Commission’s recommendation, but it may not increase any recommended item.

Proposed Charter Amendment 3 - Article 7. Miscellaneous, Section 705 Right to Organize, Collectively Bargain, and Binding Arbitration for Career Fire Fighters. I introduced this amendment. This amendment would change (in italics) this section to state, “(a) Career fire fighters shall have the right to organize and bargain collectively regarding wages, benefits, working conditions and/or terms and conditions of employment through representative employee organizations of their own choosing as provided by ordinance of the County Council. (b) In addition to the rights granted in Subsection (a) of this Section to organize and bargain collectively, the County Council shall provide by ordinance for binding arbitration with authorized representatives

of the appropriate employee bargaining unit in order to resolve labor negotiation disputes with the County’s career fire fighters. The ordinance shall provide for the appointment of a neutral arbitrator by the parties to the arbitration who shall issue an award [a binding decision] to be implemented as part of the following year’s budget process. That award shall be binding on the County Executive, provided that decision is final no later than March 1. The County Executive shall propose a budget for the following fiscal year that funds the arbitrator’s award in accordance with Section 503 of this Charter. Any arbitration award made pursuant to such ordinance shall not be binding on the County Council in accordance with Section 506 of this Charter.”

County Councilman Phil Dacey

I want to begin by thanking all of the candidates that put themselves forward for election on that hot July 19 primary day. Democracy doesn’t work without people willing to step forward to help drive the ship of government, and finding good people to run is perhaps the most important step. Party does not matter as much as having people willing to dedicate themselves to making their community better; from school board on up to Congress.

I cannot describe how humbling it is to have someone approach you to say that they are going to vote for you or have just voted for you. It evokes a deep feeling of trust to do your best to honor that voter’s faith in you. I am incredibly honored that I have advanced to the general election in November as a Republican nominee for County Council-At-Large in Frederick County. I want to thank everyone who ran, and everyone who took the time to vote.

As to the business of the County Council, we are considering three potential charter amendments that would appear on the ballot should the County Council vote to move them forward.

The first is the most important. It would allow the County Council to move money in the County Budget from one Department to another. Currently, the County Council can only cut from the budget. However, this gives the County Executive’s Office a dis-

proportionate amount of power. The County Executive is the only entity that can fund a Department – meaning if the Council as the representatives of the people want to hire more Sheriffs or Librarians, we don’t have the power. So the first charter amendment rectifies this situation.

Another charter amendment clarifies the authority of the County Council to adjust the budget as presented by the County Executive. A final amendment that the Council will consider would allow the

Council Members to be eligible for benefits as they serve on the Council.

In the month of August, the Council will begin extensive hearings on the Sugarloaf area plan as approved by the Planning Commission. The draft plan does make several changes to the zoning in the area, and has the overall goal of preserving the area as a rural corridor. There will be ample opportunity for public comment including a public meeting on August 18 at 5 p.m. at Urbana High School.

Mayors . . .

Emmitsburg Mayor Don Briggs

After 170 years the Vincentians priest are bidding farewell to the St. Joseph parish. The town was only its 67th year from being established. In June of 1852, Archbishop of Baltimore Samuel Eccleston S.S., offered the Saint Joseph’s parish to the Vincentians. Later that year a property across DePaul Street was purchased for a rectory built shortly thereafter.

The peace they shared with other community pastors in the formation of the Emmitsburg Council of

Churches in 1966, and continuing works. There have been bumps and bruises along the way as there surely always are. Thank you, Fathers. Well done. “To everything there is a season, a time for every purpose under heaven.” (Ecc 3:1-8).

Manning the 229-year-old parish, effective September 1st, will be the Institute of the Incarnate Word Order who currently are chaplains to the Basilica and the Grotto. They soon will serve the three parishes of northern Frederick County St. Josephs,

St. Anthony’s, and Our Lady of Mount Carmel.

I will be asking the town Commissioners by proclamation to honor Sr. Anne M. Higgins to be the Town Poet Laureate for a two-year term. Sister Anne has been a member of the Daughters of Charity for 44 years and teaching at the Mount for 22 years. Nine books of her poetry have been published.

Wonderful day in the park for a visit from our friends the Frederick Rescue Mission “Summer Enrichment Campers”. Twenty some kids and counselors enjoyed pizza lunch and play in Myers Park and a surprise visit from Vigilant Hose firefighters with a fire truck (thank you Commissioner Davis). Campers

got to get in the truck, handle a fire hose to spray out in the field and ask lots of questions before going to the town pool for a swim. The focus of this year for the campers is kindness. That you could feel.

Another fantastic Town sponsored pool party. The second of the year. There to enjoy was a sunny and low humidity evening for the 215 of us who showed up. Sorry, there were not enough hot dogs, and lemonade, but there was lots of ice cream. Great to have Commissioner Burns and family on hand to welcome and enjoy. The final pool party will be on Friday night, August 12th, more free food, and music.

Thank you, Gonzaga High School, for painting the yellow restrictive

curb areas along Main Street as one of the school’s summer community service projects. This is not the first time the school has pitched in up here. Go Eagles but don’t beat St. Johns...

Thurmont Mayor John Kinnaird

This morning I am writing from London! Karen and I have been vacationing in Great Britain since July 1st. We started our trip with eleven including one daughter, a bunch of grandchildren and companions! The first stop was Aberdeen where we caught the overnight ferry to Lerwick on Shetland. The crossing took thirteen hours and was a little rougher than our last trip. While on Shetland we visited puffins, Shetland Ponies, and five thousand year old ruins.

We then sailed to Orkney to visit a Cathedral built in the 900s. After a day on Orkney we arrived back in the North of Scotland. A drive down the coast to the Kinnaird Head Lighthouse and then back to Aberdeen. I took everyone to see the house I lived in when I was born and the place where we moved to the US from in 1960. Then it was time to send eight of them home! We spent a peaceful night at the village of Pennan and then headed to the Isle of Skye for three days.

Our granddaughter Megan stayed with us for the second half of our journey. While traveling from Skye to Ripon we stopped at the Falkirk Wheel. Then we stopped at Ripon, Yorkshire to visit our friends Paul and Helen Smith. While in Ripon we stayed at a wonderful little pub

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

Candidates must file written application for candidacy and their Financial Disclosures with the Town Clerk no later than August 26 at 4 p.m.

All candidates will be posted on the Town bulletin board in alphabetical order.

The write-in deadline is September 20 at noon.

Two commissioner seats are up for election.

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

GOVERNMENT—SOUTH OF THE BORDER

County Executive Jan Gardener

Summer is flying by! Crowds turned out in force for the Walkersville and Thurmont carnivals and Emmitsburg's Community Heritage Day. It was great to see so many smiling faces return to these traditional events. It's hard to believe that school starts in just a few weeks. When students at Thurmont Elementary School arrive on the first day, they may not recognize their classrooms. Over the past few months, crews have been doing a limited renovation of the school – a first-of-its-kind project for Frederick County. By redesigning the inside of the building, there is now room for over 100 additional children. I can't wait to tour this beautiful new space!

Agriculture Innovation Grants

Farmers are vitally important. They produce food and fiber for all of us. When our farmers thrive, the economies of our small towns and rural villages also thrive. To ensure we leave a legacy of agriculture for future generations, my administration has made supporting agriculture a priority.

This summer, the County offered Farmer Relief Grants to help offset the rapidly rising cost of fertilizer. Supply chain issues brought on by the pandemic and the war in Ukraine have forced fertilizer prices to rise significantly. The cost to fertilize a single acre of corn averages around \$256,

up from \$101.87 an acre a year ago, depending on the types of fertilizer a soil requires. Urea ammonium nitrate prices have risen more than 267% in the past year.

In some places, the rising costs have led farmers to leave their fields fallow, which may lead to other shortages for consumers in the months ahead. We need our farmers to continue growing crops. The goal of the grants program is to keep fields in production. Funding for Farmer Relief Grants came from Frederick County's American Rescue Plan Act allocation. We expect to announce results soon, so stay tuned!

Another way we have supported agriculture is through our Agriculture Innovation Grants. This popular program helps Frederick County's farms to offer new and creative products and services. Grants are awarded for \$5,000 or more to help farmers expand or diversify their business operations so they can remain profitable and viable. Some farmers have told me their grant made it possible to stay in business.

Earlier this summer, County Council Vice President Michael Blue and I announced the latest cycle of grant recipients. We awarded over \$500,000 in competitive grants to nine farming operations. We were able to double our investment this cycle by using a portion of Freder-

ick County's federal American Rescue Plan Act funding. The projects selected are expected to create 24 full-time and 26 part-time positions.

Grants were awarded to:

Amber Fields Malting and Brewing in Keymar to construct and equip a malting and brewing grain processing facility;

Chestnut Hill Farm and Market in Thurmont to purchase a well and irrigation system and other equipment necessary for growing vegetables, and to purchase a freezer and delivery truck;

Glamourview Creamery outside of Walkersville to create an on-farm dairy processing facility and a market;

Moon Valley Farm in Woodsboro to upgrade an existing packshed to earn Good Agricultural Practices certification.

I am particularly excited by the projects that will help farmers across the county. The impact of having a malt house, craft beverage testing facility, and processing plant will reach well beyond the grant recipients to help many farming operations in our community.

This was the third cycle of Agriculture Innovation Grants awarded by the Frederick County Office of Economic Development. We received 65 applications. Another round of grants will be offered later this year. Information on the program is available by

contacting Katie Stevens, Director of Workforce Development and Agriculture Business, at 301-600-3037.

COVID-19 Memorial

We recently dedicated a beautiful memorial at Utica District Park to remember those we have lost to the pandemic and to honor the health care heroes and essential workers who stepped up to help our community during extraordinary times. The memorial is a peaceful area of reflection.

Covid is still running through our community. As I write this, more than 20 patients at Freder-

ick Health Hospital are fighting the virus. At least five more deaths from Covid were reported in Frederick County in July. With vaccines now available for all ages and home test kits to help us limit our risks, we are in a far better place today than two years ago.

Mental health is an important part of our community's recovery. We need an opportunity to mourn, a place to focus our grief, collect our thoughts, and say a silent prayer. The memorial was created to be a place of healing. If you are an essential worker or you lost someone dear to Covid, I invite you to spend time at the memorial.

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called The Bay Horse Country Inn. Then we went to Liverpool where we stayed at the Titanic Hotel on the Mersey waterfront.

While in Liverpool we took the Beatles Tour and visited Penny Lane, Strawberry Fields, Eleanor Rigby's grave, the place where Paul McCartney first meet John Lennon, and

the Beatles childhood homes. I recommend taking this tour if you visit Liverpool. We are finishing up in London visiting my Uncle Grant, Cousin Ian, Cousin Tracy and their family. We are taking a boat on the Thames later today and I hope to see the Cutty Sark.

We have had a great time but I am looking forward to getting

back home to Thurmont.

Please don't forget the Thurmont Farmers Market, Saturdays from 9 - Noon. The Board of Commissioners hold our weekly meetings on Tuesdays at 7 p.m.

Please call me with any questions, comments or concerns at 301-606-9458 or email me at jkinnaird@thurmont.com.

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FROM THE DESK OF CANDIDATE FOR ...

Renee Knapp (D), County Council-At-Large

While completing my degree in Criminal Justice at Mt. Saint Mary's, we were required to participate in a ride-along with a local law enforcement officer. Although this occurred ten years ago, the experience has stayed with me, and it informs my approach to serving on the Frederick County Council.

On the night of my ride-along, the first call we answered was at a group home where a resident was threatening others with a plastic butter knife. The person in charge at the group home had felt overwhelmed by the altercation and called the police. When we arrived, the person who was

behaving in a threatening manner appeared to be having a mental health crisis. The officer patiently talked the person into putting the butter knife down, and the person complied. The incident didn't last very long, and the residents quickly went back to what they were doing. The group home leader thanked the officer and we left. At that time, the officer said that such an incident was a normal part of their job.

As the population has grown, we have more vulnerable residents living in Frederick County. As a community, we recognize the importance of addressing mental health issues and addiction. When a

county resident is in crisis, the help they need should be as easily accessible as possible. Frederick County is meeting this increasing need, and the necessary funding to keep mental health services evolving should be budgeted accordingly.

The county has expanded Mobile Crisis Services to assist residents facing addiction, homelessness, and mental health difficulties. Trained specialists and counselors are using their expertise to intervene in certain situations that were previously handled by law enforcement. Connecting people and families to services and treatment is the right thing to do, and it is ultimately a cost saving

approach to intervention.

Even before the pandemic, the need for mental health services for students in Frederick County Public Schools (FCPS) was also increasing. Federal grant funding through the Elementary and Secondary School Emergency Relief (ESSR) program has delivered resources for FCPS to address the mental health challenges students face such as trauma, anxiety, and depression which were made worse by the pandemic. To address this continuing need, Frederick County should support these efforts after the grant funding runs out.

Investing in mental health crisis services is cost efficient for

the county and for local law enforcement agencies. Frederick County is moving forward with this approach, and these services should not be cut back in future budgets. On the Frederick County Council, I will prioritize this issue, and advocate for a responsive and compassionate mental health support system.

Many thanks to all who voted for me in the Primary Election! If you would like to learn more about my campaign to keep Frederick County moving forward, or if you would like to get involved, you can find information on my website. You can also follow me on Facebook www.Knapp4CountyCouncil.com. [Knapp4CountyCouncil on Facebook](https://www.facebook.com/Knapp4CountyCouncil).

Brad Young (D), County Council-At-Large

The primary is now over, and we can focus on the general election in November. I am honored with the over 13,900 votes that I received in the primary. Renee Knapp and I will be the Democratic Candidates and Phil Dacey and Tony Chmelik will be on the Republican side. In the general election, you get to vote for two candidates. I am looking forward to a good and clean race talking about the issues that voters are concerned about.

The biggest issue that I have been hearing as I have been knocking on doors and talking to voters in public is about growth. Several areas of our county have experienced significant growth in residential structures putting pressure on our schools, roads, parks, and first responders. Much of the growth that has been occurring had been approved under previous administrations and once in the pipeline, could not be stopped. I am a tenth generation Frederickonian,

and I love our county. I also love the increased diversity and new cultures that growth has brought. I am not opposed to growth, but it must be sensible and accompanied by the infrastructure needed to support it. Last year, growth brought 1,500 new students to FCPS. That is the equivalent of needing two new schools for those students. FCPS does not have the capacity to keep adding that many new students without new schools.

The other issue that I have been hearing about and more so with people on fixed incomes is the increase in their property taxes due to the increase in their assessment of the value of their house. As your councilman, I will propose new programs and additional support for current programs to not allow people to be taxed out of their homes. With the huge increases in property values over the past few years, more increases are on the horizon for property owners

unless something is changed.

I am continuing to put out yard signs and out canvassing neighborhoods throughout the county. If you would more information on my campaign or would like a yard sign or contribute to my campaign, you can get that on my website at www.brad-young.com. If you would like me to attend or speak at any events or have questions, you can contact me at FriendsofBradYoung@yahoo.com. You can also contact me through my Facebook page "Brad Young for Frederick County Council."

Julianna Lufkin (D), County Council District 5

Well my friends, the day we never thought would come finally did. A few weeks ago, votes from citizens around the state were counted, and the democratic process was once again successful. I was fortunate enough to have an uncontested Democratic primary, which means that I received 100% of the votes of Democrats in District 5; thank you! Your faith in and support of me is truly touching, and I'm so grateful to have all of you in my corner.

Personally, I believe in approaching politics in the same way that I approach the classes I teach; no one issue or subject exists independently of others. By working to solve one issue directly, be it ensuring that Frederick County's rural areas receive

reliable broadband quickly, or working to reduce food insecurity in children, you are inherently solving other issues in the community. Because I'm all about a good kitchen metaphor, I like to picture it as a set of bowls that fit neatly into each other.

One of my sets of nesting bowls involves, as I mentioned, reducing food insecurity, specifically for children. The largest bowl is in regards to the nearly one third of students enrolled in FCPS who currently suffer from food insecurity. The USDA defines "food insecurity" as "a lack of consistent access to enough food for an active, healthy life." I propose that we make the FCPS nutritionists and dieticians jobs easier by forging connections and contracts between

the school system and our thirteen hundred farms, which cover more than one third of our county. We are incredibly fortunate to have two non-profits already working towards the goal of connecting farmers with the school system. Strong communities need strong schools, it's true. We also have a duty to prove to our students that we support them, their families, their neighbors, and our agricultural roots, which will in turn create strong communities in the future.

Just within that largest bowl we find the first of the secondary solutions. By assisting FCPS in making contracts with local farmers, we provide our farmers with a reliable and steady source of income, even

if it's small. When the pandemic first hit, and the supply chain issues began, many small farmers saw an unprecedented jump in business. Customers were buying large quantities of meat, were signing up for CSAs (community supported agriculture), and were adamant about keeping their money in the local economy. With restrictions easing, however, many farms are seeing a return to how things were before the pandemic. Now is the time to help grow a future where "small ag" can flourish, and I believe that one of the ways we can do that is by connecting our farmers with FCPS.

If elected, I will never stop working for Frederick County in general, and District 5 in particular. I

will ensure that we are represented by a compassionate, hard-working, reasonable voice on the County Council. For those who aren't registered Democrats, your first chance to vote for me will be in November. I hope that in the coming months, I can demonstrate to you my unending commitment to the betterment of Frederick County and the lives of all of her residents.

As always, no matter your party affiliation, please reach out to me with your concerns and issues; I'm here to listen, and to work towards the future we all want for ourselves and our county. You can find more information about me and my platform at my website; Linktr.ee/Lufkin.Listens.

- Strong Support for Schools
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By Authority of Cheryl Young, Treasurer

FROM THE DESK OF CANDIDATE FOR ...

Congressman David Trone

On my desk, there's a photo that I often stop and take a moment to admire. I was a lot younger when it was taken, with wire-rimmed glasses and darker hair than I have today. The boy sitting on my lap — my nephew Ian — is smiling from ear to ear.

In the years following that photo, Ian became like a son to me. He was with my family during the good times, still smiling as he had in that photo years before. And he was with us during the bad times, too — when he experimented with drugs and ultimately became addicted to opioids. My wife and I worked for 5 years to help him through it. And he was making real progress.

After Christmas in 2016, Ian flew back to the community where he had been living. He never made it. On New Year's Eve, we got the call every family fears. Ian had died of an overdose

of drugs laced with fentanyl.

Too many American families have similar stories to tell. Substance use disorder is a disease that impacts every single community across the country. Last year, the CDC reported a record-breaking 107,000 overdose fatalities. Many of which happened in Maryland. Each year, advocates work to bring awareness to this growing crisis. And yet, it continues to get worse.

In business, I learned that challenging problems can be solved with innovative, forward-thinking solutions based on solid research. More times than not, this approach works. This experience is why, in the wake of Ian's death, I became increasingly frustrated with the way the government was approaching the opioid crisis. So I ran for Congress.

This issue has been my top priority since I took office. One of my first actions was to form the bipar-

tisan Freshmen Working Group on Addiction. Together, we introduced over 50 pieces of legislation specifically aimed at addressing the opioid epidemic. Several of them have become law.

I've also prioritized mental health, in part because the link between mental health and substance use is increasingly evident. The pandemic made both problems worse. Instances of mental health problems skyrocketed, and hundreds of thousands of Americans who were already struggling with substance use were left without access to treatment.

It was with this understanding that I combined forces with other advocates to form the Bipartisan Addiction and Mental Health Task Force last year. We discuss policy proposals, meet with experts, and introduce legislation — over 70 bills so far — to make a difference. In 2022, the House passed six

pieces of legislation that I authored to tackle this problem. But this can only be the beginning.

I was privileged to be named the only Democratic member of the House to serve on the national Commission on Combating Synthetic Opioid Trafficking and became its co-chair. We studied this issue from every angle to understand the flow of deadly drugs like fentanyl — the drug that killed Ian — into the country. Our report, released earlier this year, serves as a playbook for those working to keep this poison out of our communities.

If we get this right, we can save hundreds of thousands of lives. It will also serve as a critical lesson that tough problems can be solved by bipartisan cooperation. Throughout this journey, the prevailing sentiment about Washington suggested our differences would prevent us from accomplishing anything. We proved them wrong. Addiction does not

discriminate based on political party. Neither should our response.

This is not to say we've done everything that needs to be done. Far from it. The first priority in this battle is to expand access to treatment. Too many of those struggling with substance use, who want to get treatment and recover, are unable to do so because they either can't afford it or can't get to a facility offering treatment.

We also must address the ways that these deadly drugs are winding up on our streets and in the hands of our loved ones. From pharmaceutical companies to international criminal organizations, enforcement plays an important role in ending this epidemic.

I've had the privilege of meeting with hundreds of families across the state who have received the same call our family got that New Year's Eve back in 2016. For them — and for every American struggling with this disease — we can't stop fighting.

Michael Haugh (R), County Executive

This year marked my 12th and final legislative session representing Frederick County in the Maryland General Assembly. I am not seeking reelection to the Senate and instead will be running for County Executive.

One of the issues I am passionate about is assisting our municipalities in getting the resources they need. In my current Senate district, I represent every municipality in Frederick County, with the exception of the City of Frederick. It has been my top priority working with Governor Hogan and my legislative colleagues to bring millions in infrastructure funding back to Frederick County's municipalities.

I know firsthand the challenges that many small towns face like aging infrastructure and lack of funding. Many elected officials talk about equity, but then seem to forget that areas like Emmitsburg and Brunswick have some of the lowest incomes in the County and also have some of the oldest infrastructure. For example, both cities have had significant problems with their water supplies.

In Emmitsburg, residents were getting brown water out of their faucets. The town needed a new clarifier to fix this issue, but could not afford one. In 2021, I worked to get \$1 million in the State Capital Budget to pay for a new clarifier.

In Brunswick, Yourtee Spring

provides almost half of the water for residents. In 2018, the Maryland Department of Environment deemed the water unsafe and ordered the Spring shut down. This meant residents would have to get their water from the Potomac River, which is more expensive to treat and therefore increased water rates for residents who were already struggling. Over the last four years, I have obtained \$1.6 million in funds for Brunswick to get Yourtee Springs back on line.

It saddens me that we live in such a wealthy State and County, yet we have failed to make sure all of our residents have access to clean and afford-

able drinking water. This is a basic necessity that government must provide. So many times our current Frederick County government focuses on national political issues, when we need to make sure we take care of the basic functions of government.

Representing these areas and living in Brunswick myself, I know small town residents feel like they are often forgotten about. Emmitsburg gets treated many times likes it's part of Pennsylvania and Brunswick gets treated like it's in West Virginia.

Frederick County needs a County Executive that prioritizes the needs of towns like we prioritize the City of Frederick.

In addition to providing infrastructure funding, Frederick County needs a County Executive that works well with our mayors and burgesses. We have unfortunately seen in the past where our municipalities and the County did not get along and this hurt our residents. We are one county and we need a leader that will strive to bring people together.

I have a track record of standing up for our small and rural communities. As County Executive, I will not forget them. I will be a partner to our municipal leaders. I will put county funding into critical infrastructure projects. I hope to have your vote this November. You can visit mikeforfrederick.com to learn more about my campaign and join my team today.

Jessica Fitzwater (D), County Executive

Here in Frederick County our motto is "Rich History, Bright Future." I love this sentiment because it truly embodies everything Frederick County has to offer. Our county is full of beautiful historic properties and historic structures. One way that we can help encourage the preservation of these sites is by allowing additional public uses of these structures, in ways that can enrich the lives of Frederick County residents.

Our current language on historic sites and structures allows a wide variety of uses. One of the uses listed is "facility for functions," however this is not defined anywhere in the Zoning Ordinance. There are several properties listed on the register that have previously received approval for the "facility for functions" use and are currently operational but were approved without consideration of special criteria. While many of these venues are lovely and filling a unique niche, they have also

caused noise and safety concerns for surrounding property owners. I have heard from constituents many times and even visited people's homes to get a better sense of the impacts of these venues. Based on this experience, it became clear that some amendments to the Zoning Ordinance were needed.

I have been working with planning staff and community members over the past several months to find a solution that continues to allow property owners to seek historic designations and special uses, while ensuring detailed criteria and processes that proactively consider the impacts these uses have on the health, safety, and well-being of our community. Based on this work, I introduced Bill 22-12: Facilities for Functions which was just approved by the Council on July 26th with a 7-0 vote.

This bill will create a new use category and definition called "facility for functions," that was previously missing from the code.

This use may only be established in or on historic structures or sites, and will allow seminars, cultural or social events, or other similar activities. There is also a new section that specifies certain conditions that apply to this use in all zoning districts. Another important component of the bill is the outline of the approval processes for special uses within historic structures or sites by presenting a clear order of operations for each step of the process. This will significantly improve the implementation of these sections of the code and ensure compatibility with surrounding properties.

The goal of this legislation is to facilitate a continued interest and investment in historic properties while establishing reasonable limitations on their usage as private, commercial event venues in our rural areas. This bill is just one example of how we can make progress on issues facing our community by being responsive, working together, and find-

ing common ground.

As a leader on the County Council, this approach has been a mainstay of my legislative track record. As your next Frederick County Executive, I will bring this same collaborative leadership to solving problems and making life better for people here in Frederick County.

I am honored to be the Democratic nominee for County Executive and will be spending the coming months reaching out

to voters in every corner of our beautiful County. I hope to meet you at your door when I am out canvassing or at a community event. If you would like me to come speak to your organization or an informal gathering of your friends and neighbors, please reach out! You can contact me any time at info@jessicafitzwater.com. Please check out my website, www.jessicafitzwater.com to learn more about my campaign for Frederick County Executive. See you on the campaign trail!

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FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

Wow! The Carroll Valley July 4th Celebration was a tremendous success, with over 5,000 in attendance. The Reagan Years band entertainment was once again outstanding. The band recreated the sounds of the 1980s. The band's talented musicians with remarkably diverse vocal abilities replicated the MTV era's pop, rock, and new wave hits. The crowd of people danced in place while respecting each other's space. The celebration ended with the singing of the Star-Spangled Banner by the band's lead singer, followed by a spectacular 20-minute fireworks display on top of Ski Liberty Mountain. Many people were involved: the Borough Staff, Dave Hazlett, Gayle Marthers, Amanda Bell, the Borough's Municipal Services crew, the Council, Recreation Committee, and the Carroll Valley Police Department. Thank you all. To see the pictures, go to ronspicures.net.

Twenty-three donors participated in the Blood Drive held on Thursday, June 30th. As reported

by the Red Cross, their donation resulted in 20 units of blood being collected, which in turn will save 60 local lives. Thank you for your donation. The next Blood Drive will be held in September.

You are invited to meet our Carroll Valley Police Officers and local Constable at the National Night Out event on Tuesday, August 2nd at 6 p.m., followed by a Movie in the Park, "Zootopia," starting at 7:30 p.m. National Night Out aims to enhance the relationship between neighbors and law enforcement while bringing back a true sense of community." Chief of Police Richard Hileman said. "Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances."

Speaking about "Movies in the Park," the next Movie in the Park will be held on Friday, August 19th at 7:30 p.m. The name of the film is "Sing 2." The movie follows Buster Moon and his all-star cast of performers as they prepare to launch their most dazzling stage extravaganza in the glitter-

ing entertainment capital of the world. However, there is just one hitch: they first must persuade the world's most reclusive rock star to join them. Hope to see you there. Do not forget those lawn chairs.

Our Carroll Valley Police are participating with Pennsylvania State Police and over 300 municipal agencies in conducting targeted aggressive-driving enforcement that started on July 5th and will end on August 21st.

The goal of the targeted enforcement is to reduce the number of aggressive driving-related crashes, injuries, and deaths on roadways throughout the state. Any aggressive driver stopped by police will receive a ticket. The enforcement wave will focus on heavy truck violations, pedestrian safety, red light running, and tailgating. Motorists exhibiting other unsafe behaviors such as driving too fast for conditions, following too closely, or other aggressive actions will also be cited. The enforcement is part of Pennsylvania's Highway Safety Program and is funded by part of PennDOT's investment of federal

funds from the National Highway Traffic Safety Administration (NHTSA). For more information on aggressive driving, visit PennDOT.gov/Safety.

Please be careful when out and doing yard work. Remember that heat stroke can be fatal and requires immediate medical attention. The symptoms for heat stroke are (1) hot dry skin or profuse sweating, (2) confusion or disorientation, (3) slurred speech, (4) seizures or convulsions, (5) throbbing headache, and (6) a very high body temperature over 104.0. If experiencing one or more then these symptoms, call 911, move the person to a cool, shaded place, apply cool compresses and wet the person's clothing with water and fan with a towel. Do not give them anything to drink – it could pose a choking hazard in their altered mental state, and wait for medical assistance.

On Friday, July 15th, Councilman Robert Verderaime sent a letter of resignation to the Borough Manager, which was shared with Council at their July 19th meeting. Councilman Verderaime expressed that his written resigna-

tion was due to personal reasons. He has served our community for the past four years and seven months with honor and commitment, and he stood for something crucially important to me – service to the Carroll Valley community. Thank you for your service. The Council is looking for someone to fill that seat. The appointment would last through the end of 2023. If you are interested, visit the Carroll Valley Borough website at carrollvalley.org. Click on Borough Council Vacancy on the home page and follow the directions. The deadline for submission is September 8. The Council will choose an applicant at the September 13th council meeting. Courtney Herring has returned to join our Carroll Valley Police as of Wednesday, July 21st.

