

Emmitsburg NEWS-JOURNAL

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

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Thurmont showcases Green Team efforts

In 2014 Thurmont was recognized as a Smart Energies Community by the Maryland Energy Administration and has since been recognized as a PLANT award winner from the Maryland Urban and Community Forest Committee. After attending a Green Summit in 2015, Thurmont's Chief Administrative Officer Jim Humerick knew that working towards becoming a Sustainable Maryland city was an important goal to achieve. In 2016, that goal was met and just last year, Thurmont received the Tree City USA accreditation. "To reach these two goals, along with being recognized as a Banner City by the Maryland Municipal League, all within a two-year period, is an accomplishment that we are all very proud of," stated Humerick.

As part of the process for becoming a Sustainable Maryland city, Thurmont had to form a Green Team. With a team motto of "Sustainability - The Gateway to the Future," the goal for the Green Team is to promote sustainability

and conservation efforts in Thurmont. Through various "green" activities and programs the Green Team has created awareness of the everyday environment, from the native pollinator wildflowers they planted along Woodside Avenue, to providing a fenced Community Garden and planting trees in Community Park. This year, among the many projects planned, Thurmont has organized a new event, called Green Fest. Headed by the Green Team's leader, Cindy Poole, the first annual Green Fest hopes to provide another avenue to help educate the community on the importance of sustainability.

Green Fest will be held at the Thurmont Regional Library on April 21 from 10 a.m.-2 p.m. The event is free to attend and open to the public. This is a "No Waste" event to promote green living in Thurmont through preservation, conservation, and wise use of resources.

Poole and the Green Team have a great list of vendors and activities lined up for the event. Activ-

ities include: a presentation by the Master Gardeners on Composting and Native Pollinators, a scavenger hunt, a guided trolley trail ride and hike, a tour of the new wetlands nature trail, tree planting and fly fishing demonstrations, nature crafts, and DNR Scales & Tales. Representatives from the solar, geothermal, LED lighting, home audits, indoor air quality inspections, and foam insulation industries, will be attending and the Frederick County Office of Sustainability will talk about the new Sustainable Energy Retrofit Program for 2018 geared to Thurmont residents. There will also be face painting, raffles and great food.

Green Fest isn't the only activity planned by the Green Team this year. There will be a Hunting Creek Stream Cleanup on April 7; a Plant Swap on May 19; and a



Thurmont became certified as a Sustainable Maryland city in 2016, and has been continuing efforts to organize new "green initiative" efforts, such as this year's Green Fest.

tree-planting day in the fall. Additionally, the Green Team will continue to manage the Community Gardens, continue with storm drain stenciling throughout town and help to maintain the flower planters in the downtown area.

Anyone interested in joining or participating in the Thurmont Green Team can email thurmontgreenteam@gmail.com or attend the monthly meetings held on the 2nd Wednesday of the month, at 6:30 p.m. at the Thurmont Municipal building.

LCAC fundraisers preserve Adams County

On April 22, The Parrot in Gettysburg will host the Land Conservancy of Adams County's 21st annual Art Auction, featuring a wide variety of original artwork created by local and regional artists—everything from painting and drawing to ceramics and other three-dimensional work.

The Parrot has long been the site of the Land Conservancy's auction event. The restaurant's new owners, Gus Zucco and Hillary Styer, will continue the tradition this year, and auctioneer Randy Hilker will again present the artwork for auction. There will also be door prizes, raffles, and more.

Donated art will be on display at The Parrot throughout the month of April. The Parrot will also host a First Friday Artists' Reception from 4-6 p.m., April 6 to showcase the work donated to the auction. Many of the local and regional artists who donated work will be on hand to meet attendees. Doors for the auction will open at noon, with bidding beginning at 1 p.m. Admission to the event is \$15 and all proceeds will support the Land Conservancy's work.

Over the years the Art Auction has become one of the most popular fundraisers for the Land Conservancy, which works to preserve

the rural character of Adams County. Since its founding in 1995, the organization has worked with local landowners to preserve 10,770 acres of rural Adams County land. The Land Conservancy is interested in preserving land for agricultural, open space, historical, scenic, recreational, wildlife habitat, hydrologic, and ecological purposes. The Art Auction, along with the organization's annual Road Rally, are major fundraising efforts to help the Land Conservancy fulfill its mission of rural preservation.

Another important yearly fundraiser, the organization's annual dinner held earlier in March, raised \$4,000 in support of the Land Conservancy's mission of preserving Adams County's rural lands and character. At this dinner, four landowners who preserved Adams County farmland, woodland, open spaces, and freshwater streams in 2017 were honored, and three new members were welcomed to the board of directors. These landowners were Ken and Connie Farabaugh, who preserved 60 acres in Liberty Township; Strayer and Nikki Yake, who preserved 28 acres in Oxford Township; the Civil War Trust, which preserved 23 acres in Cumberland Township; and the Sheppard family, who preserved 471 acres in Union and

Conewago townships. The Land Conservancy of Adams County also recognized Ed and Linda McDannell, who preserved 36 acres in early 2018. Joining the Land Conservancy of Adams County's board of directors at the dinner were Dave Salisbury, Denise Wood and Matt Sheads.

Additionally, the Land Conservancy of Adams County recently received the distinction of being named a "certified entity" under the federal National Resources Conservation Service's Agricultural Conservation Easement Program (NRCS-ACEP)—the only certified entity in Pennsylvania, joining just three other certified entities in the nation. Since completing its first conservation easement with the NRCS in 2003, the Land Con-



The Land Conservancy of Adams County's Communications Committee Chair, Chris Little, holding a hand-crafted bowl at last year's successful art auction. This year's auction will be held on April 22; all are welcome!

servancy has completed twenty-four NRCS-funded easements preserving a total of 3,380 acres of county farmland. By working with the NRCS on its farmland preservation easements, the organization has helped bring more than \$4.7 million to Adams County to compensate landowners who have preserved their land through the program.

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EMMITSBURG NEWS

Community pool opens soon

Last year the town of Emmitsburg made the difficult decision to close the community pool for the summer in order to complete much-needed renovations to the 40+ year-old pool. Make N Waves, the pool contractor, assured town staff that the renovation is on track for completion well before the pool's opening date on May 26. During the March Town meeting, the Board of Commissioners voted on a pool management company for the upcoming summer pool season.

The pool renovation began in November 2016, after the town received a \$217,000 grant and approval from the Board. The original bid estimate for repairs to the pool came in at \$123,000, but costs quickly added up as the renovation encountered numerous additional problems.

At the time of the bid, there were some unknown costs, which most prominently included the repair of a major leak. Additionally, after running several tests, town staff was informed that there were several faults in the plumbing lines, and the entire plumbing apparatus was not up to code. The pool also sustained some beam damage, and an overwhelming number of cracks in the pools' plaster caused major concern. Four layers of plaster were surrounding the pool, all of which would need to be removed in order to continue with the demolition. The Board was

then faced with the decision of whether to continue with the renovation, or completely budget a brand new pool. A brand new pool was estimated to cost approximately \$369,000. Adding in the money already spent on the project at the time, a new pool would cost upwards of \$425,000.

Unfortunately the added costs didn't stop there. The Board voted to have lights installed inside the pool, and also approved necessary repairs that continued arising. These repairs included the underground spring that was found during demolition, the construction of an additional wall in the pump room and additional electrical work due to the corrosion of the electrical panels. Additionally, the town has to make some repairs that fall outside the pool reconstruction in order to be allowed to open the pool. These repairs include a new roof over the pool house, which costs approximately \$17,000, the installation of a new exhaust fan, extending the height of the fence that borders Christ Community Church, and fixing the retaining wall along West Lincoln.

In order to account for all the added costs, the Town had to find ways to fund what was not covered in the \$217,000 grant, a cost of approximately \$274,000. Luckily, the town was able to completely fund the remainder of the project in-house. \$207,500 was funded through fund 2 and recently a \$66,300 budget

transfer was made from overflow revenue in the FY17 budget.

In order to open the pool this summer, the Board of Commissioners had to approve a pool management company for the upcoming season. Only two bids were received: USA Pools of Maryland in the amount of \$58,086 and RSV Pools Inc. for \$54,489. Staff recommended the lower bid from RSV Pools. This company was hired for the 2016 pool season and staff, residents and visitors noted that they were a great company all around. As included in the contract, the pool will open May 26 and will close on September 3 with operating hours between 12 p.m. – 7 p.m. The pool company will staff five lifeguards on duty. However, this company will not be responsible for the winterization of the pool. Make N Waves will be handling the winterization, since the majority of the issues with the old pool came from improper winterization by other management companies.

"This was a large investment by the town," stated Commissioner President Tim O'Donnell. "In the past we have had challenges with staff and visitors of the pool, and we want to ensure this is a safe environment for those visiting the pool." The pool contract was accepted unanimously and Town Manager Cathy Willets noted that the pool would be complete well before the opening date.

Emmitsburg NEWS-JOURNAL

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Flat Run Bridge water line relocation cleared

Emmitsburg's Flat Run Bridge Project, which has hit several standstills, can finally move along as an agreement for the Flat Run Bridge water line relocation has finally been settled upon.

In the fall of 2016, the Maryland State Department of Transportation began a multi-million dollar project to replace the MD 140 Bridge over Flat Run and complete sidewalk construction along MD 140 between North Avenue and Silo Hill Road. Problems arose early on in the Flat Run Bridge project as Emmitsburg Town staff repeatedly warned the SHA of the wa-

ter line's location and its potential hindrance of the project.

The initial delay, according to the state, was a result of drainage issues, which first occurred before the project was underway. Drainage alongside Flat Run Bridge had to be re-designed to allow the project to proceed. While this was completed fairly quickly, it nonetheless set the project back a little. The second problem that arose was the water line issue, which has continuously been causing problems. Thankfully, a resolution to this problem is finally in place.

About three months ago, town staff

notified the Commissioners that the water line was holding up the project and they were under negotiations with SHA concerning the cost of relocating the lines. In order for the project to continue SHA determined that 1,112 feet of water line would need to be moved, potentially costing the town several thousand dollars. According to the state, a "memorandum of understanding" was being worked out between the Department of Transportation, Milani Construction, and the town to determine how this new complication would be paid for. The town, however, has contin-

ued to stand firm on the notion that they would not pay to move the water line since the beginning of the project, when they initially informed SHA that the water line would be in the way and they may need to reconsider changing their site plans.

The estimate to relocate the water line is \$38,000, but the town's portion would be half, approximately \$19,000. According to the agreement between all three parties involved, Milani Construction and SHA will be splitting the cost, and Milani Construction will be paying the town's portion and has already written and

signed a \$28,500 check to the town's escrow account. Additionally, Milani Construction is obligated to pay any cost above the \$28,500 if the work should exceed this estimate.

Once construction begins on the water line, water will be shut off in certain areas including the Silo Hill area, McDonald's, Jubilee and surrounding businesses. Town staff discussed having this work done overnight in order to cause the least amount of disruption to residents and businesses. No official starting dates for this work have been announced yet, but everyone affected by the relocation will be notified prior to the start of the construction.

Emmitsburg High School Association scholarships

The Emmitsburg High School Association is accepting scholarship applications. Four one thousand dollar scholarships will be awarded in May to deserving students. Any Catocin High School senior or graduate who is enrolled in an institution of higher learning including trade schools is eligible if he/she resides in the Emmitsburg School District. This

includes Emmitsburg 21727, Rocky Ridge 21778, and Taneytown 21787 (Taneytown boundary is determined by Bridgeport on route 140). Applicants may apply each year as long as they are enrolled in an institution.

Selection is based on having a 3.0 or higher grade point average, being a full time student, presenting two letters of recommendation, their community and

school activities, and pursuing higher education (technical school, four-year college, or community college).

Applications may be obtained by contacting the guidance department at Catocin High School (240-236-8082 Ryan Zimmerman) or calling Phyllis Kelly 717-642-6963. All applications must be received by May 10.

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FAIRFIELD/CARROLL VALLEY NEWS

Main Street paving to begin mid-April

The Pennsylvania Department of Transportation (PennDOT) will soon begin the last phase of work on Main Street in the Borough of Fairfield. The project, in its entirety, includes repairing and resurfacing Route 116 from east of Iron Springs Road in Hamiltonban Township to the intersection with Carroll's Tract Road.

The \$793,196.03 Main Street contract was awarded to New Enterprise Stone and Lime, Inc., of New Enterprise, Bedford County, and includes curb cut work required by the Americans with Disabilities

Act (ADA), drainage work, base repair, removal of the top layer of asphalt, resurfacing the existing roadway, and new signs and pavement markings on a one-mile section of Route 116 as well as a short section of Miller Street. Main Street in Fairfield is PA Route 116 and, as such, is a Penn DOT owned and maintained roadway. There is no cost to Fairfield Borough for the road repair or maintenance.

Last fall ADA compliant handicap ramps were installed at crosswalks where there is a crossing over a state-owned roadway. The re-

maining aspects of the job, which will be completed this spring, include minor drainage updates, milling, and resurfacing.

Work under this construction contract was originally slated for completion by July of last year but the project was delayed in order to allow Columbia Gas to complete gas line repairs. Now that Columbia Gas has completed all of their Main Street line repairs, the roadway is open and ready for PennDOT to begin milling and paving. Paving is expected to take place mid-April and could take up to two weeks to complete.

PennDOT advises travelers that the contractor has agreed not to restrict travel lanes between 6:00 AM and 8:00 AM, and on Fridays between 4:00 PM and 6:00 PM. There will be no two-lane closures during the paving project. Flaggers will be used to maintain traffic flowing through the Borough. However, as with all roadwork, delays are expected. This section of Route 116 averages more than 7,500 vehicles traveled daily. To avoid delays, travelers should allow for additional time in their plans or seek an alternate route. Travelers are reminded to be alert for

these operations, to obey work zone signs, to use caution when driving or walking through work zones, not only for their safety, but for the safety of the road crews.

Motorists can check conditions on more than 40,000 roadway miles by visiting www.511PA.com. 511PA, which is free and available 24 hours a day, provides traffic delay warnings, weather forecasts, traffic speed information and access to more than 700 traffic cameras, 94 of which are in the Midstate.

Additional information can be accessed on the Fairfield Borough website www.fairfieldborough.com as the Borough is informed.

Carroll Valley adopts new tree ordinance

In February, the Carroll Valley Borough Council discussed an ordinance that would establish a tree board and amend their current tree ordinance and during the March meeting Council was asked to vote on adopting the ordinance. Some members took this discussion time to pick apart the ordinance, after the ordinance had already been advertised.

New Council members Robert Verderaime and Richard Matthews both asked numerous questions during the discussion portion, some of which were described as nitpicky by fellow Council member Bruce Carr.

The discussion started initially when Verderaime brought up some small technical errors to spelling, grammar

and "political correctness." He also questioned the differences between the duties and responsibilities of the Tree Board and the duties of residents in the borough, as both are outlined in the ordinance. Both Verderaime and Matthews then continued the conversation questioning Borough staff on the reason for the absence of enforcement and notification to homeowners who are in violation of the ordinance. It appeared to some Council members that the new ordinance skipped straight to the penalty section and omitted any enforcement procedures. "If we're going to have an ordinance, then we need to enforce it," stated Matthews.

A simple solution to the problem, as presented by the Borough's Solicitor,

was to remove part 25-111, which enacts the penalty, because, as pointed out, part 2 of chapter 25 already discussed the same penalty and included enforcement procedures. Additionally, Verderaime wanted to change the fees associated with the penalties. Instead of a \$1,000 fine and 30 days in jail, he suggested it be changed to not more than a \$250 fine and ten days in jail. However, in order to make all the changes that were presented, the borough would have to advertise the entire ordinance again, and then vote next month. Advertising a document of this length is expensive, so these more lengthy amendments were denied by a majority vote.

A final motion was made to pass the advertised ordinance with small

amendments to include a change to the verbiage of "citizens of the United States" and "residents of the Borough" in the first section of the new ordinance as well as some minor grammatical and spelling corrections for clarity. The vote passed 5 to 2 with Matthews and Verderaime against.

The Borough is just in the beginning stages of becoming certified as a Tree City USA community, but now have completed two of the four requirements. The unofficial tree board, headed by Carroll Valley resident Lori Kolenda, has been researching the requirements and benefits of becoming a Tree City USA community. Four requirements must be met in order to do become certified: the establish-

ment of a Tree Board or Department, the establishment and implementation of a Tree Care Ordinance, the establishment of a Community Forestry Program with an Annual Budget of at least two dollars Per Capita, and an Arbor Day Observance and Proclamation. The borough is now one step closer to certification.

Having the Tree City USA status could provide the borough more opportunities to receive funding for future projects and it is also a great way to get more residents actively involved in the community. The Tree Board, as proposed, would consist of five members appointed by the Council. The tree ordinance amendments outline appropriate distances and clearances for planting trees, public tree care, and tree species allowable.

Carroll Valley adopts standardized storm water guidelines

Prior to the adoption of the ordinance, the borough had a very stringent storm water management ordinance in place that made it difficult for residents looking to build homes in the borough. Adams County adopted standard regulations several years ago and has contacted borough staff several times since then about adopting regulations that are the same as other communities in Adams County. Surrounding townships, including Hamiltonban and Liberty Township, both have this same ordinance in place, and act as an appropriate comparison, because they have very similar terrains and have had these requirements in place for some time.

Council member Richard Matthews mentioned that he felt as though the ordinance was ok the way it was. The proposed ordinance was

less effective in controlling unwanted runoff than the prior ordinance; it relaxes the requirements, but that poses some concerns. Borough Manager Dave Hazlett asked why these concerns were just now being discussed, and why they weren't addressed last month when this topic was up for discussion? Matthews replied by stating that the agenda packet was, and is not, delivered to them in a timely manner. Receiving the packet the Friday before the meeting is not adequate time to review the information.

The standardized storm water ordinance was passed with a vote of 4 to 3.

In other Carroll Valley news, during the same March meeting, Council voted to enter into an agreement with Aquatics Environment Consultants to potentially help treat and monitor the water in Lake Carroll.

Hazlett informed the Council that he was approached by residents on Lake

Carroll, who noted they were having problems with algae in the lake. The residents asked if the borough would consider treating Lake Carroll in a similar way that they treat Lake May and Kay, namely algae control. After many discussions the residents said they are willing to provide non-motorized boat access to the public in exchange for the maintenance of the water by the borough.

As Hazlett mentioned, entering an agreement with Aquatics Environment would be the first step in the process of treating the lake. Aquatics Environment has to submit a permit to the state before they can begin treatment; a process that can take up to three months. However, before any actual treatment takes place, Hazlett assured Council that final signa-

tures and approval would be acquired from every resident and property owner along Lake Carroll.

Council voted to accept the agreement, and the permit submission process will continue forward.



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THURMONT NEWS

Town accepts \$2.9 million bond to fix water/sewer lines

Thurmont's Board of Commissioners voted to borrow \$2,945,000 as an infrastructure bond for improvements planned for water and sewer infrastructure issues during their March 6 town meeting. The infrastructure bond will be issued by the Community Development Administration, under the Local Government Infrastructure Financing Program, and it is specifically allocated for water and sewer line improvements.

Just last year, Thurmont town staff became aware of compaction issues in the sewer lines below Rouzer/Mantle Court. Both the

water and sewer lines were poorly constructed several years ago, and now, unfortunately, the town is paying for it. The replacement of these lines is expected to cost \$257,000. The cost of this project was covered by a budget amendment made earlier this year.

However, water and sewer line issues didn't stop there. There are lines all throughout the town that are in various degrees of decay and age deterioration; in fact, many date back to 1940's. The town staff, being aware of this, has chosen to look into a bond program to help cover the costs of continuing the efforts to make major re-

pairs to these lines. Making repairs to the sewer and water lines on North Church Street is just part of a larger set of sewer line repairs already underway.

As mentioned by Linda Joyce, Thurmont's Chief Financial Officer, this isn't the first time Thurmont has used this program. In 2006 Thurmont used this same bond program to refinance the repair of other water and sewer lines in Thurmont. The town was issued bonds in the amount of \$3,070,000 for this work. As part of the work that was completed through this program, the upgrades that the town has al-

ready implemented have shown immense improvements to water distribution as well as sewer collection.

According to Joyce, the program under the Community Development Administration pools bonds that are sought by small governments and navigates the process of acquiring the bond for the town. All projects in this current fiscal year are already completely funded. As Joyce explained, this bond will be used for projects in FY19, which begins in July, including the North Church Street sewer and water line replacement. Debt from this bond will be divided be-

tween the water and sewer funds in the FY19 budget. Joyce assured the Board that both funds are healthy enough to support the new debt load.

The town hopes to begin this work on May 1, and the project, in its entirety, is projected to take up to eight months to complete. The water and sewer lines being replaced on North Church Street stretch from Woodside Avenue up to US Route 15.

In all future infrastructure projects, town staff will have compaction tests completed to ensure the same problem does not happen in the future.

Thurmont news-briefs...

Thurmont Receives Marketing and Communications Award

The Town of Thurmont was recently recognized by the Maryland Recreation and Park Association and was presented the Best Activity Guide award for populations serving fewer than 50,000 people. The "Thurmont Walk, Bike & Drive Map and Guide" provides hiking, biking and driving information, along with showcasing parks, history, and popular attractions in Thurmont and the surrounding areas. The award was presented to Thurmont Economic Development Manager Vickie Grindler at the Celebrating

Excellence Marketing and Communications Awards Luncheon on March 1 at the Cylburn Arboretum in Baltimore. "This guide is a great resource for our visitors as well as our residents. I want to thank Vickie and her team for their hard work on this terrific project" stated Mayor John Kinnaid.

ADA-compliant restrooms coming to East End Park

Thurmont's all-inclusive playground, which was completed last fall, will be seeing another renovated aspect, rounding out the playground as a fully ADA acces-

sible area. After the final phase of the playground was completed, Thurmont Chief Administrative Officer Jim Humerick made mention of possibly renovating one of the adjacent buildings for use as an ADA-compliant restroom facility. During the March 6 Thurmont town meeting Humerick informed the Board of Commissioners that the town was awarded a grant from Project Open Space in the amount of \$27,814 for these restrooms.

Three bids were received, with a price quote for the bathroom retrofit and two alternates, one to replace the roofing materials and

another alternate to install completely new floors. Blue Line Construction, out of Emmitsburg, bid \$30,100. This base bid included the cost of installing a new roof. Their bid for the new floors was \$3,000. Lone Star Builders, from Hagerstown, bid \$43,778, with an alternate bid for a new roof at \$3,500 and a \$1,575 bid for a new floor. Caroctin Custom Builders in Thurmont placed a bid of \$48,990, with an alternate bid of \$2,200 for the new roof and \$5,470 for new floors.

Humerick recommended the Board choose the lowest bidder, Blue Line Construction. The town has worked with all three construction companies before and noted that they were all great choices, but ultimately the Board chose to go with Blue Line. The \$27,814 grant will not completely cover this project, but the remaining \$5,200 can be taken out of the Parks and Recreation fund. The Board may need to make a budget amendment in the future to use this \$5,200, but the funds are there and available.

Music is in Full

Bloom in Thurmont

Last fall, Thurmont formed a brass ensemble, named the Gateway Brass Ensemble, under the direction of Morris Blake with members ranging in age from fourteen to eighty-six. In December, the Gateway Brass Ensemble held their first public appearance, a Christmas Concert, and opened

to a packed house at the Thurmont Senior Center.

The ensemble has been practicing hard over the winter months for their 2018 appearances. They will perform at the Main Street Art & Wine Stroll on May 11 beginning at 6 p.m. at Mechanicstown Park. Just recently, the brass ensemble performed at the Flags of Hope event and will perform on the 4th of July with a genre of American classics in Memorial Park. The Gateway Brass Ensemble has also been invited to the summer concert series in Emmitsburg.

Another talent opportunity in Thurmont is Teen Open Mic Night, which was first held in December with several teen performers at the Main Street Center. In January, Teen Open Mic Night moved the event to Commodore Recording Studio. Commodore Recording Studio Proprietors Patty and Doug Benson opened their recording studio for teens to experience a top-notch recording studio environment while performing at Teen Open Mic Night. The event has now tripled in size and has moved to a larger facility at Weller United Methodist Church which will be the new venue for Teen Open Mic Night for the April 24 event from 5-7 p.m. For more information on Teen Open Mic Night contact eylersflea@gmail.com and the Gateway Brass Ensemble is always taking new members. If you are interested in becoming a member call 301-271-4831.

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100 YEARS AGO THIS MONTH

April 1918

April 5

New Electric Sign

To advertise Regal Shoes, Mr. Rotering has erected a new electric sign in the shape of a large boot in the front of his store on West Main Street.

New Express Agent

E. C. Moser, who has been an agent for the American Express Company in this place, left recently for Gettysburg, where he will take a similar position. Harry Ashbaugh succeeds Mr. Moser as agent in Emmitsburg.

Arrives Safely In France

Mr. Wallace Mosser of near Emmitsburg has received word of his son, Maurice Mosser, regarding his safe arrival in France. It will be remembered that Maurice Mosser was a member of the national Army and left Emmitsburg sometime last September. Meanwhile, Cpl. Clay Shuff, a member of the Second Training Battalion, was recently transferred to Camp Hancock, Georgia. Cpl. Shuff is the son of Mr. and Mrs. Shuff of West Main St.

Miss Lillian Gelwicks of Frederick Street has been transferred to the base hospital in Newport News, Virginia. Miss Gelwicks is a graduate of the Mercy Hospital, Baltimore, and is now a member of the American Red Cross.

Quot Season Opens

Quot pitching, which was met with such favor last summer, is once again in play. Tuesday evening, some of the old-timers formally opened the season on the Patterson Plaza. The official scorekeeper was on hand - also the official umpire - and the grandstand was well filled with interested spectators.

Suffers Loss By Fire

A fire on Saturday night occurred

around 10:30 at the residence of Charles McCarren. The fire started in a chicken coop that held about 100 little peeps that were just a few days old. They were quite frisky little chickens and were able to escape the flames when Mr. McCarren opened the door to the chicken coop. The flames evidently started from an overheated coal oil stove, newly placed in the chicken house. The Vigilant Hose Company did good work in protecting the adjoining property. Dr. Brokow, who was called out to help round up the little peeps, was not too happy about being pulled away from the Former Former Boozers meeting. He told McCarren in no uncertain terms that he should have let the peeps get roasted. "You could have brought them down to the Boozers meeting for everyone to eat and gotten free rounds. We're going to eat them sooner or later," said Dr. Brokow, "so we might as well eat them now."

April 12

Severe Storm Causes Damage Area-Wide

The rain that started late Monday afternoon has been continuous ever since. Reports from all parts of the county show that the wind, rain and hail have caused a great amount of damage. As a result of the ice-covered wires, telephone service was greatly impaired on local lines. Electric wires were badly crippled by the falling limbs. Traffic was delayed in all sections. The sleet, snow and ice have caused much concern among the fruit growers of the county. The recent mild weather caused the buds to start and these are sure to be damaged. Following a heavy rainstorm, Emmitsburg and its vicinity was visited by heavy snow, followed by a marked drop in the temperature.

Transferred To Camp Funston

Edward Butler, colored, a member of the national Army stationed in Camp Mead has been transferred to Camp Funston. Pvt. Butler spent the weekend with his parents near Emmitsburg.

First Anniversary Of War Celebrated

Emmitsburg was not behind the times in its display of patriotism on Saturday, in honor of America's entrance into the World War. Flags were displayed from most every public place of business and every residence in town.

Patterson Brothers Sale

Despite one of the most severe storms of the season, which prevented a number of dealers from coming to Emmitsburg, the horse and cattle sale of Patterson Brothers yesterday far exceeded the expectations of the members of this wide-awake firm. The total returns from this sale amounted to \$9,128. 34 head of horses brought \$5,031, and 40 head of cattle brought \$3,543, and 45 goats, \$554. One pair of mules brought \$582, the highest price received for a single horse was \$276, and one horse was sold privately for \$225. The many who came to this sale came not for curiosity but to buy, and the spirited bidding was evidence of that fact. Every sale that Patterson Brothers has attracts bidders from every portion of the surrounding counties. The reason for this is that everything sold is as presented.

April 19

Landed Safely Overseas

On Sunday, Mr. and Mrs. Jacob Topper of West Main St. received an official announcement that their son, Benjamin Topper, had arrived safely somewhere in France. It will be remembered that Private Topper volunteered in the service last June, and in September he was sent to Alabama where he underwent his training.

Look Out For Robberies

Invariably it has happened that, just prior to a worthwhile robbery in Emmitsburg, a number of dogs have met their deaths by poisoning. On Monday morning, four dead ones were lying in the streets, and all were in the section of town where the biggest robberies have been made. Produce and clothing seem to be the current focus of the



Maurice Moser - After the war, Maurice took up farming out on Sixes Bridge Road and eventually hand built the house he would one day die in.

thieves. It will be remembered that a few months ago, at comparatively short intervals, several big robberies were committed in one neighborhood, the thieves using the boldest methods and making a getaway. As neither drugstore in town has sold the kind of poison used for the purpose of killing the dogs, the theory of outside sleuths "laying the pipes" for more swag is the one held by those who previously were "visited."