Borough meetings for August are Planning Commission (Aug 1st), Borough Council (Aug 9th), Public Sewer Advisory Committee (Aug 22nd), and the Parks and Recreation Committee (Aug 24th). If you have any questions, call me at 301-606-2021 or email me at MayorRonHarris@comcast.net. Please watch your speed!

Liberty Supervisor Walter Barlow

Summer is here and we have endured our fair share of storms and heat over the past few weeks. Seventeen trees fell in the township a few weeks ago in a single storm. The road department will continue mowing, culvert pipe cleaning, and addressing potholes in the township. The black topping of McGlaughlin Road from Water Steet to the Freedom Township line is complete, and we are very pleased with the job that New Enterprise has done. As soon as the road cures,

we plan to finish the ditching work to promote better water flow along the sides of the roads.

The Old Waynesboro Pike bridge will be closed for repair from August 8-12. The bridge will be refaced, and stones and ballasts will be put under the bridge to divert the water from the abutment to try to cut down on the erosion problem with the bridge.

School Taxes were mailed out in early July. We encourage you to take advantage of the 2% discount

that can be applied until August 31. Please note all school taxes that are collected are disbursed to the Fairfield Area School District. Liberty Township does not receive any of those funds. Public Tax hours are held that last two weeks of August and the dates and times are listed on your tax bills. The drop box located at the township building may also be used for tax collection.

The Liberty Township Police Department has joined the Pennsylvania State Police and over 300

municipal agencies to conduct a targeted aggressive-driving enforcement wave from July 5 through August 21, 2022. The goal of targeted enforcement is to reduce the number of aggressive driving related crashes, injuries, and deaths on roadways throughout the state.

Liberty Township will also participate in DUI patrol from August

17-September 5 and Occupant Protection from September 11 - 30. These enforcement activities are part of Pennsylvania's Highway Safety Program and is funded by part of PennDOT's investment of federal funds from the National Highway Traffic Safety Administration.

Stay safe and enjoy the rest of your Summer.

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GOVERNMENT—NORTH OF THE BORDER

County Commissioner Jim Martin

If I were to choose the word of year it would be impact. So many political decisions have impacted life in America and the process of government as never before. Economics 101's basic and elementary principles of supply and demand were ignored as economists warned what the impact would be. However, economist Larry Kudlow, who served during the Trump administration, used the principles of supply and demand to clearly predict our inflation dilemma. He warned that President Biden's actions that disrupted the supply of oil and natural gas would lead to unprecedented inflation. Kudlow also accurately predicted that increasing inflation would follow the four trillion dollars that were pumped into our economy by the Federal legislators. He was so right. Hopefully our State and Federal Legislators do not ignore Economics 101 principles as we go forward. I do not want to see additional inflation hardships encountered by our citizens.

So, what impact will the trail of inflation have upon the Adams County governmental budget as we progress further into budget year 2022? Our budget for calendar year 2022 was developed during the fall of 2021 and did not account for 9.1% inflation and gasoline prices rising to \$5.00 per gallon. These two issues are affecting our budget; but wait, the Fed's have sent us millions of ARPA (Federal) dollars that we are now allowed to use for current expenses. This same pool of money is also intended for projects that offer economic benefits for Adams County. Thus, a balancing act is ahead of us: funding for projects and services versus covering inflation-driven over-budget expenditures. Until the funds are released, the ARPA funds have been safely invested by our Treasurer in a liquid, interest bearing account. Amazingly, Federal regulations are allowing the County to use the interest generated from this at our discretion. Perhaps this will be sufficient to cover our broadband study expenses. Keep in touch as this scenario unfolds.

John Q. Public; however, is not as fortunate as the county and must deal with budget breaking expenses now. We can be thankful for the number of safety nets in place in Adams County. Food banks such as New Hope Ministries, Housing Self-Sufficiency

Program and The Circle Program of the Housing Authority and SCCAP respectively, The United Way, and Adams County Office for Aging are all available for financial help and guidance.

I sympathize with those in retirement that are counting on their investment accounts to produce planned income to cover family expenses. The prevailing direction of our economy has created a \$15 Trillion loss of stock market value jeopardizing retiree income. I hope that these individuals have good financial advisors to guide them through the storm. For them the time to prepare has already passed and a good advisor would have already taken measures to minimize the damage.

As Chairman of the CCAP (County Commissioners Assoc. of PA) Investment Advisory Committee I know firsthand the value of a good advisor. Through the management strategies of our advisor, by preventing and minimizing losses our portfolio held up well. Good management of these funds produces income for our counties' self-insured programs. This investment income provides dividends to member counties, increases reserves to build financial strength, and helps keep premiums under control. The ancillary benefit to Adams County, as a member of the CCAP self-insurance program, has totaled more than \$800,000 in dividends and safety grants. I continue to serve on this investment committee after over 10 years to help bring these benefits to Adams County.

One thing I would like to be more successful is the direct interaction of state legislators with county commissioners. Much of the legislation passed by our representatives directly impacts the counties. Interaction with county commissioners would allow us to discuss pros and cons of proposed legislation. For instance with Act 77 there was little meaningful dialogue. I, personally, conveyed to all my state elected officials my opposition to Act 77, but to no avail. After passage it proved to be problematic, and more so as the PA Supreme Court got involved.

Not to be misleading, when writing of the 911 Access Fee legislation there was good discussion and dialogue with legislators during a CCAP Conference. Following this interaction I advocated for an electronic device access fee of \$1.75/mo. rather than the leg-

islative proposal of \$1.65. In my estimation, \$1.65 would fall well short of needed funding. I was right; funding for Adams County has now fallen approximately two million dollars short per year. I periodically press our representatives to initiate action to increase state funding. Residents, please encourage our state representatives to correct this shortage in funding. More 911 fees coming to Adams County would require less county tax dollars to fund 911 service expenses.

Going back to my mention of ACT 77 and the PA Supreme Court involvement, there is an important issue on which I failed to get resolution from higher officials. No one can give me a satisfactory answer as to how to stop

ballot stuffing of drop boxes. The answer I often get is we can provide surveillance. Surveillance does not stop the act, nor does it identify the illegal ballots. If prevention or enforcement to stop stuffing cannot be initiated, drop boxes should be eliminated. Drop boxes, therefore, present a definite obstruction to election integrity. Adams County has one of the best solutions, one drop box in the courthouse regularly visited by the election staff to collect the ballots during regular courthouse hours. Yes, we have surveillance, but again surveillance does not prevent or stop stuffing. Another solution would be to have no drop boxes as they do in Lancaster County.

Because of drop box issues and other inconsistencies created by Act 77, many of the county com-

missioners across Pennsylvania support the repeal of Act 77. This issue is headed to the County Commissioners Association of Pennsylvania (CCAP) for a vote. To be determined is whether CCAP, as an organization, will support the repeal of Act 77. As a member of the CCAP Resolutions Committee I advocated strongly to present the matter to the Association during the summer conference.

On one last unrelated but important note, there is an abundance of fresh Adams County fruits and vegetables available to you at our local fruit stands and farmers' markets. Please use this opportunity to support local growers and advance your wellness with healthy eating.

Best wishes for a healthy and safe summer.



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COMMENTARY

Words From Winterbilt

Lying is not right

Shannon Bohrer

The January 6th Congressional Investigation hearings were simultaneously enlightening, disheartening, and frightful. There are many that believe the truth has been revealed and those who tried to overthrow our government will be held accountable. Others believe the hearings are political and are being held for political reasons. As expected, some news outlets ignored the hearings altogether, using the worn-out excuse of fake news.

We understand that two people witnessing the same event can have different perceptions of what happened, but sometimes the differences seem beyond our comprehensions. A recent example: Louie Gohmert, a Texas representative, was questioning the arrest of a Republican friend, when he said, "If you're a Republican, you can't even lie to Congress or lie to an FBI agent or they're coming after you." A politician defending another political figure for lying to the FBI, and simultaneously implying that lying is normal and acceptable, or is expected, should be repudiated. A quote from Theodore Roosevelt seems appropriate, "When they call the roll in the Senate, the Senators do not know whether to answer 'Present' or 'Not Guilty.'" If Louie Gohmert answers a role call with "Not Guilty," would he be believed?

Louie Gohmert's statement on a national news station, with his per-

spective that the Republicans are being attacked, reminds me of the old adage that we tend to overlook and excuse mistakes by our friends and yet it is easy to find faults with our enemies. Gohmert's words stretch that concept. Defending a former white house official that lied to cover up a criminal investigation, goes well beyond excusing a friend. Sadly, it does support our perceptions of inept and corrupt politicians.

As we have observed while watching the January 6th congressional hearings, for some people the truth is not important. The hearings definitely refute lies we have been told, such as fraudulent ballots being counted. It is also obvious that the truth was often missing in the previous administration. Additionally, truth was not just missing, it was standard operating procedure to mislead, obfuscate, blur, and distort information. The big lie, that Trump won the election, was the reason and the impetus for many of the lies that followed. The large number of elected officials' and government employees, as well as others knew the lies existed but said nothing, was also shocking, yet not surprising. Knowing that there are members of congress who either believe the lies, or just ignored them, confirms what we have witnessed. Apparently, you do not need to be honest, while pretending to represent the people.

The big lie has been debunked on what seems like a continuum, yet many still believed it, or at least peddle the

words. In this current election cycle, over a year and a half since Trump lost, we still have candidates touting the same big lie, that Trump won the last election.

The testimony given during the January 6th hearings was frightening because it exposed a concerted effort by numerous elected officials and others to prevent the peaceful transfer of power to the next president. And the obvious, and often stated purpose, was to keep Trump in office. After the election, numerous telephone calls were made to various state officials, requesting votes that were not even cast (phantom ballots), be added to Trump. This was followed with a plan to not allow the counting of the Electoral College votes. Adding to this criminal enterprise was an effort to provide "alternative" electors to support the individual that lost the election. This is only a brief summary of the attempt to overthrow our elected government. The truth is that when a minority rules the majority, it's called "fascism."

One film clip of former general Michael Flynn, the former National Security Director, was both telling and distressing. He invoked his 5th amendment right not to incriminate himself when asked if he believed in a peaceful transfer of power, and also when asked if the capital riot was justified. Why?

At the center of this criminal conspiracy is the ex-president. He started the "Big Lie," long before the election occurred. The potential criminal charges against him are serious and if charged

and found guilty, he could face incarceration for many years.

There are numerous talking heads and experts saying that it would be very unusual for a former president to be charged with a criminal offense. In fact, if charged with a crime he would be the only one. An argument against charging the former president is that we do not want to set a precedent. Besides, if the January 6th investigation can prove to the American people that Trump committed crimes and he fails to get re-elected, that is a reasonable alternative to charging a former president with a crime.

The perspective that we do not want to set a precedent, is flawed, deeply flawed. If we do not go there, what would prevent him from returning to office? If we do not go there, could someone with similar intentions, but smarter than Trump get elected and surreptitiously become president for life?

If Trump, or a Trump like person is elected to the presidency, what guardrails would prevent them from repeating a January 6th? If you recall, after Trump's first impeachment, a senator said she voted not to impeach, because she said that Trump "had learned his lesson." The reality is he learned that he could do as he pleased and would not be held accountable. If there was no responsibility or accounting with the Mueller report, two impeachments and an insurrection, any future president that has similar ambitions might see the lack of accountability as a green light to do as they wish.

While I found the January 6th hear-

ings disheartening because of the content, I did find a little hope, at least temporarily. Republican Rusty Bowers, the Arizona House Speaker, gave me some pause that all was not lost. He said, "I do not want to be a winner by cheating. I will not play with laws I swore allegiance to with any contrived desire towards deflection of my deep foundational desire to follow God's will, as I believe he led my conscience to embrace." He said he believed our Constitution was divinely inspired. I wonder if he knows Louie Gohmert.

After telling us why he would not comply with Trump's request, Rusty went on to say that he would vote for Trump if the election choice was Trump or Biden. Having such strong beliefs as Rusty Bowers depicted, I was surprised. You call out someone that attempted to overthrow the government, someone trying to tear up the constitution, then vote for them in a future election. That is not explainable.

It has been said for a while that there is a possibility that we may lose our democracy. What happens if Trump runs again, and again he tells us that if he does not win, the election is fixed? If and when we do not have trust in our elections, will our democracy end?

"A body of men holding themselves accountable to nobody ought not to be trusted by anybody." —Thomas Paine.

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

Tumbleweeds

Choose to educate

Mark Greathouse

Our government-run public school system is perfect. Obviously, that's untrue. Its why parents must have choices as to how you educate their children. Public school? Private school? Homeschool? Online? Classroom? Curricula? What a wonderful nation to have so many education choices. The state requires that children be educated. The choice of how is up to parents.

Me? I went to public school, earned undergraduate and graduate college degrees, had a successful business career, and taught college for 8 years as an adjunct professor. I served on a local school board. My wife and I homeschooled our two sons. They went on to earn college degrees, have great jobs, and marry lovely ladies. Are you with me? We made a choice, and it was an outstanding one.

America's frontier west had plenty of choices. My great great-grandfather Nicholas Dunn immigrated from Ireland to Texas in 1850 at age 15 and was necessarily home-schooled, though his younger brothers and sisters were sent off to private school in San Antonio. One of Nick's sons leveraged his home education to become a successful banker and rancher. A sign of frontier civilization was a town having its own school (see inset of well-preserved one-room schoolhouse in Nuecestown, Texas). Importantly, the school master or mistress was well-known in the community and had to hold the trust of parents. Frontier education included reading, writing, and math coupled with history. Even Latin might be taught. Education

was enhanced by practical life experiences like mucking stalls, churning butter, tanning hides, and raising livestock that spawned nation building. Homeschool, private school, town school... the lands of the tumbleweeds spawned plenty of educational choices.

As a coach, I listened stunned as young athletes took turns reading aloud from the PIAA Code of Conduct and mangled most multi-syllabic pronunciations. I was dismayed at students' poorly-written answers to essay questions during my adjunct days. While on the school board, I was the only board member to fully review a curriculum filled with errors of fact. Astonishingly, no parents reviewed it. I recently asked young adults whether they knew of Socrates or Pascal or the history of ancient Rome? Had they read Faulkner or Twain? Blank stares. It doesn't take a mental giant to figure we've got a problem with our government-run schools.

Governmental elimination of school choice would only serve to exacerbate the problems with America's education today. Vested interests, such as text publishers, test developers, politicians, and teacher unions, are intent on protecting the status quo, on controlling what's poured into malleable young minds. These interests oppose school alternatives as threats to their control.

There are dedicated capable teachers out there, but most have drunk the proverbial cultural leftist Kool-Aid. Regrettably, far too many of today's teachers graduated from college programs that taught them to be acolytes genuflecting to the far-reaching tentacles of the teacher unions and their

bought-and-paid-for minions in academia and legislatures.

A positive outcome of the recent COVID pandemic was that parents got an eyeful into the one-size-fits-all leftist doctrinaire horror show that is brainwashing their children. The resultant pushback by parents was so strong that the National School Boards Association tried to have the Department of Justice set the FBI on protesting parents as domestic terrorists. What are they so afraid of? A national debate rages today over public schools marinating our children in controversial dystopian agendas like critical race theory, gender dysphoria, drag queen shows, cancel culture, and vague notions of equity and social justice as promoted by politically leftist teacher unions, politicians, and media.

Parents are expressing concerns that essentials like reading, writing, and arithmetic and even history play second fiddle as children are robbed of their innocence. Student exceptionalism has been relegated to the dustbin of Common Core 2.0. Moreover, the government-run school establishment maintains a long-held aura of being best qualified to teach our children. Teach? It's far more like indoctrination. And who is teaching our children in government-run schools? According to US News & World Report a few years back, it was noted that virtually all state university systems have separated their teacher colleges from the main state campuses so as not to pull down academic ratings.

When asked why I sat on a school board yet homeschooled my children, I replied that I was a responsible citizen concerned with educational outcomes from an institution serving my community. As to homeschooling, I joined the then 3.4 percent (now closer

to 8 percent) of homeschoolers seeking to afford their children academic achievement, broader practical expertise, wider socialization, religious freedom, flexible scheduling and teaching modes, safer environment, higher morality, absence of vested socio-political influences, proven tailored curricula, and cost effectiveness. Once asked whether I feared my sons would miss the socialization of public school, I responded that the questioner was mistaking socialism for socialization. Notably, the leading reason (91 percent) parents homeschool is to provide a better learning environment for their kids.

Government-run schools largely avoid any biblical moral and ethical messages owing to U.S. Supreme Court decisions of the early 1960s and steady removal of all vestiges of religious influence over the past century. Moral relativity rules, as evidenced by ever greater resources spent on classroom "crowd" management, bullying control, internal justice systems, and erstwhile facility security. No question, the cultural left has spent decades gradually appropriating our education system to achieve their utopian globalization dream. Or, as our president's administration recently described it, "the liberal world order."

Why be concerned? Partly because our government is intent on eliminating choice and partly due to the obvious fatal flaws in a government-run education system that produces a high percentage of graduates unable to perform in the "real" world. Coupled with rising numbers of ethically amoral "graduates" steeped in lascivious behaviors, increased violence, drug and alcohol use, and generally poor work ethics, and the government-run school system seems to scream loudly for per-

sonal accountability and responsibility grounded in a strong set of moral principles not taught since Engel v. Vitale and Abington School District v Schempp in the early 1960s. Most of today's graduates cannot think or reason but can spout "facts" shoved into their pliant brains. There's hope. The U.S. Supreme Court recently ruled in favor of supporting school choice by overturning a Maine law in Carson v Maykin.

Education is not one-size-fits-all. Parents have choices: fight back, choose education alternatives, or cave in. While many are locked into needing dual incomes to survive, taking the responsibility to have a child obligates the parents to make the best, even sacrificial, education choices for their children. Far too many don't. Parents must heed the insidious tentacles of leftist agendas reaching from liberal urban centers into regions yet clinging to traditional educational values. Despite assurances otherwise, we are dealing with a very real threat posed by cultural Marxism. Our schools are far-less-safe intellectually and physically.

In sum, our nation's education system with all its delivery options is critically important for sustaining the excellent quality of life and freedoms for which the United States has become known. When the educational system fails us morally and academically, we all lose. Choice is absolutely essential to a socially and economically vibrant nation. We must head off liberal cultural creep. Choice equals freedom. Parents must make the right choices.

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

Country First

The oath of office should never be a lie

David Marshall

The men who were fortunate enough to become president of the United States make up a very small but prestigious group. Since the year 1789, only forty-five men have held the Office of President of the United States, and each of them were required to take an oath of office. Regardless of political ideology, the Office of President is meant to be a position of honor and respect nationally and world-wide. Therefore when a president takes an oath, it represents a public pledge and promise to the American people while acknowledging they fully understand the requirements of the position and will work to meet or exceed those requirements.

The president is a public servant to the people, and is bound by their oath to preserve, protect and defend the Constitution of the United States. In addition to the president, the vice president, senators, representatives, judges, political appointees, military personnel and federal employees are also public servants who are also bound by the oath they take. What happens when public servants, including the president, decide to simply ignore their oath to the point where the words "I solemnly swear" becomes empty with no sincere intent or meaning? What happens when public confidence in our institutions decreases because a large segment of the general public sits back and allow elected officials to disregard their oath without any form accountability at the polls or otherwise?

Before January 6, 2021, America has never experienced a domestic attack on the United States capitol building. Of the forty-five men who held the highest office in our government, only one has proven to be an election denier (a person who refuses to accept the truth and validity of an election outcome despite the overwhelming evidence supporting it). Only one out of the forty-five has ever developed a cult-like following at the detriment of the Republic. How do we explain what we are seeing today in our nation? When a former president who is called to serve and defend the Constitution yet he seeks to remain in power by overturning a presidential election while supporting political violence to include the assassination of a sitting vice president?

The Rev. Martin Luther King Jr. spoke in New York on Feb. 6, 1964, about the Civil Rights movement and how people react to calls to serve. "Negroes are human, not superhuman" King said. "Like all people, they have differing personalities, diverse financial interests and varied aspirations. There are Negroes who will never fight for freedom. There are Negroes who seek profit for themselves alone from the struggle. There are even some Negroes who will go over to the other side." "These facts should distress no one," King explained. "Every minority and every people has its share of opportunists, traitors, freeloaders and escapists. The hammer blows of discrimination, poverty and segregation must warp and corrupt some. No one can pretend that because a people may be oppressed, every individual member is virtuous and worthy."

"Decency, honor and courage" King said, are the dominant characteristics to look for.

The historic struggle for progress, King told the audience, has always had "masses of decent people, along with their lost souls." What Dr. King is describing in 1964 remains a description of today's American society in its entirety. There will always be men and women in position of trust and power from all walks of life who are corrupt. While it is troubling, it should not surprise us when the corruption is supported throughout the masses. When we look for examples of public servants consider, Dan Cox and Michael Cox. These men are public servants on the state and local levels, and they too are bound by a public pledge of integrity. One man embraces the pledge and its meaning, the other man does not.

With the recent results from the Maryland primary election it proves that election deniers are not only on state ballots, but they are winning. Dan Cox, as a first-term state delegate and endorsed by former President Trump, won the Maryland Republican gubernatorial primary. It is the same elected official who organized buses for supporters to attend the Jan. 6th "Stop the Steal" rally which he also attended. Despite having experience as a constitutional attorney, he is still an election denier who was critical of then-Vice President Pence for performing his constitutional duties of overseeing the Electoral College vote count. No vice president has the constitutional authority to overturn presidential election results yet state Delegate Cox, tweeted, "Pence is a traitor" as rioters were rampaging inside the Capitol. Not only does



his tweet motivates an already angry mob to physically harm Pence, but it violates his oath to the people of Maryland to defend the Constitution against domestic enemies. While maintaining political allegiance to an individual rather than the Constitution, Dan Cox is now in position to become the next governor of Maryland.

Compare Dan Cox to Michael Cox who is a member of the Boston Police Department. Officer Cox, who is Black, was working undercover in plainclothes in January 1995, when his fellow officers mistook him for a homicide suspect and severely beat him. When they realized who he was, they left him there, unconscious and bleeding. The matter was covered-up by Boston's blue wall of silence where officers would shield one another from accountability. Cox spent four years fighting his department in court before any of his assailants were disciplined. The city eventually paid him \$1.25 million in damages and legal fees. Meanwhile, he was shunned. His tires were slashed. He received men-

acing phone calls. "After this incident happened, I had a choice — either quit or stay, and I chose to stay, because I believe in policing in a community-friendly way," Cox said. "And I know the men and women that I work with believe in that same thing, too."

Cox rose through the ranks within the department over 30 years only to leave to become chief of police in Ann Arbor, Mich. The Boston native who exemplifies a true public servant with decency, honor and courage returns home to become Boston's next police commissioner. If the U.S. Senate members had the courage of a Michael Cox during the first impeachment of Donald Trump, January 6 would not have occurred.

David W. Marshall is author of the book "God Bless Our Divided America" and member of Country First. Country First is focused on recognizing that Republicans, Democrats and Independents don't have to be enemies because they have different experiences and perspectives. To learn more about Country First visit www.country1st.com.

Down Under

What will China do?

Submitted by Lindsay Melbourne, Australia

Old age is the most unexpected of all things that happen to a man

—Leon Trotsky

America gets a lot of bad press, especially over gun control. ... and now Roe v Wade.

Bad press? Who cares — there are more important things than that.

It's not for nothing that the USA is known as the marketing capitol of the world, and even more is the ability to create, to think sideways, and innovate.

This facility is something that a certain other power simply has not have.

Remember when the first wave of COVID-19 occurred? They had no idea of what to do, except lock down the affected areas.

No questions — stay inside, do as you are told. This is message of all dictatorships. Obey or be locked up. Citizens learn this lesson quickly; get used to it and carry on.

This is particularly true of China, which is self-contained, mostly happy, with no desire to go anywhere else.

A well-known reporter asked as many citizens as he could the question, 'Are you happy?'

The reply was an emphatic 'yes!' Why would we want to go anywhere else? We have everything, we travel when and where we want, have the best food, millions of friends. What do you have?

The reporter had no answer. Democracy? Hardly. He went away, thinking.

Do you remember the first Corona outbreak? Lock the affected areas down. Do not leave until we say so.

The economy slid, people were left starving.

So, here's a thought experiment.

Get all the people from places where China has claimed their land — Tibet, and others.

Get them together at the border — in this case, the northern. Have a drone with loudspeaker, flashing lights, and the message 'We claim our land', fly above them as they march in.

China is a country of 1.3 billion (this varies, and ranges from 1.3 to 3.0). It is approximately circular in shape, a dinner plate if you will, and the authorities are powerless.

Goodbye China.

Well, that the idea, but we better get back to reality.

Vladimir — there is no way he'd have used nuclear, his own people would have died.

Much better to have a tiny drone drop a drop or two of their own nuclear poison on him.

American technology is second to none. The portable nuclear plants that are powering quite a few (How many I don't know), and will become more efficient over time,

Back here, we are stuck on green-house gas reduction. Our recent election was won on that basis.

This is just plain dumb, hypocritical and stupid.

Here we are, supplying coal and gas and iron ore to China. China and India are building more gas/coal fired plants.

Climate change is here to stay — we see that wherever we are — and instead of spending billions on so-called 'climate summits', it should be spent on preparing for the future — building retaining walls and so on.

Our recent election was won by the greens, even though they didn't form government, and we are in the strange situation of supporting policies that are stupid

So, back to my recent past.

I spent a total of three weeks in hospital, where they fixed two small veins leaking blood into my stomach. Micro surgery, eight

units of blood, I was in Frankston (a local place) hospital three times. Every piece of high-tech equipment was used.

Twice the ambulance came and took me to the hospital — the first time the paramedic took one look and said, 'Mate, you had about five minutes to live.

Please don't read the next bit: I cost me nothing.

Australia is a country that does not worship money. It is a person country.

Editor's note: For those who have not surmised it yet, Lindsay holds a special place in the paper — our friendship predates the paper by 10 years. He was one of the first people to submit a joke to the Emmitsburg.net humor site — back when the internet was actually used for something other than stupid social media and porn. Our friendship grew over the years even though I had never meet him. Our e-mail discourses focused on world affairs — and how American's were seen by those 'Down Under'.

So when I started the paper, he was the first person I reached out too to write for it — my goal was to give our readers an outside perspective on how those outside of our country look at key issues facing the world. Lindsay never disappointed me.

To say I was 'concerned' when e-mails to him last month went unreturned would be an understatement.

When his article did not arrive in time for the July issue, I knew something was up. And given that Lindsay is a tad bit older than me, I began to fear the worst.

Given Lindsay lives on the other side of the world, and on the south side no less, popping over to his home to find out if he was all right was out of the question.

Thankfully, years ago, a Mount student had interviewed him as part of a series on the paper's columnist. In conducting that interview, Lindsay had given them his daughter's e-mail, which I still had.

As I wrote her, seeking the status on his father, I mentally began to write what I would say in this space if my worst fears came true. Thankfully I was wrong.

"Dad had had a close call, but was being released in a few days", his daughter told me.

I was thrilled when he finally replied to my e-mails entitled — "Are you till alive?" with a "Yes!"

But I no sooner got that reply, then he went 'dark' again, and as noted above, he was once more back in the hospital.

Hopefully, this time he is out for good for based upon his article, he still has much to say.

Welcome back Lindsay! The paper would not be the same without you.

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

THE PASTOR'S DESK

Getting past the distractions

Pastor Beth Firme
Apples United Church of Christ

Elijah and Elisha. What an incredible story. It's pure Hollywood! Mix together "Lord of the Rings," Harry Potter and Indiana Jones, and The Hobbit, and this would give just some of the ingredients. There are wicked kings and queens, wild-bearded ascetic revolutionaries, wide-eyed acolyte disciples eager to drink from the deep well of the master's wisdom, armies that can defeat anything sacred, powerful garments (Elijah's cloak), and incredible scenery (mountains, deserts, huge rushing rivers, ancient temples).

And, we haven't even considered the special effects. And what amazing special effects they are. Whirlwinds, rivers magically parted, firestorms beyond our pyrotechnical dreams, deep, booming, cavernous, deafening, thunderous roars, and silence so deep it can split stone.

Paul's Letter to the Galatians only adds to this incredible story line.

And what a letter it is! Here's that list: anger, carousing, drunkenness, enmities, envy, fornication, idolatry, impurity, licentiousness, sorcery, strife, and things like these. These are the works of the flesh. Whatever those Galatians were up to, it certainly wasn't stamp collecting. And what themes Paul raises: the dangers of replacing slavery of one kind with slavery of another – slavery to self-gratification and self-indulgence.

What a vivid description of Elijah: the whirlwinds, the fire. Rather like the disciples in that Samaritan village. They must have been thinking about Elijah as well. They ask Jesus if he wants them to summon down fire on the Samaritan village because the townsfolk didn't receive him. What on earth were

those disciples thinking, wishing a fiery immolation on that village?

"Foxes have their holes, but the Son of Man has nowhere to lay his head." "Let the dead bury their own dead." "No one who puts a hand to the plough and looks back is fit for the Kingdom of God."

But weren't we talking about the Galatians? We seem to have been distracted by Elijah, or was it the Samaritan village?