Mail Service Delayed

On Wednesday evening, while making up the train for the 5 p.m., engine number four of the Emmitsburg Railroad jumped the track just behind the engine house, and was unable to make its usual trip, thereby delaying the mail for two hours. On Thursday, while returning from the 11 a.m. run, the cylinder was blown off of engine number five, delaying the mail service again.

Hit By Train

Granville Fox, a prominent citizen of Detour, was accidentally killed by a Western Maryland express train on Tuesday while on his way home. Mr. Fox was crossing the tracks in his truck when he was struck by the express train. He is survived by his widow and two children.

County's First War Sacrifice

Mr. and Mrs. Luther Kane, of Mount Pleasant, received word recently of the death of their son William while in action in France. The War Department announced officially that he was killed

April 26

Mailboxes To Right Of Road

Orders have gone out to all the patrons that receive mail on the rural routes to have their mailboxes placed on the right-hand side of the road. This has always been the rule of the Post Office Department, but was never enforced; now the order has gone out that this must be done. In a number of cases this change has already been made. It is pointed out that the increased amount of traffic on the roads has made zigzagging back and forth across roads much too dangerous for the carriers.

New Youth Military Organizations

For several nights this week, a newly-formed company of youngsters imbued with the patriotic spirit has been parading the streets in the interest of the liberty loan. Capt. Charles Bushman is in command and his First Lieutenant is "Sterts" Rowe. It is understood that a permanent organization will be formed and that thrills and parades will be kept up indefinitely.

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

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Tony Little and Jane Moore would like to welcome Samantha Zecher to the Little-Moore Team with Real Estate Teams, LLC. Born and raised in Frederick County, Samantha is very excited to start her career in Real Estate with Tony and Jane!

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FROM THE DESK OF . . .

Edison Hatter – Candidate for Board of Education

One of the criticisms I have received so far during my campaign for the Frederick County School Board is that I am too young for the position. Even before I filed for candidacy in early December, I knew that my opponents on the campaign trail would bring up the age factor quite often. One of my first quotes of the campaign season was that “competence is competence whether it comes from an 18-year-old or a 50-year-old.” This is still a quote that I stand strongly behind and it is important that voters this year consider not just a candidate’s age, but also his/her platform, ideas, and passion. Additionally, the other major criticism I hear is that I do not have the

experience that the other candidates do. This is simply not true. Apart from the incumbents sitting on the board now, I am the only other candidate with direct Board of Education experience. Currently I am the secretary for the Citizens Advisory Council, a sub-committee of the board.

Instead of talking about the negatives of a young person serving on the board, people should be talking about the positives. I would bring a unique perspective to the board considering I would be less than six months past my high school graduation when inaugurated in December. The current board members are all at least a couple decades removed from the FCPS system

in that manner. They haven’t seen the day-to-day operations of the system for quite some time, while I still live it every day. Many of the incumbent members make a legitimate effort to speak to students and educators often to gauge their opinions and hear their concerns. I do this every day, regardless of whether or not I make a conscious effort to do so. As a result, it is apparent that a recent graduate’s perspective on the board would be invaluable and something that Frederick County voters should consider this November.

Overall, there is clearly a youth movement beginning in the political world. I am far from the only young candidate in this year’s Board of Ed-

ucation election. Fellow candidates Chaz Packan, 25, and Camden Raynor, 19, are also less than a decade removed from the FCPS system. In other races across the county and nation, numerous candidates under the age of 21 have filed hoping to make a difference. It is worth noting that locally Jeremy Abbott and Clayton Boone, both juniors at Frederick High School, are running for the Republican Central Committee for the county.

Recently, young folks across the nation have been in the political spotlight for their work in the fight for gun control. While I may not agree with their solution, the activism and passion from our youth is something

to be proud of. I did not and do not condone or support the walkout last month, but I commend those who voiced their concerns by writing and calling their local representatives instead of walking out, regardless of their political beliefs. I find it ironic that those who are extremely supportive of the students’ walkout and youth activism are unsupportive of my campaign and me. If they are supportive of the youth getting involved, why aren’t they supportive of one running for public office?

I ask all voters in Frederick County to consider more than just a candidate’s name and age when they head to the polls this year.

Karen Yoho – Candidate for Board of Education

This year I will retire from my teaching career. I have been with FCPS for the past 25 years, teaching elementary school.

I initially stayed home with my three children. Because I came from a family of people who got involved, I was the PTA president, the Girl Scout cookie mom, the Webelos leader, the youth softball coach... I think you get the picture.

Once our children were in school, I had to look to the all-too-near future and college tuition, so I did what I had always planned to do with my teaching degree from the University of Maryland, College Park, which was teach.

My husband worked for his father’s electrical company for over 30 years and then started his own

electrical contracting company in 2006. After a few years, I was finally persuaded that my husband really did need someone to manage his office and that I could handle that type work. So, in the fall of 2009 I became a .5 teacher and a .5 office manager. The irony, of course, is that neither is a .5 job, especially teaching. Looking back, I don’t know how I ever managed to teach full time.

When our son was born in 1981, Joe and I moved here from Damascus, where we had met in high school. We’ve stayed in the Monrovia-Mt. Airy area through three moves. My son was in the first class of both Windsor Knolls MS and Urbana HS, so as a family we’ve experienced the overcrowding that

leads to new schools and the redistricting process.

So now that you know a little about me, why exactly did I decide to run for the school board? I am a firm believer in the positive power of a well-run public school system as the basis of a functioning society. When the school works well, it can mean the difference between a life of success and a life of failure. As a teacher, my goal is to help my students achieve their maximum potential in order to have the ability to make choices in life, rather than having to just settle.

Don’t get me wrong – schools often do not get it right. My 87-year-old father is a case in point. He quit high school at the age of 17 because he felt it was futile. He was

born and raised in Nevada, and that meant he was heading for reform school. Instead, his mother signed the paper allowing him to join the Air Force. When he was honorably discharged, he attended the University of Nevada at Reno, where he met my mother and graduated first in his class.

He then moved his family east to attend Johns Hopkins and got his PhD in nuclear physics. I often think of how lucky he was that the pieces ended up falling into place so well. I do not see a similar scenario occurring for our students now, which means the public schools must get it right.

In my perfect world, society and government would work to root out poverty. That would take care of

many of the issues schools have to deal with on top of educating students. Until then, I am in favor of community schools that bring the much-needed services to the students who need them the most.

Along with this, my top issues are to continue to make our schools safe and welcoming places where our students want to be; obtaining the funding to expand the Career and Technology Center; and finally, in order to retain and attract the best teaching force for our students, the continued implementation of the salary schedule. FCPS is doing many things the right way for many of our students. I want to continue the successes and help fix what needs fixing.

To learn more about my campaign, go to my website at www.KarenYoho.com

April Miller – Candidate for Board of Education

It has been an honor to serve on the Frederick County Board of Education for the past 2 terms and I am seeking your support to continue to be a voice for parents and students in our school system. I envision our schools as the heart of the community. Places that inspire, equip and encourage each and every student to seek knowledge, acquire skills and gain experiences that enable them to find their own path in becoming an integral part of the community.

Each child deserves an education that does not put limits on their potential. We need to put in place a structured, scientifically-based reading system that has been proven successful. Current curriculum needs to be re-evaluated to align with students developmentally where necessary and restrictions on acceleration need to be lifted.

It is critical to continue to be the voice our students need to advocate for other measures of success than standardized testing, to be the voice for our most vulnerable students where testing can actually cause distress. Testing and assessment need to be designed to improve instruction. I have presented and received approval for a Special Education Strategic Workgroup to evaluate special education communication, implementation, integration in the classroom and make recommendations on streamlining the IEP process for families. This committee will assess barriers to providing quality instruction and

intervention for our special education students.

We need to continue to improve the safety and security of our buildings. The school resource officer program needs to be expanded and the remaining updates to building security plans need to be completed. Addressing current behavior challenges, mental health and emotional needs of our students should continue to be a priority for the Board of Education.

Every decision I have made and will continue to make is guided by my core beliefs in education. They have been constant since my 2010 campaign: “Our children deserve a board that knows how to be responsive to families and the community instead of just giving a response.”

My goals are to institute a more globally competitive curriculum that

is challenging to all students regardless of level while recognizing individual learning styles. I will implement policies that promote educational accountability and mandate fiscal transparency. I believe families and the community need to be actively involved in the educational process.


Creative solutions and ideas can improve the landscape of our educational system. Leadership should set the example, not be the exception. I strongly support motivated teachers and administrators that put the kids first every day and as a result change lives.

I envision a BOE and school administration working together in a system of “checks and balances” for a common goal of high student achievement. I will not rubber-stamp decisions from the administration. I will create a positive climate for ideas and actively so-

licit community involvement in the policy-making process. Accountability must begin with an honest look at both successes and failures. Parents

and teachers are on the frontline of our schools. They should be encouraged to offer genuine feedback and new solutions or ideas. If they are unable to speak to the problem, we will be unable to seek solutions.”

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GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

County Executive Jan Gardner

Despite a late season snowstorm, spring is finally here!

The newest thing popping up in Glade Valley is the beautiful, spacious Walkersville branch library. The community turned out in force to see this gorgeous facility when we cut the ribbon on March 10th. There were about a thousand people on hand for the ceremony, with two thousand more who streamed in throughout the day! Local residents are truly excited!

If you haven't visited yet, you will be amazed by the huge windows, wide open areas, and expanded collection. The spacious children's area highlights the community's agricultural heritage as part of an early literacy play space. There are many special touches throughout the library that are unique to Walkersville and the surrounding community. There is even a community room for organizations to hold meetings. After touring the building, one wide-eyed young girl exclaimed, "I could LIVE here!"

Libraries play an important role in lifelong learning, and in creating a vibrant, thriving community. I am very proud and excited that my administration has made the dream of the new Walkersville branch library a reality. Despite some delays through the years, the community was absolutely determined to make this project happen. The Town of Walkersville donated the site, and more than 200 individuals contributed to give the library its special touches. For example, thanks to a donation by the Walkersville High School Alumni Association, there is a study room dedicated to the memory of the late State's Attorney Tommy Dorsey, a Walkersville High alum.

Other major donors include the Glade Valley Lions Club, the

Friends of the Walkersville Library, and the Little Friends of the Walkersville Library at the Children's Center were major donors. The United Way of Frederick County also contributed in the form of a grant. The Little Friends group found a creative way to raise the money for their donation. The preschoolers illustrated their own book and then sold copies. They gave thousands of dollars from the book sale toward the children's literacy area.

Building the new library branch has truly been a community endeavor and an accomplishment we can all be proud of!

Success in Annapolis

The General Assembly is wrapping up this year's legislative session in Annapolis. Frederick County has seen several major successes this year. I am especially proud of the bipartisan ethics bill that I worked on with local citizens and across the political aisle to strengthen our ethics laws to hold elected officials accountable. Restoring trust in government has been job #1!

Another big success has been securing a higher share of funds from the gas tax for counties. County and municipal governments use these revenues each year to pay for roadway maintenance and improvements. During the recession, the State drastically cut local governments' share of the revenues. Frederick County saw 95% of its funding cut which amounted to over \$13 million. While we haven't returned to the funding levels we saw before the recession, we are expecting counties to receive twice as much in the next fiscal year than we received this year.

Frederick County has played an active role in Annapolis this session on issues involving school construc-

tion and education funding. I served on the statewide Knott Commission for two years to discuss policy for funding school construction. A bill has been introduced to implement many of the recommendations from the Knott Commission, including streamlining approval processes that will save time and money, and increasing overall dollars available for school maintenance and construction. Frederick County can be proud that we had a seat at the table and made a difference to the future of school construction, always a hot topic in our community.

County Budget

Preparing and presenting the county budget is the most important responsibility I have as County Executive and the most significant task we do together as a community. How and where we spend our community's money reflects our strategic priorities and our shared values. On April 12th, I will be releasing my proposed budget for fiscal year 2019, which begins July 1, 2018, so stay tuned for that announcement.

Once again, the county budget will have absolutely no increase in taxes. Property tax and income tax rates will remain the same as they have throughout my administration. The last increase to property tax rates occurred in May of 2013 by the prior Board of Commissioners. My priority is to always protect taxpayers and make sure we live within our means while delivering great schools, a safe community, and quality services to maintain our high quality of life. I am proud to have held the line on taxes and to have saved taxpayers millions of dollars with our strong AAA bond rating and by ending privatization that cost taxpayers more.

Thanks to all the citizens who

have weighed in on the budget through the public process. We had a full house in Winchester Hall for my public hearing in March, with advocacy for education, senior services, libraries, and parks. For the second year, I conducted an online survey for the public to share their budget priorities. As I write this, we have already received more than 4,000 responses! As usual, education and public safety top the list of priorities.

Livable Frederick

For more than two years, I've written about Livable Frederick in this column. Livable Frederick is a new, innovative approach to updating the county's comprehensive planning. The county first adopted a comprehensive plan in 1959 and has updated it six times since, about once every 10 years. Each time, new trends and demographics, the use of new information and technology, and citizen input informed the plan.

The community vision reflected in Livable Frederick is your vision. Over 2,000 people participated in an online survey, citizens participated in focus groups, and over 15,000 unique individual comments were incorporated to develop a shared community vision. The bottom line is simple. People want a great place to live with good schools, safe communities, housing choices, a healthy environment and local jobs to reduce the need to commute elsewhere. Over and over, we hear from citizens that they want to protect our historic and cultural amenities and our agricultural heritage. This is our shared community vision.

So, how do we get there? Livable Frederick provides a framework to ensure livability. For the first time ever, we were able to utilize computer modeling to look at how our choices today might impact our future. We evaluated transportation impacts more comprehensively than ever before. Through good plan-

ning we can improve existing congestion and prevent it in the future.

The plan does not address zoning or change zoning maps. Instead of being a zoning-driven plan like many of the plans of the past, this plan considers all the elements that work together to deliver a high quality of life. As demographics change, both with a growing population of seniors and different preferences of our younger generation for how to live and work, this plan integrates housing choices, transportation, jobs and economy, and community needs. Ensuring a diversity of local jobs and a strong economy is important to livability, reducing traffic congestion, health and a high quality of life.

You can read the Livable Frederick Plan at www.livablefrederick.org. It is a very readable and includes lots of great facts and information about our county. Feedback from the Maryland Department of Planning has been glowing with state officials indicating that some aspects of the plan will serve as a model for other jurisdictions across the state! Again, we can be proud to lead the way!

Bridge update

A number of people have asked why they haven't seen crews working on the Old Frederick Road Bridge over Fishing Creek. When the steel beams that support the bridge were uncovered, engineers discovered that the beams had been damaged and were deteriorated. The steel beams had to be removed and sent out for repair. Crews expect the beams to be ready to put back in place this month so construction activity will resume soon. We expect the bridge to be completed and open to traffic in early June.

If you have questions about this or any other County issue, you can always reach out to me at JGardner@FrederickCountyMD.gov. Enjoy a wonderful spring!

Regina Williams – Candidate for County Executive (R)

I love spring and Easter because it reminds me of hope, grace and the promise of new life. Ultimately, I believe spring is about opportunity. It is the time for growth, renewal and strengthening our belief in ourselves and our ability to overcome obstacles. This has never been more apparent to me than now, as the official campaign season begins and I embark on one of the greatest challenges of my life to become the next Frederick County Executive.

I realized first-hand the impact we can make on the local level during my fourteen year tenure in the Frederick County Finance Division. Frederick County is full of bright-minded and hard-working citizens who wish to better themselves, their families and their communities. But often times today, these entrepreneurs and business owners are stifled by the challenges brought on by unnecessary regulations, burdensome taxes and mismanaged bureaucrats.

In fact, at a very young age, I witnessed some of the difficulties and

challenges small business owners face every day. I watched the only way of life I ever knew auctioned off to the highest bidder when we sold our dairy farm operation in 1985. Always up to the challenge, my dad learned a new trade, started over, and chased his dreams. However, I saw first-hand how difficult it was to start a business in Frederick County especially one that was "outside the box." There was no specific zoning & regulations for bull ridings and the process was long and cumbersome as everyone tried to figure it out.

I am very proud to say that 20 years later, the J Bar W has entertained 10,000 fans, donated over \$100,000 to PPF and Hospice and was named one of the "Top Ten Things to Do" in Frederick County. But this almost didn't happen, it took 2 years to get through the county approval process. I hear the same repeated stories of hard working individuals struggling to start or expand a business while getting the run-around from the County. This

is one of the reasons I decided to run for Frederick County Executive.

With over 6,000 businesses in Frederick County, small businesses are the backbone of our economy. As your County Executive, I will ensure our government works with small businesses, not against them. I will work to streamline the permit process to provide a more predictable, timely and flexible process for new and growing businesses.

My experience in Frederick County government provides a different perspective than others in this race. The first order of business and biggest responsibility of the County Executive is to prepare the County budget. Over half of this \$582 million budget is derived from property tax revenue. During the first term of Charter government alone, Property Tax Revenue has increased almost \$30 million. We sit in a County with the third highest County Property Tax Rate in Maryland. I will put a halt to the ever-increasing taxes and fees.

I pledge to bring the objectivi-

ty of a CPA to the office of County Executive and promise to be a good steward of your hard-earned tax dollars. As the former Frederick County Budget Officer, I had the honor of going to New York City and presenting the County's budget and six year projections to the bond rating agencies, which resulted in a AAA upgrade by S&P. For the first time in history, Frederick County received AAA ratings from all three bond-rating agencies. Fewer than 50 counties in the United States have three AAA bond ratings - out of more than 3,000 counties in the country. I am proud to have played a part in obtaining that distinguished honor for Frederick County.

Currently, there are over 2,000 Frederick County employees and I used to be one of them. I have a unique perspective and opportunity no other candidate has to connect and collaborate with County employees to change the culture of county government.

This election is not just about issues. It is about leadership. Anyone

in a position of power can surround themselves with loyal people to carry out their vision, but a great leader can inspire people to believe in themselves and reach their full potential. They cultivate a mindset of leadership within the organization that can bring about real change.

I may be one of the few candidates to admit, I don't have all the answers for Frederick County. But I have the wisdom to know that and the humility to seek the expertise of those who do. Unlike many politicians and candidates, I won't pretend to be your savior, my job as County Executive is to be your public servant. I am willing to listen to each of you and learn about the problems and concerns you face with your local government.

Every voice matters and every vote counts, especially on the local level. We need leadership that focuses on people, not politics. Leadership should promote collaboration and not instigate an "Us vs. Them" mentality. We the people deserve better than politics as usual.

FROM THE DESK OF...

Justin Kiska – Candidate for County Council At-large (R)

As the battle rages on between pro and anti-growth forces in Frederick County, another type of development often times goes unthought-of by the majority of residents. That is economic and commercial development. While no one wants to see tens of thousands of new houses just popping up around the county, we do need to be aggressively encouraging and investing in Frederick's future economic development.

While serving as the president of The Golden Mile Alliance – an organization created to help revitalize a major commercial corridor in the City of Frederick – I was involved with economic development plans for the west side of the city. The goal of the GMA wasn't just to attract new businesses to Route 40, but to continue supporting those already there. From my experience leading that organization, and as a business owner myself, I know firsthand what challenges employers and job creators are dealing with on a daily basis.

For a very long time, the state of Maryland as a whole has been thought to be extremely unfriendly to businesses. The rules and regulations, which seem to be constantly changing without any notice or warning, stifle any sort of forward momentum and make it difficult for anyone to actually follow their dream of opening a business, let alone turning it into a successful enterprise. But in 2015, Governor Larry Hogan declared Maryland was "open for business." He was focused on making the state business-friendly and finding ways to encourage entrepreneurship.

On a more local scale, the issues were the same. Government seemed to be more of an obstacle to economic development than anything else. Frustration reigned supreme because of slow responses and actions by government departments, while others found themselves trapped in the bureaucratic runaround. Many times, when dealing with county staff, the answer a business owner re-

ceived to their question depended on with whom they spoke. Because if they asked the exact same question to another person in the same department, the answer was completely different. This sort of uncertainty and confusion not only causes massive amounts of aggravation, but costs time and money as well.

There are also some ridiculous fees in existence that certainly don't help businesses expand and grow. One example, which I couldn't believe when I was first told about it, is the System Furniture Permit. It's a fancy name for a tax on cubicles. Oh, yes. We are taxing cubicles. As a "permit," you would think it was a flat fee. If you did, you'd be wrong. The amount that must be paid for this "permit" is calculated by the square footage. The more cubicles an office has installed, the more they have to pay. I can't be the only person that finds this completely unbelievable. How many more of these types of fees and "permits" exist

that do nothing more than take away usable capital? A complete review of all fees, permits, applications, etc. should be conducted to make sure ridiculous obstacles to commercial development no longer exist in Frederick County.

Government should not be the largest hindrance to economic success. After all, government does not create jobs. The private sector is the true job creator in our economy. If we want more jobs to be available in Frederick County, it's for the County Council and Executive to find ways to encourage investment in our community. Winchester Hall can help to lay the foundation and create the environment that attracts business to Frederick County.

In doing so, the county needs to also provide its Office of Economic Development (OED) with whatever tools and support it requires to be competitive with other jurisdictions in the region. Frederick County has lost out more than enough times to Loudoun and Montgomery Counties. That needs to end. Frederick

needs to be at the top of everyone's list when they are looking at places to locate.

Recently, the Chamber of Commerce and OED have launched innovative initiatives to gain attention for everything Frederick has to offer. More and more, Frederick County is being noticed as the place to be. So we must continue this trend. We need to build on this momentum. We need to elect members to the County Council who understand the importance of finding and promoting innovative new economic development ideas. As a business owner and the former leader of an organization whose goal was primarily economic development, I am uniquely suited to fill such a position on the County Council.

I ask that you take some time and visit www.JustinKiska.com to learn more about me and what direction I believe Frederick County should be taking in the future. Frederick is already a wonderful place to live and work, we need to work together so that everyone knows that.

Jason Miller – Candidate for County Council At-large (R)

As a Republican candidate for County Council At-large, I wanted to take a few moments and let you know about the importance of the Frederick County Charter in this year's County election. In 2019 the County Charter can be changed. I've heard from many voters across the county as

they expressed their disappointment with the partisan bickering caused by charter government.

Frederick's Charter states that "A Charter Review Commission shall be appointed by the Council no later than six months following the installation of newly elected council members after the elec-

tion of 2018. A Charter Review Commission may be appointed at such other times as the Council, in its discretion, may determine but at least once every 10 years beginning in 2018."

The Charter also outlines that "The Commission shall review the provisions of this Charter and make recommendations as to the necessity for deleting, adding, or amending its contents."

The next County Council is required to appoint an independent, level headed, and bipartisan commission that will enact forward thinking checks and balances that may last well into the next decade.

Each newly elected council member must avoid the temptation of seeking partisan driven amendments to the charter. An amendment that seems politically practical today, may not be politically practical tomorrow. All charter amendments must be pragmat-

ic, effective, and taxpayer focused.

Checks and balances on the County Executive's power is a matter of great concern to me. Under our current county charter, the County Council is empowered to "investigate the affairs of the County and the conduct and performance of any Agency"

This charter clause is paramount to the separation of powers within a functioning Frederick County government. Our County Executive has yet to truly allow for this oversight to occur. The current County Executive has deemed the County Council's oversight as an Interference with the Office of County Executive's office.

The Non-interference clause of our charter holds that "Neither the Council nor any of its members shall appoint, dismiss, or give directions to any individual employee of the Executive Branch of the Government, except as may

be provided by State law or this Charter." This selective interpretation of legislative oversight needs to be addressed. A County Executive free from Legislative oversight is simply too powerful an office for our local government.

As your next Councilman, I pledge to dedicate myself to ensuring that this mandated charter review process is done properly the first time and with as much public input as possible. If that requires the County Council stays until the early hours of morning over the course of several public hearings, so be it.

This year our county can change its charter. To read more about my other charter concerns, stances on other issues, or our campaign's principled and conservative platform go to www.milleratlarge.com. You can also email me directly by emailing me at ajason@milleratlarge.com.

 **VOTE** *"Committed to our Community"*

WILLIAM VALENTINE

DISTRICT 5 (R)

FREDERICK COUNTY COUNCIL

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jason@milleratlarge.com

Conservative Republican

Jason Miller

Frederick County Council At-Large

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By Authority: Mid Maryland for Jason Miller - Amanda Miller, Treasurer

GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

Bud Otis, Candidate for County Council At-large (I)

Editor's note: Bud Otis is the current County Council President.

I've been deeply considering whether to run for another four-year term as your County Council At-Large representative. After thinking over the past months, after praying about it and having heartfelt discussions with those closest to me, it became clear that my job is not yet done.

When I first took office in December of 2014, my main focus was to develop a solid foundation for our and future Councils to build upon. It took some time to develop the necessary procedures and protocols, and in my opinion, we've been able to establish a base that is strong and vital. We have Council rules and procedures which serve as a good guideline. We have updated these Rules to better accommodate hearing from not only the majority party but also from the minority party on the Council.

We have crafted a good communication policy between the Council

and our staff with the Administration. This has proven effective, in almost all circumstances, and we continue to build upon strengthening this procedure in order to better serve our county residents.

Most months we as a council meet weekly, both the 1st and 3rd Tuesdays for Legislative Days and the 2nd and 4th Tuesdays for Workshops. It is sometimes challenging to keep up with the demands of the agenda items. However, we are paid to do our homework and meet this requirement.

All council members have crafted individual or co-sponsored legislative bills which have been or are going through the public process. Some bills have been the result of concerns brought to us by our residents and we've tried to assist them in solving problems with the county's codes, etc. Many efforts have been fruitful while others - not so much.

Having the public involved in the legislative process has been extreme-

ly helpful. We are all not experts in all fields, so having subject experts come forward and offer their advice and counsel has been invaluable. My main mission is to listen before coming to a decision. Listening to the many sides of the issues creates an opportunity to see facets not known previously. This leads to a more extensive search for common ground. After listening and completing research I come away with a greater overall perspective on the subject. And, regardless of the final decision, I am so grateful for all the advocates whether or not I agree with them on a particular position.

We have developed a basic foundation. Now, I want to see this through one more election cycle to solidify what we have established. Then, my job will be complete.

I was a Republican for most of my life and considered President Ronald Reagan as an excellent example of what a President should be like. Fiscally conservative with compassion for

the underdog is how the government should be run. He made me proud to be an American. My decision to leave the Republican Party in May of 2016 and become Unaffiliated was extremely difficult. I made the change for a number of reasons, which I'm available to discuss one on one.

In my opinion it would be much better for candidates to run on their own platform without political labels. That way you'll know more about them and how they stand on specific issues that concern you. Our county government is all about the health, safety and welfare of our residents. It's about roads, police, fire & rescue, EMS, 911, schools, economic development and planning for county development, etc. I serve all residents of the county.

I am an Unaffiliated Candidate for the County Council At-Large seat. An independent voice, not an echo of either party. No one can pull my strings, as I have no strings to pull! On every vote I have taken I have had only

one thing in mind when I vote and that is, what is best for the County as a whole. I have not regretted one vote in over three years. I have served you by following that guidepost!

Running unaffiliated is tough as unlike the candidates of the two major parties, I need 1,734 registered voters in Frederick County to sign a petition which enables me to get on the ballot. Independent candidates don't run in the Primary. The signatures ensure my name will appear on the General Election ballot.

So, I'm asking for your signature on a petition so that my name is included on the General Election ballot. The only requirement for signature is that you are a registered voter in Frederick County.

Please join me and sign the petition ... then vote! "Bud Otis for Frederick County" is my Facebook page and my campaign address is Bud Otis P.O. Box 245, Middletown, MD 21769. I would love to hear from you! Thank you very much.

Susan Reeder Jessee – Candidate for County Council At-large (D)

When I ran for County Council At-Large in 2014, I gained so much from that experience so I'm giving it another try, and thought it would be good to share a little more about the person I am.

I was born and raised in Frederick County and have lived here my entire life, loving every minute of it! I was blessed with great parents, Bruce and Odette Reeder, who were incredible role models. My older sister Detty was killed tragically in 1977, and with my brothers Bruce Jr., and Chuck we still fight to this day to keep her killer off the streets. So family is very important to me and I have many relatives throughout the county with the last names of Angleberg-

er, Joy, Kehne, and Summers, and have great memories of the Joy Reunions at Mt. Tabor Park with the big slide! I have been married to Lawrence (FHS grad) for 33 years, and have two amazing children Matthew and Emily (MHS grads), who live locally.

I grew up west of Frederick on my grandfather's farmland and every summer we grew lots of vegetables, and fresh corn on the cob, tomatoes, and cucumbers were staples at every summer dinner. I have memories of sitting on the corn planter thinking I was queen, planting and picking up potatoes, tomatoes, squash, cucumbers, cantaloupes, and the big pumpkin that won first place at the Fred-

erick Fair. I was and am an avid fair goer every year and was the Demolition Derby Powder Puff champion in 1982! I have sense retired from that sport. Selling vegetables along Rt. 40 provided a sense of pride of what we accomplished. Those memories will last a lifetime and I feel lucky to have had that experience in a county so rich in agriculture.