And this is precisely the point of this article. There are so many wonderful, exciting, vibrant, insightful, diverting, important things that could be shared about these stories. We could so easily flutter from one to the other, alighting on some little vignette that takes our fancy, and then another. And what we'd end up with would be a glorious Technicolor mess.

In this day and age, distractions abound like mushrooms in a damp, dark basement. Far from avoiding them, we appear to seek them out. The term "multitasking" doesn't seem to have negative connotations: In fact, we tend to view the ability to do more than one thing at a time as a virtue. Texting during a meeting? Sure, why not? It persuades the people around us that we have full, busy, important lives. Most probably we persuade ourselves, too. We flit from one shiny thing to another, wowed by things that are bigger, better, faster, stronger. And that, also, is precisely the point. There are so many distractions and diversions. But each of these conspire to take our minds off the ball. Faced with a bewildering array of choices, we can easily become unfocused, lose our single-mindedness.

All of the characters that we meet in today's readings – apart from Jesus – are distracted by something. The disciples of Jesus are distracted by their mistrust of the Samaritans. The peo-

ple that Jesus and the disciples meet on the way are distracted by their material possessions, duties, and social conventions. The Galatians are distracted by all manner of ephemeral, selfish gratifications or petty jealousies. Elisha is distracted by the thought that he might not inherit Elijah's special powers.

Even Elijah had been distracted. Much earlier in his story, he had challenged the pagan prophets of Baal to a competition atop Mount Carmel to see which of their respective deities was the more powerful. In a story as equally full of impressive special effects as today's, in which the pagan gods were crushed, the triumphant Elijah orders the massacre of all 450 of the prophets of Baal.

After all of this spilt blood, Elijah falls into a depression and hides in a cave. No doubt there were functional reasons for his dejection and his hiding, since there was probably a price on his head. But there was more to it than that.

"Enough, O Lord," Elijah says. "Take away my life, for I am no better than my ancestors." Remarkably, this is nothing less than Elijah's conversion. He had set his God, Yahweh, in competition with the gods of Baal, but all Elijah had achieved by this was to put himself on the same level as the pagan prophets he'd claimed to despise. The contest on Mount Carmel had merely ended up being a show of strength between rival shamans. Elijah had spent his life seeking God in the earthquakes, the winds and the fire, but had eventually found him in the still, small voice.

Elijah's conversion experience seems not to have filtered down to Jesus' disciples. They – along with the rest of their contemporaries – seem to prefer Elijah in his noisy showman phase. Time and again we are shown how the disciples just don't seem to get it. We know that eventually they do, but it's a long journey for them to reach the realization that God's strength is in weakness, God's rule is in servant-hood, God's power is in humility and God's judgment is in forgiveness.

Before we congratulate ourselves on being smarter and more insightful than those first disciples, let's just take a moment to consider if we ourselves – and the church in general – get it any more than they did.

More and more people are saying that the church is at a pivotal point in its life. Some even describe it as a collapse. Certainly it is a time of whole-



sale reassessment. But maybe that's not such a bad thing. Perhaps it is where we will hear afresh the still, small voice of God, what God's voice is inviting us to do, and where we will understand much better how to break free of the slavery of distractions.

Apples UCC is a small, family church in Thurmont. An historic church, and noted for its graveyard, Apples maintains an open-hearted response to new faith members, new challenges, and new ideas. Come visit with us, we are always interested in hosting new friends.

CCC Bible Camp returns

Emmitsburg's Christ Community Church (CCC) welcomed campers across the area for the return of its annual weeklong day bible camp in July.

Over 60 children in grades Kindergarten through 7th grade partook in countless indoor and outdoor activities including crafts, stories, games, science experiments, water slides, a giant bubble machine, snow cones, and engaging music, according to Dana Talcott, Director of Family and Children's Ministries.

This year the campers went off-road for a Monumental adventure through the colorful canyons and sunbaked trails of the southwest with a "monumental" theme in tribute to the Monumental Valley and the American West to see kids form a rock-solid faith for life's road ahead. "The goal of the church is to connect God and the community," she said.

The entire West Lincoln Avenue church was decorated in a desert theme and Talcott did a lot of research into the Monument Valley region to get decoration details just right. "Every wall was covered in the building," she said.

Talcott credited the camp program as her favorite event put on by the church and said her favorite

aspect of camp has been welcoming campers and getting to know the kids in the community. "I love to see kids build relationships, it is a great experience," she said.

Talcott also believed offering the week of full-day camp was more convenient for busy parents during the summer. Through the program, campers learned skills, develop friendships, can connect with others, and build positive role models.

In its fourth year of hosting the camp entirely through the church and its seventh season overall, a dedicated group of volunteers fulfilling the church's vision has been essential in bringing the program to the kids, she said.

Previously outside help was brought in to put on the annual summer camp, but CCC now has the help necessary to run it on their own, Talcott said.

The summer camp has gotten bigger each year and for the camp's closing program, The "Monumental" camp welcomed more families than ever during the camp's closing program.

Preparations have already begun for next year's camp with a steeler theme that promises to be "out of this world." More information about Christ's Community Church can be found at ccaog.org.

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Simon De Montfort



August 4

Simon de Montfort, Earl of Leicester—the Cromwell of the thirteenth century—was a French noble possessed of English property and rank through his mother. We know little of the early years he spent in France; but, after establishing himself at the English court, he soon comes into notice. By the favour of the young king, Henry III, he was united to the monarch's widowed sister Eleanor, notwithstanding a difficulty arising from a vow of the lady's never to wed a second husband. This marriage involved De Montfort in many troubles, and lost him, for a time, the friendship of the king.

In 1242, he distinguished himself in the war against the French. But he had now become well known as a political reformer, and as a champion of popular liberties; and it is not improbable that his known principles had been partly the means of raising him enemies at court. His name stood second among the signatures to the bold remonstrance against papal extortion and oppression in 1246, and in 1248 the King was driven by his remonstrances into a temporary fit of economy. Earl Simon had formed a design to return to the Holy Land, but King Henry, embarrassed at this time by the turbulence of his subjects in Gascony, persuaded him to remain and undertake the government of that country, where he soon reduced the rebels to submission. In consequence of King Henry's imprudence, the rebellion broke out with more fury than ever, and it not only required all the Earl's military talents to suppress it a second time, but he was obliged to raise money on his own estates to carry on the war, in consequence of the miserable condition of the royal treasury.

The rebel leaders now sought to injure in another way the governor with whom they could no longer contend openly, and they sent a deputation to England, to accuse him to the King of tyranny and extortion in his administration—charges which seem, if true at all, to have

been excessively exaggerated. Yet the King listened to them eagerly, and when Earl Simon arrived at court to plead his own cause, a violent scene took place, which shewed that the King could lose his dignity as easily as the Earl his temper, and they were only reconciled by the interference of Prince Richard and the Earls of Gloucester and Hereford. From this moment the King no longer disguised his hatred to Simon de Montfort.

Nevertheless, the latter consented to resume the command in Gascony, where he found affairs in greater confusion than ever. He was proceeding to execute his difficult task with his usual ability, when the King sent directions to his subjects in Gascony not to obey him, and appointed his young son, Edward, to govern in his stead. When the earl became aware of this treacherous conduct, he left Gascony and repaired to Paris, where he was held in such esteem that the regency of France, in the absence of its King, was offered him. But he remained steady in his duties to his adopted country, declined this great honour, and soon afterwards, when Gascony was nearly lost by the misconduct of King Henry's officers, he voluntarily offered his services in restoring it, which were gladly accepted. When the province was by his means reduced to obedience and order, the Earl, now reconciled with the King, returned to England, where King Henry's misgovernment had brought the Kingdom to the eve of a civil war.

Such were the antecedents of the great Baron who was now to assume a still more exalted character. The events of the Barons' War are given in every history of England, and can only be told very briefly here. At the parliament of Oxford in 1258, the Barons of the popular party overpowered the court, and compelled the King to consent to statutes which took the government out of his hands and placed it in those of twenty-four persons, twelve of whom were to be chosen by each of the two parties. The first name on the baronial list was that of Simon de Montfort, whom the Barons now looked

upon as their leader. The insolent and oppressive foreigners, who, under Henry's favour, had eaten up the land, were now driven out of England, and the government was carried on with a degree of justice and vigour which was quite new.

The King, meanwhile, was behaving basely and treacherously, and he had taken steps to induce the Pope not only to absolve him from all oaths he had taken, or might take, but to interfere in his favour in a more direct manner. The Pope's brief arrived in 1261, when the King, whose friends had gained over some of the less patriotic of the Barons, ventured to throw off the mask, and proclaimed all to be null and void which had been done since the parliament of Oxford. The result of all this, after two or three years of turbulence and confusion, was the great battle of Lewes, May 14, 1264, in which the Barons, under the command of Simon de Montfort, obtained so sanguinary and decisive a victory, that the King, his son Edward (afterwards Edward I), and the King's brother, Richard, King of the Romans, remained among the prisoners, and the royal cause was for the time utterly ruined.

The principles now proclaimed by Earl Simon and the Barons, involved principles of political freedom of the most exalted character; which we can only understand by supposing that they were founded partly on older Anglo-Saxon sentiments, and that they were moulded under the influence of men of learning who had studied not in vain the writers of the classic ages. A rather long Latin poem, written by one on the baronial side soon after the battle of Lewes, and intended, no doubt, to be recited among the clergy of that party, who were very numerous, in order to keep constantly before their minds the principles which the barons fought for, gives a complete exposition of the political doctrines of what we may call the constitutional party of the middle of the thirteenth century, and they are doctrines of which we need not be ashamed at the present day.

This curious poem, which is printed in Mr. Wright's Political Songs), lays it down very clearly, that the King derives his power from the people; that he holds it for the public good; and that he is under control, and responsible for his actions. Even feudalism is totally ignored in it, and it was the plebs plurima, the mass of the people, for whom Earl Simon and his barons fought, it was salutem communitatis, the weal of the community, he sought, and the King's defeat was a just judgment upon him, because he was 'a transgressor of the laws.' 'For,' we are here told, 'every King is ruled by the laws.'

The nobles are spoken of as placed between the people and the King as guardians of their liberties, to watch over the exercise of the royal power and prevent its abuse. 'If the King should adopt measures destructive to the Kingdom, or should nourish the desire

of setting his own power above the laws—if thus or otherwise the Kingdom should be in danger—then the magnates of the Kingdom are bound to look to it, 'that the land be purged of all errors.' The constraint to which a King is rightly subjected, is only a just power held over him to prevent his doing wrong, or choosing bad ministers—it is not making him a slave. 'He who should be in truth a King,' the poem says, 'he is truly free if he rule rightly himself and the people; let him know that all things are permitted him which are in governing convenient to the Kingdom, but not such as are injurious to it. It is one thing to rule according to a King's duty, and another to destroy by resisting the law.' 'If,' it goes on to say, 'a King is less wise than he ought to be, what advantage will the Kingdom gain by his reign? If he alone has the right to choose, he will be easily deceived, since he is not capable of knowing who will be useful. Therefore, let the community of the Kingdom advise; and let it be known what the generality thinks, to whom their own laws are best known ... it concerns the community to see what sort of men ought justly to be chosen for the utility of the Kingdom. It is a thing which concerns the whole community, to see that miserable wretches be not made the leaders of the royal dignity, but that they be good and chosen men, and the most approved that can be found.'

In accordance with these sentiments, a summons was issued, dated from Worcester, on the 14th of December 1264, calling a parliament to meet on the 20th of January following, addressed to the Barons, both lay and ecclesiastic, and two representatives from each county. Ten days later, on the 24th

of December, new writs were issued, calling upon each city and town in the Kingdom 'to choose and send two discreet, loyal, and honest men,' to represent them in the same parliament. This second summons was dated from Woodstock, and is the first instance in which the commons, properly speaking, were ever called to sit in an English parliament. If there were nothing else for which we have reason to be grateful to Simon de Montfort, Earl of Leicester, we certainly have reason to be thankful to him for laying the foundation of the English House of Commons.

This great revolution was too advanced for an age in which feudalism, though in a weakened form, was established in our island, and physical force was distributed into too few hands to remain united. Success only made place for personal jealousies, and selfish motives led many of the barons to desert the popular cause, while others were quarrelling among themselves. A succession of intrigues followed, and new leagues were formed among the Barons, until, on the 4th of August 1265, the decisive battle of Evesham was fought, in which Simon de Montfort was slain, and the Barons sustained a ruinous defeat. The joy of the royalists was shewn in the indignities which they heaped upon the body of the great statesman, but his work remained, and none of the substantial advantages of the baronial war of the middle of the thirteenth century have ever been lost. The short period of the battles of Lewes and Evesham stands as a marked division between two periods of English constitutional history.

To read other selections from Robert Cambers 1864 *The Book of Days* visit www.thebookofdays.com.



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ECOLOGY

A sign of summer: fireflies



Summer nights are best spent not in front of a TV, but outside, watching the unscripted show hundreds of fireflies put on. No one with an imagination tires of watching them.

Lizzy Ryan

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

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

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

pupa, adult." (Xerces Society)

There are around 2,000 species of fireflies worldwide. Most species are nocturnal, meaning their activity is more abundant at night. Interestingly enough, not all species of fireflies produce light!

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

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

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

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

The fourth subfamily is called Cyphocerinae. They are found in North

America and Eurasia. One species in this subfamily does not light up while the other displays a very weak light.

The last subfamily is called Otettrine. They are found in North American and Eurasia and do not produce light.

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

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

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

Land Conservancy hosts summer picnic with live and silent auctions

Join the Land Conservancy of Adams County for our 18th Annual Summer Picnic!

The summer picnic will be on Sunday, August 14th from 4 to 7 p.m. at the Pensinger Farm, a beautiful 22-acre farm we helped preserve in 2006. We'll provide plenty of fried chicken, iced tea, lemonade and water for everyone. Please bring your own plates, flatware, napkins, and a dish to share!

We will also hold two auctions this year: a silent auction with a fun variety of unique items and a live auction hosted by local celebrity auctioneer, Randy Hilker. You won't want to miss it!

There is no charge to attend but please let us know you're coming and how many friends and family members you are bringing along! Participants need not be a Land

Conservancy member to attend the picnic, which is a great opportunity for anyone hoping to learn more about what the conservancy does, and how they might join in the conservancy's work of preserving the county's farmlands, natural wildlife habitats, forest land, scenic views, and all the special places that make Adams County such a wonderful place to live.

RSVP at www.PreserveAdams.org/summer-picnic. We look forward to having you join us on August 14th for food, fellowship and fun!

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, Pennsylvania. To learn more, visit www.PreserveAdams.org.

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

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

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

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

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

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

Download trail maps and learn more about environmental education at StrawberryHill.org. Become a member of Strawberry Hill and support our mission by donating online. Strawberry Hill inspires stewardship of our natural world by connecting the community with educational opportunities.

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




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IN THE COUNTRY

Monarch madness

Tim Iverson, Naturalist
Cunningham Falls State Park

This “king of the butterflies” is probably the most recognizable and archetypal butterfly around. When crafting a mental image of a butterfly chances are the first thing that pops into your head is the North American Monarch Butterfly. For good reason too! It has been one of the most commonly occurring species for centuries, but that is quickly changing. They’re a hearty little insect that puts up one hell of a fight against all the curve balls that nature can throw its way by using some remarkable adaptations. Even with these tricks up their proverbial sleeves they still have an uphill climb against declining populations.

As with any winged creature these guys are born to fly. In a single year these butterflies will migrate approximately 3,000 miles from Mexico to points North and East, and in some cases northeast. They’re the only insect that migrates these distances to escape the frigid winter months. Just like some of the older human population they move to milder climates to ride out the winter and hibernate in peace. But not all Monarchs will do this, only the fourth generation in a given year will bound homeward on this incredible journey. With four separate stages these intrepid little insects will complete their life cycle.

Every year Monarchs will arise from their winter slumber in Mexican fir forests around February or March. This generation will find and select a mate and begin their exodus back North seeking out places to lay their eggs. From March to April during this journey the Monarchs will lay their eggs on milkweed plants. These eggs (the first stage of the Monarch life cycle) will hatch producing caterpillars (the second stage of the Monarch life cycle) in just a few days. Then they’ll spend about two weeks doing nothing but eating. The toxins in the milkweed plant build up inside these new caterpillars making them taste foul to potential predators, thus allowing them to avoid getting eaten – which is something all life forms can aspire to. After about two weeks of pure gluttonous feasting the caterpillar is a full grown plump little bug. Finally being satiated the caterpillar will attach itself to the plant leaf or stem using silk and transform into a chrysalis (the third stage of the monarch life cycle). Inside that cocoon a whole lot of change is going on, and in about 10 days the newly changed insect will emerge as a beautiful butterfly (the fourth and final life cycle stage). This Monarch will emerge with bright orange, black, and white colors that scream to potential predators “Hey! I taste really gross because I eat toxic plants, so don’t eat me!” and remarkably it works.

Once this new butterfly emerges from the chrysalis the process begins anew and this butterfly will spend the next six to eight weeks of its life migrating and propagating the species. There are only four generations in a given year, and the fourth and final generation will be born in September or October. This generation is different than the rest though. Unlike the previous genera-

tions that die off after about two months this one can live for six to eight months. This generation is responsible for retracing the route south that their great-great grandparents followed north. They instinctively know to begin moving south when the weather begins to cool, and many even find the very same forests and trees that were used by their very own progenitors.

For insect standards this bug is tough as nails. Despite being fairly hardy their once robust populations are dwindling. Monarchs historically covered approximately 50 acres worth of fir forests at wintering sites in Mexico. Based on recent research conducted for the 2011-2012 winter by the WWF-Telcel Alliance and the Mexican National Commission of Protected Areas it appears a total of nine colonies occupied about seven acres of total forest. A similar study conducted over the 2012-2013 winter showed a sharp decrease of occupying just less than 3 acres of total forest. These are drastic decreases, and there are several factors contributing to these heavy losses.

For starters, several years’ worth of natural disasters along their migration routes and in their wintering sites has greatly reduced total population size. In addition, humans have done some meddling as well. Habitat loss from development and new farming techniques in certain regions of the US (I’m looking at you Midwest) have hampered stable populations. The use of new genetically modified crops allows farmers to use new pesticides that have destroyed millions of acres of milkweed (the Monarch’s host plant) according to Chip Taylor, who leads the Monarch conservation

group, Monarch Watch, based out of the University of Kansas.

Another obstacle facing the Monarch is the introduction of an invasive European plant, the Black Swallow-Wort. This plant is a relative of the milkweed, and has similar features which attract Monarchs to lay their eggs on this plant. However, even though it is in the same family it is actually toxic for monarch caterpillars and poison these newly hatched larvae. While they do have a few predator birds that have learned to eat these butterflies, and a few specific parasites that attack them they wouldn’t have much of an impact on their own. Compounding these naturally occurring checks-and-balances with severe habitat destruction, the introduction of invasive plants, and severe weather and natural disasters the negative effects have snowballed incredibly fast having drastic effects on the total population.

Of course, there are a few things the average person can do to help! Milkweed is the host plant for the Monarch butterfly and occurs naturally throughout the continent. Planting more of these in our area and yards will greatly increase the likelihood of regional success. Monarch Watch also hosts a sort of citizen scientist project that allows interested people to sign up for population monitoring. They also provide tiny little stickers that are placed on the wings of the butterfly (when done correctly will not cause any harm or detriment to the bug). These stickers allow researchers in Mexico to see where these butterflies are migrating from, and they will update a website so you can see if your butterflies made it all the way there! MonarchWatch.org has an incredible array of information on what you can do to help from creating “way-stations” for their spring



On July 21, the International Union for the Conservation of Nature placed the migratory monarch butterfly on its Red List of threatened species and classified it as endangered.

and fall migrations, tagging resources, and more. I encourage anyone interested in helping rebound the population to look into planting milkweeds and check out the information and resources they offer.

While Monarch butterflies may be the king of the butterflies their throne is not so secure. Through events that are both in

and out of our control they face an uncertain future. However, we all have a part to play in affecting what we can. Through some small tangible gestures we may be able to aid in the recovery of this once majestic quintessential butterfly.

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

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SCIENCE MATTERS

Monkeypox

Michael Rosenthal

Monkeypox is a rare disease similar to smallpox, caused by a virus. It had been found mostly in areas of Africa, but has now appeared in other parts of the world. It causes rash and flu-like symptoms such as fever and chills, and a rash can take weeks to clear. The Cleveland Clinic has stated in the past that there has been no proven treatment for it, and usually people have just waited for it to go away on its own.

Monkeypox is so new to our community that there may be frequent updates to the symptoms observed and effective treatments. Anyone is vulnerable to monkeypox. In Africa in the past, most cases were found in children under 15 years old. It also has been found to have sex-related activity. The source of the information in this article is largely from The Cleveland Clinic. I suspect that as the frequency of the disease increases

there may be modifications to what I have written here.

The Washington Post reported in June that the disease is actually not as contagious or severe as smallpox, which has been largely eradicated from the earth. It was first identified in 1970 in the Democratic Republic of the Congo in Africa. It spread from there to a dozen or so African countries. The disease is now spreading in Europe and North America. It is not clear to scientists what the transmission mechanism is. It definitely spreads by close contact with body lesions, body fluids, and contaminated household materials such as bedding, clothing or eating utensils.

It is not a respiratory virus like that which caused the coronavirus pandemic. A person with monkeypox remains infectious while they have symptoms, which may include fever, headache, lack of energy, swollen lymph nodes, and skin rash or skin lesions. The illness was found to last two to four

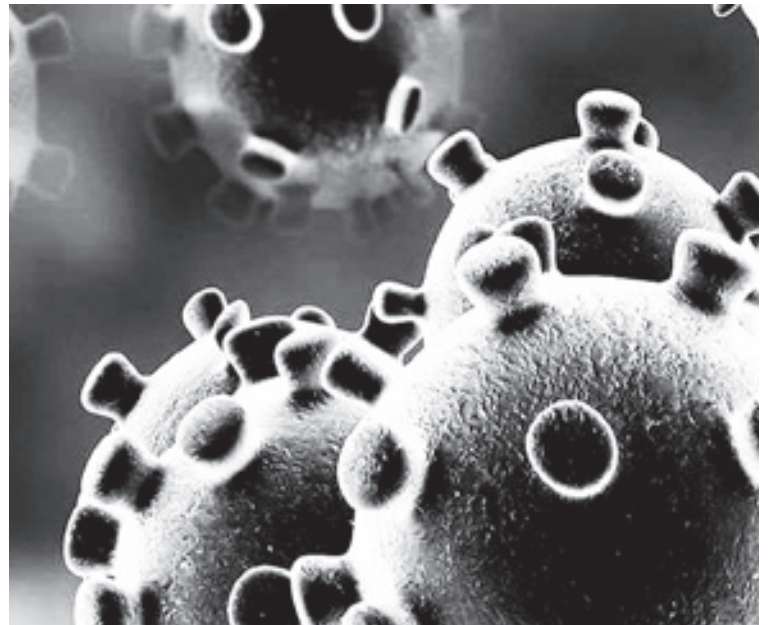
weeks, and no deaths were reported as of early June outside of Africa. The director of the World Health Organization has suggested that the appearance of the virus outside of Africa indicated it may have been quietly spreading for some time. The largest number of monkeypox cases has been in Britain, Spain, Portugal, and Canada.

Bird feeding has always been fun for me. Though I avoided biology courses as I was growing up because it was too descriptive to suit my compulsive personality, I always have enjoyed things biological as a hobby, while chemistry formed the basis of my profession. I even talked my high school in Youngstown, Ohio (also known as Crimtown USA; there is a fascinating book available on Amazon with that title) to let me skip biology and take physics, chemistry, and four years of math. Thus my approach to bird feeding isn't very scientific.

My house has a deck which is close to woods, so I get a lot of birds passing through. I have eight high quality bird feeders hanging across the back of the deck, and there is a woods adjoining the house on two rear sides. Thus we get a lot of birds at our feeders and unfortunately, we also get a lot of squirrels! But in spite of a hummingbird feeder, I haven't seen a hummingbird all spring (and now summer). I use purchased hummingbird nectar, and I keep the feeders clean, but I've not seen a single hummingbird this year. Any ideas for me?

Potomac Edison provides an environmental report to its customers, and I find it interesting as a scientist, but also as an energy-consuming citizen. I wish that the house I live in had solar energy, but that was not an option when we had the house built in 2003-04. The energy use here for the Potomac Edison area, required to be reported by the Maryland Public Service Commission, is as follows.

For the year 2021 the largest source of our energy remains



Monkeypox virus is part of the same family of viruses that causes smallpox.

gas generated at 38.18%. Nuclear Energy isn't far behind at 33.11%. I am a strong supporter of nuclear energy, since no gas emissions result from it. Coal, a very "dirty" fuel still provides 22.03% of my energy. Oil is a mere 0.18%. This adds up to 93.5% of our energy sources in Emmitsburg. Only 6.48% of our energy comes from renewable sources. The renewable sources, in order of magnitude are: wind @ 3.36%, hydroelectric @1.28%, solar @0.89%, solid waste @ 0.52%, captured methane gas@ 0.26%, and wood or other biomass @ 0.17%.

All this activity of course results in air emissions, which we frequently read about as threatening the environment. Carbon dioxide (CO2) is the really bad guy, who most likely contributes to global climate change. Our CO2 emission is 843.31 pounds per megawatt-hour of generated electricity. By contrast, sulfur dioxide, not good stuff either, is only

0.48 pounds per megawatt hour, and various nitrogen oxides (NOx) only produce 0.38 pounds per megawatt-hour of generated electricity.

I have always joked about Mother Nature as if she is a conscious entity. Of course, I as a conventionally trained PhD scientist (Inorganic Chemistry @ The University of Illinois) don't believe that. But one cannot, religious or not, always ignore the question whether there is some force in the universe that determines things like climate, but still obeys clearly stated rules (laws of nature) in bringing about the state of the universe. This is where the crossroad of science and religion meet, and I am not wise enough to suggest any plausible answer to the questions that arise. I leave it to the reader to ponder such issues, and to come to your own conclusion.

To read past articles by Michael Rosenthal visit the Authors section of Emmitsburg.net.

From the Center for Disease Control

Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. Monkeypox symptoms are sim-

ilar to smallpox symptoms, but milder, and monkeypox is rarely fatal. Monkeypox is not related to chickenpox.

Monkeypox was discovered in 1958 when two outbreaks of a pox-like disease occurred in colonies of monkeys kept for research. Despite being named "monkeypox," the source of the disease remains unknown. However, African rodents and non-human primates (like monkeys) might harbor the virus and infect people.

The first human case of monkeypox was recorded in 1970. Prior to the 2022 outbreak, monkeypox had been reported in people in several central and western African countries. Previously, almost all monkeypox cases in people outside of Africa were linked to international travel to countries where the disease commonly occurs or through imported animals. These cases occurred on multiple continents.

Because *Monkeypox virus* is closely related to the virus that causes smallpox, the smallpox vaccine can protect people from getting monkeypox. Past data from Africa suggests that the smallpox vaccine is at least 85% effective in preventing monkeypox.

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THE VILLAGE IDIOT

Pain

Jack Deatherage

A knee pops loudly enough for me to hear it. I'd probably go back to sleep, but the stab of pain that accompanies the "pop" becomes a constant throb. I churn the bed sheets for hours until finally falling back into an exhausted sleep. Not wanting to bother Doc Thomas with such a trivial ailment, I set about fixing the problem. I begin with my favorite drug- alcohol. While that provides brief periods of relief, it eventually starts a cascade of other problems, some worse than the popping knee- the beginnings of alcoholic neuropathy. Over-the-counter pain relievers follow, well, accompany the alcohol. Those weren't of much help either. Being sick with Covid was the only time my knees and other aching joints did not hurt at all.

After Covid, the DW and I took to walking to regain some wind and stamina. The joint pain returned with a vengeance. I began wearing a pressure sleeve- I often had a sleeve around each knee. While the sleeves helped a little, I still pondered the possibility of correcting whatever was wrong without darkening Doc's doorway. That led me to the interwebs where I confused myself badly. But not so badly that I missed some key facts that seem to apply to my situation.

First up, I weighed 302 pounds when I was having the worst knee pain. Now 302 pounds on a man standing six feet six inches tall isn't outrageous if he's in good shape. I am not in good shape. Last time I was in anything resembling good shape was in 1973 when I'd walk into town to get drunk. I weighed about 180 and was nineteen years old. Pile on nearly fifty years and more than a hundred

pounds, spend most of the last seven years sitting in front of a computer monitor, or napping between pages of books and, yep, I can see how I got where I am.

Second thing, one I knew without having doctors telling me- I need to get control of my diet as well as get a handle on portion control. I'm a binge eater- 4,400 calories going down the pie-hole during one meal is not an exceptional event for me. In my youth those calories must have burnt off with just the act of eating. That changed before I reached my twenty-fifth birthday. Couple that with moving into town, losing access to the fields and streams I tramped through at least weekly, and I wasn't surprised to find myself having to loosen my belt. It hurt to eventually buy pants of a larger waist size. Buying clothes cut into my drinking money.

The third thing I've learned is the foods I eat are causing most, if not all my problems. For years I've seriously referred to my "food square"- Salt, Sugar, Fat and Crunch were my four food groups- in deliberate opposition to the USDA's food pyramid. Potato chips fried in lard were the perfect food. And why not? It's a hell of a lot easier to open a bag of chips and munch away than it is to gather the ingredients and prepare a meal from my childhood- something Mom would spend hours putting together.