Traditions were and are a big part of my life and growing up there were always big meals served to anyone at our house. Steamed Crabs, Slippery Pot-Pie, Hog Maw, and Sunday breakfast was never without pudding, scrapple, hominy and eggs. My parents owned a cabin along the Monocacy River and on weekends

we would fish, swim, and take boat rides while hosting memorable parties there as well.

In my younger years I loved swimming and became a lifeguard and swim instructor at the VFW pool and also competed at the college level. Getting a good education is something my parents stressed to all of us. My love for science became even more amplified in 10th grade Biology class at TJ, where I found what I wanted to do for the rest of my life. I choose to stay local and attended Hood College and obtained an undergraduate degree in Biology.

I have spent my career in research to find cures for diseases that took so many of my family members. I was

also interested in business so while working full time, with two kids, I went to Hood College at night and earned a graduate degree in business. Learning is a lifetime experience and my exposure to politics started at a young age when my mom ran for office in 1974, and then my dad followed. I saw the importance of public service first hand which is why I want to give back to a community that has been so good to me.

Now that you know a little more about me, next month I will share my views on important issues like senior care, our schools, our safety, good paying jobs, balanced growth, our beautiful landscape, and the drug epidemic that is killing our kids!

Mark Long – Candidate for County Council At-large (D)

Our county is a wonderful place full of opportunities and I want to make sure it remains that way. That's why I'm running for County Council. This is a summary of my main priorities.

It starts with education and providing excellent schools to ensure that our children develop the skills and knowledge necessary to prepare them for future opportunities. It's important that we fund our schools generously to attract and retain high-quality teachers, as well as dedicated support staff.

Providing our children with a good education is the engine that powers our economy.

We all want Frederick County to consist of Livable Communities. To ensure that future generations can thrive in healthy and affordable communities, it's imperative that we plan how our county changes with great care. Land-use decisions are critical because their impact is bigger than the footprint of a construction project. How growth is managed affects our schools, roads, public safety, our environment and

the cost of running our county--which becomes the taxes you pay.

Affordable communities require a diverse choice of housing options. They are more healthy and cost-efficient when they are walkable, bicycle friendly, and include a robust public transit system with shopping, doctors and services that people can get to easily, even without a car.

Protecting our environment and natural resources will provide us with the opportunity to live in a community with clean air and water. This involves protecting the edges of waterways with green buffers, protecting and restoring our forest canopies, and limiting sprawl.

Investing in economic development to attract the kinds of businesses that will become part of the community fabric is crucial if we want to have good jobs with livable wages. We should continue to encourage approaches such as the Frederick Innovative Technology Center, Inc and the new ROOT Business and Technology Cultivation Center. It's also important to make sure unnecessary regulations don't make it hard to do business and that we craft in-

centives to draw businesses that offer abundant and long-term employment opportunities.

It just makes sense that companies with high-paying jobs seek out vibrant, livable communities.

Frederick County is a thriving community, but not all our residents can take full advantage of the opportunities. A recent study conducted by United Way defined 32% of our county as "Asset Limited, Income Constrained, Employed." These are folks who work...work hard...often working at more than one job. But they are just barely making ends meet.

We need to work together as a community to make sure that the tools necessary to better their circumstances are readily available.

Attracting businesses that provide new jobs with livable wages is one part of the solution.

Enhancing our job training infrastructure to train or retrain workers for the jobs of the future is another.

We are a Caring Community... and should continue to be so. Our Senior Citizens should have the opportunity to continue to live here comfortably, to contribute to our community, and to lead

fulfilling lives during their later years.

One critical initiative that will require many smart and caring people coming together to tackle and solve, is the opioid addiction crisis. This epidemic is draining the heart from our community. We must address it ag-

gressively, and compassionately.

There's a lot going for us; and there's a lot at stake if policymakers don't include the whole community -- and I want to make sure there is opportunity for all -- as we plan our future.

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FirstEnergy Foundation
MARYLAND HUMANELIES

FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

The Sixth Annual Day of Transformation will be held on April 10th from 1 - 5 p.m. at the Gettysburg Hospital Auxiliary Thrift Shop, 10 Lincoln Square, and the Claudia McCarthy Legal Center, 18 Carlisle Street. The Day of Transformation was developed as a tribute to Jennifer Weaver, former vice president of HACC – Gettysburg Campus and executive director of the YWCA Gettysburg & Adams County, who passed away in 2012. Weaver dedicated most of her life to improving the lives of women. This free event features personal shoppers who will assist women to pick out the perfect interview outfit, down to accessories and shoes; professional stylists and makeup experts who will hair and makeup tips; career coaches who will offer interviewing and resume writing advice; and yoga and massage. Any woman who is looking for work or seeking to take a step forward in her career is invited to attend.

On Saturday, April 14th one of three 2018 E-Waste Recycling events will be held at the Highland Township Building on 3641 Fairfield Road (rain or shine) from 8 am to noon. This event is for current Park's Garbage Service customers in the Boroughs of Carroll Valley and Fairfield as well as in the Townships of Freedom, Hamiltonban, Highland and Liberty. You can turn in your outdated computers, laptops, monitors, printers, keyboards, modems, routers, scanners, and peripherals. You can also drop off your cell phones, stereo equipment, and televisions. In the case of TVs, they must be removed from any cabinetry in which they were contained. There will be no unloading assistance – bring help. There is no charge. If you have questions, call 717.642.5640 or email bo-rofairfieldpa@comcast.net.

What is going on at the Carroll Valley Library? April 2nd, Monday from 6:30 to 7:30 pm is "Books with Kpets" Practice reading with Danny the therapy dog! April 13th, Friday from 11 a.m. to 5 p.m. stop by and attend a col-

oring party entitled "Color Your Stress Away". On April 27th, at 7 p.m. listen to the program presented by Ms. Hilda Koontz, current Director and past President of the Gettysburg Civil War Roundtable, on "The Sultana Disaster: Freedom's Dream Gone Awry". It is about what occurred in the early morning hours of April 27, 1865 when the steamship Sultana exploded and sank on the Mississippi river seven miles north of Memphis. This tragedy is still the costliest disaster in U.S. maritime history and the death toll far exceeded that of the famous Titanic. Sign up now to attend the Balancing Act Workshop scheduled for April 30th Monday at 6:30 p.m.. This workshop invites children and families to have fun exploring and manipulating the placement of weight in objects, as well as in their own bodies, to learn more about the science of balance. The workshop is recommended for children ages 3 to 7.

Our Adams County Children's Advocacy Center will hold their 2018 Pinwheel Gala on Friday, April 27th from

6 - 10 p.m. at the Liberty Mountain Resort and Conference Center. Cocktails will be served at 6 p.m. and dinner served at 7 p.m.. Activities will include a silent and live auction. Tickets are \$75. This is the center's major yearly fundraiser and your support is needed to continue the important work to helping kids to be kids again. For tickets or more information call the center at 717-337-9888. If you cannot attend, please consider making a donation to the center. The Carroll Valley Trout Fishing Derby will be held on Saturday April 28th. Additional information will be posted on the Borough's website.

Also, on Saturday, April 28th from 10 a.m. to 2 p.m., at the Carroll Valley Educational & Community Complex, the Carroll Valley Borough Police and Liberty Township Police Departments will partner with Collaborating For Youth to carry out the tenth Adams County "Take Back" Medicine collection. This medicine collection provides an opportunity for Adams County residents to dispose of unused or expired prescriptions and over-the-counter medications safely and free of charge. Pills, liquids, creams, and pill bubble-packs will be accepted. No nee-

dles or sharps will be accepted. Seventy percent of people abusing prescription pain relievers get them (take) from family and friends. In fact, more teens abuse prescription drugs than any illicit drug except marijuana.

Adams County's medication collection and disposal is being sponsored by the Pennsylvania Office of the Drug Enforcement Administration in partnership with local and State Police, local fire departments, Collaborating For Youth, and the Adams County Department of Environmental Services. For more information regarding the Adams County TAKE BACK, please contact Eileen Grenell, 717-338-0300 x 24, or drugfree@cfygettysburg.com.

Welcome to Carroll Valley's newest police officer Patrolman Justin Bradley. He graduated from Messiah College and attended the Reading Police Academy. Keep safe. The Borough meetings in April are: Planning Commission (April 2nd); Council Meeting (April 10th); and Parks/Recreation Committee (April 25th). If you have any questions, please contact me by calling me at 301-606-2021 or email at Mayor-RonHarris@comcast.net. Please watch your speed while driving.

Marty Qually, Candidate for State Representative

Creating budgets that reflect the services residents need at the rate they are willing to pay is always a challenge. It requires both attention to detail and a global sense of where the community stands in relation to taxes and borrowing. In addition to the community's opinions, governments must be in tune with the opinions of banks and

bond rating agencies. Bond rating agencies, such as Moody's and Standard and Poor's, rate governments in general on three things: 1) their ability to accurately project balanced budgets (expenses are equal to or less than revenues), 2) whether they borrow money for capital projects (not for operations or day-to-day expenses), and

3) whether they have a sustainable plan for the future. As a county's bond rating improves, it implies a sense of stability, which in turn reduces the risk to banks in lending it money. The end result is lower interest rates on loans. Basically, bond-rating agencies use some very complicated math to prove that a government is worth the risk.

Pennsylvania's bond rating has dropped six times in recent years, twice since 2014, and is now at its lowest point in 39 years. Pennsylvania is now ranked 48th lowest in the nation, ahead of only New Jersey and Illinois. Standard and Poor's was clear that the last downgrade was due to frequent budget stalemates, unrealistic income projections, the use of borrowing to pay for operational expenses, and the use of one-time revenue streams. The end results of this downgrade will be businesses not wanting to locate into Pennsylvania and an increase in interest rates when PA borrows money.

This double whammy will only help Pennsylvania dig its fiscal hole deeper. Senate Majority Leader Jake Corman, R-Centre County, said it best, "This is not a good story for Pennsylvania. It's not a good story when we're trying to recruit businesses and industries to Pennsylvania as a good place to operate."

This past Summer my opponent, the 12-year incumbent in the 91st Legislative District, spent months looking for one-time revenue streams to balance the budget. Although I applaud efforts to streamline government, Dan Moul's effort only resulted in another extended budget stalemate and identified funds important to our community. Both the ensuing stalemate and the proposed one-time revenue streams were both highlighted as reasons for the state bond rating downgrade. I

have seen estimates that Pennsylvania's past six downgrades are costing taxpayers between \$53,000,000 and \$100,000,000 per year in increased interest rates.

Since I took office in 2012, Adams County's bond rating has improved with every review. In August Moody's Investor Services upgraded Adams County from Aa3 to Aa2 with a stable outlook. According to the report the upgrade to Aa2 from Aa3 reflects the county's growing tax base, average wealth, strong financial position with ample reserves and liquidity, manageable pension liability and slightly elevated debt burden with reduced variable rate exposure. It also is a positive financial reflection for Adams County municipalities and other county institutions.

The report listed our credit strengths as conservative budgeting, and consistent structural balance, that has resulted in a strong financial position with ample reserves and liquidity. A stable tax base is experiencing moderate growth and manageable fixed cost allow for budget flexibility. Moody's rating outlook for Adams County is stable due to a strong financial position that Moody's expects to be maintained over the medium term given management's conservative budgeting practices. Moody's reports that any further upgrade would involve material growth of the county tax base, maintenance of the structurally balanced budget and increased reserves and liquidity.

Many people like to believe that government should be run like a business. If so, then it is easy to see which level of government is running its business into the ground and which is establishing a path for continued success. Although partially true, comparing government to business is an oversimplification.

It's more like running a small-town family business. Family businesses are not about making a quick buck, they are about long-term sustainability for the family, and by extension, the community. This sense of community is why family businesses are lean in their operations and deliberate in their long-term decision making processes. The success of the business is measured by more than just the jobs or money they create; their success is measured by the confidence and support of their community. This is exactly how government should run. As a candidate for state representative I believe that efficient government can create sustainable prosperity for our communities.

While I have been working with my fellow commissioners to streamline operations, borrowing when rates are low, and working to make accurate budget projections, our 12-year incumbent representative in Harrisburg has failed to help pass a balanced budget on time and is only increasing the chances for another PA bond rating downgrade. I am no expert in economics, but I know when and how to learn from the experts. When the experts are saying that Adams County is doing something right and the state of Pennsylvania is doing something wrong, we all need to take a more critical look at who we elect. Please take the time to review my six-year record as one of your Adams County Commissioners and compare it to my opponent's 12 years. It will be clear who is the best steward of your tax dollars and who is just kicking the can down the road.

If you would like to contact me to discuss bond rating and how it affects our community, the failed budget process at the State, or any issue, I am available at 717-339-6514 or martyqually@gmail.com.



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GOVERNMENT—NORTH OF THE MASON-DIXON LINE

County Commissioner Jim Martin

During the most recent County Commissioners Association of Pennsylvania (CCAP) Conference many issues were discussed in session and out of session during free time. As a member of the CCAP Agricultural Committee we had an opportunity to meeting with the PA Secretary of Agriculture Russell Redding. The most urgent subject of our session is quite familiar to those that have read farm news topics. That subject was the plight of PA dairy farms. The immediate future looks very bleak for at least 42 dairy farmers. They have been given a 90 days' notice by their milk purchaser to terminate future purchases of their milk.

This is devastating news to their families and future, being unable to cover outstanding operating costs and debt payments. The factors that are contributing to the situation are the changing demand for PA liquid milk and its oversupply acerbated by tons of eastern European milk entering our markets. This has also caused an extremely low price for raw milk for all dairy operations. The low price (approximately \$10/100wt) has been an ongoing issue, but termination from milk sales adds a death blow to already struggling dairy opera-

tions. Reports have been circulated that at least one farmer committed suicide over the financial stress.

Agriculture is a major industry of the state and our county and dairies are a large component of that industry. This industry needs to be sustained within PA and our county. Recently I sat among the board members of the Adams County Chapter of the Farm Bureau. They, too, voiced their difficulty dealing with milk prices. So it was timely that dairy farming was a priority discussion with the Secretary of Agriculture. Remedies were discussed; their solutions require money and time. Compounding this is the ever present threat of Wal-Mart's venture to contract mid-west dairy operations totaling 20,000 dairy cows. Wal-Mart plans to ship that milk east, likely to reach Pa. stores.

Effective PA marketing and new product processing plants are part of the solution but will not solve the current problem in the short term. In speaking to Secretary Redding I characterized this as an emergency situation. As a solution, I proposed an emergency loan program that would refinance and extend payment terms to allow time for the milk market to improve. He

said that those serious discussions have been held with the banking community.