How did I arrive at my food square? I learned to cook a few dishes I liked. Beings I still lived with the family I usually ate whatever Mom cooked, but the day came when I had money to buy the foods I liked. Laziness quickly followed and convenience followed that! Convenience- the most evil word in my vocabulary.

Convenience led me to hastily made sandwiches of white bread, mayo and salty ham slices. Bags of

potato and corn chips. Pastas. Lots and lots of pastas. Store bought sauces. Frozen pizzas. Convenience! (I sit here and shudder with memories only months old.) Even my getting back into real cooking was ruled by convenience and my food square. Homemade egg noodles, artisan breads, cakes, cookies, stir fries (heavy on red meat, or fatty pork) dumped over heaping piles of durum or rice pastas soaked with olive oil, or bacon grease.

I doubt I have thirty years to lose a hundred pounds. However, I initially lost nine pounds in two weeks by not eating crunchy, salty, starchy, fatty, glorious chips, white bread and pastas. Cutting back on the meats that had been the bulk of my meals, increasing the amounts of cabbage, broccoli, cucumbers, bell peppers and celery, have eased the knee pain a bit.

Some days the pain is only a memory. I've noticed more pain the day after eating bread with foods that are high in purines, which leads me to think gout may be destroying the knee cartilage. Gout spurs my determination to figure out what I need to eat to get back in control. To that end, I ransack the state's public libraries and find a book that may contain most of the information that months of blundering about in the interwebs never presented to me on a single site. (The totality of human knowledge may be held in one's hand via a smart phone, but good luck sorting through billions of pages looking for it.)

The book I was looking for was on the stacks of the Emmitsburg branch of the county library- "The World's Healthiest Foods: Essential Guide for the Healthiest Way of Eating" by



Jack inspecting his corn trying to figure out much 'squeezing' he'll need to refill his bottle of cheap Russian 'hooch.'

George Mateljan. With a large dose of skepticism I pulled the tome from the shelf and took it home. Upon skimming past the book's introduction and the how-to-use-this-book sections I was instantly reminded of the pagans' insistence that the universe will provide me with what I need as soon as I have that need firmly fixed in my mind. (Evidently I don't need to win a half a billion-dollar lottery?)

Mateljan lists his 100 healthiest foods and gets into purine acid content, whether or not the food is a potential allergen, its likelihood of being grown with heavy use of pesticides and in the case of fish- whether it's likely to have high levels of mercury. (I'm not surprised to learn the fish I most often eat are high in purine acid but contain little mercury!)

As beneficial as all that information is, what caused me to go online and buy the first edition of the book- "World's healthiest foods: the force for change to health"- is the hope it has

the nutritional charts that accompany each food. Those charts alone would be worth the \$8 I paid for the used book. Either version of the book will allow me to focus my attention on the highest ranked, nutrient dense, vegetables that I can grow in our garden.

Do I think "The World's Healthiest Foods" (either version) is the Holy Grail answer to my pain? Do either books really list the healthiest 100 foods? How the hell would an uneducated village idiot know?

What I do know is I have a guide now that I've begun this journey into my twilight years. Given my genetics and so far, no major health issues, those years could span decades!

We're rebuilding the garden. It's time to follow the pesticide free, green leafy road. Ant lions, tiger beetles and water bears, oh my!

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

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THE MASTER GARDENER

What about those summer bugs?

Mary Ann Ryan
Adams County Master Gardener

Are the Japanese beetles driving you crazy? Although I haven't found a ton at my house, there have been a few reports across the county. They cause the leaves of plants to look like lace...not the best conditions for a plant that needs to photosynthesize.

What can you do about these nasty beetles? Let's first review the life cycle. As with any insect problem, it's important to understand how they grow: when they feed, mate, lay eggs and overwinter. In the case of the Japanese beetle, they overwinter as grubs, the larval stage of the beetle. They make their way to the surface in May and feed on grass roots until they emerge as the adult beetle in late June through July. At that point, they feed on about 300 different host plants, from roses and hibiscus, to apple trees and birch. The adults will feed and mate for

about a month, then lay 40 – 60 eggs in the soils.

In about 10-12 days, the eggs will hatch into tiny larvae, or grubs. They will feed on the grass until late September. When the temperatures begin to cool, the larvae (grubs) will bury deeper into the soil to overwinter. Then when the temperatures warm again in the spring, the cycle begins all over.

Knowing this cycle gives us a good idea about how to control these insects. Right now we're concerned about the flowers, shrubs and trees as the adults keep chewing and chewing and chewing. Hand picking is the most environmentally friendly way of controlling the beetle. Drop them into a bucket with a soapy solution and you'll greatly reduce the population. This should be done as soon as you begin to see the beetles.

If this isn't an option for you, some pesticides that can be used

are Carbaryl, Malathion, and Rotenone. When using pesticides, always read the label prior to applying and follow the label's recommendations. Don't overuse or over-mix the pesticides.

As we move into August, we are entering the tail end of the adults. Our next line of defense for Japanese beetles is to control the larvae. Remember the adults are laying there eggs throughout July, so the best time to control these critters is late July through August, as the larvae hatch and begin feeding on the turf. An interesting thing to note: if you are in a dry spell and the ground is hard when the beetles are laying eggs, the chances of a high grub population are reduced. In contrast, if there is plenty of rain at the time the eggs are laid, the grub population will increase. This year's moisture almost guarantees us a good beetle crop in 2016.

There are many options when controlling grubs at their earliest stage. If using chemicals, Carbaryl, Malathion and Rotenone can be applied. Always read the label when using these and all pesticides.

If using a more "natural" method of control, nematodes and milky spore are two options. Nematodes are microscopic worms that feed on the Japanese beetle grubs. These are alive, so are typically shipped and must be used immediately. These can be found through biological mail order catalogs.

Milky spore is a bacterium that as the grubs ingest the spores, it ruins their stomach, goes into the blood stream and as the grub dies, the spores are dispersed throughout the soil, increasing the amount of spores. As far as control of grubs, instant depletion of the larvae will not happen as the



While doing this month's 100 years ago research, we came across a news article announcing that Japanese beetles had finally reached our area. They had first been discovered in New Jersey in 1916, and thanks to the emergence of the automobile, they were able to hitch rides and break out of their quarantine zone.

spores need to build up in the soils. But as the years go on, grub control will be successful. The use of milky spore works best when communities use this as a control measure. The idea is to get the spores built up in the soils so as the adult beetles lay the eggs and the larvae hatch, they will feed and die.

Whether using chemical or biological controls, application rates and how to's are listed on the labels. Also on the labels are things like disposal, first aide, and other important information. Remember whether it's chemical or organic, it's still a pesticide as it is killing an insect, so caution is important when using.

Four lined plant bug has also been an issue this year and last. These little bugs will suck plant juices from the leaves and leave sunken brown spots. In heavy feeding, the bugs can cause distortion of the leaves causing cupping and crumpling. The four lined plant bug has one generation per year, however, other plant bugs may have up to four generations per year.

These bugs will overwinter as eggs that have been inserted in the plant tissue. The nymphs will hatch in April through early May and then turn to adults by late May through early June. They feed as nymphs and adults. They

Fall Adams County Planting Partnership

The Adams County Conservation District is partnering again with the Watershed Alliance of Adams County and the Chesapeake Bay Foundation's Keystone 10 Million Trees Partnership to supply over 10,000 free native trees and shrubs to Adams County residents.

The order deadline is August 23rd, and the pick-up dates are September 8th, 9th, 10th at the Adams County Conservation Dis-

trict Pole Building, 670 Old Harrisburg Road, Gettysburg.

Trees and shrubs will come in a variety of sizes. Most will be approximately 1-3 feet tall potted in a 3" x 3" x 9" pots. A five-foot tree shelter and a two-foot shrub shelter, stake, zip-ties and bird-netting will be supplied with each tree and shrub.

This year's native tree species being given away include: Basswood (*Tilia Americana*), Birch, River (*Betula Nigra*), Hawthorn (*Crataegus Phaenopyrum*), Maple, Red (*Acer Rubrum*), Maple, Sugar (*Acer Saccharum*), Oak, Chestnut (*Quercus Prinus*), Oak, Swamp White (*Quercus Bicolor*), Paw Paw (*Asimina Triloba*), Pine, Eastern White (*Pinus Strobus*), Plum, American (*Prunus Americana*), Redbud, Eastern (*Cercis Canadensis*), Sassafras (*Sassafras Albidum*), Serviceberry (*Amelanchier Canadensis*), Sycamore (*Platanus Occidentalis*), and Tulip Polar (*Liriodendron Tulipifera*).

This year's native Shrubs species being given away include: Buttonbush (*Cephalanthus Occidentalis*), Dogwood, Red-Osier (*Cornus Stolonifera*), Dogwood, Silky (*Cornus Amomum*), Elderberry (*Sambucus Canadensis*), Ninebark (*Physocarpus Opulifolius*), Viburnum, Arrowwood (*Viburnum Dentatum*), Viburnum, Nannyberry (*Viburnum Lentago*), Willow, Sandbar (*Salix Exigua*), and Witch Hazel (*Hamamelis Virginiana*).

For more information call Sarah Spencer at 717-334-0636 or email sspencer@adamscounty.us.

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THE MASTER GARDENER

will feed for about a month, mate, lay eggs then die.

To control these pests, spraying with summer oil or insecticidal soap has proven successful. Begin application as soon as you see any damage to reduce the amount of potential adults. Be sure to dispose of fallen leaves and dead branches in the fall to reduce the overwintering habitat of the four lined plant bug. The plant parts that are cleaned up should be composted or disposed of.

On a positive note, the firefly, or lightning bug, is a common insect found, or should I say "seen" in the summer. This is a beetle, not a fly or a bug. They cause no damage to our plants, but put on a great light show in the summer.

These beetles will lay up to 500

eggs in damp soil in late summer. The larvae will hatch in about a month and will feed on worms and slugs for one to three years! It then goes into the pupa stage and will emerge as an adult in late June – early July. These insects are fascinating and wonderful to watch as they use their "lights" as adults to signal from one to another. Both male and female light up. The males are typically the ones flying around flashing their lights to attract a female. She is usually sitting, watching for a light that she likes. Once she finds that pattern that turns her on, she'll begin flashing as well so the male can find her. Then the life cycle starts all over again.

A beneficial insect is the soldier beetle, considered beneficial

because the larvae feed on eggs and larvae of other insects. The adult will feed on aphids, other soft bodied insects with their main diet as adults being nectar and pollen.

These beetles overwinter as pupae in the soil. They turn into beetles in early summer and mate. The eggs are laid in the soil where, after hatching, the larvae begin to feed for up to a year on other insect larvae and eggs. It's

very easy to spot a soldier beetle when checking out the golden-rod. They tend to hang out in the flowers waiting for mate. While waiting, they may take in some nectar and pollen, making them good pollinators.

These are four very common insects we will see this time of year. These can be found on many different species of plants, and knowing life cycles and what the

damage, or not damage, they do to plants will increase our effectiveness of pesticide usage. We will have better control of the bad bugs because we are using the pesticides at the right time to control a particular problem and have a better appreciation of the good bugs that require no control at all.

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

Small Town Gardener

The price of greenery is eternal vigilance

Marianne Willburn

In August, the gardener can be forgiven for wanting some time off. Forgiven that is, by other gardeners – the garden itself does not forgive and does not arrest the march of progress just because you're tired of picking beans in 70% humidity.

I am not for a minute implying that you go on vacation. Such frivolity is for those with less important jobs – like medical doctors and US Presidents. Those of us shackled to the soil begin to understand early in our gardening careers why December cruises are exclusively populated by people who know what an F1 hybrid is.

Except we do grow weary at times, and once the blush of spring has worn off, a few parties have been thrown, and life moves out of technicolor dreams and into black and white reality, we grow extremely weary.

Though we may be physically present in our gardens, our minds have begun to wander towards the joys of next season's garden without all the tiresome details that complicate the fantasy.

This is when we lose a plant or two to Egyptian-dry soil (though the hose is actually lying within inches of the pot). There will be other pots and better planting schemes, we think.

This is when we suddenly realize that the dirty mini-webs coating the rapidly browning climbing hydrangea are not

those of friendly spiders, but evil spider mites. That vine was getting too big anyway, we justify.

This is when we discover that yellow-necked caterpillars have completed their entire life cycle on the bones of our defoliated pyracantha. And the new seeds we planted for fall completed theirs within 24 hours of germination – bereft of water, punished by sun and completely ignored by the resident gardener.

Never mind it took hours to set the training wire for the pyracantha. Never mind the fact that it took hours to get seeds planted and labeled. We just want to give up and start again in the spring.

Yet we must fight against such thoughts. Just for a little while longer.

Sooner than we think, cooler days and a crisp energy will return to the garden. We will enjoy wandering again. We will enjoy watering again. Even weeding will take on a rosy glow, suffused with the scents of autumn. If we lose perennial plants and tender seedlings due to neglect right now, we lose potential in the fall garden when we start to care again. And we will.

Don't worry about projects right now. Instead, use your time in the garden to quickly scan for late-season problems such as mites, or dry soil, or a groundhog who has figured out you are not visiting the vegetable beds as regularly as you used to.

Scan for those problems and address them. Get neem oil prepped in a spray bottle in the

evening or pull the Havahart trap out to set up in the early Sunday morning hours. When you go outside, move like Jason Bourne – in and out like a sting operation with maximum casualties.

And what of the problems that can't be solved so easily?

Biblical swarms of Japanese beetles...Southern blight in the soil...A friend writes me that their well is slowly failing. There are certainly late-season problems that will require more than a bit of neem oil to solve.

If you're feeling overwhelmed, I encourage you to work with (and against) the smaller issues you can cope with but simply don't feel like coping with, and if there are parts of your garden that must be sacrificed to the late-summer gods, so be it. Consolidate your assets and concentrate on smaller areas where you can enjoy the blessings and bounty of the fall garden. That may be a collection of pots on your patio – or an area of the garden planted with rustling grasses and wild-sown Verbena bonariensis.

Giving up might be an option (and believe me I'm struggling right along with you) but we've put a lot of work into our gardens – they're worth fighting for.

Marianne is the author of *Tropical Plants and How To Love Them* and *Big Dreams, Small Garden*. You can find her at MarianneWillburn.com.

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PETS

My best friend is a cat

Jennifer Vanderau
Cumberland Valley Animal Shelter

My best friend is a cat. I'm a 9-year-old chocolate Lab named Duke and it's difficult for the dog friends I've made over the years to understand it, but it's true.

Felix and I have been together for five years. I've got to admit, at first I wasn't too sure about him. I'd been with Mom and Dad for two years before he came around and he was super tiny. Mom and Dad found him outside and brought him in and he was loud (for a little creature he could holler like nothing I'd ever heard before) and he got into everything.

Kittens, man. They're pretty crazy.

Although when he first saw me – I'm a pretty rotund Lab (I can't help it. I like those treats Mom gives me when I'm good) – he jumped and puffed out his tail and made this odd sound almost like a balloon slowly losing air.

I remember Mom said, "Wow, Felix, that was quite a hiss!" and I thought that's a hiss? I'm supposed to be scared of that?

We danced around each other those first few days, but eventually Felix started to wander up to my dog bed when I was napping and poke around at me. He was sneaky about at first. He'd slowly creep up (I pretended like I couldn't see him even though I knew he was there) and when he ran out of wall to hide behind, he'd race up to me, boop my nose and race back.

He got braver the more he realized I wasn't going to retaliate. By the end of the first week, he was using my ears as a chew toy and my tail as an article of real entertainment. He had the tiniest claws and smallest teeth and they didn't make a dent in my fur or skin and I thought the whole thing was pretty cute, I'm not going to lie to you.

During one of his play sessions with my ear, he got sleepy. He yawned and this little pink tongue curled up in his open mouth and his eyes drooped and the next thing I knew he was curled around my chin and purring himself to sleep.

As soon as he woke up, he starting kicking the skin around my neck and raced around the room like he'd never even been unconscious in the first place.

Like I said, kittens, man. They are completely nuts.

I think it was that little nap that

sealed the deal for me, though. The fact that the new little creature in our house trusted me enough to fall asleep that close to my mouth warmed my heart. I mean he was only a little bigger than one of my paws. That was a lot of trust.

From that moment on, we were inseparable and still are.

We eat together, we share a dog bed (Mom and Dad got a bigger one so both of us can fit), we play together, we watch the passersby on the street outside the house. Not a day of my life goes by that doesn't include Felix.

And I wouldn't have it any other way.

The other day at the dog park I was hanging out with all my friends when a new visitor showed up. We'd never seen her before. She was a Cavalier King Charles Spaniel and she was a real looker.

Buddy, another Lab, said he'd known a dog like that a few years ago who was super cool, so we all ran up to greet her and found out her name was Delilah and got to know one another.

We talked about where we all lived and pointed out our humans and gave each other a run-down of our lives.

When I mentioned Felix and said he was a cat, Delilah basically bristled. I saw her fur shiver.

She couldn't believe I would be friends with a cat. She said cats aren't worth a minute of a dog's valuable time. She basically thought they were garbage-eating cretins that belonged in alleyways and drainage ditches.

She said, "I wouldn't be found anywhere near a cat and I certainly wouldn't say one was my best friend. Really, Duke, what are you thinking?"

That's when Milo piped in with, "Yeah, there's a cat in my house, but she's real uppity. Puts her nose in the air every time she sees me. I never did understand why you like this Felix so much, Duke."

The others started telling stories about cats they'd known and agreed that felines were really below dogs and always would be.

I frowned and kind of backed away from the group. Buddy came up to me and told me not to let the razzing on cats get to me. Maybe Felix wasn't like other cats.

But the whole ride home, I couldn't help but wonder if maybe I was messed up. If so many of my friends at the dog park didn't have much good to say about cats, should I have made friends with Felix in the first place? Maybe

there was something wrong with me for being so nice to him. Was I ignoring my ancestry and instincts? Were dogs not supposed to be friends with cats?

When we got home, Dad opened the back door and Felix raced up to me with a story about what happened on the sidewalk when I was gone and he said how good it was that I was home and he was purring and he rubbed against my chest and I leaned down and sniffed his head.

He smelled like Felix. My friend. My brother from another species. The family member who seemed to always know when I wanted to play or talk or just hang out.

As I listened to him go on and on about the neighbor who was watering her plants when she somehow lost control of the hose and water sprayed everywhere like that commercial we see for the amusement park on the television, I smiled to myself when that warm feeling came back to my heart.

Felix is freaking awesome and he is my best friend and always will be. I decided right then and there, in the kitchen of our house, while Felix related the water-soaking story, that anyone who didn't understand us wasn't my problem.

The dogs at the park can have their opinions – that's fine, we're all entitled to them – but I'm friends with a cat who is thoughtful and kind and funny and...loves me.

Yeah. Felix loves me. And the connection we found isn't something that should be questioned.

Because like Mom and Dad told me years ago, true love, in any form, should be treasured and valued and honored.

So if Delilah and Milo and the others want to think I'm weird for having Felix as a best friend, that's fine. Because at the end of the day, when we curl up together to go to sleep and his purrs help me drift off, I know I'm one lucky dog.

Because my best friend is a cat.

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



Jett was surrendered to the shelter when his owner could no longer care for him. He is a 2-year-old Corgi/Border Collie mix who is quite active and likes to jump up. He also really loves to play ball! Jett will need someone that has knowledge of herding breeds. He can be afraid of men at first, but with treats and patience, he does learn to trust. Jett knows sit, but we have yet to find any other commands that he may know. Do you have the right place for Jett?



Xanos came into the shelter with a broken leg after being hit by a car. We got him to the vet ASAP and his leg was put in a cast. He has had multiple casts and bandages during his time at the shelter to find what worked for him and he is now cast free! His leg will always be a little crooked because of his injury and he may have a slight limp, but that doesn't slow him down at all! Xanos will need to be on a joint supplement for the rest of his life to help keep his joints in tip top shape. He will also need regular walks because he's an active guy. Xanos is about 2 years old and slowly getting back to using the leg that was broken. He has to work up to being allowed to run so that he does not injure himself by overdoing it. Xanos has been a great boy throughout his recovery and has a deep love for peanut butter! He also just wants to be with people and everyone he sees. Because of his energy level, he may be too much for small children, so an age restriction may apply. Xanos also seems a bit too interested in cats, so a home without cats would be best for him and he will require a fenced yard. Do you have the right spot for this cute boy?



Sasquatch came into the shelter as a stray, so we don't know a lot about his past, but we do know that he is one happy guy. He's quite a talker, too. This 6-month-old brown tabby boy is going to make someone an amazing four-legged friend. Could that someone be you?

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

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

To a poor and lonely stray I'd give:

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

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

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

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

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

-- Author Unknown



Wyatt & Vader

Bethany Davidson
FCAC Humane Educator

A row of blood tests lined up on the counter. It is not an uncommon sight at Frederick County Animal Control. All of our cats and dogs are tested for common illnesses such as heartworm, feline leukemia (FeLV) and feline immunodeficiency virus (FIV) before being processed for adoption. What is unusual, however, is for one of those tests to show a positive result for FIV, but that is exactly what happened in May with a four-year-old cat named Wyatt.

At first glance, Wyatt appears to be a perfectly healthy and normal domestic shorthair and that is because he is. According to the Cornell Feline Health Center, approximately 2.5 to 5 percent of healthy cats in North America are infected with feline immunodeficiency virus or FIV. Much like HIV in humans, FIV attacks and weakens a cat's immune system reducing its ability to respond to infections. With proper management to prevent and treat secondary infections, cats like Wyatt can live fulfilling lives with average life spans.

Some may have concerns about welcoming an FIV+ cat into their home, but the risks are small. This virus is only contractible to cats and while it is spread through saliva, it is not spread through acts of casual contact like grooming or sharing bowls. The ASPCA states that "FIV is mainly passed from cat to cat through deep bite wounds, the kind that usually occurs outdoors during aggressive fights and territorial disputes." This means that not only could

Wyatt be happy living as an only cat, he could also be safely integrated into a multi-cat household with a stable social structure.

Wyatt currently lives in an office, which has provided great insight into what he'll be like in a home environment. It only took a few days for this handsome brown tabby to become comfortable in his space. When alone he is content to play with his toys or look out the window. Can't find him? Not to worry, he's probably just sneaking in a catnap in one of his favorite, cozy hiding places. But once someone enters the room, he'll instantly appear excited to be lavished with affection. Wyatt is a lap cat who barely waits for you to sit down before getting comfortable. He likes to rotate every once in a while to make sure he's being petted all over. His soothing purr and quirky drooling make it easy to fall in love with him.

If Wyatt sounds like a cat that you could fall head over heels for, call Frederick County Animal Control at 301-600-1546 for more information on Wyatt or adopting an FIV+ pet.

Underestimating The Little Things

Sometimes very little things can make a big difference. For animals that arrive at the Frederick County Division of Animal Control and Pet Adoption Center, those little things can be toys, a place to hide, or a kind voice. To pets who have never been exposed to a large population of other pets, the shelter can be scary. Pets who have never been away from home must now acclimate to the shelter's schedule. The shelter has protocols in place to minimize some

of the stressors we know are inherent in any animal shelter. Those protocols include some very little-but very significant—measures.

At the point of animal intake, shelter staff collect information about the pet regarding food, litter, familiarity with other animals, experience with people of different age groups and other basics. Having information on preferred food, routines, and previous veterinary care allows us to house them appropriately—keeping staff and other animals safe as needed. While it may seem we are at a bit of a disadvantage with stray animals, we are still able to employ observations made at the point of intake regarding overall health, temperament, and potential likes and dislikes.

When it is safe and appropriate to do so, pets are vaccinated and preventatives are applied to protect their health and the health of other shelter residents. Flea prevention may seem like one of those small, possibly unnecessary measures. However, for an animal that has experienced discomfort from scratching and a secondary infection as a result, a few drops of a product containing fipronil or selamectin (active ingredients in flea/tick prevention) can make their life significantly better almost immediately.

Once an animal is housed at the shelter, staff continue to diligently observe and document patterns of overall behavior and health. Animals are provided bedding, toys, good nutrition, and a clean environment. Shy or frightened animals are provided covered kennels, or other types of "hideaways" that allow them a choice of when to interact with the people caring for them.

Respecting an animal's body language may seem like a little thing, but it is one thing that can facilitate trust, as it did with Vader. When he arrived at FCAC, Vader was offered a privacy box. He was scared and overwhelmed by all the busyness at the shelter. He is a bit shy at first, but warms up quickly with patience and understanding—qualities we are seeking in finding the right family for him.



Wyatt



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Celebrating its 160th anniversary September 16th through 24th, The Great Frederick Fair continues to present itself as an historic event in celebration of agriculture, education, and community. Founded in May of 1822, it was first known as the Cattle Show and Fair, spanning only two days.

The Great Frederick Fair is committed to its Mission

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

Success at the 2021 Great Frederick Fair

In 2021 The Great Frederick Fair took over management of all youth agricultural programming during the Fair. 3,417 exhibitors participated with 10,991 competitive exhibits over the 9 days of the Fair with \$98,561 in Premiums were paid to winning exhibitors.

Auctions benefitting the kids directly and GFF Agricultural Education programs:

- Youth Livestock Auctions: 233 Lots sold \$611,303.85. 100% of the proceeds were paid directly to the kids.
- Cake & Baked Goods Auction: 135 Lots sold \$48,000. 10% of the proceeds were paid directly to the kids. Remaining funds offset youth programming fees and funded scholarships.
- Youth Scholarships: (2) \$2,500 Scholarships awarded – Joe Free Memorial Scholarship Fund & (4) \$1,000 scholarships awarded – Great Frederick Fair Royal Ambassadors.
- Eddie Mercer Agri-Services Art Auction: 21 Lots sold - \$18,000 (benefits AgEd program) - 18,407 FCPS children, pre-K-5th grade received our Ag in the Classroom curriculum. 1,500 FCPS children attended chaperoned school tours at the Fair.

Ag Program Improvements

Also in 2021, The Great Frederick Fair welcomed Carrie Wivell Wolf as Youth Programs Coordinator, a new position created to provide quality agricultural educational opportunities to Frederick County youth participants. In cooperation with other partners and agencies, Carrie coordinates various workshops, weigh ins and seminars for local agricultural youth participants interested in learning best practices in their breed(s) and/or area of interest throughout the year. Participants of the programs will have the opportunity to learn topics such as: basics of animal feeding and

nutrition, grooming, fitting, and showmanship. "These workshops will help better prepare the participant and their animal for greater success in the show and auction rings", said Carrie.

Be an Exhibitor and Participate

Education is the number one priority accomplished by providing youth members and youth at large with a means of learning by doing and showing to the public their accomplishments. Partnerships with the Ag community will promote Ag literacy and Ag career paths. The Fair is in a unique position to foster understanding between the agricultural community and the public and is a leader in this effort.

Registration to enter for Frederick County residents is available online at www.thegreatfrederickfair.com/participate and is strongly encouraged. All the available departments, entry dates, times, rules and regulations are in the fair's catalog which is available online as well.

Fair Tip: Enter 1 (one) to 3 (three) items in the Household or Farm & Garden buildings and pay \$10 entry fee and receive (1) one admission pass for EACH day of the Fair (\$80 savings).

Why do we have a Fair?

The Great Frederick Fair is a vital event in the community. Over \$1,000,000 will go back into Frederick County businesses who provide the services, products, utilities and programs that create The Great Frederick Fair year after year.



From animal exhibits to rides, to great food, The Great Frederick Fair has something for everyone in the family.

The Fair generates resources from admissions, entertainment, carnival attractions, parking, commercial exhibits, memorabilia, sponsorships and non-fair rental of facilities to operate the 60-acre property throughout the year, produce the annual Great Frederick Fair and support educational and agricultural endeavors. The Fair also promotes and hosts a year-round farmers' market.

The Great Frederick Fair is a great venue for promoting agriculture to consumers. Drawing a large audience of over 200,000 people each year, many visitors are not familiar with where their food comes from, or how the products and byproducts of agriculture exist in their lives. Whether guests attend a concert, carnival or the Free Kids Zone, we invite everyone to explore our Agricultural exhibits such as: The Birthing Center, Maryland

Mobile Ag Lab, Duck Slide, etc. for a complete list; Gffair.com/freethefair

Featured Free Events

- 9/17 Outdoor Equine Arena - The horse pull, 6 p.m.
- 9/18 Building 18 - Mercer Family vintage art auction, 3 p.m. Youth cake & baked goods auction, 5 p.m.
- 9/21 Racetrack - Standardbred harness racing, noon
- 9/24 Building 18 - GFF youth livestock auction: turkeys, rabbits, 10 p.m. Beef, sheep, swine, goats, noon.

For a complete list of free events that are included with your paid Gate Admission, please visit: GFFair.com/SOE.

Visit the website or stop by the Fair Office to get a copy of the complete Schedule of Events and plan your visit to The 160th Great Frederick Fair, September 16-24.

The Great Frederick Fair

Sept 16-24

BE AN EXHIBITOR

Enter **1 to 3** items in the Household or Farm & Garden Building, pay **\$10** and receive **1 Daily Admission pass** good for all 9 days of the Fair

AND **saves \$80**

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2022 Event Series

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9.17	Clay Walker Kylie Frey
9.18	Joan Jett & The Blackhearts
9.19	Tractor Pull
9.20	Demolition Derby - Cars
9.21	Demolition Derby - Trucks, Vans, Figure 8s
9.22	I Love the 90's Vanilla Ice • Coolio • Rob Base • Tone Loc Montell Jordan • Young MC
9.23	Brent Cobb Elizabeth Cook
9.24	Ron White

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GFFair.com

HISTORY

The Emmitsburg Railroad, 1875 – 1940

Louis O'Donoghue

Dedicated to my Great Grandfather, John Donoghue

Chapter 3 Actions of The 'Railroad Board' and the 'Board Of Directors'

Before a railroad company could be organized a group of men had to assemble and agree on their intention to build a rail road. They had to establish an exploratory board then agreed among themselves who would be on the board and who would be directors. This constituted a company with a Board of Directors (BOD). The company then had to incorporate itself and persuade the Maryland General Assembly to pass an Act authorizing the formation of a corporation. The board

then formed a railroad company. The company then had to elect a permanent BOD who would act as the governing body of the railroad company. The newly formed BOD needed to oversee the following procedures:

- agreeing on the terminal points of the line.
- hiring of a surveyor to delineate the line of the railroad and draw up a profile map of the line showing all earth work that the building contractor would encounter.
- identification of all the private land owners over which the line traversed and then buy the land for a clear right of way (ROW).
- advertising for a contractor to build the road bed

on the ROW.

- selection of a contractor for each section of the ROW or for the entire length of the line.
- development of a financial plan for raising the money needed to build the ROW, acquire rolling stock and hiring a management team and a crew to operate the line.

With high expectations investors organized a Railroad Board, became legally incorporated, advertised for a construction contractor and saw the road-bed completed.

After the road-bed was finished there was no money for rails, cars, engines or crew. The early enthusiasm waned. A wait of four years



Masthead image from the 1886 Emmitsburg Railroad bond certificate

almost destroyed the viability of the company.

A memorandum of an agreement between the ERR & the WMRR called for:

Witnesseth, that whereas the said Western Maryland Railroad Company finds it to its advantage to substitute a heavier rail for that now in use in its track between Hagerstown and Williamsport, and whereas the said Emmitsburg Railroad Company desires to purchase the same for use on its line between Rocky Ridge and Emmitsburg Maryland.

Now therefore, the parties to the agreement, in consideration of the benefits to be derived by each from the other, do hereby covenant and agree with each other as follows.

First - The said Western Maryland Railroad Company furnish the said Emmitsburg Railroad Company all the light rails and joint fasteners that are in good condition, and now in use in the main track and sidings of the Western Maryland Railroad west of Hagerstown and if when laid on the main line and sidings of the Emmitsburg Railway between Rocky Ridge and Emmitsburg aforesaid, they are found insufficient for their completion, then they said Western Maryland Railroad Company shall furnish a sufficient quantity of fair quality old rails to complete said main track and sidings of the Emmitsburg Railroad.

Second - The said Emmitsburg Railroad Company shall pay the said Western Maryland Rail-

road Company for the iron rails and joint fastenings furnished under this Contract, at the rate of \$45-per ton for the old rails and 67½ cents per joint for the fish plate fastenings, it being understood that the said Western Maryland Railroad Company will at once contract for 600 tons of new 56 lb. Rails, and on receipt of the first consignment will lay them in the main track between Owings Mill and Westminster and that it will take the rails thus relieved and ally them west of Hagerstown thus relieving a portion of the light rails which shall at once be delivered for use of the Emmitsburg Co. at Rocky Ridge and that as soon as possible thereafter the said Western Maryland Railroad Company will deliver the remains of the iron necessary for the completion of the Emmitsburg Railroad and in payment therefore the said Western Maryland Railroad Company shall receive from the said Emmitsburg Railroad Co. \$20,000 - cash, in two equal installments payment at the office of the Western Maryland Railroad Company Sept. 18th and October 18th 1875 and a note of The Emmitsburg Railroad Company at 12 months from October 18th 1875 for \$5,000 - with 6% interest at from date and secured by endorsement of individuals Directors. It is understood that if on completion of the track aforesaid the cost of iron and joint fastenings falls short of \$25,000 - or the price herein specified, then a note for the actual and in excess

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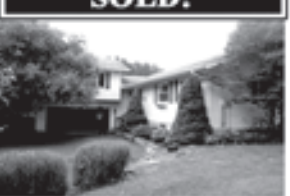
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HISTORY

of \$20,000 - shall be substituted for that of \$5,000.

Third - The said Western Maryland Railroad Company to load the cars and deliver convenient to the work, any ties purchased by the Emmitsburg Railroad Company on the line of The Western Maryland Railroad, at a cost of six cents per tie for labor and transportation.

Fourth - The said Western Maryland Railroad Company to lay and finish the track superstructure of the Emmitsburg at the actual cost of such work to the Western Maryland Railroad Company, including a fair but moderate compensation for the use of any engines or cars that may be used in such service. - It being understood that The Western Maryland Railroad Company shall also furnish the necessary frogs, switch fixture and spikes and other necessary track supplies and will perform the work of constructing the cattle guards and road-crossings but will not furnish the material for the same.

Fifth - The said Emmitsburg Railroad Company to complete its road bed in first class condition and to construct a bridge of Calamus Branch, both to be completed in time not to hinder the work of track-laying, to be performed by the Western Maryland Railroad Co.

Sixth - The Emmitsburg Railroad Company shall make available to the Western Maryland Railroad Co. the subscription of \$6,000 - to it Capital Stock by the Sisters of Charity of St. Joseph's and Mount St. Mary's College, both of Emmitsburg Md., it

being understood that if the said subscription of \$6,000 - does not cover the expense incurred by the said Western Maryland Railroad Co. in completing the track superstructure, etc. - aforesaid, then the Emmitsburg Railroad Company shall make up and pay over at the completion of the work any amount that such work has cost the Western Maryland R. Co. in excess of \$6,000 - or the amount derived from the stock subscription aforesaid, and it is understood on the other hand, that any excess there may be from the said subscription over and above the actual cost of work performed and material furnished by the said Western Maryland Railroad Company, shall be refunded to the Emmitsburg R. R. Co. on the completion of the track superstructure by the Western Maryland Railroad Company.

Seventh. - It is understood by the parties hereto that the object of this agreement is, to secure the completion of the Emmitsburg Railroad at the earliest practicable time and each promises and agree to use its best effort to secure this end.

In Witness whereof the said J. M. Hood and Jas. A. Dwin as such President aforesaid have hereunto set their hands and affixed the corporate seals of their respective Companies the day and year within mentioned.

Following the signing of the memo of agreement, the WMRR laid the rails, furnished the rolling stock and provided the crews to get the ERR into service. The WMRR ran the ERR trains for the next four years.

After the WMRR demonstrated that the ERR was a viable railroad, the ERR was anxious to establish itself as an independent service. The ERR had gotten well-used equipment from the WMRR that only had a few years of useful life in them.

Under its own leadership the ERR was run by investors, not active businessmen. It was a poorly run company. But in 1881 James A. Elder, an astute businessman began a ten-year directorship that brought ERR back from poor management to a properly run business. Ten years later Vincent Sebold also showed how a railroad needed to be managed by using good management practices.

Following the great depression of 1930-1935, business for the line got worse and worse. Passenger service stopped in 1935. Motor trucks took over the mail service. Bankruptcy followed in 1940.

Financing

In 1874 the Emmitsburg Railroad Co. secured a \$100,000 first mortgage from the Central National Bank of Baltimore. Andrew Annan, Edward Taney, and Joshua Motter were the trustees. Lewis Motter was treasurer and James Dwen was president. Four hundred bonds were issued, 250 bonds valued at \$100 each and 150 bonds valued at \$500 each, for a total of \$100,000. The bond specifically states that the money is for iron rails and equipment.

After the Civil War there was a series of depressions leading to the major depression of 1873. By 1877 another depression undermined the financial stability of the ERR, which eventually led to a need for financial restructuring of the company. In 1893 another

major depression hit the financial world. By 1897 a major capital stock issue of \$50,000 was offered to raise cash to revitalize the company.

In 1886 the ERR secured a \$75,000 first mortgage from the Citizen National Bank of Frederick. Isaac Annan, Edward S. Taney, and James McSherry were the trustees. C.T. Zacharias was treasurer and James A. Elder was president. Seven hundred and eighty bonds were issued, 80 valued at \$500 each and 700 valued at \$50.00 each, for a total value of \$75,000.

In 1887 The Emmitsburg Railroad Company (ERR) was authorized the issuance of \$75,000 worth of bonds. The first list indicates that \$69,300 worth of stock was issued. The company accomplished this by selling bonds of both \$50 and \$500 denominations. They sold 585 of the \$50 bonds totaling \$29,300. These bonds were numbered from two to 586. They sold 5 of the \$500 bonds totaling \$4,000. These bonds were numbered from 701 to 780. The combined value was \$69,300.

The Daughters of Charity at St. Joseph's Academy, listed as The House of St. Joseph's, felt a strong need for a safe, convenient and reliable transportation for their students and the student's parents so all could come and go without undue delay or added cost. Therefore, The House of St. Joseph's became the largest investor, purchasing over 24 percent of the bonds, totaling \$23,000.

John Donoghue, whose construction company did most of the building of the railroad, was the second largest investor. He personally purchased over 15 percent of the bonds, totaling \$11,500. He was given \$5,000 worth of bonds in lieu of payment.

In all, 34 investors bought bonds. Two investors bought 50 percent of the issue, which was about \$34,800 worth. Ten additional investors purchased amounts ranging from one to five thousand dollars each, or about 40 percent of the bonds, while the remaining ten percent, about \$7,000 worth, was owned by the other 22 investors.

continued next month

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100 YEARS AGO THIS MONTH

August 4

Slagle Hotel Sold

The well-known Slagle Hotel, formally the Emmitt House, in Emmitsburg has been sold to William Roberts of Washington. Mrs. Slagle, during her ownership and occupancy of the premise, has greatly improved it, until it is now one of the best-known hotels in Western Maryland. The hotel will once again go under the name of the Emmitt House.

Radios Reach Taneytown

Radio outfits have reached Taneytown. Charles Hesson is installing one, and another is on exhibition at Ott's store. An altogether wonderful invention, considering everything, but as yet not fully perfect. The one at Ott's store is connected with broadcasting stations in Pittsburgh and Schenectady New York.

Held For Fishing With Dynamite

The Frederick County Forest and Stream Club, dating back to 1874 and having a membership of 60, has been instrumental in having the Monocacy and other streams in the county stocked with Bass. Its members were disturbed recently by rumors that some persons were using dynamite to capture fish in the Monocacy. These rumors cultivated in the arrest of Cleveland Hoover, John & William Schaefer, and Dick Myers for fishing with dynamite in the Monocacy near Keysville.

High School Construction Delayed

Patrons of the Emmitsburg High School are beginning to feel apprehensive that the new high school building, which is being erected on the south edge of that town will not be completed when school opens in September. The work of constructing the exterior has not yet been completed and it is not believe that this work can be finished and the whole of the interior constructed before September 1. The work is said to have been ham-

pered by the failure of the building materials to arrive in time.

August 11

Civil War Veteran Dies

John Peters, a lifelong resident of Fairfield and a veteran of the Civil War died at his home in Fairfield last Saturday, aged 80 years, eight months and 31 days. He was a shoemaker by trade and was widely known. In 1863 Mr. Peters enlisted in Company B, 21st Pennsylvania Calvary and served six months when he was discharged. He reenlisted in Company E, 17th Pennsylvania Calvary and served until the end of the war. He took part in many engagements in the campaign in the West.

Preferred The Rest

Albert Esterline, of Thurmont, who was arrested on the charge of drunkenness and disorderly conduct and insulting women was given a hearing before the Justice of the Peace who gave him the option of paying a fine of \$10 or taking a rest of 48 hours in the jail. The defendant opted for the rest and was returned to jail.

Lightning Kills Four Cows

Four of the best cows of the herd of Clarence Kechler were killed by a bolt of lightning from a electrical storm that passed over the southern part of Adams County Thursday morning. Mr. Kechler, who resides along the Emmitsburg-Fairfield Road, said the animals were standing under a tree near a wire fence, when it is believed a bolt struck the fence nearby. There are no indications that the tree was struck.

August 18

Granted Divorce

It has been announced that Mrs. Ella Finch of Thurmont, who nearly a year ago married a man giving his name is Dr. Charles Davis, presumably from California, has been granted divorce by the court for Frederick County. Dr.

Davis remained with his bride about three days and then had urgent business in Hagerstown. He left and never returned. He was next heard from in York Penna., where he married a Mrs. Rocky. Later he deserted her and reports state that he married a woman in New Jersey. According to rumor he married 16 women in various parts of the country. Upon evidence of his having a lived with another women without having obtained a divorce from his wife in Thurmont, Mrs. Davis was granted a divorce on statutory grounds.

Hand Badly Damaged

Last week, Michael Smith of Graceham, while unloading hay from a wagon, got his hand caught in the pulley and was drawn to the roof of the barn. His little finger was torn from his left hand and he fell to the floor. Two other fingers on the same hand were broken and his other hand badly lacerated in attempting to free himself.

Bullet Hits Two

On Sunday last at the home of Mr. Bushong Eyler near Thurmont, two of the families were injured by the discharge of an automatic revolver. A number of friends had called at the Eyler home, and the conversation had drifted too firearms, murders, &c.. Charles, the youngest son possesses firearms, among which is an automatic revolver. The shooting implements where exhibited and laid on a table. Presently his youngest sister, Mary, came in the room. She picked up the automatic. It discharged, the ball — tour through the ball of her thumb and then into her brother's Charles left leg from the front. The ball remains in the back of the young man's leg. It was a 25-caliber bullet. Charles is working and says he suffers little pain.

Spectacle Salesman Assaults Deputy

W. H. Long, a spectacle vendor assaulted Emmitsburg Deputy Sheriff Adelsberger Friday, when the latter went to put a levy on his automobile for debt. It is believe he made his escape to Baltimore by a back road and is now



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in that city. Long had been in Emmitsburg for about two months selling spectacles, where he made a number of acquaintances. He was regarded as a man of mystery and little is known of him.

Deputy Adelsberger received a writ of attachment from a firm in Ohio, and he went to the Maryland Garage, where Long kept his machine to attach it. The officer found Long at the car and told him that he would take charge of it. Just as Adelsberger was leaning over the car to take the key out of the switch, long struck him a hard blow with his fist, felling him. When the deputy gained his feet, he found himself looking into the mussel of an automatic held by Long.

Employees of the garage, fearing that shooting would follow, scattered in all directions. The officer found that he was powerless to do anything. With his gun still leveled at Adelsberger, Long jumped into his car and left. Long, who is between 45 and 50 years old, did not stay at a boarding house, but took his meals at a restaurant and slept in the car, which was stored at the Maryland Garage. The attachment had been taken out on the car by a Cleveland firm which claim that Long old them money on the car.

Radios A Feature At Masonic Camp

Two radio-receiving outfits were a feature of the annual Masonic camp which closed its 10 day outing Tuesday, at the junction of Rock and Marsh creeks near Harney. Each evening during the encampment, the campers were entertained with concerts, news bulletins, and addresses picked up by the air from various sending stations in eastern part of the United States.

August 25

A Fools' Stunt

A man and his wife, residents of Thurmont, where on their way home close too midnight. Mid-

way between Taneytown and Emmitsburg they saw another car approaching in the opposite direction. This car gave no sign of either slow up or turn from the middle of the road until almost upon the Thurmont car. Then its speed decreased and as it passed three shots were fired from its interior in the direction of the tires of the other car. Whether or not they were fired at the tires is not known. Of course the Thurmont folks, being wise, didn't stop to inquire of the reasons for the shots.

Schools to Open On September 5

The public schools of Frederick County will open for the 1922-23 school year on September 5. The board voted that the white schools would have to be open for 190 days and the Colored schools of the county must be open for 160.

Cold Snap

After sweltering in the heat for some time, residents were treated to a real taste of fall weather on Wednesday night. People who have been complaining loudly about the continued heat began rummaging about for blankets and quilts and wondering whether last winter's overcoat should be brought out of storage. The thermometer sank all the way to 47°. It would have taken but little of a drop to produce a frost temperature since that may be expected about 39 or 40°.

But the local weatherman says that there's still more hot weather in store for this part of the country and that in all likelihood it will soon reach us. However this late in the season very warm weather does not usually continue for long stretches and Fall is scheduled to make it debut before long.

To read past editions of 100 Years Ago visit the History section of emmitsburg.net.

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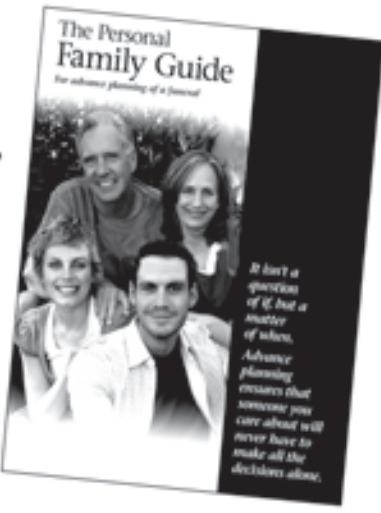
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TANEYTOWN HISTORY

History of Taneytown's government

David Buie

In next year's election, Taneytown will decide whether they are satisfied with the current political climate or want to change. Since few Taneytown citizens are familiar with the issues that faced Taneytown's early leaders, it seemed an opportune time to provide a brief overview.

The first formal government in Taneytown was established when on May 19, 1884, the citizens voted 65 to 21 to accept the amended charter passed by the Maryland Legislature in Chapter 509 at its Spring Session. On May 4 the following year, Josiah Adelsperger was elected the first Burgess. Of the twelve candidates for Commissioners, Edward Reindollar (Chairman), Thomas Thomson, Nelson Hawk, Tobias Eckenrode, and John Renner were elected. George Birnie served as a clerk for several months when he was succeeded by Levi Reid, whose term of office lasted some twenty-five years. In contrast to the first board, today's construct seems much different with Bradley Wantz (Mayor), Joe Vigliotti (Mayor Pro Tem), Judith "Judy" Fuller (Council), Diane Foster (Council), Daniel Haines (Council), and LeRoy "Lee" Hand (Council).

The Burgess, Commissioners, and now Council members have faced similar problems throughout the last 138 years. The key issues have been maintaining accessible streets and parking, adequate supply of water and sewerage, and enhanced fire protection.

One of the original issues that

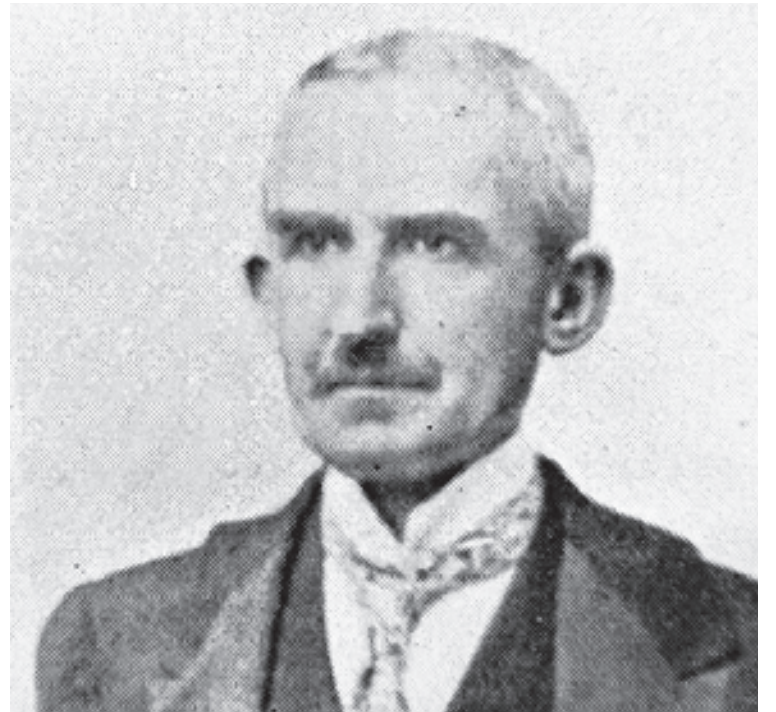
are still a problem today is the streets. The council continues to face this problem today. A \$6,000 bond issue financed the first roads, and the records indicate that this sale netted a profit of \$228.60 for the town. Various improvements have been made since that time, but the considerable progress as we see it today was made by the State when they asphalted the main streets from curb to curb in the fall of 1947. In April 1949, parking meters were purchased from Koontz Equipment Corp. of Pittsburgh, Pa., and 129 Miller parking meters were installed and ready for use. Having regulated parking on the town's main streets, the Mayor and City Council decided free parking lots were necessary. The United Brethren Church lot was leased, and the Presbyterian Church lot was purchased as a result.

The first Burgess and Commissioners were concerned about maintaining adequate water, just as they were about street access and traffic flow. None of the present Taneytown citizens are still alive to remember the old public well in the square. As the town grew, there was a proportional increase in the water demand. Surveys were conducted to determine how many individuals would request water from a central system. There was a request for a referendum made to the state Legislature. Citizens voted in favor of this, resulting in E.M. Kenly's hiring as a water engineer and the Chandly Bros. of Beaver Falls, Pa., building the water plant, standpipe, and laying the water mains. The bid by Chandly Bros. was

\$9,104.50. With the completion of the water system, the public well was closed on August 1, 1889. Since then, there has been a steady growth in the plant, and more water mains have been laid to accommodate the ever-increasing demand for water.

Much like water, sewerage problems have always haunted our elected officials. The first Commissioners had to solve the sanitary issues of their day. The Mehring Brothers were among the first to find that adequate sewer drainage had to be provided for the hotel building located on the corner of York and Baltimore Streets. They solved this by digging a drain down the main street and through the Creamery property. The ever-increasing sewerage problem led to the passing of an ordinance for all persons to put in a cesspool. This did not solve the problem, and a complete sewerage system and treatment plant were considered. Since this never materialized, the situation became increasingly acute until the town finally hired the firm of Whitman, Requardt, and Associates of Baltimore to draw up complete plans and specifications for the sewer system and treatment plant.

To cover the cost of the plans and specifications, a Federal Loan was obtained. The first referendum authorized by the Maryland Legislature for \$400,000 was defeated on March 31, 1952, but when the \$500,000 referendum was submitted on November 30, 1953, it was passed. Unfortunately, when the bids were received on April 26, 1954, the lowest bidder, Wilson & Co., was approximately



Josiah Adelsperger (1809-1889), first Mayor of Taneytown

\$125,000 higher than the bond issue. While the Mayor and City Council have the power through the Health Department to sell the necessary bonds to make up this difference, it was felt that the better thing to do would be to submit the problem to the citizens at the general election on June 7, 1954.

With a central water system installed, better fire protection was considered. Although equipment had been ordered and some already delivered, fate decreed that enhanced fire protection could not be started quickly enough. A fire broke out in the town on November 27, 1897, destroying all the buildings fronting Baltimore Street to the corner of Middle Street. The early records are vague on what equipment the fire department owned at the time of the fire of 1897. However, references are made

to two hundred feet of hose reel purchased in 1887 for the sum of \$165.00. Over the years, the fire department has evolved and has continually won the competition with other fire departments in the County.

According to French author Jean-Baptiste Alphonse Karr, "the more things change, the more they stay the same." In 1884, when Taneytown was being established, the fundamental issues were "adequate water supply, good streets, adequate lighting, ample fire protection, and proper police protection." In this article, the history of most of those concerns is discussed. Those concerns will remain the same 139 years later.

David Buie is a volunteer at the Historical Society of Carroll County and can be contacted via e-mail at downtowntaneytown@gmail.com.

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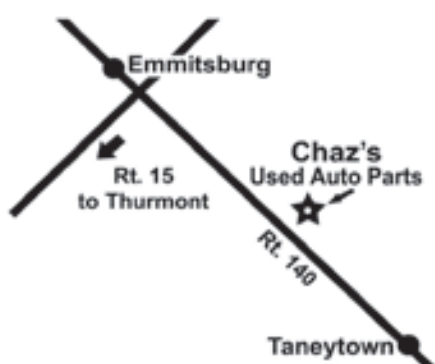
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COOKING

Garde Manger

Sonya Verlaque
FCC Culinary School

Late summer is the perfect time of year to celebrate a cold kitchen. Honoring the Garde Mange (Pronounced Gard-Mahn-zay) or the refrigeration and pantry area of a restaurant is invariably where the most favorite parts of a meal hides out. The Chef of the Garde Manger is in charge of salads, cold soups, canapés, pâté, and this Gen X's favorite: Charcuterie, the Fancy Lunchable.

Charcuterie, The Fancy Lunchable

The beauty of the charcuterie board is the selection of textures and flavors that are presented. It's virtually impossible to not be able to find something to snack on when presented one. The other great quality of charcuterie boards is that there is no wrong way to make them. There are several elements that usually are part of the presentation but can be edited to individual taste. These area easily made ahead of time and covered, in the refrigerator.

Ingredients

Cured meats: Easily sliced meats, such as salami, prosciutto, soppressata, chorizo, pepperoni or pâté

Cheese: Select hard or spreadable cheeses that are easy for individual guests to slice and spread. Cheddar, parmesan, gruyere, fresh mozzarella, gouda, manchego, brie, cream cheese, goat cheese, or

blue cheese.

Fruits and vegetables: Serve fresh fruits and veggies that are easy to pick up, such as grapes, strawberries, blueberries, carrot sticks, artichokes, cherry tomatoes, or olives, or dried fruits, such as apricots or cranberries.

Crackers: Choose crackers with a large enough surface for cheeses and meat, gluten-free crisps, breadsticks, bruschetta, or a sliced baguette.

Nuts: Nuts can fill in any gaps on a charcuterie board: cashews, almonds, pistachios, or pecans.

Condiments: Fig jam, mustard, honey, or any fruit preserves or jams for added flavor.

Preparation: When trying to figure out how much charcuterie you need to serve, if its for an appetizer before a meal about 2 ounces per person, however if its the main offering during a cocktail hour double that, so 4 to 5 ounces per person. You can serve on a standard cutting board, or other non-porous material, like slate, a large platter or bamboo. Then get slicing for easy service. Meats should be presliced thinly, like prosciutto or salami, to just pick up and place on a cracker. Hard cheeses should also be cubed or sliced in individual servings and then soft cheese with their own knife. Wash and slice fruits and vegetables, and fill in the rest with nuts, spreads, crackers or your baguette. Walk outside with something bubbly, like Lambrusco, and enjoy.

Deviled Eggs

My husband and kids love these. Deviled eggs are also great to stick in the fridge for the next day if they last that long. When making hard boiled eggs, use grocery store eggs that are *a little older* because they will peel easier, your local farmers fresh eggs as the albumin (egg white) are still very adhered to the shells.

Ingredients

4 eggs large, hard boiled and shells removed
2 Tbs mayonaise
1/2 tsp pickle juice
1/2 tsp French's yellow mustard
1/8 tsp black pepper
1/4 tsp salt
1/2 tsp paprika

Preparation: Slice hard-boiled eggs in half lengthwise. Remove yolks, add to a small mixing bowl, and mash with a fork. Add mayo, pickle juice, yellow mustard, salt and pepper. Mix until creamy, and if you want to be fancy - put into a piping bag or a sandwich bag and cut the tip off then pipe or scoop to evenly divide mixture inside the cooked egg whites. Sprinkle with paprika and refrigerate until ready to serve.

Gaspacho (with crab)

This is a great recipe to make at breakfast time or the night before for a cool and delicious lunch. Tomatoes are loaded with lycopene one of the most potent antioxidants and responsible for their red color. A diet high in lycopene has been shown to be associated with a decreased risk of chronic diseases, such as cancer and cardiovascular disease.

Ingredients

1/2 slice of white bread, torn into small pieces
1 clove garlic
1 12.4 oz jar of roasted red peppers (chopped)
1/2 cucumber, peeled, seeded and rough chop
6 ripe tomatoes (about 2 lbs)
1 large yellow bell pepper, seeded and rough chop
1/2 small sweet (vidalia) onion, rough chop
1 cup crab meat (optional)



The beauty of the charcuterie board is the selection of textures and flavors that are presented. It is virtually impossible to not find something to snack on when presented one.

2 Tbs red wine vinegar
3/4 cup water
3 tbs olive oil
1/2 tsp salt
1/4 tsp black pepper

Preparation: In a small bowl, stir together bread, vinegar, garlic and 3/4 water. Combine bread mixture, roasted peppers and cucumber in a blender and puree until smooth. Transfer to a large bowl. Add tomatoes, yellow pepper and onion to the blender, puree, slowly adding oil while blender is running. Add to the roasted pepper mixture and stir in salt and black pepper. Cover and refrigerate for at least two hours. To serve, divide into bowls and top with 2 Tbs of crab meat.

Easy Overnight Oat "Pudding"

For a cold but filling breakfast, this is an easy overnight oat recipe. Because it is blended before refrigerating, has a smooth pudding-like consistency and can be a base for different toppings. Naturally gluten free, this recipe can also be dairy free by substituting plant milk and coconut yogurt.