If farmers cannot pay their debt they will face equipment repossession and possible foreclosure of their homes and land. The new extended lending terms would also allow operators time to restructure their operations. The question is, "Will agricultural lenders participate in such a remedy?" Additionally, operators without good financial plans would be obligated to develop a viable financial plan strengthening repayment ability. If there is not participation from lenders or the USDA Farm Service Agency in such a venture, perhaps the \$37 million in the State's budget for agricultural land preservation could leverage such a program. Redirecting the funds in such a manner would actually be helping to preserve productive farmland.

In the mean time I encourage everyone to do their best to acquire Pa. dairy farm produced milk. It may be time to begin discovering new uses for milk. If you have any new uses, please come forward. Also remember the new energy drink is chocolate milk, which is fact and not fiction.

At our agricultural committee meeting we also discussed another serious threat to sustaining the agricultural industry. Presently this threat exists in the southeast portion of Pennsylvania and is known as the Spotted Lantern Fly (SLF). A picture of the pest can be found on the Adams County web site. We hope that that is the only appearance to occur in Adams County. If you missed the latest Adams County Commissioners' Forum which addressed the Spotted Lantern Fly, I encourage you to become familiar with its existence and habits. The public's help will be very valuable in gaining the control of this pest.

The SLF has no natural predators which makes its migration from the southeast corner of the state difficult to contain. For a number of years these counties have been battling the pest, but have not diminished its presence. Its numbers have steadily increased and it has advanced eastward. Quarantines, requirements to ship product, vehicle inspections and removal of breeding sites are some of the methods in place to win the battle. Recently the SLF has advanced eastward into Lebanon and Lancaster Counties. To

stop its advance and eliminate the SLF, the USDA and Pennsylvania are putting millions of dollars into a joint project. If the SLF reaches our county it would devastate our fruit industry, which is conservatively estimated to have an economic value of \$580 million. And, if it reaches our forests it will destroy valuable timber. Many people are not aware that Pennsylvania's timber industry brings to the state the most income of any exported product. So the elimination of the SLF is extremely important to protect the valuable income from fruit trees and hardwood timber.

Based upon our discussion the Penn State Extension Services will be used to educate and train residents locally, and provide professional services to the fruit industry. Also DCNR's Forestry division and Parks and Recreation will be engaged in the line of defense.

From these two issues, the dairy industry and SLF, we realize how important it is to take aggressive measures to protect the agricultural segment of our state's economy. So, the decisions and actions that take place in the coming year will likely play an important role in protecting what we already enjoy. Remember, a day without PA milk is like a day without its full potential. Let's MOOOOOve in the right direction.

State Representative Dan Moul

Once again, I am sponsoring legislation to prevent government interference in the rights of property owners. While I support the rights of individuals who are blind, physically handicapped or disabled to have specially trained and working service animals – typically dogs – and for landlords, airlines and others to make reasonable accommodation for them, federal regulations approved in the previous administration that were not carefully thought out, now extend the same courtesies to emotional support or so-called "comfort animals," effectively permitting those who want pets to circumvent the rights of property owners to enforce their "no pet" policies.

While the federal law specifies that an emotional support animal is a type of assistance animal warranting special accommodation for a person with a disability, the law also insists that assistance animals are not pets. Yet, an increasing number of people are fraudulently claiming their animal is for service or assistance, when in fact, the individuals do not have a disability and simply want a house pet. This creates a dilemma for landlords, homeowner associations and manufactured housing communities that struggle to be fair and reasonable to tenants with demonstrated disabilities, while protecting their property rights and the health, safety and comfort of other tenants and the community at large.

One shortcoming in the law is that it does not specify what con-

stitutes an emotional support or comfort animal. Imagine snakes, rats or farm animals living in the unit next to you, or five wild tigers, as a woman in California attempted to do? Fortunately, in the latter case, the court ruled that her desire to own the tigers did not trump her neighbors' right to safety and peace of mind.

Occasionally common sense does prevail, but these examples show how open-ended the law is and how one person's "comfort" could negatively impact others.

It also interferes with a property owner's right to determine what is acceptable on his or her property and needlessly subjects them to the potential for property damage and liability.

Current law enables property owners to request verification of a service or assistance animal, as well as medical documentation of the disability-related need. However, I have already witnessed the abuse of this law and am therefore sponsoring legislation to establish the Pennsylvania Assistance and Ser-

vice Animal Integrity Act. In addition to written documentation of a person's disability or disability-related need for an assistance or service animal by a mental health clinician with reliable and direct knowledge, House Bill 2049 also clarifies the difference between a "service animal" and an "assistance animal," and imposes penalties for those who misrepresent themselves as disabled or misrepresent their animal as an assistance or service animal.

Under my bill, misrepresentation of entitlement to assistance or service animal would be a misdemeanor of the third degree, and

misrepresentation of an animal as an assistance or service animal would be a summary offense carrying a fine of up to \$1,000. My bill would also provide landlords with immunity from liability for injuries caused by a tenant's assistance or service animal permitted on the property as a reasonable accommodation.

House Bill 2049 was recently voted out of the House Urban Affairs Committee and sent to the full House where I am anticipating widespread support. I am hopeful my bill will reach the Senate for consideration in the coming weeks.

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THE PASTOR'S DESK

Christ is risen!

Fr. Elias Yelovich
Orthodox Mission of the
Entrance of the Theotokos
into the Temple

It has been a difficult winter. Terrible things have been reported to us on the television news channels and in our national printed media. We have virtually witnessed in real time actions of a deeply disturbed individual who entered a Florida school and in a few short minutes murdered so many innocent students without provocation or apparent motive. We have learned of an international effort on the part of another nation, our apparent enemy, to disrupt the workings of our own democracy. We turned on the news just the other day and saw a bridge falling on a number of unsuspecting drivers in Miami, killing them.

Even on days without the reporting of such exceptional national tragedies we open the newspaper, turn a page and see the faces of so many beautiful people who died. Like you, I too look over the obituaries and shake my head in sorrow over the death of so many people, created in the ineffable beauty of God's own Divine Image and Likeness. Like so many of you who read this column in the paper, I enter my church every Sunday in prayer and supplication on behalf of all who suffer and die to the One Who said to His disciples, "In the world you will have tribulation, but be of good cheer; I have overcome the world!"

Truly, it is the case that there is tribulation. Even if every one of us were to escape the brutality of events like those we have witnessed or read about this winter, it must be admitted that each of us

will face the moment when our lives on earth come to an end. There is no exception to this truth in a world that has turned away since the very beginning from the One Who created and wills to sustain it. In Holy Scripture each of us has read the story of our first ancestors, Adam and Eve, who were placed in a garden of plenty in which God Himself cared for them.

Having chosen to rely not on Him, however, they went their own way, brazenly partaking of the fruit from the tree forbidden of them – forbidden, because it would reveal to them that which they did not know, evil. Scripture tells us that God, in His mercy, cared for them even then, knowing that their actions would lead to the tragedy of death.

Their bodies and souls which had been created as a unity to be lived eternally in communion with the God, would eventually be ripped apart; the body would die and be returned to the earth from which it came. The unity of their pristine creation would be shattered, and the tragedy of death would enter the world inflicting its darkness on every living creature. Thus, St. Paul would write those heart rending words in Romans that "all of creation waits with eager longing" for the renewal of all creation, for the Lord to reveal His mercy to all.

The story of Adam and Eve is the story of every one of us. Unfortunately, it is our sad tendency to turn away from these truths. We fill our lives with senseless time consuming entertainments; we spend our days working for the bread that does not satisfy; and, when our loved ones die, we participate in the rit-

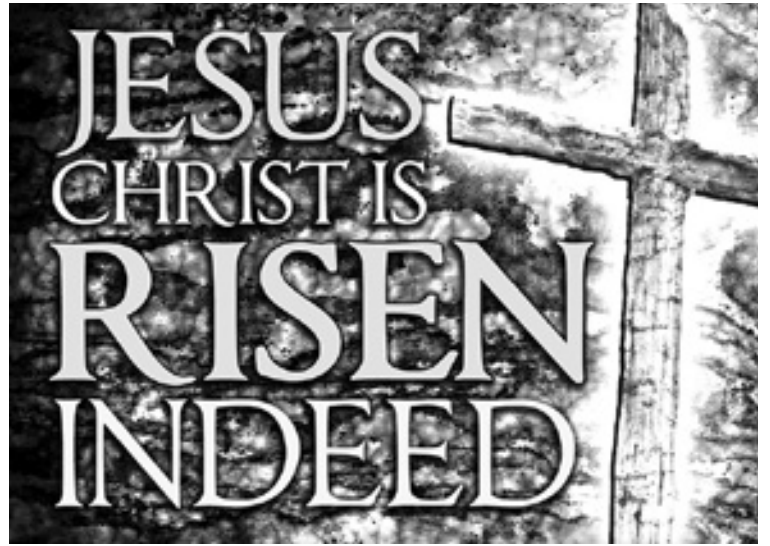
uals of our culture that aim to take the tragic reality of the death of our loved ones away.

We comfort ourselves with the lie that it is "natural" or that we must forget by throwing ourselves into renewed activity. Deep down inside we think, "It's not me; I can go on doing what I have been doing; I am still Ok; perhaps it will not happen to me." But the truth is that it will happen. All of humanity and the entire creation over which the Lord has given us stewardship will know the tragedy of death, brought into the world by our common desire to follow our own will, to turn away from the Will of the Lord, to rely on ourselves rather than on Him.

The Holy Christian faith faces this reality forthrightly and makes no attempt to hide the truth. The death of every person, young or old, is a deep tragedy. It is not God's will for the soul to be ripped away from the body. As one of my teachers in Seminary would say to us frequently, "God did not create us to be corpses or disembodied spirits."

Thus, in Holy Scripture, in the Gospel of St. John, the beloved disciple reports that the very last thing our Lord did before He entered Jerusalem on Palm Sunday was to visit His friends in Bethany, Mary and Martha, whose brother Lazarus, a close friend of the Lord, had died four days earlier. It's interesting to note what our Lord did and said, and what our Lord did not do or did not say. He did not say to Mary and Martha, "Buck up and return to your regular lives!"

Nor did He say, "It's Ok; every life must end, and it's time to accept the end or your brother's life." No! The beloved disciple reports in that one verse that all of us learned to be the shortest verse of the Bible, "Jesus wept." He wept. Of course in grief. But more importantly, in recognition of the tragic and awful truth that creation is subject to death and corruption because of its separation from



God – the source of all life and incorruption. He wept. And He ordered the stone to be removed from the tomb of His friend. To the horror of those present, who told Him that Lazarus had already started to decompose, He entered that tomb, and raised Lazarus from the dead, calling him from death to life, reuniting his God created body with His God created soul, restoring life and incorruption to Him by Grace. That is what our Lord did.

The next day He entered the Holy City of Jerusalem, riding not on a warhorse, but on a donkey, a sign of His humility and of the Divine Humility of the Father Himself. He went to the temple during that week and taught us in His final parable to feed the hungry, visit the sick, give comfort to the imprisoned, a summary of His entire Life as the Incarnate God on earth. He ate the Last Supper with His disciples in the upper room, creating the Mystical Supper of Holy Communion, in which His presence would be re-established whenever we gather in that way throughout the ages.

He willingly submitted to torment, torture, indignity before Pilate and the religious authorities of that day who bore him false witness. He submitted willingly to the Cross for the Life of the World, praying for forgiveness of those who delivered Him, Love Incarnate, to death. He allowed Himself to experi-

ence the tragic separation of body and soul, and descended to the place of the dead, bringing to all the souls since the creation of the world the message of Resurrection and Life, raising our Forefather Adam and our Foremother Eve from the dead as a sign of the restoration of all creation. And then, on the third day, the Blessed Eighth and Glorious Day of the New Creation, He rose from the dead, as St. Paul said, "the First Fruits of those who had fallen asleep."

This, Beloved of Christ, is our Holy Christian Faith. It is what we celebrate, Orthodox, Catholic or Protestant Christians alike, in spite of our differences. Christ is risen, as you may hear us down on West Main Street at 12:01 AM on Pascha, singing, Christ is Risen from the Dead, trampling down death by death, and upon those in the tombs, bestowing Life. Thus, when we enter that darkness, the darkness of death, ourselves, He will be there, the Risen Lord, the Truth and the Life. He will take our hand as He took the hand of His friend Lazarus. And a certainty will come to each of us, that the time of tribulation is over, and the restoration of all things has begun! Christ is Risen! Indeed He is Risen!

To learn more about the Orthodox Mission of the Entrance of the Theotokos into the Temple, visit them at 306 West Main Street, Emmitsburg or on-line at www.entrancemission.org.

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THE BOOK OF DAYS

Lady Burleigh and her learned sisters



Anne Cooke married Sir Nicholas Bacon, by whom she was the mother of Sir Francis Bacon and Anthony Bacon.

April 4

In the reign of Elizabeth, and even from an earlier period, it was customary for ladies to receive a classical education. The 'Maiden Queen' herself was a good Greek scholar, and could speak Latin fluently. But amongst the learned ladies of that day, the four daughters of Sir Anthony Cooke, the preceptor of Edward VI, were pre-eminent. Mildred, his eldest daughter, married William Cecil, afterwards Lord Burleigh.

She was equally remarkable for learning, piety, and benevolence. She could read Hebrew, Greek and Latin with critical accuracy. She presented a Hebrew Bible to the University of Cambridge, and accompanied it with a letter written by herself in Greek. She had not only read most of the Greek and Latin classics, but the chief works in those languages by early Christian writers, from some of which she made very skilled English translations.

She was a general patroness of literature; she supported two poor students at St. John's College, Cambridge, made large presents of books to both universities, and provided various facilities for the encouragement of learning. Amongst her acts of benevolence, she provided the Haberdashers' Company with the means to lend twenty pounds each, every two years, to six poor tradesmen. She displayed similar charity for the poor people of Waltham and Cheshunt in Hertfordshire; four times every year she relieved all the poor prisoners in London, and expended large sums in other acts of benevolence and charity, far too numerous to specify. She lived 43 years with her husband, who spoke of her death, which occurred April 4, 1589, as the most severe blow he had ever experienced, but says, "I ought to comfort myself with the remembrance of her many virtuous and godly actions wherein she continued all her life."

Anna, the second daughter of Sir Anthony Cooke, was also a good Latin and Greek scholar, and was well acquainted with some of the continental languages. At an early age she translat-

ed twenty-five sermons from the Italian of Barnardine Ochine, which were published in an octavo volume. From Latin, she translated Bishop Jewel's Apology for the Church of England, which was so faithfully and skillfully executed that the bishop, on revising the manuscript, did not find it necessary to alter a single word. On sending her translation of the Apology to the bishop, she wrote him a letter in Greek, which he answered in the same language. She married Sir Nicholas Bacon, and was the mother of the famous Sir Anthony Bacon, and the still more famous Francis Bacon.