Ingredients:

1 cup rolled oats
2/3 cup milk
4 tablespoons of vanilla yogurt
1 tablespoon maple syrup
1 teaspoon vanilla extract

Preparation: Add all ingredients to a small blender and blend to a

smooth consistency, then separate into two jars or containers and refrigerate overnight.

Pudding Toppers

Ingredients

Creamy peanut butter (2 servings)
2 tablespoons of peanut butter
2 tablespoons vanilla yogurt
1 tablespoon maple syrup

Preparation: Mix all ingredients together in a small bowl with a whisk and place on top of your pudding before refrigerating overnight.

Blueberry Compote

Ingredients

1 cups frozen blueberries
2 tablespoons water
1 tablespoon maple syrup
1 teaspoon lemon juice
1/2 tsp of cinnamon

Preparation: Combine 1/2 cup of blueberries, water, sugar and lemon juice in a small saucepan. Cook over med heat for about 10 minutes, add the rest of the blueberries and cook for 8 more minutes stirring frequently. Take off heat and then add cinnamon. Transfer to a jar and refrigerate, top on your oat pudding when ready to eat with a sprinkling of cinnamon.

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

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You can download an application at thurmontmainstreet.com

MOMS' TIME OUT

Mom or friend, which are you?



Mary Angle

Through the years I have met a lot of moms, some were the mom type and some who wanted to be more of a friend than a mom. There can be a bit of a grey line between being a mom and being a friend, but you should never forget that being a mom is a special honor and blessing.

Over the years I have followed a long-standing rule of not being my child's friend as much as being their mom. This is especially true when they are young and need discipline. Although this may be the time when the line between the two is least important. After all, when kids are young a huge part of being a mom is playing games. It really is a three-part division of play, discipline, and care. Leave one out and you are doing your child a great disservice.

As our children grow up in life, they will have more friends than they can count. They will have friends that come and go and those they remain "besties" with for the rest of their lives. They will only have one mom, who will guide them and help them grow and develop. The mom's role is so very important, and I have always worried if we were more friends than mother-daughter, then the lines would be blurred. Don't misunderstand we have done a lot of friend activities, but I avoided many of the more questionable or should I say illegal.

There are a few hard and fast rules that I do not cross. I do not party with my kids. What I mean by that is I do not drink with my kids, nor do I buy them alcohol. I am not talking about those parents who have let their kids take a tiny sip of their wine. I am talking about buying alcohol for minors to party with. I am talking about buying and sharing marijuana with your kids. I am never going to be that parent. Once again, I believe they have enough friends who will encourage them to do crazy and stupid things. They need someone who will support them after they have done something irresponsible. They need someone who will love them no matter what and show them that we all make mistakes, and there can be a redemption story in each of those mistakes.

Adele usually leads to them coming clean about any and all mistakes they have made or things they have been scared to tell me.

I would suggest you try singing along to some of those songs. Trust me your girls will especially appreciate you belting out a few tunes. While you're at it, when they ask if you would be willing to do a Tik Tok, just say yes. Take my advice, embrace the silly. It turns out that a mom who has no coordination and no dancing ability whatsoever, can actually be trendy (or trending, I'm not sure what the difference is). A little warning from me to you don't injure yourself trying those Tik Tok moves. Another little mom disclaimer, listen to the words of the songs. I can't get over how many songs I listened to as a child and now when I hear them the lyrics are a bit shocking. I would never want my mom, even at my age to come up to me and say, "The girls showed me your Tik Tok video, and I can't believe you sang those lyrics".

There are a few hard and fast rules that I do not cross. I do not party with my kids. What I mean by that is I do not drink alcohol with my kids, nor do I buy them alcohol. I am not talking about those parents who have let their kids take a tiny sip of their wine. I am talking about buying alcohol for minors to party with. I am talking about buying and shar-

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I would suggest that you remember how much your kids need you to be their mom. Being a mom doesn't mean you can't have

fun with your kids, it's just a different kind of fun. Being a mom means being there when your kids need to cry or laugh. The great thing about being a mom, is that if you can teach them, and guide them, and yes even discipline the as they are growing up, then when they are adults with kids of their own you can have an amazing friendship that you will both appreciate so much more. Enjoy each stage of their lives as they go by too quickly!

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

There are a few exceptions or loopholes to the rule. In other words, it is okay to let your hair down and have an all-out fun time. My girls and I have gone on several girl's weekends. We order take out (or more recently door dash), go shopping, binge watch Rom Coms in the hotel; enjoy the hotel pool (in the winter, definitely), etc. When we are home, we also have music parties in the pool, binge watch Castle, and have sleepovers in the living room. I would recommend taking long drives and listening to their music (it might actually grow on you). We have had some of our most enlightening conversation while listening to Bruno Mars. My girls have told me big secrets about themselves, friends, and love over many Ed Sheeran songs.

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SCHOOL NEWS

We are in our summer months...

Brad Young
Frederick County School Board

Substitute Teacher of the Year
Brion Harrigan has been named the 2022 Frederick County Public Schools Substitute Teacher of the Year. The Board of Education of Frederick County honored Mr. Harrigan at our July 13 meeting, awarding him the sixth annual FCPS Substitute Teacher of the Year award. He just finished his first year as a substitute with FCPS. Our substitute teachers play a critical role in supporting students when their regular teacher can not be there. We are

very fortunate to have many great ones including Mr. Harrigan.

Career & Technology Center – Skills USA

Five students from the Frederick County Public Schools' Career and Technology Center (CTC) recently placed in the nation's top 10 at the 58th annual SkillsUSA National Leadership and Skills Conference in Atlanta. These dedicated students competed against more than 5,000 of their peers from across the nation and U.S. territories. The SkillsUSA Championships are competitive events showcasing the best career and

technical education students in the nation. Students who placed in the top 10 were Leyda Cadena, from the Academy of Health Professions program, who earned a gold medal and placed first nationwide in the Medical Assisting competition. Donald Haycraft, from the HVAC-plumbing program, placed eighth nationwide in his competition. The team of Bradley Keriakos, Marshall Proctor, and Seth Rape – CTC students in the CAD Engineering and Architectural programs, placed ninth nationwide in the Career Pathways Showcase: Architecture and Construction competition. We are blessed

to have a great Career and Technology Center at FCPS with many great students and teachers!

Stuff the Bus

Each year generous Frederick County businesses and citizens help students start school with the necessary supplies that some families cannot provide. This year is no exception. The fourteenth annual Stuff the Bus school-supply drive begins Tuesday, July 5, and plans for the drive are already well underway. More than 30 Frederick businesses and organizations make it easy for the public to participate.

The public may drop off supplies at the Frederick County Public Schools Central Office, 191 S. East Street in Frederick, Mondays through Thursdays from 8 a.m.- 4 p.m., to the United Way of Frederick County office at the Bernard W. Brown Community Center, 629 N. Market Street in Frederick, or any of more than 30 other locations throughout the county, listed online at www.unitedwayfrederick.org/StuffTheBus. Some of the locations include Costco, Frederick Health Hospi-

tal, KinderCare Learning Centers, the Mental Health Association, and multiple banks. A complete list of drop-off site addresses, as well as a supply list and additional information about participating or making a monetary donation are online at www.unitedwayfrederick.org/stuffthebus.

Supplies needed range from sturdy backpacks and composition books to loose-leaf paper, pocket folders, glue sticks, safety scissors, pens and pencils, highlighters, and erasers. Also requested are colored markers, index cards, spiral notebooks, rulers, and boxes of tissues.

Meet Dr. Dyson

Finally, our new FCPS Superintendent Dr. Cheryl Dyson is looking forward to meeting community members at a series of informal meet-and-greet gatherings this summer.

Dr. Dyson officially took over as FCPS superintendent on July 1. This summer, she will hold listening sessions including one on Thursday, August 4 from 5 - 6:30 p.m. at Catoctin High (grassy area behind the school).



Thurmont Main Street
will be hosting Pop-Up Shops every
Saturday, October 15 - December 17
10 a.m. - 2 p.m.

This is a perfect opportunity for home-based and online businesses to sell in a store environment. 2021 was the first year for the Pop-Ups and was a great success!

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Back to School Vaccinations for Children

The Frederick County Health Department (FCHD) will be hosting a Back to School clinic on Wednesday, August 3rd by appointment only for all children entering 7th grade this fall. The Health Department will be offering Tdap & MCV4 vaccinations free of charge to rising 7th graders who do not have health insurance, have health insurance that does not cover the cost of immunizations, or who are unable to get the vaccinated by their healthcare provider. These vaccinations protect against tetanus, diphtheria, pertussis (whooping cough), and meningitis and are required for children attending school in Maryland. See Maryland Vaccine Requirements for Children.

Appointments for rising 7th graders are available on Wednesday, August 3, 8 - noon. Please call 301-600-3342 to schedule an appointment. Walk-ins will not be accepted.

Important information for Parents/Guardians:

Children 18 years of age and younger must be accompanied by an adult 18 years of age or older.

If parent or guardian will not be bringing their child, they must send a written note giving the individual bringing the child authorization to have the child vaccinated.

All vaccinated children are required to remain at the clinic for observation after vaccination.

Only one parent or guardian may accompany children who have an appointment. Additional persons will not be admitted.

Face coverings are required in this clinic.

Please **DO NOT** come to the vaccination clinic if child or parent/guardian has any symptoms, or are waiting for COVID-19 results.

FCHD will be offering other Back to School immunization clinic dates by appointment only. Please check out our website for more information. Pediatricians can also provide back to school vaccinations.



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SCHOOL NEWS

FASD welcomes teachers

Fairfield Area School District (FASD) School Board welcomed the hiring of four new elementary school teachers Monday.

Anticipating the new school year after the summer can often be met with dread for some, but for four new FASD teachers, it is anticipated with nothing but excitement.

The four elementary teachers introduced themselves to the school board alongside a beaming support system of fellow teachers.

Kathryn Miller, of Gettysburg, will be teaching second grade and is a recent graduate of West Chester University. Lily Kapfhammer, of Fairfield, is a Knights alumni and will be teaching first grade. Kaitlin Martin, of Gettysburg, recent graduate of Mount Saint Mary's University and will be teaching first grade.

Emily Solalinde, of Biglerville, was a long-term FASD substitute last year and will now be teaching second grade in the Fall. "I love this school district," she said.

FASD marks the first full-time education career for all four teachers, and all eagerly looked forward to the new school year.

"Congratulations and welcome. It is so good to see new faces and familiar faces," Board President Jennifer Holtz said.

Board member Lisa Sturges

expressed gratitude for the teachers ready and willing to come to Fairfield. "Thank you so much," she said.

As the Public School Board Association (PSBA) legislative chairperson, Sturges noted teacher shortages are still an ongoing concern from the legislator standpoint. "Obviously that's not a problem here," she said.

State budget highlights presented Superintendent Thomas Haupt presented highlights from the 2022-23 enacted State Budget that includes an increase of \$856.1 million in school subsidies, of which \$525 million goes to basic education funding, \$100 million will go to special education, and \$6.1 million toward Career Technical Education.

"All of those are increases over previous years," he said.

In addition, \$100 million was earmarked for school based mental health through Ready to Learn block grants. \$100 million has been allocated toward school safety and security through the Pennsylvania Commission on Crime and Delinquency (PCCD), and \$60 million is set aside for pre-kindergarten accounts, he said.

More information is expected from the Pennsylvania Department of Education in regard to "some pretty historic funding for education," Haupt said.



FASD School board welcomes new elementary school teachers Monday. From left to right: first grade teacher Kaitlin Martin, second grade teacher Kathryn Miller, second grade teacher Emily Solalinde, and first grade teacher Lily Kapfhammer.



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FASD's state of the district address

Acknowledging district challenges including recent turnover rates, Superintendent Thomas Haupt presented a "very broad-brush overview" to get the ball rolling for the next several years of district development.

Even establishing one set of plans requires a lot of work, Haupt said, "and we are going to set out to develop multiple sets of plans, because we have to, because they don't exist."

First and foremost, the district will be developing a Portrait of a Graduate, a comprehensive plan detailing how to make students ready for a 21st century world. Acknowledging the rapidly ever-changing world, the district's central focus needs to align with opportunities for students and plan for a future "in which our kids are going to live in," he said, "Not necessarily the way we were taught."

Opportunities and exposures must continually be provided for the skills that kids are going to be required to demonstrate. The essential aspect of the Portrait of a Graduate "establishes what we must teach," including often overlooked softer skills like empathy and adaptability, Haupt said.

A key component of this portrait will also focus on the four Cs of communication, collaboration, critical thinking, and creativity. In addition to traditional learning of math science, English, and social studies, the comprehensive plan seeks to embed softer skills into the curriculum including empathy and adaptability, according to Haupt.

The district does not currently have a K-12 curriculum plan in place and future projects will look to deeply develop a plan to facilitate rigorous content and empower students. Haupt noted one particular aspect of improvement the district needed to see was the professional development of teachers. "I really expect our teachers to be excellent facilitators of learning," and consistently designing lessons targeting the Four Cs.

With curriculum rooted in research and sound instructional practice, teaching staff will be encouraged to take educated risks for well-designed lessons and develop a "continuous improvement mindset."

More information about the superintendent's state of the district address can be found at the FASD website at fairfieldpaschools.org.



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FOUR YEARS AT THE MOUNT

Given you will be reading this in the 'Dog Days' of summer, we thought we would mix it up a little and asked our students to pick one of August's National Days and write about it. We hope it brings a smile to your face.

Sophomore

Strange Music Day

Joey Carlson

MSMU Class of 2025

August 24th is International Strange Music Day. While this information is interesting, most of us probably don't care if there is a particular day dedicated to listening to peculiar music. There is also an International Mahjong day, a lemon juice day, a traffic light day; a theme for every day of the year. While most of these are not particularly important, the idea that we ought to be perpetually broadening our interests is. The one who is interested is interesting.

Music occupies a place of particular importance in the lives of human beings. From our earliest development, even in the womb, the music we listen to shapes our brains. In recent years, neurology has made a number of startling discoveries into how the brain works. In our first moments of development, from when our brains form in the womb to about a year old, our neurons are essentially looking for a job. It is during this time that questions of priority will be answered for our brains.

Particularly in discerning speech, an infant is practically a blank slate. Babies are born with the ability to hear thousands of different phonemes, sounds that human beings can make, in order to prepare them for whatever language they will grow up speaking. After about a year, babies lose the ability to easily understand new sounds, and it will become significantly more difficult to learn new languages, simply because our brains do not understand what the sounds themselves are, let alone how to replicate them. Thankfully, our brains have something called neuroplasticity, a theory that our brain establishes certain patterns, neural pathways, which form how we think about everything and what we are inclined to do.

In this schema, though neural pathways often seem set in stone, they are moldable through the conscientious forming of new habits and ways of thinking. This is a difficult process, but it's how we learn new things, especially a new language. Music is its own language, a language we are born able to appreciate every phoneme of, every pattern, though certain musical patterns come more easily than others. Though oftentimes the musical experience is enjoyable because of a certain song or genre's familiarity, it is a benefi-

cial practice for our neurological health to build new neural pathways—in other words, to listen to strange music.

There are certain people with a special gift called perfect pitch. Perfect pitch is thrown around a lot with many different meanings, but what it really means is someone who, without much special training, can hear different notes the way we see colors. That is, each note is distinctly understood on its own; much like how we can see red and know it's red, someone with perfect pitch can hear a B flat and know that it's a B flat without any work. What is special about perfect pitch is that, while musicians can get something close to it with hard work and ear training, whether someone has perfect pitch will have been decided by the time he or she has hit one year old. What is most interesting about this is that, much like how we are born to hear the sounds in any language, we are born to hear and understand musical notes and patterns.

A number of studies have actually shown that children before the age of one can be given perfect pitch by being exposed to a lot of music and a lot of different music. Besides in children, listening to music in adults has been shown to reduce anxiety, blood pressure, pain, and improve

sleep quality, mood, mental alertness, and memory. So much of the brain is involved when we listen to music: our auditory cortex, which processes what we are hearing, the amygdala, which processes emotions, our dopamine response, our memory, and even our visual perception. This last one is particularly interesting because science has shown that the music one listens to actually makes one see the world differently! Try watching a clip of a movie you really like without the music playing (it's very weird).

Different genres of music have different psychological and neurological effects and benefits. For example, listening to music with a similar emotion as one is experiencing in a particular moment can be very affirming; one can feel, though he is completely alone, part of something significantly bigger and more important. Music and speech are very similar psychological experiences, and since speech is inherently relational, so is music. At the same time, listening to the same kind of music over and over again can promote chronic experiences of the same emotion. It is extremely important to pay attention to how a song is making you feel because how you feel is going to affect how you act for the rest of the day and your life.

More technical genres of music like classical and jazz (classical in particular) have the best effects on the 'intelligence' of the listener (speech recognition, memory, mental attentiveness, etc.). This is because, in classical music, the musical ideas being presented to the listener are less obvious than in popular music, and often require more focus to understand. Though it is not some magic pill to make you smarter, it is good for you.

Finally, of course, there are the social benefits of listening to music. As much as we care not to admit it, most of our musical tastes are fairly arbitrary. This renders many generalized disagreements over music as silly as arguing over ice cream flavors. I always enjoy the analysis of music, and you do not need to like everything you listen to (in fact, please don't). At the same time, open-mindedness is a virtue, and you will find that it is a virtue that can drastically increase one's quality of life since, thanks to neuroplasticity, the music that others enjoy so much can be yours to enjoy too! So, if you get a chance today, utilize the best part of the internet, and listen to some strange music!

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

Junior

National Sister's Day

Claire Doll

MSMU Class of 2024

Some people say we look like twins, but she has brown eyes, with golden flecks like sunlight. Her hair is just a bit darker than mine, and she styles it so much better than I do, pinning it back in a claw clip, letting the waves spiral down her back. And her smile, a beautiful combination of dimples and laughter, holds much more confidence than mine ever will.

Yet, if she takes more than one sip of my Starbucks, I'll seriously be mad.

She is my sister, my best friend, my inspiration all throughout life.

August 7th is National Sister's Day, and this Sunday, I have much to be thankful for. My sister and I are 16 months apart, separated by two grades in school. We are so entirely different in our aspirations and lifestyles, yet bound by a wonderful childhood together and a love for coffee, driving around, and singing Taylor Swift. Honestly, if you've ever even met me, I've probably mentioned Margaret to you. She's a nurse in the cardiac surgical ICU, fresh out of college and working in Baltimore City. As young adults, we are best friends, catching up on the weekends and scheduling "sister days" where it is just us, where we spend an afternoon shopping and getting lots of coffee.

But it hasn't always been this way.

My sister and I used to fight—a lot. Being close in age and living

right next door to each other, we would constantly get into arguments about stealing Barbies, stealing food, and stealing clothes. My sophomore year of high school, when she was a senior, Margaret drove me to school in her red Honda named Eleanor. Sitting in the exhausted silence of morning and watching the sun flicker its golden rays into the sky, we would bicker about stopping for Dunkin, what music to listen to, and how early we should arrive at school. Every morning was chaos. But truthfully, I always loved those mornings. I loved stepping out of her car and walking to school with her, exchanging banter and instigating comments. I loved telling her about my classes, the ones she had already taken, and gratefully accepting her advice. In short, I loved the time spent with her, the simple moments that, when added together, painted an image of our beautifully crazy relationship.

Things changed when Margaret went to college. I drove myself to school, came home alone, and lost that built-in best friend I was so used to having. However, this distance wound up bringing us closer together; Margaret would often visit on the weekends for a Tropical Smoothie run and a walk on our favorite trail with Toby, our little silky terrier. In my last two years of high school and into college, I experienced it all: drama, heartbreak, crushes, and a stomach-twisting fear of the future. Margaret was always there for me to listen, to wipe my tears, to take me on a long drive in Eleanor. In the middle of COVID-19, when we moved from our childhood

home and into the countryside, I was angry, shocked at how everything had changed so quickly. But I still remember Margaret scooping me in her car and telling me about the Starbucks in our new neighborhood. "The drive there from our house is so beautiful," she had told me, and then paid for my iced coffee. In every memory, Margaret is the perfect older sister. Feeding me my bottle as a baby, doing my hair and makeup for prom, teaching me grace in an ever-changing world.

My whole life, she had been paving the path I so easily walked along, and I am forever grateful.

But that's who sisters are, right? Sisters fight and sing along to Taylor Swift and buy coffee and fight some more. Sisters share clothes and argue about said shared clothes and wear them anyway. Sisters are there for all walks in your life, whether it is building an American Girl Doll mansion in your basement or talking about boys over a plate of sushi.

Truthfully, as the younger sibling, I always compared myself to Margaret. After all, who wouldn't? She is beautiful, always has been, and is quite honestly the most confident individual I've ever met. She carries grace wherever she goes, and it is beyond inspirational. While I am stubborn and dramatic, Margaret is deeply rooted in kindness and patience. And while these differences often cause our arguments, I am eternally thankful to have had such an amazing role model to look up to.

While comparison inevitably leads to jealousy and bitterness in sister relationships, at the end of

the day, sisters naturally are meant to lift each other up. This is especially important as we grow older, facing the tumultuous ebb and flow of life. I may still be in college, but Margaret is now a full-time nurse, working several night shifts and constantly serving as a support for her patients. When I graduate and find my own job, I will see my sister less and less. Our frequent "sister days" will come to an end, Margaret will eventually sell her car Eleanor, and we'll both live in different places leading different lives. It's a sad reality for many sisters, for many siblings in general, but something that reveals the strength and grace of our friendship.

At the end of the day, Margaret and I will always have our same-sounding laugh, an unstoppable love of coffee, and our tainted and chipped hearts from growing

up. We will always have the memories, the American Girl Dolls to give our children. We will always have each other, our childhood, our learned lessons, our experiences and losses. This National Sister's Day, I encourage you to thank a sister in your life. She could be your own sister, or a best friend, or a sister to someone, because it genuinely takes an immense amount of courage, grace, and love to be a sister, whether younger, older, or in the middle. I know Margaret has all these qualities and more, making her a beautiful woman inside and out.

But seriously, if she takes another sip of my Starbucks, I'll deny everything (just kidding... of course).

To read other articles by Claire Doll visit the Author's section of Emmitsburg.net.

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AUGUST NATIONAL DAYS

Senior

National Coloring Book Day

McKenna Snow
MSMU Class of 2023

Some people I know would probably laugh at the idea of coloring as an adult. “Isn’t that childish?”, they ask, sure that it is something you must let go of to be a true adult. “Besides,” they argue, “time you spend coloring as an adult is most certainly valuable time that could be put towards something more useful.”

It is one thing to be childish, and another to be childlike. And sometimes, coloring is just what we need to remember the difference.

We get so very caught up in our industrial America with our work, our jobs, our to-do lists, that when our child, or in my case, my seven-year-old sister, asks me to color with her, the “natural” instinct is to respond with, “maybe later, right now I am quite busy.” And perhaps most of the time, it is true. So many things demand our attention that to break to color a My Little Pony with a child seems like the biggest waste of time we could choose. They should learn how to color and be content

on their own, right? They’ll be more self-sufficient that way.

August 2nd is National Coloring Book Day. It is a day that calls us back to consider what it means to be artistic, and why it is definitely not a waste of time to color with a child.

Children don’t see very far beyond the scope of their own home and their schools. To them, you, the parent, guardian, relative, babysitter, sibling, whomever—you are their whole world. They look up to you, see what kind of things you prioritize, and they want to imitate. Asking you to color with them is an invitation to share in the things that are priorities still in their young lives: exploring colors that go together and that clash. Seeing what happens when you stay inside the lines, or cross them. Bringing a picture they see in their head to life on a page. Expressing themselves on paper, and wanting to put it on the fridge for you to see. They are very intentional about what colors they choose for their pictures; they choose to color the truck blue instead of red, or to color the horse brown and white, instead of orange. Spending time coloring with them allows you to see their unique personality and preferences better, and helps build relationships.

Children take an interest in what colors you would choose for the horse or the fire truck. How you would draw the wheels, the barn, or the sun in the corner of the paper. They are even more excited, however, when you take an interest in how they did it, because these are the important things in their lives. When you say that you can color later—constantly—they begin, at an earlier age, realizing that work and iPhones are more important than things like coloring.

Do we want them to be exposed to such an industrial life so early? To let them see us suffocated by our jobs, our obligations, phone calls, news, and social media, and to set the example that this is what takes priority?

Coloring with a child, or even by yourself, is a rebellion against these lifestyles that allow no time for creativity, “wasting time,” and relaxation. At the Mount, in the spring of 2021, I was put into quarantine when I had COVID. My older sister sent me a care package, and in it included a set of about 50 colored pencils, and an “adult coloring book,” something that has become very popular in the past few years. The book was a happy collection of drawings of islands, countryside houses, bakeries, greenhouses, and coffee shops. Every pic-

ture had so much detail that to color one page would take a few days, but once it was fully colored, it was a kaleidoscope of beauty. There wasn’t much to do in quarantine, so I put that book to good use. I’ve taken the book with me to school for all the semesters since, along with all the colored pencils.

Do I use the book often? No, to be honest; I really do have very little time to do something like coloring. The reality is that busyness is extremely difficult to get away from. But that is all the more reason to try. At school, I try to leave the book and colored pencils around in a spot I can see them. It is a little reminder that I do need to have recreational and resting time that isn’t spent on my phone, or sleeping. Those modes of resting are fine, but as a human being, my eyes need breaks from screens, and it is a healthy thing for my brain to do something artistic every once and a while. There is something deeply restful about art, and it is a beautiful way to reclaim what the industrial world robs from us. It forces you to slow down, and to do something that takes time to accomplish, in a healthy way that a hundred instant movies on Disney+ can’t capture.

We shouldn’t act like art is only for poets, professionals, writers, and

children. Art is a form of celebrating beauty, and is for all people, of all ages. God gave us colors, nature, and art, not as something to be secondary to work, but as something necessary to complement it. That is why beauty is both order and surprise, as Dr. John-Mark Miravalle of the Mount St. Mary’s Seminary puts it. If the world was all order, it would be mundane, unforgivingly cold, and about as full of life as four beige walls of an empty room. If the world was all surprise, it would be chaos; nothing would be predictable, consistent, or objectively true.

Beauty is the balance between these two extremes. It acknowledges the necessity of order, and celebrates the surprise and extraordinary of life. Coloring, therefore, is no childish thing; it is a reclaiming of beauty, and a rebellion against our demanding work lives. It reclaims the childlike wonder that allows for joy, curiosity, and artistry. Show children that spending time with them is important to you, and that coloring is a great way to waste time—since it really is not time wasted at all.

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

Graduate

Go with the flow

Emmy Jansen
MSMU Class of 2022

My days of being ‘Mount student’ and ‘Emmitsburg News-Journal writer’ are passed. Now, I am a former student, a soon-to-be former writer, and a full-time employee at a small marketing agency within the very large water and wastewater treatment industries. I do various client projects, read a lot of surprisingly interesting articles on membrane filtration, and manage social media campaigns. This may seem like a sudden career shift for those that have known me as the studious, overly involved student leader and history fanatic who has never had an interest in things STEM-related. However, my dad has been a chemical engineer working in the water industry for my entire life. I grew up knowing which water brands were okay, which were overpriced, and the ins and outs of well water.

What I did not know was how much passion resides in the water industry. In my first month, I’ve learned about all the bad things related to water: water theft, pollution, droughts, water line breaks, and the dreaded PFAS contamination. Yet, I have also learned that in this bad, the good of humanity arises. Everyone is racing to find a solution for PFAS, not out of greed at being the first-past-the-post but out of genuine concern for the most impacted communities. Manufacturers preach about having cost-effective water treatment, not because they want to make the most profit, but because if they can cut down on the price, it can be cheaper to get water to more people. The water industry is keenly aware of those communities without

access to clean water, not because they are a captive audience, but because they are human beings in need of something we can provide.

Is it any wonder that overseas non-profits, like Catholic Relief Services, put “access to clean water” as the top priority when entering any village or town? You cannot build a school to educate children or hospitals to provide health care until the community has their most basic need met.

All of these ideas and more, that our people and our water are things in need of protection, are encapsulated in World Water Week, which occurs August 23rd through September 1st. While it is mostly a conference in Sweden composed of leaders in the water industry, it speaks volume to the gravity of the issues these conference-goers will be discussing. The theme of this year’s conference is “Seeing the Unseen: The Value of Water.” This broadly covers three categories: the value of water for people, for the economy, and for the environment.

Does this job still seem uncharacteristic for me? My passion for progressive social justice and Catholic Social Teaching are deeply engaged here. I get to tell the stories of those advocating for the vulnerable populations, here being the poor and the environment. Did I think I would end up here? No, I’m as shocked as you are. I expected to be in graduate school at the Mount before continuing into the field of higher education administration. I did not expect to be living in my hometown and commuting every day from my bed to my laptop with an occasional venture outside the house. But what working in the water industry has also taught me is to go with the flow. There are the things in your control and the things which are not. Discerning between the two is an essential

characteristic of adulthood, and one which I am still learning to navigate.

I was the first daughter in my family to go to college, following after my two brothers who majored in software development and cyber security. Imagine my father’s exasperation when his daughter went to a private college out of state with no interest in anything STEM related. In his defense, he did everything he could to dissuade me from the liberal arts and hasn’t been the only one to try. Despite all his efforts to do something “with more promise of financial stability”, I ignored his advice and continued with my passion for writing. Now, imagine his pride when his daughter joined him in the industry in which he has become an expert, giving him a vacuum in which to deposit all his knowledge which I am quickly soaking up. After decades of no one in the family truly understanding what he does, he now has someone who will watch documentaries about water leaks, someone who can keep him up to date on PFAS, and another remote coworker just down the hall. If “going with the flow” of changing life plans means making my father proud, I’d do it all over again.