Elizabeth, the third daughter of Sir Anthony Cooke, was equally remarkable for her learning. She wrote epitaphs and elegies to her friends and relations in Greek, in Latin, and in English verse, and published an English translation from a French work. She married, first, Sir Thomas Hobby, of Bisham, and accompanied him to France, when he went thither as ambassador for Queen Elizabeth, and where he died in 1566. She brought his body back to Bisham, and, building there a sepulchral chapel, buried him therein, and wrote epitaphs on him in Greek, Latin, and English. Next, she married John, Lord Russell, and surviving him, wrote epitaphs on him in the same languages for his tomb in Westminster Abbey.

Katherine, the fourth daughter of Sir Anthony Cooke, was famous for her scholarship in Hebrew, Greek, and Latin, and for considerable talent in poetry. She married Sir Henry Killigrew, and was buried in the Church of St. Thomas the Apostle in Vintry Yard, London, where a handsome monument was erected in her memory, inscribed with the following epitaph, written by herself:

'To God I sleep, but I in God shall rise,

And, in the flesh, my Lord and Saviour see.

Call me not dead, my soul to Christ is fled,

And soon both soul and body joined shall be.'

There is a curious ghost story about Lady Russell. She was buried at Bisham by the remains of her first husband, Sir Thomas Hobby, and in the adjoining mansion, her portrait still hangs, representing her in widow's weeds, and with a very pale face. Her ghost, resembling this portrait, is still said to haunt a certain chamber, which is thus accounted for by local tradition.

Lady Russell had, by her first husband a son, who, so unlike herself, had a natural antipathy to every kind of learning, and such was his obstinate repugnance to learning to write that he would willfully blot over his copy-books in the most slovenly manner. This conduct so irritated his refined and intellectual mother, that to cure him of the propensity, she beat him again and again severely, 'til at last she beat him to death.

As a punishment for her cruelty, she is now doomed to haunt the room where the fatal catastrophe happened, and as her apparition glides through the room it is always seen with a riv-

er passing close before her, in which she is over-trying, but in vain, to wash off the blood stains of her son from her hands. It is remarkable that about twenty years ago, in altering a window shutter, a quantity of antique copy-books was discovered pushed into the rubble between the joists of the floor, and one of these books was so covered with blots that it fully answered the description in the story.

There is generally some ground for an old tradition, and it is certain that Lady Russell had no comfort in her sons by her first husband. Her youngest son, a posthumous child, especially caused her trouble, and she wrote to her brother-in-law, Lord Burleigh, for advice on how to treat him. This may have been the naughty boy who was flogged to death by his mamma, though he seems to have lived to near man's estate.

April 9

The Pony Express

Within the Pacific States, as they are called, of America, being separated

from the rest by the wide sierra of the Rocky Mountains—canal, railway, or even good roads not yet being practicable in that region—communication necessarily becomes a difficulty. Even to convey letters, over two thousand miles of prairie, mountain, and forest, was a task of a sufficiently formidable character.

This difficulty was, however, overcome in 1860, by the enterprise of a private firm. Messrs. Russell, Major, and Waddell, who had been engaged as contractors for the conveyance of government stores, determined to establish a kind of express mail, by which letters should be conveyed in about a week between the two extreme points, depending partly on the commercial public and partly on the government for an adequate return.

First, the contractors built stations along the line of route at convenient intervals, stocking them plentifully. Then, they purchased six hundred ponies, or strong serviceable horses, engaged a corps of fearless and trustworthy riders, and finally provided an equipment of riding-dress,

letter-bags, revolvers, and rifles for the men. On April 9, 1860, the service commenced. Two pony-couriers started on the same day; one from St. Francisco, to come east; the other from St. Joseph on the Missouri, to go west. When a pony had done his stage, at twelve miles an hour, he was replaced by another; and when a courier had done as many stages as he could accomplish without rest, another took his place.

Thus the mailbags were travelling incessantly at the rate of twelve miles an hour. Each mail accomplished the 1900 miles of distance in about seven days and a half. The system became comparatively consolidated very soon. The men suffered from fatigue, hunger, cold, heat, and especially from the attacks of Indians, but they persevered undauntedly, and the Pony Express might be considered as an established fact, so to remain 'til something better could be devised.

To read other selections from Robert Chambers' Book of Days visit www.thebookofdays.com.


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COMMENTARY

Words From Winterbilt

Is it April Fool's Day, or am I dreaming?

Shannon Bohrer

April Fool's Day is known as a day that people play jokes on others. If you were in a coma for two years and just woke up and someone told you about our politics for the last year, what would you think? Would you say it was believable - or was this just an April Fool's joke.

Last year, political commentators from both political parties labeled President Trump an "unconventional" president - meaning they can't explain his words and/or his actions. He made outrageous comments before the election, like the one about the town in New Jersey where Muslims supposedly celebrated in the streets after the 9/11 attacks. Even when the police chief of the town said it did not happen, Trump stuck by his assertion that he saw it on the news. Later we were introduced to the theory of "Alternative Facts."

I understand that there are many people who still support the President, and I truly feel sorry for them. FactCheck.org listed him as the most untruthful candidate in the election, which is not something anyone should aspire to be. He also had, actually still has, a habit of saying something and then changing

his mind as if he rethought the topic. However, he usually goes back to his initial position. During the campaign he said he would not sign the Paris Accords because global warming is a hoax, or just fake news. After the election he said he would be taking a second look at global warming. After he was sworn in, he changed his mind again.

President Trump asserts that he would have won the popular vote, however, because of the illegal votes cast he lost by three million votes. He asserted that three to five million votes were cast illegally. President Trump cited the Pew studies to justify his claims of voter fraud. However, the Pew studies, which do exist, never examined voter fraud. His claim of the illegal voters was deemed the lie of the year at Politifact.org. He did create an election fraud commission to examine this, but the commission later disbanded - with no results.

Of course with all the controversies, the one most often reported is the interference of Russia in our elections. The President says it's just a hoax, but has never condemned Russia for anything. In fact, he talks glowingly about Putin and Russia. Just months after his inauguration he held a private meeting with Russian officials in the White House. I say it was a private meeting because

no one other than President Trump and the Russians, including the Russian press, were there. In fact the Russian press provided the American Press photographs for their news coverage. Does that count for diplomacy?

It was reported that our President gave the Russians some top-secret information during the private meeting. This was at first denied, then later confirmed. Our President said it was ok to do so, because as President he has the authority to declassify anything. Our President seems to have a great fondness for Putin and the Russians. He has vilified leaders in his own party, leaders of other democratic countries, but has praised Putin and other dictators. When Congress passed sanctions on Russia for their interference in our elections, President Trump just ignored them.

The President and the White House have repeatedly said the Russia investigation is a hoax. However, the Muller investigation has resulted in six indictments of former campaign aides and White House advisers. Several people indicted have already pleaded guilty. Thirteen Russians were also indicted. We don't know how many people have been interviewed, but it does appear that there is something nefar-

ious between Russia and our President. Maybe not - but there is a lot of smoke.

The Russian investigation is in the news every day, except when other things are so bad they go to the front page, like the White House employees with no security clearances. The employees included the President's daughter and his son-in-law. When this came to light, it was also reported that four countries were trying to influence Jared Kushner, his son-in-law. Apparently the son-in-law could not qualify for top-secret clearances. Sometimes, when we think that things are as bad as they can be, they get worse. Mr. Kushner was also accused of having meetings at the White House and then securing loans for his businesses, with the companies he had been meeting with, in the White House.

The school shooting in Florida took some of the bad news away from the White House, but only for a day or so. The President met with congressional leaders and promised stricter gun control with background checks and age limits. He then met with other representatives and changed his mind again. When congressional leaders were questioned about this, they responded that when he promises something, they call that the Tuesday Trump. Later, when he changes his mind they call that the Thursday Trump. These are people in his own party. The Tuesday Trump said he would sign an immigration bill and the Thurs-

day Trump changed his mind.

It seems like every day we have conflict and problems surrounding the President, his staff or his family. The President's daughter, Ivanka Trump, has a fashion clothing business. Nordstrom dropped the clothing line and the President tweeted: "My daughter Ivanka has been treated so unfairly by Nordstrom. She is a great person -- always pushing me to do the right thing! Terrible!" The President of the United States of America can criticize an American department store, but he can't or won't say anything bad about Putin or Russia?

In early February of this year our military forces, along with our coalition forces, were attacked in Syria by Syrian and Russian forces. The U.S. forces were in contact with the Russians, to prevent any conflict, and during the attack the Russians said it was not them. The U.S. then defended their coalition forces and repelled the attacks, after which, the Russians asked for time to recover their casualties. The Russians in support of the Syrian forces attacked the U.S. backed forces, including our troops and our President said nothing?

"Which is the true nightmare, the horrific dream that you have in your sleep or the dissatisfied reality that awaits you when you awake?"

—Justin Alcala

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

Common Cents

Trump's attacks on Earth, resistance & innovation

Mel Gurtov

In 1992, 1700 scientists from around the world signed a "World Scientists' Warning to Humanity. The statement argued that "human beings and the natural world are on a collision course," and urged immediate, dramatic to reverse the trend. Last fall the statement was updated. This "second notice" has now been signed by 20,000 experts. As you would expect, the scientists report "insufficient progress" and warn that besides failing to deal with climate change, "we have unleashed a mass extinction event, the sixth in roughly 540 million years, wherein many current life forms could be annihilated or at least committed to extinction by the end of this century."

Against that sobering assessment is some good news. Is it enough to give us confidence that we will not destroy ourselves? I leave that to you; but the main message is that "it's up to us."

What Works?

Protecting the environment is a bit like fighting a war: it takes action on two fronts—effective resistance and winning strategies—to be successful. Resistance has come from many places: legal action by states and their industries impacted by the opening up of our coasts to oil drilling, for instance. Thirty-two US senators signed a letter to Secretary of the Interior

Ryan Zinke January 9 protesting the decision and pointing out that further drilling isn't necessary. Nine governors and a number of governments agencies, including NASA and the US Air Force, have joined in objecting to the drilling.

Time and the law may also be on the side of protection: drilling requires technical and bureaucratic preparation that delays starting for many months, even years. Then there's the surprise decision in January of the Federal Energy Regulatory Commission, dominated by Trump appointees, to deny a form of subsidy to the nuclear and coal industries that energy secretary Rick Perry had sought. And there's this fact: the administration's sloppiness in implementing new regulations, creating opportunities for NGOs and other affected parties to sue over failure to follow proper procedures, as with Zinke's offshore drilling decision.

Fortunately, Trump-era deregulation and other environment-destroying activities are being closely monitored by many sources, starting with the New York Times and the Washington Post. Harvard University's Environmental Law Program is also tracking Trump, as well as the Columbia University School of Law's Sabin Center for Climate Change Law.

The latest study on the cost of switching to renewable energy for

electricity once again shows just how sensible that switch is: declining costs and increasingly competitive prices for solar, wind, and hydro power. The more technology improves, competition widens, and projects worldwide gain experience, the greater the cost reductions will be, according to the International Renewable Agency. To quote from its report: "Electricity from renewables will soon be consistently cheaper than from most fossil fuels. By 2020, all the renewable power generation technologies that are now in commercial use are expected to fall within the fossil fuel-fired cost range, with most at the lower end or undercutting fossil fuels." Executives with some large energy companies are now saying the same thing.

What it comes down to is this: While Trump continues to tout "clean coal," the story of the now-abandoned \$7.5 billion Kemper power plant shows that clean coal is a mirage. No one is going to be building a coal-fired plant by 2020. And maybe not a nuclear power plant either. In fact, as the New York Times reports, some of the biggest energy companies are embracing wind and solar power as the economics of energy shift in their favor, even after federal subsidies end. Consider the deep-red state of Texas: wind power capacity now exceeds coal for the first time in the state's history. As the Texas Month-

ly reports: "Total wind power capacity in the state [is now] more than 20,000 megawatts, while coal capacity stands at 19,800 megawatts and is slated to fall to 14,700 megawatts by the end of 2018 thanks to planned coal powerplant closures. Next year, Luminant will shutter three coal-fired plants—Monticello, Sandow, and Big Brown—and San Antonio's CPS Energy will close J.T. Deely Station. Wind capacity in the state will reach 24,400 megawatts by the end of 2018, according to projections from Joshua Rhodes, a research fellow at UT Austin's Energy Institute."

Bill McKibben reminds us that we don't need Washington in order to impact climate change. Divestment from fossil fuel companies is one way. McKibben writes: "Consider what happened in mid-January, for instance, when New York City declared war on the oil industry, pledging to divest its \$200bn pension funds of fossil fuel stocks and announcing that it would sue the five biggest energy majors for the damage they knowingly inflicted by not 'fessing up to their knowledge of climate change."

The ongoing efforts of dedicated scientists working for the government to insist on evidence-based research are another source of resistance. Scientists worldwide are not sitting still in their laboratories while global warming reaches a critical state. One finding does give us a bit more lead time to deal with global warming: a British study that concludes that Earth's temperature is more likely to increase by roughly 2.8C during this century in response to a doubling of carbon di-

oxide in the atmosphere rather than by a possible 4.5C predicted by a UN agency. But even that lower prediction hardly undercuts the urgency of dealing with climate change, as the study's authors emphasize.

While Trump's minions have been hard at work destroying the environment and ecosystem, high-minded scientists and ordinary citizens all over the world have been fighting to preserve our heritage and conserve precious resources. The best of these efforts relevant to climate change are reported in a new book: Paul Hawken, ed., Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming (Penguin Books, 2017). We should be encouraged as well by good news that is sometimes reported by the mainstream press but more often appears in the newsletters and magazines of environmental NGOs such as the Natural Resources Defense Council and Environmental Defense. And let's not forget that some of the best environmental protection efforts are taking place outside the US, such as China's carbon market, Saudi Arabia's solar farm to power 200,000 homes, and the agreement of most European Union members to end construction of new coal plants by 2020.

Bertrand Russell has the last word: "To preserve hope in our world makes calls upon our intelligence and our energy. In those who despair it is frequently the energy that is lacking."

Mel Gurtov is Professor Emeritus of Political Science at Portland State University.

The American Mind

Is the Republican Party dead?

William Hillman

In November 2017, I wrote that the Republican-party-establishment was the first casualty on Trump's road to the White House. The GOP was on life support when Trump entered the race and it's in worse shape today.

I've said it before, and I still stand by it today, "The one thing a republican voter dislikes more than democrats is the Republican Party."

Since Trump was elected, one assumed that the party would right itself: self-assess and reorganize with its record donations flowing in. But that would not be the Republican party. They continue to piss off their base, run un-electable candidates, and lose.