As we learned in Flint, Michigan and as we’re learning with PFAS, water is essential. It is more than 60% of us and it is what allows the activities of our daily lives to happen. Do you know how much cooling water it takes to cool the data center where this article I wrote on my laptop is being stored? Do you know how much water is spent cooling factories, cleaning waste, and fermenting grapes into wine? With all this water around us, those with easy access to clean water still forget to drink it, as we are a chronically dehydrated society. While water is vital, water is also neglected, forgotten, and wasted.

When I think about how little water there is, whether with climate change or unequal access in the news headlines, I think about how much water there is. I think about the expanse of the ocean, how the waves creep up to shore, soaking everything with its love. I think about the water being pulled through the roots of the plants in the forest, on the mountainside, or in a pot in a college student’s dorm. I think about the 60% of each of our bodies that is simply water,

how it allows for our very existence. I heard a quote about water that still resonates with me to this day: “The cure for anything is salt water—sweat, tears, or the ocean.” Water holds immense power, whether physically, mentally, or spiritually. We would be wise to harness this, and to advance its availability to others.

To read more articles by Emmy Jansen visit the Authors section of Emmitsburg.net.



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COUNTY NOTES

Frederick County to Celebrate 275th Anniversary in 2023

Frederick County will mark its 275th anniversary with a year full of events to mark the community's rich history. County Executive Jan Gardner unveiled a special logo to commemorate the occasion. The distinct key-shaped image will appear on road signs promoting the year's theme, "Explore, Connect and Thrive." Executive Gardner announced that the celebration will kick off with a New Year's Eve Key Drop along Carroll Creek, in partnership with Civitan Club of Frederick. Special events are being coordinated by the 275th Anniversary Planning Committee, comprising local historians, public engagement specialists, business representatives, tourism and recreation experts.

"Frederick County loves its rich history, and we want people to get keyed up about our 275th anniversary," Executive Gardner said. "Our local history has helped to shape our nation. I am confident we will continue to shape a bright future during our next 275 years."

On June 10, 1748, the Maryland General Assembly passed legislation to create Frederick County from a portion of Prince George's County. The legislation took effect in early December of that same year. To mark the passing of the legislation, there will be a family-friendly event on June 10, 2023, at Utica Park. The annual Museums by Candlelight Tour is being timed to coin-

cide with the December enactment of the legislation. Many of the year's events are still in the planning stages, and there are opportunities for community groups and businesses to partner with the 275th Anniversary Planning Committee. A special commemorative book is being published, and other branded merchandise will be available.

To learn more, people can visit www.FrederickCountyMD.gov/275, which includes a calendar of events, a short promotional video, and information on how organizations can apply to become community partners. People can also stay up to date via Facebook, Instagram, Twitter, or by texting "FC275" to 888777. Contact Planning Committee Co-Chairs Heidi Keeney and Kari Saavedra at 275@FrederickCountyMD.gov.

Broadband Access to Expand in Frederick County

Access to broadband service will soon be expanded to several rural areas as Frederick County Government partners with telecommunications company Shentel Corp. to implement an integral piece of the County's multi-year rural broadband strategy. Shentel has received a \$10 million grant from the Maryland Office of Statewide Broadband to install broadband internet for areas in the north, northeast, and southern portions of Frederick County. Funding for the grants came from the federal American Res-

cue Plan Act. Bringing broadband to these unserved regions was identified as a priority in the 2020 Rural Broadband Study commissioned by Frederick County Government.

"Reliable internet access is a necessity in today's world," Frederick County Executive Jan Gardner said. "Building out a system to serve all pockets of our community will take time and money, so I welcome news of this grant to help reach many of our rural areas. I want to thank our federal partners, particularly Senator Chris Van Hollen and Congressman David Trone, for making broadband a priority. Frederick County's broadband study helped to lay the groundwork for the project announced today, and we will continue to look for opportunities to encourage private companies to invest in rural areas."

"As the last few years have shown, high-quality and affordable internet access is critical for education, telehealth, and most importantly — jobs," said Congressman David Trone. "This funding, provided by the federal American Rescue Plan, is a win for investing in Frederick County's way of life while maintaining access to the essential services and economic benefits that broadband provides. By working with our state and local leaders, I remain committed to delivering the tools our communities need to thrive in the 21st century."

The project Shentel will undertake targets three distinct areas identified as being unserved in the County's Rural Broadband Study. (See map.) There are an estimated 3,000 properties in these areas without wired infrastructure to provide high-speed internet access. The project is able to move forward thanks to the newly established Office of Broadband and Enterprise Projects within the County's Division of Interagency Information Technology. Staff in the broadband office are charged with identifying potential projects and grants that could increase access to reliable broadband for residents and businesses. Frederick County Government does not intend to become a broadband provider.

Frederick County's Rural Broadband Study can be found at www.FrederickCountyMD.gov/broadband. Questions about the study or the Shentel project can be sent to broadband@frederickcountymd.gov.

Bollinger Named Acting Director of Economic and Workforce Development

Longtime economic development professional Jodie Bollinger has been named Acting Director of Economic and Workforce Development. Frederick County Executive Jan Gardner named Ms. Bollinger to the position following the retirement of Helen Prophet.

As part of the transition, the Office of Economic Development has been restructured to focus on key areas. Ms. Bollinger will continue to lead the Business Retention, Expansion and Marketing efforts. Her leadership team includes Beth Woodring, Director of Business Attraction and Finance; Katie Stevens, Director of Workforce Development and Agriculture Business; and Michelle Day, Director of Workforce Services.

"Jodie's has an excellent track record of helping Frederick County's economy to grow even during difficult times," Executive Gardner said. "I am confident she will continue to serve our business community well as Acting Director of the Office of Economic Development."

In the more than 25 years that Ms. Bollinger has worked for the Office of Economic Development, she has proven to be a leader in connecting businesses with the resources they need to succeed. She is well known in the business community and has visited approximately 1,750 Frederick County businesses over the years. Since 2019, she has served as Director of Business Retention and Expansion. During her tenure, she assisted numerous businesses with their expansions, including COSTCO, Wilcoxon Sensing Technologies, Indivumed, Modavar Pharmaceuticals and many others.

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LOCAL ARTS

Sneak preview of GCCA 79th concert season

Peggy Magaldi
Gettysburg Community
Concert Association

Although the opening concert of the 79th Gettysburg Community Concert Association concert season is not until September, music lovers are invited to celebrate the return to live concert performance by joining GCCA, now during the membership campaign. The 2022-2023 concert season offers four concerts in Gettysburg plus many more, free with membership, in Hagerstown and Waynesboro through a regional agreement. The following is a preview of a truly a "Something for Everyone" concert season.

Opening the season on Tuesday, September 27, is cellist, Sophie Shao with piano accompanist, at the St. James Lutheran Church, 109 York St., Gettysburg. Shao received an Avery Fisher Career Grant at age 19, was a major prize-winner at the 2001 Rostropovich Competition, and a laureate of the XII Tchaikovsky Competition in 2002. Ms. Shao plays on an Honore Derazey cello previously owned by Pablo Casals.

The second concert on November 15, offers the Barclay Brass, a nine to eleven piece all brass ensemble comprised of some of Washington DC's top brass musicians. Performers of the highest caliber, Barclay Brass members are proud to serve as musicians in the premier military bands in Washington, DC. From the Pope to the President, these mem-

bers have performed for some of the highest profile officials and ceremonies. This concert is at Christ Chapel on the campus of Gettysburg College, 300 N. Washington Street in Gettysburg.

Formed by members of Amsterdam's famed Royal Concertgebouw Orchestra (RCO), the Camerata RCO, are nine musicians who perform chamber music in multiple formations from duet to small chamber orchestra, with a special focus on the Classical and Romantic repertoire for winds and strings. Praised by the *New York Times* for their "warm, glowing performance," the ensemble has enjoyed tremendous success in the Netherlands and abroad and performs around 50 concerts a season internationally. Catch this performance on Thursday, March 30, 2023, at the Gettysburg Area Middle School auditorium, 37 Lefever St. in Gettysburg.

The season concludes on Thursday, April 18, at St. James Lutheran Church, with the Telegraph Quartet. Described by the San Francisco Chronicle as "... an incredibly valuable addition to the cultural landscape" and "powerfully adept... with a combination of brilliance and subtlety." The Quartet has performed in concert halls, music festivals, and academic institutions across the United States and abroad, including New York City's Carnegie Hall and Lincoln Center.

All concerts are at 7:30 pm.

Free (with GCCA membership) concerts in Hagerstown's Mary-

land Theater, include Runa: Celtic American Roots; The Everly Set: Tribute to the Everly Brothers; The Empire Trio: Hooray for Hollywood; Divas 3: Pop Vocal Trio; Chester Gregory: Tribute to Jackie Wilson and Friends. In Waynesboro enjoy Sunday 3pm concerts at Waynesboro High School - the Side Street Strutters, swinging nostalgia band; solo pop pianist, Jim McDonough; Hooray for Hollywood; The Generations Big Band with holiday sounds; Chester Gregory tribute to Jackie Wilson; and cap off the 2022-2023 concert season with the original Kenny Rogers Band.

The membership campaign is currently underway. Information and membership forms are available at www.gettysburgcca.org. Adult memberships are \$50 for four GCCA concerts and the free (with membership) reciprocal concerts in Waynesboro and Hagerstown. Children to age 18 and older students with a college ID card are admitted for free.

For information call 717-334-7776; e-mail info@gettysburgcca.org.



Members of Amsterdam's famed Royal Concertgebouw Orchestra will perform chamber music in multiple formations from duet to small chamber orchestra, with a special focus on the Classical and Romantic repertoire for winds and strings.

org or visit www.gettysburgcca.org; write GCCA PO box 3193, Gettysburg, PA 17325.

The Gettysburg Community Concert Association (a non-profit membership organization) 2022-2023 Season is supported in part by a grant from PA Council for the Arts, a state agency funded by the Commonwealth of PA and the

NEA, a federal agency; the Adams County Arts Council's STAR Grant Program which is funded by the Adams County Commissioners and the Borough of Gettysburg; the Robert C. Hoffman Charitable Endowment Trust; Rice Family Foundation; Adams Electric Cooperative, Inc.; ACNB Bank and Enbridge Foundation.

Doo Wop Project kicks off

Jessica Rudy
Gettysburg Majestic Theater

Gettysburg College's Majestic Theater will be filled with the classic sounds of five guys singing on a street corner when The Doo Wop Project performs in Gettysburg on August 12 at 7:30 p.m.

The concert kicks off the Majestic's 2022-2023 Celebrity Season, and is made possible by the J. William Warehime Foundation Fund of the Majestic's Centennial Endowment.

The Doo Wop Project begins at the beginning; tracing the evolution of Doo Wop from the classic

sound of five guys singing harmonies to the biggest hits on the radio today. In their epic shows The Doo Wop Project takes audiences on a journey featuring foundational tunes from the Crests, Belmonts and Flamingos through the vocal artistry of Smokey Robinson, The Temptations, and The Four Seasons all the way to DooWopified versions of modern hits from Michael Jackson, Jason Mraz, Maroon 5, and Sam Smith.

Featuring stars from the Broadway hits *Jersey Boys*, *Motown: The Musical*, and *A Bronx Tale*, The Doo Wop Project teamed up with PBS in June 2022 to debut a one-hour television special seen nationwide. Now, these incredible performers appear for one night only in Gettysburg.

"The Doo Wop Project is one of the most popular groups touring America today," observed Jeffrey Gabel, Founding Executive Director. "The lion won't sleep this night at the Majestic, because there's going to be a whole lot of shakin' goin' on!"

Tickets to The Doo Wop Project start at \$50 and are available now at the Majestic Theater Box Office, 25 Carlisle St., Gettysburg, by calling 717-337-8200 or online at www.gettysburg-majestic.org. Free parking and roundtrip shuttle service for the performance is available from Gettysburg College's Constitution Parking Lot. Shuttle starts one hour before each performance and is ADA accessible. Metered parking is available at the Gettysburg Borough Parking Garage in Race Horse Alley as well as along Carlisle Street. Masks are optional and encouraged at Majestic Theater performances.

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Visit our website at www.gettysburgmajestic.org

Why we write: our writing processes



No writing process is the same and none is better than another. The point is simply to get the words on the page, however long they take to get there!

Ashley Walczyk
MSMU Class of 2024

Part 3 of 3

Whether we try to plan our pieces accordingly or choose to sit and let the words flow from our brain to the page, we follow our own and slightly similar loose process of writing. Each writing process is different for every writer, depending on a few unique factors, ranging from personality to lifestyle. As each writer evolves, so do their processes. Each process follows each of the set structure: prewriting, drafting, revising, and editing.

For some, prewriting can be easy or hard, depending on what each writer prefers to do at the start of an article. For some of our writers, they developed a planned writing style, starting with brainstorming, thinking, taking notes, interviewing, researching, and outlining. For others, they choose to start with a prompt and let the words flow with little to no direction of where they are headed. Of course, for our articles, we start with a prompt, followed by interviews, research, and note-taking. Only some of our writers choose to write freely without much sketching; however, most of us like to roughly outline our pieces.

Processes can range from ordered to chaotic. An ordered process follows those writers who tend to gravitate more naturally to the idea of incorporating upfront planning and outlining in their processes. However, more chaotic processes follow the writers who prefer to lean full-on into creativity's wild ride, only straightening up their art later on. Neither style is a better path to follow, since the work would be divided separately and evenly between prewriting, drafting, editing, and revising. Whatever style works best for our prompt is what we follow.

A majority of our staff begins the drafting stage at different points in their planning. Drafting occurs when we put our thoughts into complete sentences and paragraphs, explaining and supporting our ideas in full, completed, and concentrated thoughts. For Emmy Jansen, she describes her-

self as a "one-draft wonder," being able to sit down and write in one sitting. She believes that "you should say what you mean the first time you say it," and that to take that away would be to take away what the truth was that she was attempting to communicate. For McKenna Snow, her drafting could take up to five times before she feels she is on the best path. Snow also tends to keep her various ideas, reusing them where she sees fit. On the other hand, both Claire Doll and Joseph Carlson tend to start with more organization and structure before beginning their drafting process. Fortunately for them, they also write one draft and return back to edit and revise.

For drafting, there is no best way to do it. Some writers, like Jansen, write one draft and can make edits and revisions to the first draft. Others, like Snow, write multiple drafts before feeling confident in the right draft. It varies for each writer, depending on prompts or inspira-

tion. For all writers, however, this part of the process will shift and change certain ideas, depending on how the author wants to convey their message to their audience. This could also lead to evoking additional ideas or implications in their drafts, causing a new angle or approach to the prompt.

Each drafting process can also vary by time as well. Sometimes, the draft could take days or weeks to complete, or as little as a few hours. Doll explains that for her, writing about personal experiences were easier to accomplish, using her Mother's Day article as an example: "I absolutely loved writing about my mother, because I was able to vividly describe memories with her and paint an image of what it is like to be her daughter."

It is important during the drafting phase to find the best environment to work in. Each of our writers undergo the same processes; however, our ideal settings to be able to efficiently produce a draft varies with each individual. Jansen prefers a place like a coffee shop with some background noise; however, Snow, Carlson, and Doll prefer to sit in an area that is quiet. Finding the best environment to work in for each writer can help produce the best work possible. Therefore, as essential as the writing process is, the environment that the writer surrounds themselves in is just as important.

For our writers, revision varies depending on what is made available. Revising is key to our articles, as it is the part where we shift our articles from writer-centered to more reader-centered. This means that our focus shifts slightly, pro-

viding information on the topics we researched and communicating that information to our audience. For some, like Doll, taking a break from the work for a few days helps before returning with a fresh set of eyes. Others, like Carlson, uses a friend to help look over his draft, making pointers on what to revise and edit. No matter what, however, we always check over our work in the time between sending in the final draft and the released publication. As Snow explains, "what I send in to be published are my words, so I care about what words they are, and what they are communicating."

During the editing and revising stages, this is when most writers go back to find grammatical and technical errors. From the previous edition, grammatical and technical errors could range from adding punctuation, changing clauses, formatting a sentence differently, or simply changing a word or two to help convey the message better. This is the final step to the writing process before the paper is sent to the publication and reaches our audience. As crucial as revising and editing are, it is important to remember to not forget to edit and revise your work before final publication. These stages will also refine our prose, making our sentences as concise and accurate as possible, providing the most effective and informative articles to our audience members. Only then would our work be considered "polished"—completely perfect with

no minor errors present.

As simple as this process may seem, we can sometimes undergo a process stopper known as writer's block. Writer's block is when a writer experiences a phenomenon that is best described as an overwhelming feeling of being stuck in the writing process without the ability to move forward and write anything new. All writers experience this phenomenon, including us. The ways to overcome writer's block vary by each individual writer. Carlson believes the best way to overcome writer's block is to either write about anything or talk to a friend about your process. He claims, "No matter what, writing something is better than writing nothing, and even if you write garbage, you'll be a better writer for next time."

Doll, on the other hand, believes that stepping away from the laptop and clearing the mind helps with writer's block: "I will go for a walk, go for a drive, or just take time away from my laptop to think about my writing. After all, thinking about writing is very much part of the process of writing itself."

To conclude this mini-series, it is important to remember the benefits of writing. We use writing as a form of communication. We can either write for ourselves or write for others. We communicate through text, email, resumes, letters, and many more ways. Improving your writing will only be beneficial to your future.

To read past Mount Art articles, visit the Current Events section of Emmitsburg.net.

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CATOCTIN SPORTS

2022 graduates receive athletic scholarships

Gina Lin
CHS Class of 2024

Catoctin High School has graduated 150 exceptional students this year. Each graduate has left their mark on Catoctin and their absence will be felt. Navigating through the pandemic posed an obstacle to this class, as their sophomore year was cut short and junior year was virtual. Nonetheless, through perseverance they were able to overcome the challenges present. Among the graduating class were many remarkable student athletes. To name a few, Paige Smith, Noland Kinna, Emma Wivell, were leaders in their class. They were all recognized for their talent, work ethic, and diligence, through numerous scholarships.

Paige Smith, who graduated with highest honors and a weighted GPA of 4.63, started playing softball at a young age. Smith earned a spot on the varsity softball team in her freshman year of high school. Smith would later become captain of the team and co-captain of the basketball team. In addition to softball, she has played basketball for 10 years and volleyball for five. Smith was also involved in clubs such as Family, Career, and Community Leaders of America (FCCLA), Catoctin Crazies, and class clubs. Not to mention, she was engaged in multiple honor societies including the National Honor Society, English Honor Society, History Honor Society, and Math Honor Society. Outside of school, Smith also picked up jobs at Weis and Rocky Point

Creamery. Smith will be attending High Point University in North Carolina and majoring in Health and Physical Education. With that she aspires to be “the best PE teacher ever!” Smith received the Frederick County Retired School Personnel Association / Dr. Richard and Patricia Petre Scholarship Fund. The scholarship is awarded to deserving individuals who have demonstrated interest in careers with public education.

Smith also received the Minds in Motion Award, offered by the MPSSAA. Recipients must have participated in a MPSSAA sponsored activity and have a minimum of a 3.25 unweighted GPA throughout their high school career. The Award gives \$1000 to select athletes that evince the qualities mentioned. On top of the previous two, Smith was presented the Jessica Lee Murphy Memorial Fund Scholarship, Jim McCurdy Scholarship, and a Thurmont Colofest Scholarship.

Some advice that Smith gives includes working hard, as it pays off in the future. “If you work for it, you can do it,” Smith commented. She learned from her struggles with conformity early in her high school career. Smith encourages students to not ponder with what others will say about you because “none of that matters after high school.” She also advises highschoolers to keep good friends close. Smith’s successful high school experience wasn’t without help though. She credits Amy Entwistle, a teacher and basketball coach at Catoctin High. Entwistle pushed Smith to become

the student and athlete that she is today. Smith recounts Coach Entwistle as, “the most encouraging woman I’ve ever met.”

Another laudable athlete is Noland Kinna. Kinna began playing baseball at just five years old. His efforts prevailed, as now he will be furthering his baseball career on the collegiate level. Kinna committed to the College of Southern Maryland located in LaPlata, Maryland. He plans to major in Spanish secondary education and minor in coaching. In addition to baseball, Kinna played basketball in his freshman year of high school. Kinna was involved in several clubs such as Catoctin Crazies, Fellowship of Christain Athletes, and class clubs. He was also associated with the National Honor Society and the National Spanish Honor Society. Kinna graduated with honors and a weighted GPA of 3.86 while taking many honors and FCC dual-enrollment courses. Outside of school, Kinna was community service oriented. During the summer, he volunteered at the Thurmont Senior Center. Furthermore, Kinna applied his athletic prowess to summer camps, by working with young athletes. Kinna also held down a job at Food Lion for two years and is currently employed by the Town of Thurmont. In the classroom, Kinna acknowledges his social studies teacher, Steve Cree, and Spanish teacher, Lynn Griffin (Senora Griffin) for helping him cultivate an interest in teaching. Through this Kinna developed a passion for teaching and coaching. He hopes to coach sports while simultaneously teaching high school or college level Spanish. Kinna anticipates to have been a leader and positive role model for his teammates. He urges highschoolers to “find your passion in life, and run with it.”

Kinna was given the United States Marine Corp Athletic Award. The award is an extension of the Marine Corp and decisions are left completely to the athletic director of individual schools. The award aims to recognize those athletes that fall under the radar for recognition but have consistently exhibited the



Noland Kinna began playing baseball at just five years old. His efforts prevailed, as now he will be furthering his baseball career on the collegiate level at the College of Southern Maryland.

characteristics of courage, poise, self-confidence, and leadership as defined by the Marine Corp. Kinna was also granted the Buzz Barker Booster Scholarship. The scholarship rewards \$1,000 a year to qualifying CHS seniors. Recipients must have demonstrated competence in the classroom and sports, possess good character, and have contributed service to the Catoctin community.

Last but not least, Emma Wivell is another example of a remarkable CHS graduate. Wivell, who has played basketball for 13 years, will continue her career at Salisbury University this fall on an athletic scholarship. She will be majoring in international business. Wivell earned a spot on the varsity basketball team in her freshman year and served as team captain for three years. She also plays for the Maryland Lady Hoopmasters as the point guard. Wivell was a member of class clubs and the Catoctin Crazies, in which she helped to reinvigorate. Moreover, over the course of high school, she took up two food service jobs working as a hostess for Glory Days Grill and Madrones. She also lent a hand to her family contracting business, Wivell Homes. Finally, Wivell has helped pioneer fundraising and other activities for her church. Wivell has set some impressive goals. With her housing background, Wivell plans to establish a global real estate company to build economic stability.

As Wivell commenced her varsity basketball career in her freshman year of highschool, she felt

that the team needed improvement. But through the positive attitude, discipline, and unwavering effort of her coaches and players in her year, they were able to refurbish their team. Wivell led the varsity basketball team to compete for a state title this year. Similar to Smith, Wivell also declares her coach, Amy Entwistle, as being an influential figure to her. Wivell describes Coach Entwistle as a kind and humble person. “She pushes me every single day to not only be a better basketball player, but a better student, friend, classmate, and daughter.” A piece of advice Wivell gives to current CHS students is to “enjoy your time.” She suggests living in the moment as being a CHS student will come to an end, seemingly rapidly.

The achievements of the Catoctin graduating class of 2022 are not limited to those mentioned above, as these are a few of the bright graduates. We wish every single graduate the best of luck in pursuing their future, whether it be in colleges, careers, or dreams. The seniors held the fabric of many academic extra-curriculars as well. For example, the CHS mock trial team consisted of six seniors out of the eight members. The team would go on to win the County Championship. Now, the underclassmen are tasked with filling in the shoes of our graduates.

To read past Catoctin Sport articles, visit the Current Events section of Emmitsburg.net.



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Track & Field wraps up 2021-22 season

Sam Barber
MSMU Class of 2022

With the 2022-23 collegiate sports season firmly on the horizon, preparation has begun for athletes at Mount St. Mary's to once again make their mark at our mountain home. While athletes and coaches alike are laser-focused on their respective seasons, it is important to recognize the achievements of the past. Recently graduated senior Dylan LaNoue has certainly had a long list of accolades, most recently competing in the 2022 NCAA Division-I East Preliminary Championships in Bloomington, IN.

LaNoue placed 37th overall in the triple jump championship, with a mark of 14.97 meters. The East Preliminary has become a common stomping ground for the decorated jumper, as this was his second consecutive year competing at the highly selective meet that decides who advances to the NCAA Championships.

As Mount St. Mary's announced that this would be their last season in the Northeast Conference (NEC), LaNoue made a lasting impact for the Mount on the NEC, and he was not alone, as he was joined by three fellow NEC athletes: Fairleigh Dickinson's Salif Mane and Taeco O'Garro, and LIU's Jahsira Dunbar. The four athletes representing the conference on the national stage represents the growing sentiment that the NEC is moving up the competitive ladder in mid-major, Division-I track & field.

Although LaNoue has become a household name across the NEC, his success would be forged from humble beginnings when he stepped foot in Emmitsburg four years ago. Over the span of his career, he molded his specialty into the jumps, having success in all three jumping events: high, long, and triple jump. The ascension to being one of the best in the conference has proven to be a topsy-turvy journey. During his freshman campaign, the Boiling Springs, PA native snagged the bronze medal in high jump while placing seventh in triple.

No matter what level a breakout athlete reaches, there is a moment that rings true with every athlete: when the athlete lays the foundation for sustained success. For LaNoue, this moment sticks out like a sore thumb. His sophomore indoor track season was one shining moment after another. The culmination of his success that year came during the 2020 NEC Indoor Track Championships, where he won both the high and long jump and placed fourth in triple jump. It is moments like these that act as a springboard.

After a performance for the ages during his sophomore campaign, LaNoue would go on to capture four additional medals during conference championship competition: three in high jump and one in long jump, respectively. Despite the numerous titles and accolades that he racked up through high jump and long jump, even almost being crowned an IC4A champion in high jump, it would be the triple jump that would eventu-

ally vault him into national spotlight. Out of the three different disciplines, LaNoue would only reach the national stage in triple jump, with his highest finish coming in 2021, where he placed 20th.

On a local level, the Mount St. Mary's track and field record books have already been etched with LaNoue's name. He is currently the indoor track school record holder in triple jump, with a mark of 15.72 meters. He also ranks in the top-10 in high jump and long jump. Meanwhile, in the outdoor track installments of the respective events, LaNoue is the school record holder in triple jump. He also finds himself as the seventh-best high jumper in program history.

This sustained winning culture from LaNoue not only laid the foundation for him to conclude his collegiate career on one of the largest stages in the sport, but it also put him in the company of a slew of Mountaineers that would eventually become Olympians. Most notably, Bill Motti, who represented France in the decathlon at the 1984 and 1992 Summer Games, as well as Carols O'Connell, who was a decathlete for Ireland at the 1992 Summer Games in Barcelona, Spain.

While the personal feeling of accomplishment will stick with him for the rest of his life, his success speaks for how Mount St. Mary's has seen a complete transformation of their athletics, specifically in the world of track and field. While LaNoue, among other athletes, has proven he can succeed in the NEC, the true test lies ahead: will these athletes be able to compete in the highly competitive Metro Atlantic Athletic Conference (MAAC)?

The MAAC is home to Canisius College, Fairfield University, Iona



Dylan LaNoue competes at the 2022 NCAA Division-I East Preliminary Meet.

College, Manhattan College, Marist College, Niagara University, Quinnipiac University, Rider University, Saint Peter's University, and Siena College.

From a track and field perspective, Mount St. Mary's appears to be in great standing to hold their own in the MAAC. Out of all of the current MAAC institutions, Mount St. Mary's has been neck-and-neck with Iona in sending athletes to the NCAA Division-I East Preliminary meet and beyond.

Many people that are not close to LaNoue may think he reached the heights he did solely off competing and training. Although those two components are undoubtedly a couple of the driving factors in his success, it is his newfound faith that many around his inner-circle believe to be the lead catalyst in his athletic journey. LaNoue, like many people at Mount St. Mary's, delved either deeper into their faith or opened their lives to God, the latter being exactly what he did. Since doing so, both on and off the track, accomplishments

have seemingly skyrocketed.

Despite track and field being one of the more individualized sports, the team aspect is always a massive component in an athlete's success. Throughout his career at Mount St. Mary's, LaNoue climbed the team ladder and quickly became one of the leaders of the team while radiating a team-like atmosphere to his fellow teammates. This team-like dynamic from LaNoue was present at the multiple NEC, IC4A, and East Preliminary meets that he competed in. No matter where LaNoue was in the standings during that particular meet, the act of cheering on and encouraging his teammates to do their very best was present. The everyday fostering of a healthy team culture quickly allowed for formidable and proven success on and off the track.

An exciting component that Mount St. Mary's coaches like Jim Stevenson will be able to tap into is the fact that LaNoue can still exercise his extra COVID-19 year of eligibility. In 2020, the NCAA announced

that all current athletes competing across the three divisions would be granted an extra year of eligibility, due to the fact that the tail-end of the 2020 season and the beginning of the 2021 season was either completely stopped or drastically reduced, in terms of practicing and competing.

If he does in fact test those waters and return to Emmitsburg for a fifth and final season, that would be a monstrous trick that the coaching staff could activate from their already versatile goodie bag of athletes. From a team perspective, his return would bring roughly 10-30 points in any given championship meet, which would be crucial down the stretch. More importantly, from an individual perspective, an opportunity like this would allow for LaNoue to reach the final pillar of collegiate competition, competing at the NCAA Championships.

To read past Mount Sport articles, visit the Current Events section of Emmitsburg.net.

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COMPLEMENTARY CORNER

Be a good ancestor... now

Jefferson Breland

This is the second installment on the influence of "context" on our health. What is the "context" of our health. It is nothing less than all of our relationships with everything in the world.

The title of this article comes from the idea that everything we do now, should honor the ancestors and serve the future generations.

Someone once told me, "If you think you are enlightened, spend a week with your family."

Clearly, this points to what many of us know, family can be... well... family.

These are the people who brought us into this world. The people who cared for us. That raised us. Wiped our bottoms. Taught us how to be in the world. Who prepared us for adulthood to one degree or another. With our siblings we adventured together, teased, used toys without asking, borrowed clothes from, played together, and maybe even kept secrets for.

There are numerous industries designed to address the effects of these upbringings.

Therapies and modalities abound. I am not here to write talk about that.

Also, I am not here to look at family from the oft used angle of "I am a victim" of my family relationships. This article is about how to be a better family member, right now, from

all angles. This month's article will offer some practical tools for us to use when our relatives don't show up as we want them to.

Please remember, I am not a therapist. I sometimes ask questions about emotionally charged topics in people's lives because according to TCM, emotions are the root cause of 90-95% of all illness both physical and emotional.

Since I am an acupuncturist, my work involves observing the movement of Qi ("chee"), the vital energy of nature and hence our bodies. Modern science tells us that everything is made of energy, even the most rock solid things in our world. All things in our world are simply various densities of energy. Cool thing about energy is that it can change more easily than the seemingly rock solid things. So if we shift our energy/Qi we can eventually, sometimes immediately, shift our health.

Another way of looking at emotions is that emotions are energy in motion... e (energy/Qi) + motion (motion). Too simple? Maybe. And when we get riled up about stuff, we can waste a lot of Qi we could be using to balance and harmonize our body's systems and therefore have better health.

There are many idioms in the English language which are examples of energy affecting our body. Examples include: a knot in my stomach, a lump in my throat, all choked up, butterflies in my stomach, green with

envy, seeing red, feeling blue, tickled pink, makes my blood boil, had it up to here, walking on air, hanging your head, shaking like a leaf, cold blooded, spaced out, feeling out of sorts, my heart sank, shaken to my core... and many more.

Emotions having an effect on our body and mind are embedded in our language and culture. Realizing repeated exposure to negative emotions can lead to certain kinds of illness, we can begin to have different conversations not only about cause, but also healing and prevention.

I recently helped a 34-year-old patient who experienced pain on the side of their right leg just below the hip. My patient's family travels to their sister's house to have a "family" vacation. They dread going to the sister's house because she has continuously bullied my patient as long as they can remember. The bullying took the form of ridicule and domination through insults, name-calling, and questioning my patient's intelligence and abilities.

My patient has even noted that the sister's children exhibit similar domineering behavior to my patient's children. When my patient tells their sister about this behavior, the sister says things such as "It's just children being children, you're overreacting, my children would never do that, they are angels..."

As I said, I am not a therapist. I am not here to fix any problems. I observe the movement of Qi in my

patients' bodies. I help them balance and harmonize their Qi using acupuncture needles as well as offering mindfulness tools to be more peaceful in the world. These tools can empower my patients and create emotional freedom, thereby reducing "stress" and increasing the body's ability to heal itself.

To my patient I offered this perspective.

Me - "All of your sister's speaking and behavior is a reflection of her suffering, and actually has nothing to do with you."

Patient - "Really? Great, what do I do with that?"

Me - "Since the speaking is not about you, it isn't personal. It is only personal if you make it personal. Is what your sister says true?"

Patient - "No."

Me - "So let go of the story that your sister's speaking is true. Get off the field with her. It takes two to play that game. If you don't react to her, she won't get whatever emotional charge she has been getting from you. She may press harder to try to get you to continue to play the old game and if she does... leave the room. Stay off the field long enough, she will give up."

Easier said than done? Maybe.

I simply asked my patient to do nothing except shift their story about the relationship with their sister. I asked my patient to have faith in what they believed to be true about themselves. I asked my patient to shift a lifetime of belief. This is no small ask. It is huge. When we have faith in ourselves, we can change the way the world interacts with us.

After my patient's vacation, they reported their sister never once tried to provoke or demean them. And my patient's niece and nephew got along wonderfully with their children. Coincidence? I like to believe it was due to my patient's faith in himself. Also, I attribute this to my patient's new story about their sister's speaking and behavior.

Are the results always so quick? No. And sometimes they are.

Science has shown time and time again, when we change the way we look at things, the things we look at change. Science has proven that our hearts emit an electromagnetic field. This field has an effect on those that enter it. If we are upset, those in the field will be more likely to be agitated. If we are peaceful, those in the field will more likely be calmer.

Have you ever walked into a room and felt something was amiss? Have you noticed how your presence has shifted the energy in a room?

My patient changed their story, their perception that the sister was a problem. The result of this shift was the sister showed up differently. She didn't show up in the world in the old problematic way. This is the potential power of our beliefs and the stories we create based on those beliefs.

How does this benefit my patient? The "energy in motion" of fear and resentment no longer affect their body in the same way and they have more Qi to use for their healing. The pain in their right leg went away. And, my patient noticed the pain only reappears when she is angry. The cause of the pain is emotional, not physical. Hmmm. Her sister was the pain in her leg. I find this fascinating.

Who is the pain in your leg? Neck? Butt? Who is your headache? Who is your shoulder pain? Who is your upset stomach?

Jefferson Breland is a board-certified acupuncturist licensed in Pennsylvania and Maryland with offices in Gettysburg and Towson. If you would like to know more about how Jefferson helps people please call him at 410-336-5876, email him at jeffersonacupuncture@gmail.com, or visit his website www.jeffersonbrelandacupuncture.org.

To read past Complementary Corner articles, visit the author's section of Emmitsburg.net.



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Frederick Health opens new Emmitsburg facility

Josh Faust

As healthcare systems around the world continue to grapple with the impacts of the ongoing COVID-19 pandemic, some organizations are facing tough decisions. According to a recent study performed by the Center for Healthcare Quality and Payment Reform, 40% of rural healthcare facilities were at risk of closing within two years.

However, due to investments by two local and highly respected institutions, residents of northern Frederick County do not need to worry about such issues.

Frederick Health, the largest healthcare provider in Frederick County, is pleased to announce the opening of a new, state-of-the-art healthcare facility located in Emmitsburg, Maryland. This facility was built on land donated by Mount St. Mary's University and will provide award-winning local care to residents of the area as well as students and faculty from the Mount.

This facility will offer a wide range of healthcare services focusing on prevention, treatment, and the overall wellness of the community. By constructing this facility, Frederick Health continues to support its mission to positively impact the well-being of every individual in the community.

"Frederick Health Emmitsburg, the 23rd location in our network, will offer vital and accessible health care services," said Tom Kleinhanzl, President & CEO of Frederick Health.

This new facility is centrally located to treat patients not only in Emmitsburg, Thurmont, and the surrounding areas of Frederick County, but also south-central Pennsylvania and neighboring Maryland counties as well.

"This location is a testament to our dedication to residents of Frederick County and beyond."

This new facility, is scheduled to open to the public in late August of 2022. Work on the facility has been ongoing and, despite facing some challenges associated with procurement and the overall supply chain because of continued COVID-19-related disruptions, Frederick Health and Mount St. Mary's University are excited to open the doors just in time for the new school year to begin.

"This new location will bring award-winning care to residents of the northern part of Frederick County as well as the faculty and staff at the Mount. We thank Mount St. Mary's University for their cooperation and commitment to improving our community," added Kleinhanzl.

Frederick Health representatives have repeatedly stated that they were pleased to work with Mount St. Mary's University, an institution with nearly 215 years of history in the Frederick community. As part of their agreement, which was originally developed in 2018, Mount St. Mary's University graciously donated the land upon which the facility was constructed. This facility, which will be operated by Frederick Health, will also serve as the university's new student health center.

"Mount St. Mary's University is proud to now have state-of-the-art student health care on campus and grateful for our partnership with Frederick Health, the area's lead-

ing healthcare provider. As we have watched the rapid construction of Frederick Health Emmitsburg, anticipation has been building for the fulfillment of our joint commitment to enhanced health and wellness services for students and the local community," said Mount St. Mary's President Timothy E. Trainor, Ph.D.

That dedication to the community is important to both Frederick Health and Mount St. Mary's University.

"This is a great day for the university and surrounding communities," stated Trainor.

Previously, Frederick Health partnered with another local university on a similar model and the results have been extremely positive. The healthcare provider currently operates the Student Health Center for Hood College, located in the City of Frederick. When the agreement with Mount St. Mary's University was first being discussed, the Hood College example worked as a template. That agreement continues to work successfully at the Frederick Health Toll House location which sits adjacent to the hospital downtown.

Frederick Health has sought to

increase community partnerships. By establishing relationships with both Hood College and Mount St. Mary's University, as well as working with local non-profits and agencies on everything from flu and COVID-19 vaccinations to routine screenings for conditions like diabetes, the healthcare provider sees the strength in working with those invested locally and with ties to the community.

Don Schilling, the Vice President of Ambulatory Services with Frederick Health, offered some additional details on the new Frederick Health Emmitsburg facility.

According to Mr. Schilling, this \$4 million dollar facility will be staffed by 25 or so healthcare professionals including providers, nurses, and specialists, all of which are experts in their respective fields. They will be able to perform a wide range of services including primary care and urgent care visits, laboratory services, imaging (x-ray) services, as well as physical therapy & sports rehab.

This expansion into Emmitsburg is part of Frederick Health's ongoing efforts to improve access to healthcare throughout the county. The organiza-

tion has tentative plans for additional facilities in other areas of the county such as Brunswick. Ensuring that residents have access to award-winning care is a pillar of Frederick Health's

mission, says Schilling.

"Our commitment to this area continues to grow and Frederick Health is here for our friends, family, and neighbors."

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ASTRONOMY

The night sky of August

Professor Wayne Wooten

For August 2022, the first quarter moon occurs on August 5th. The famed Perseid meteor shower is dimmed this year by the full moon, the Thunder Moon, occurring on August 11th, the day before the shower's peak the next morning. The moon lies four degrees south of Saturn the same evening; Saturn is at opposition, rising at sunset, only three days later. On August 15th, the waning gibbous moon passes two degrees south of Jupiter in the dawn. The moon is last quarter on August 19th, and lies three degrees north of red Mars. The waning crescent lies just above Venus dust before dawn on August 25th. It is new on August 27th.

Mercury is too close to sun for viewing this month until the end of August, when the waxing crescent passes seven degrees north of it on August 29th. Venus is about to be lost in the Sun's glare at superior conjunction for several months, and appears just before the dawn, getting lower and lower each morning. Mars is in the dawn in Taurus, and gets brighter as the earth is overtaking it and closing in on it. Jupiter is Pisces, rising about two hours after sunset by month's end, and will reach opposition in September, back in the evening sky for the rest of 2022. Saturn reaches opposition on August 14th, closest to earth and brightest in the evening sky. The north pole of Saturn is tilted 14



On July 12, NASA released the first images from the James Webb Space Telescope, and in doing so, pushed our view of the universe back 13.5 billion years ago, 500 million years after the Big Bang.

degrees toward earth now. What a sight in any telescope! Note the Cassini Division, where the rings split, and the shadow of the planet on the rings.

The Big Dipper rides high in the NW at sunset, but falls lower each evening. Good scouts know to take its leading pointers north to Polaris, the famed Pole Star. For us, it sits 30 degrees (our latitude) high in the north, while the rotating earth beneath makes all the other celestial bodies spin around it from east to west.

Taking the arc in the Dipper's handle, we "arc" SE to bright orange Arcturus, the brightest star of Spring. Cooler than our yellow Sun, and much poorer in heavy elements, some believe its strange motion reveals it to be an invading star from another smaller gal-

axy, now colliding with the Milky Way in Sagittarius in the summer sky. Moving almost perpendicular to the plane of our Milky Way, Arcturus was the first star in the sky where its proper motion across the historic sky was noted, by Edmund Halley.

Spike south to Spica, the hot blue star in Virgo. From Spica curve to Corvus the Crow, a four sided grouping. It is above Corvus, in the arms of Virgo, where our large scopes will show members of the Virgo Supercluster, a swarm of over a thousand galaxies about 50 million light years away from us.

Hercules is overhead, with the nice globular cluster M-13 marked on your sky map and visible in binocs. It is faintly visible with the naked eye under dark sky conditions, and among the best binoc. The brightest star of the northern hemisphere, Vega dominates the NE sky. Binoculars reveal the small star just to the NE of Vega, epsilon Lyrae, as a nice double. Larger telescopes at 150X reveal each of this pair is another

close double, hence its nickname, the "double double"...a fine sight under steady sky conditions.

Below Vega are the two bright stars of the Summer Triangle; Deneb (to the north) and Altair. Deneb is at the top of the Northern Cross, known as Cygnus the Swan to the Romans. It is one of the most luminous stars in our Galaxy, about 50,000 times brighter than our Sun. It sits atop the Cross, and lies in a region where new stars are born and old stars die literally in front of our eyes! I was lucky enough to discover one such stellar death, Nova Cygni 1975, on August 27, 1975. It peaked at magnitude +1.8, the sixth brightest star of the summer sky, in two days, but faded below naked eye visibility in just two weeks, alas. A far grander supernova some 15,000 years ago happened SE of the eastern wing of the Swan, epsilon Cygni. The Veil Nebula is faintly visible in big binocs and wide field scopes under very dark skies, but a colorful photographic target. Look to the west at brilliant Venus, and imaging transposing it overhead to the wing of Cygnus; how our ancestors must have been awed by the sudden and perplexing change in the changeless stars! Far more material was blasted out into space than in my nova, and the shock wave from this supernova, now spanning three degrees (six moon diameters), continues expanding at a million miles per hour.

To the south is the southernmost member of the Triangle, Altair, the brightest star of Aquila the Eagle. If you scan the Milky Way with binocs or a small spotting scope between Altair and Deneb, you will find many nice open star clusters and also a lot of dark nebulae, the dust clouds from which new stars will be born in the future. Father south of Altair, we find the

glorious "Pillars of Creation". They lie in the center of the much larger Earle Nebula, marked M-16 on your SkyMap. It is visible faintly in binoculars, and is lit by the ultraviolet radiation of the hot young stars just condensing in the densest central region of the nebula here. The red is ionized hydrogen, with dark dust lanes marking the profile and "feathers" here.

To the southeast, Antares is bright in the heart of Scorpius. It appears reddish (its Greek name means rival of Ares or Mars to the Latins) because it is half as hot as our yellow Sun; it is bright because it is a bloated red supergiant, big enough to swallow up our solar system all the way out to Saturn's orbit! Just above the tail of the Scorpion are two fine naked eye star clusters, M-7 (discovered by Ptolemy and included in his catalog about 200 AD) and M-6, making one of the best binocular views in the sky.

Your binoculars are ideally suited to reveal many fine open star clusters and nebulae in this region of our Galaxy. Get a dark sky site, and use the objects listed on the back of the August 2022 SkyMap printout to guide you to the best deep sky wonders for binoculars and small telescopes.

East of the Scorpion's tail is the teapot shape of Sagittarius, which marks the heart of our Milky Way galaxy. Looking like a cloud of steam coming out of the teapot's spout is the fine Lagoon Nebula, M-8, easily visible with the naked eye. Above it is the Trifid Nebula, M-20, another fine and very colorful stellar nursery. Just east of these young star birthplaces is the fine globular cluster M-22, faintly visible to the naked eye and spectacularly resolved in scopes of 8" or larger aperture. Look just east of the top star in the teapot of Sagittarius with binoculars.

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- Sylvia Plath (1932-1963)

Mid-Atlantic Weather Watch:

Dry, warm and humid (1, 2, 3, 4); late-day showers (5); warm, turning very humid (6, 7, 8, 9, 10); humid, late-day thunderstorms (11, 12); fair, not as humid (13); fair but very hot and humid (14, 15, 16, 17, 18, 19); hot, late-day thunderstorms (20, 21, 22, 23); warm, late-day scattered thunderstorms (24, 25, 26); occasional afternoon showers (27); mild, dry (28, 29, 30, 31).

Severe Watch: Severe thunderstorms, heavy rain (12); Severe thunderstorms, heavy rain (22, 23).

Full Moon: August's full moon will occur on August 11th, which just so happens to be the end of the 'Dog Days of Summer'! Appropri-

ately so, it has been referred to as Dog Moon by many while other Native American tribes called it Ripe Moon or Fruit Moon due to the many fruits and vegetables that ripen during this month.

Holidays: The end of summer is near and Labor Day is a just few weeks. Many are starting school, some for the very first time, and may need special attention. Begin planning now and make a list of the things that need to be done and when they need to be completed. Schedule immunizations and/or physicals, purchase new clothes, and assess school supplies that will be needed with ample lead-time to ensure a successful 'first day' for your young students.

The Garden: August is not too late to sow Portulaca (moss rose). They will bloom in about three weeks from seed. To encourage more flowers, azaleas should be trimmed after they

bloom in the spring and before the end of August. Stop feeding trees and shrubs after mid-August. You don't want to promote new growth that will not have time to fully mature before winter sets in.

The Farm: Best for planting root crops (17, 18, 19); weeding and stirring the soil (7, 8, 9); planting above-ground crops (4, 5, 6); harvesting all crops (7, 8, 11, 12); the best days for setting hens and incubators (5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17); the slaughtering and butchering of meat (1, 2, 3, 4, 27, 28, 29, 30, 31); transplanting (1, 2, 3, 4, 27, 28, 29, 30, 31); the weaning of all small animals and livestock (7, 8, 9, 10, 11, 12, 13, 14); harvesting and storing grains (18, 19, 20, 21, 22, 23, 24, 25, 26).

J. Gruber's Thought For Today's Living:

"Keeping one's eyes, ears, and mind open but mouth closed will often lead to a more thorough understanding of life's problems"

COMPUTER Q&A

Mac vs. PC – What you need to know before you buy

Aysë Stenabaugh
Jesters' Computers

We get customers that have been long time Windows users who are told by family or friends to just "get a Mac" whenever their computer has issues. There are benefits to both a Mac and a PC but choosing which one is right for you requires a little background information and knowledge. Read on to find out what you should consider whether you are purchasing a computer for the first time or consider making the switch.

Hardware differences between Mac and PC's

When it comes to hardware you're paying for the Apple name. You can typically purchase a PC computer with the same or better specifications for less cost than that of a Mac. What you won't get with a PC is proprietary hardware that is designed to work specifically with the Mac machines. This means that there are generally less hardware issues and better support resolutions among the Mac machines. The bottom line for hardware is that you will pay more for a Mac and get less value than with a PC but in general you will have less hardware issues with the Mac. Before you switch from a PC to a Mac ensure that any devices you use with your current computer are compatible or make sure you allow your budget to replace those devices.

Software differences between Mac and PC's

Software for Mac's are generally more reliable. This goes back to the fact that there is limited hardware being used for Mac machines and most of the Mac software that you purchase directly through the Apple App Store is high quality although it is still a good idea to read reviews for your current operating system to ensure compatibility. Mac's are also much less likely to obtain any viruses although that doesn't mean your 100% immune and you can still receive fake virus alerts from infected websites via the Safari web browser. Most popular software is available for both Mac's and PC's although you should always verify that any software you rely on is available on the Mac. I recently discovered that although you can install Microsoft Office on a Mac machine you won't be able to install Publisher or Access since they are not available for the Mac OS. Since much of the software on a mac is proprietary along with the proprietary hardware, you are much less likely to see crashes compared to a PC.

On a PC you may find that you have more available to you which can sometimes be a good thing and sometimes not so much. You have a lot more software available to you and while some of the free software options can be desirable you should be wary of any free

software, many times they come bundled with what we call "potentially unwanted programs" that can slow down your machine and cause pop-ups. With any Windows PC virus software is a must and should always be used to keep your machine protected especially if you do any kind of online banking or purchasing over the web. When it comes to external hardware such as printers, webcams etc. you will find that there is more available now for Mac's but there is still a lot more compatible devices for PC's over Mac's.

Using a Mac for the first time

New users will have the easiest time navigating a Mac. One difference users will notice between a newer Mac and a PC is the requirement to create a password on the Mac. Without setting up or using an existing apple id account you will find yourself limited when using the Mac devices. If you were previously a PC user you will quickly find that some of the normal PC functions are different on a Mac for example scrolling down on the mouse will move

your screen up rather than down like on a PC.

Using finder on a Mac can make finding your documents easier for new Mac users. Previous PC users may have some difficulty learning how the Mac File explorer works since some things are hidden by default. In my opinion, the Mac was very difficult to get use to as a long time PC user. If you are considering making the switch to a Mac I highly recommend that you try out a friends Mac computer or visit your nearest Apple store to try out the computers they have on display before you make the jump.

If you need additional support or advice and are considering switching from a Mac to a pc or a PC to a mac, or for more assistance resolving computer related issues please contact Jester's Computers located at 5135 Fairfield Road in Fairfield PA. You can reach by calling (717) 642-6611 or by visiting us on the web at www.jesterscomputers.com We are a small family owned and operated business that has been open since 1998 and we offer reliable, affordable and fast computer repair services and training.

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HUMOR

So you think you know everything?

- A dime has 118 ridges around the edge.
- A cat has 32 muscles in each ear.
- A crocodile cannot stick out its tongue.
- A dragonfly has a life span of 24 hours.
- A goldfish has a memory span of three seconds.
- A "jiffy" is an actual unit of time for 1/100th of a second.
- A shark is the only fish that can blink with both eyes.
- A snail can sleep for three years.
- Al Capone's business card said he was a used furniture dealer.
- All 50 states are listed across the top of the Lincoln Memorial on the back of the \$5 bill.
- Almonds are a member of the peach family.
- An ostrich's eye is bigger than its brain.
- Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.
- American car horns honk in the key of F.
- The name Wendy was made up for the book "Peter Pan."
- Barbie's full name is Barbara Millicent Roberts.
- Every time you lick a stamp, you consume 1/10 of a calorie.
- The average person falls asleep in seven minutes.
- Studies show that if a cat falls off the seventh floor of a building it has about thirty percent less chance of surviving than a cat that falls off the twentieth floor. It supposedly takes about eight floors for the cat to realize what is occurring, relax and correct itself.

- Your stomach has to produce a new layer of mucus every two weeks otherwise it will digest itself.
- The citrus soda 7-UP was created in 1929; '7' was selected after the original 7-ounce containers and 'UP' for the direction of the bubbles.
- 101 Dalmatians, Peter Pan, Lady and the Tramp, and Mulan are the only Disney cartoons where both parents are present and don't die throughout the movie.
- 'Stewardesses' is the longest word that is typed with only the left hand.
- To escape the grip of a crocodile's jaws, push your thumbs into its eyeballs - it will let you go instantly.
- Reindeer like to eat bananas.
- No word in the English language rhymes with month, orange, silver and purple.
- The word "samba" means "to rub navels together."
- Mel Blanc (the voice of Bugs Bunny) was allergic to carrots.
- The electric chair was invented by a dentist.
- The very first bomb dropped by the Allies on Berlin during World War II killed the only elephant in the Berlin Zoo.
- More people are killed annually by donkeys than airplane crashes.
- A 'jiffy' is a unit of time for 1/100th of a second.

The human body is a machine that is full of wonder.
 This collection of human body facts will leave you wondering why in the heck we were designed the way we were.

- Scientists say the higher your I.Q. The more you dream.

- The largest cell in the human body is the female egg.
- The smallest is the male sperm.
- You use 200 muscles to take one step.
- The average woman is 5 inches shorter than the average man.
- Your big toes have two bones each while the rest have three.
- A pair of human feet contain 250,000 sweat glands.
- A full bladder is roughly the size of a soft ball.
- The acid in your stomach is strong enough to dissolve razor blades.
- The human brain cell can hold 5 times as much information as the Encyclopedia Britannica.
- It takes the food seven seconds to get from your mouth to your stomach.
- The average human dream lasts 2-3 seconds.
- Men without hair on their chests are more likely to get cirrhosis of the liver than men with hair.
- At the moment of conception, you spent about half an hour as a single cell.
- There is about one trillion bacteria on each of your feet.
- Your body gives off enough heat in 30 minutes to bring half a gallon of water to a boil.
- The enamel in your teeth is the hardest substance in your body.
- Your teeth start developing (in your gums) 6 months before you are born.
- When you are looking at someone you love, your pupils dilate, they do the same when you are looking at someone you hate.
- Blondes have more hair than dark-haired people.
- Your thumb is the same length as your nose.

Learn something new today...

- More than half of the coastline of the entire United States is in Alaska.
- The Amazon rainforest produces more than 20% the

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Saturday, August 6

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Gates open at 10 a.m.

Food, Beer, Wine Coolers and Soda included 12 - 5 p.m.
****NO COOLERS ALLOWED****

Drawing Begins 11:45 a.m. ~ Winner Every 5 Minutes
 Must be off premises by 8 p.m.

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HUMOR

world's oxygen supply. The Amazon River pushes so much water into the Atlantic Ocean that, more than one hundred miles at sea off the mouth of the river, one can dip fresh water out of the ocean. The volume of water in the Amazon river is greater than the next eight largest rivers in the world combined and three times the flow of all rivers in the United States.

- Antarctica is the only land on our planet that is not owned by any country. Ninety percent of the world's ice covers Antarctica. This ice also represents seventy percent of all the fresh water in the world. As strange as it sounds, however, Antarctica is essentially a desert. The average yearly total precipitation is about two inches. Although covered with ice (all but 0.4 % of it, i.e.), Antarctica is the driest place on the planet, with an absolute humidity lower than the Gobi desert.
- Brazil got its name from the nut, not the other way around.
- Canada has more lakes than the rest of the world combined. Canada is an Indian word meaning "Big Village."
- Next to Warsaw, Chicago has the largest Polish population in the world.
- Woodward Avenue in Detroit, Michigan, carries the designation M-1, named so because it was the first paved road anywhere.
- Damascus, Syria, was flourishing a couple of thousand years before Rome was founded in 753 BC, making it the oldest continuously inhabited city in existence.
- Istanbul, Turkey, is the only city in the world located on two continents.
- Los Angeles's full name is El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula --and can be abbreviated to 3.63% of its size: L.A.
- The term "The Big Apple" was coined by touring jazz musicians of the
- 1930's who used the slang expression "apple" for any town or city. Therefore, to play New York City is to play the big time - The Big Apple.
- There are more Irish in New York City than in Dublin, Ireland; more Italians in New York City than in Rome, Italy; and more Jews in New York City than in Tel Aviv, Israel.
- There are no natural lakes in the state of Ohio, every one is manmade.
- The smallest island with country status is Pitcairn in Polynesia, at just 1.75 sq. miles/4,53 sq. km.
- The first city to reach a population of 1 million people was Rome, Italy in 133 B.C.
- There is a city called Rome on every continent.
- Siberia contains more than 25% of the world's forests.

- The actual smallest sovereign entity in the world is the Sovereign Military Order of Malta (S.M.O.M.). It is located in the city of Rome, Italy, has an area of two tennis courts, and as of 2001 has a population of 80, 20 less people than the Vatican. It is a sovereign entity under international law, just as the Vatican is.
- Desert In the Sahara Desert, there is a town named Tidikelt, which did not receive a drop of rain for ten years. Technically though, the driest place on Earth is in the valleys of the Antarctic near Ross Island. There has been no rainfall there for two million years.
- Spain literally means 'the land of rabbits.' Huh?
- St. Paul , Minnesota, was originally called Pig's Eye after a man named Pierre "Pig's Eye" Parrant who set up the first business there.
- Chances that a road is unpaved in the U.S.A.: 1%, in Canada: 75%
- The deepest hole ever made in the world is in Texas. It is as deep as 20 empire state buildings but only 3 inches wide.
- The Eisenhower interstate system requires that one-mile in every five must be straight. These straight sec-

tions are usable as airstrips in times of war or other emergencies.

- The water of Angel Falls (the World's highest) in Venezuela drops 3,212 feet (979 meters). They are 15 times higher than Niagara Falls.

Now you know everything!

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- An ostrich's eye is bigger than its brain.
- Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.
- February 1865 is the only month in recorded history not to have a full moon.

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Tues.,	8/16 - "Cross - N - Country Duo" Classic Country and Gospel
Wed.,	8/17 - Parade Night 7 p.m. and on stage is... "The Stillwater Band" - Oldies/Old Country
Thurs.,	8/18 - "Taylor Brown's...Elvis Show!!!"
Fri.,	8/19 - "Bobby D's Truckstop Burritos Band" Honky Tonk/Old Country
Sat.,	8/20 - "The Salem Bottom Boys" Bluegrass/Country

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