Last month in Western Pennsylvania, a democrat won a congressional district that Trump won by twenty points. The State Republican party cleared the way for State Rep. Rick Saccone to be the candidate against objections by local area Republicans who did not think he would be a good candidate. There are rumors that he was the state party's leadership's choice because he was the only one who agreed to use a political consulting group favored by the state party chair. Again, this is just a rumor, but I believe it. I've been told that days before the election, the state party leadership and consultants were nowhere to be seen in his district. Something tells me they really did not want to win.

But it gets worse. Paul Ryan's Congressional Leadership Super Pac actually spent money in sup-

port of the Democrat candidate, Connor Lamb.

An excellent explanation for what is going on behind the scenes was written by the blogger known as Sundance at The Conservative Treehouse.

"The DC Republican apparatus is quite comfortable losing their majority position so long as they are not forced to support Trump policies which are entirely against their financial interests." [How Mitch McConnell Crushed The Tea-Party]

"Even before candidate Trump entered the 2016 presidential race, the agenda was visible for anyone who was willing to admit it. In 2014 the same Republican leadership paid Democrats to vote against the Republican primary winner of the Mississippi Senate race (Cochran -vs- McDaniel) simply because Mitch McConnell didn't like the idea of having an actual Republican in the seat."

"Remember, this is the GOP wing of the UniParty who operate on behalf of the U.S. Chamber of Commerce {DEEP DIVE} and support: comprehensive immigration reform to include amnesty; lax border security to allow cheap labor; Omnibus spending as reflected in their Obama budget-fulfillment votes; the retention of ObamaCare as mandated by the U.S. CoC; the expansion of federal common core education standards; the Wall Street trade agenda to include TPP. All of these "DC-Republican" positions

are opposed by the current Republican President and the majority of Republican voters."

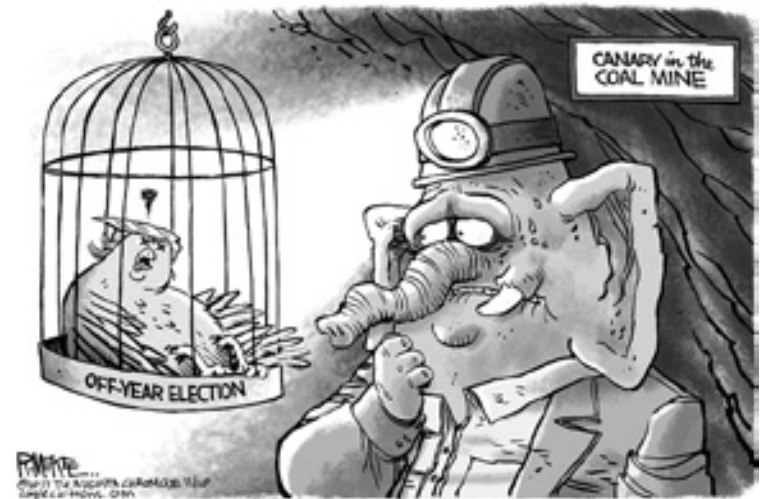
The Republican Party lost this race, but it was not won by the democrats. It was won by Trump. Lamb, the democrat, ran as a MAGA candidate. He came out explicitly against Nancy Pelosi. He was proud to be both pro-life and a lifelong member of the NRA. He called for immigration reform, building the wall, and praised Trump for ditching unfair trade deals.

In the last few weeks I've watched Republican candidates in PA fail to even get enough signatures to make the spring primary ballot. Perusing the Department of State website, I see Congressional districts with six, seven, and eight Democrat Congressional candidates on the primary ballot and only one Republican, some with no Republicans. In the area I live, half the Republican Committee seats are open.

The Republican Party has no base.

The party's demise started in the 1990's as Carol Rove and the Globalists took over and sold out the base to Brussels, Singapore, and Zurich. Questions of culture, national identity and traditional values were ignored. The middle-class base was told open borders and free trade would bring wealth and prosperity to middle America. None of this ever happened.

Traditional conservatives were told to "go packing" back in the George H. Bush days by the Neo-cons like, Bill Kristol, who took control of the party. These neo-cons used the party to promote their mission of spreading



democracy around the world. Middle class Republicans watched as their kids returned home from the Neo-con's "fool's errand" in body bags and wheel chairs.

The Pro-life members, who for years had done the heavy lifting of the grassroots brigades, were asked to stand quietly in the corner. The party would give a smile and tip of the hat in their direction. When it can time for legislative action on abortion, the party would forget the pro-lifers were even in the room. What they failed to understand is the pro-life movement is loyal to life, not the Republican Party.

The Republican Party left Middle Class traditionalist voters to fend for themselves. These families watched as the Republican Party forced Common Core into their schools. To them, the GOP is no longer their ally but is the party that makes promises but fails to deliver on healthcare reform, school vouchers, and child tax credits. The GOP cowers in the face of extreme Cultural Marxism and has abandoned us on issues of religious freedom.

Small businesses were sold out years ago. Small businesses have been regulated to death; their markets were sold to large multinational corporations in

trade deals backed by republicans. Republican leaders are more than happy to take big checks from large multinational corporations and do their bidding. Bank regulations like TARP, implemented during the Bush administration, is credited with damaging community banks in favor of large international banks. Community banks are the lifeblood of farms and small businesses.

The middle class, blue-collar workers were left in the dust twenty years ago by the Republican Party. Their jobs and future were sold for a purse of silver, shipped over seas in trade deals or displaced with imported cheap foreign labor.

The Republican Party post-Reagan is a party of broken promises and failed faith with its base. The Republican "leadership" sees elections as a means to secure their own power, not as a means to secure the needs and issues of their base. This is why the Republican voter no longer trusts the Republican party and come election day will sit on their hands.

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Down Under

Trade tsunamis

Submitted by Lindsay Melbourne, Australia

Recent studies have shown that fake news has more readers and believers than the real stuff. Social media is largely to blame, yet in the scheme of things it doesn't matter all that much. Fiction instead of fact has been the role of populism for many years, and is designed to sell copy. (In your commercial society selling news and gossip is the only reason for existence - advertising pays.) Outside of local and verifiable news the actuality doesn't matter, because it's beyond our control, and we have learnt to live with it all our lives.

It is only when reality draws blood that we sit up and take notice, when we start forming protest groups, petitioning our representatives and marching, flags waving for all to see. When the reality of the decline of the middle class bites, when increasing real poverty is ignored and social isolation brings depression, addiction and suicide then a backlash against the establishment occurs and a maverick saviour emerges. With enough

luck and appropriate circumstances, the unlikely event of becoming president emerges, whether or not he's a rogue, liar, cheat, misogynist and bigot. When he is not fazed by convention or protocol we have the larger than life President Trump.

He began as a wild bull in a carefully managed china shop, threatening and blustering, yet he seems to actually have more awareness of the dangers facing the country than his predecessors. Diplomacy, under his erratic proclamations, has taken a rougher edge, a 'take it or leave it' show of indifference to the hard cases that have dominated international relations.

Not just international things, of course, but anyone who dares disagree with him, or accuse him of behaving badly, even illegally. That makes him an intelligent megalomaniac, but he certainly doesn't care, he has a vision - yes, dark and self-serving - but one he will not give up. So Import duties on steel and aluminium are introduced not because they will benefit the country, but because they will keep the faithful in line. That his allies and friends are aghast is pointless. Tell

the world that every country that manufactures those products will feel the heat of increased tariffs and then slowly take the important ones off the list shows how wise he is. And the faithful are duped again.

If he were to not do that then Canada and Mexico would retaliate with all the punitive measures they could, allowing their cheaper production to flood the markets around the rest of the world. China would breathe fire, predict ruin for all, but it would play into their strategy of dominating world trade, of replacing America as number one nation. There'd be trade wars, the economy of the world would suffer as his dream rolled on, and everyone would be caught in bipolar uncertainty.

But all that is only a diversion. The real war is far more serious, far more likely to wreck your economy, way of life and prosperity. Called Intellectual Property Theft, (IPT), it is not waged on primary production, but on everything from high-tech electricals to low-tech sneakers. It is the oldest trick in the book, of taking something already made which has become a high volume product, then copying it cheaply and selling it as genuine. The Chinese even have a name for it - original copies - and they have made it a business more valuable than everything else combined.

How valuable? The New York Times estimates that the cost to the US is about \$600 billion a year, with China responsible for the great majority of it. Over the many years this has been done the cost is in the trillions, far more than could ever be lost on steel or aluminium.

The strange thing is that there is legislation in place to combat it. It's not secret, it's been discussed for years, ever since the cold war, when protectionism was at its height, but never applied. The consequences have always been seen as devastating and unpredictable, but President trump is now seriously considering implementing them. It's called section 301, and has a number of measures that can be used against a trading partner who is seen to be harming US business interests.

Sanctions, import quotas, tariffs, blocked take-over provisions and anything else that could be thought up can be used, and It allows a neat sidestep of WTO rulings prohibiting some of those things. The \$130 billion of electrical goods China sells to the US each year dwarfs the \$2 billion of steel, and is a major factor in the trade deficit you have with that country. This has grown steadily since the 90's, running at about \$60 billion a year for the past ten years. In this time China's trade surplus has climbed from near zero

to an average of about \$40 billion a year.

It is not only China adding to the US deficit, of course, but in President Trump's first twelve months it climbed to \$665 billion. It's impossible to estimate the IPT component of this, but it is very considerable.

You may not think you are adding to the problem when you buy a pair of say Converse sneakers or a Rolex, but it is quite possible. To do business in China you may well be forced to transfer intellectual property rights to them, which is, in fact, a kind of tariff, and retaliation is now being seriously considered. If section 301 is invoked the world would enter into unknown territory, with rolling trade wars, unpredictable stock exchanges, manufacturing in disarray, and raw material suppliers such as Australia a cot case.

Will this happen? Who can tell, but it would need more than policy by tweet to manage it. Atomic bombs devastate everyone in the immediate vicinity, but implementing 301 would have universal and longer lasting effects. America and China would be facing off in the biggest war of all time, a tsunami of stark reality that would engulf us all.

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THE (retired) ECOLOGIST

In like a Lion, out like a ...?

Bill Meredith

When my wife and I retired, someone gave us a book called "Common Sense for Seniors." It was obviously supposed to be funny, but she read the chapter on Old Men and committed it to memory before I had a chance to hide it; and ever since, she has quoted from it whenever the topic of golf came up. This year, we had a couple of nice days in February when I escaped in relative peace, and the forecast said the first of March should be pleasant but the rest of the week might be rainy.

So plans were made; but as the date approached, a cold front that had wandered out of Nevada decided to speed up, and Monday morning arrived under a gloomy sky. My wife warned of impending catastrophes... but there were a few rays of sunlight among the clouds that morning, so I put on an extra sweater, loaded the clubs into my friend's car and headed out.

You probably can guess the rest of the story. By the time we got to the course the breaks in the clouds had sealed up; the sky was uniformly gray, a few mist-sized drops of water appeared on the windshield, and there was an ominous lack of other cars in the parking lot... but we loaded our cart and headed for the

first tee. My first drive went straight down the middle of the fairway, which I should have recognized as an omen... but at my age when you finish the first hole only one over par, you don't stop.

The mist turned into a drizzle, and the drizzle became a light but steady rain; and the numbers on the scorecard kept getting bigger until we finally stopped writing them down. Nevertheless, it was an interesting experience. At a small lake by the fourth hole were several hundred Canada geese; mixed among them were two swans and several coots. The trees were full of robins, and the bushes were full of red-winged blackbirds, present in abundance for the first time since last fall. And wandering in the middle of the sixth fairway was a flock of at least 20 wild turkeys. So, all in all, it was a good day.

I got home early, wet but not chilled. A person of my age has earned some level of immunity to most of the common cold viruses, so there were no after-effects except being a bit tired, and that was easily remedied by a nip of The Elixir and a nap. Even the expected lecture on Common Sense was relatively restrained. So that night I slept the sleep of the innocent, dreaming that if March was coming in like a lion, it must be just a little one, maybe

a three week-old cub. In that, I was wrong. The next morning the wind was howling so loud even I could hear it, and every tree in sight was thrashing about like a teenager at a rock concert. It was a sign of problems to come.

We landscaped our yard around 1992 with some flowering plum trees, and they grew well and bloomed beautifully; but in front of the house the soil was shallow, and the plum trees were unable to develop deep roots. Some readers may remember that a few years ago one of them fell over one night when an 800-pound gorilla climbed into it to escape from a snowstorm; and now, the remaining one was leaning eastward at an angle of about 45 degrees, perilously near where our car sleeps in the driveway. And the wind was growing louder. And the rain increased.

By evening the little cub had grown into a whole pride of lions, and they were roaring. Trees were blown down on power lines from Ohio to Maine. Roads flooded, schools closed, cities were without power... a classic example of the wrong way to start a month. But, it didn't last. After a week or so, the skies cleared, the lake at the bottom of the garden dried up, and the temperature edged toward the 50s. Crocuses bloomed in the flowerbeds,



Late winter storms are not unusual in these parts – in 1942 the great Easter snowstorm brought life in the area to a grinding halt.

chickweeds and veronicas bloomed in the garden, dead grass in the lawn gave way to patches of green, and daffodils and tulips put up leaves.

As the week went on, the plum tree leaned toward the car a few more degrees each day, so I tied a rope around it and pulled it the rest of the way down with the truck. The chainsaw was reluctant to start, but I wasn't too anxious to be climbing among broken branches with it anyhow, so I used a bow-saw to cut the branches into fireplace-size pieces. It was actually a pleasant task; the day was warm and clear, birds were singing, and four small friends came from next door to help. Four-year-old Jerome was amazed to find that he could lift the whole tree trunk by himself with only one hand, if he used the crowbar properly.

Things settled down a bit after that, and March marched on. St. Patrick's Day arrived, and I spaded half a row across the garden and planted potatoes, as my grandfather would have taught me if he hadn't died the year before I was born. It's a family tradition; his grandfather, who was born on a ship coming from Ireland in the Potato Famine, probably taught it to him.

My grandmother, who taught me the rules of gardening, used to tell me about it each year when March came around, and she always reminded me that the only time grandpa would change the rule was when St. Paddy's arrived on a Sunday. I wish I could have known

him; in the old family album, photos show him holding grandchildren or feeding an apple to a baby pig. I would have liked him. The only reminders I now have from him are the photos, a few old tools, and 1/8th of the genes in my body's cells... not a bad heritage, come to think of it.

As ordained by the old Farmer's Almanac, the equinox arrived on the 20th of March. The sun crossed the equator at 4:15 AM, and spring was here. Someone woke up the lions again, and the Gods of Weather celebrated by dumping more than a foot of snow on my yard, and all of the other yards and roads from here to Boston. I was a bit surprised to find it didn't seem to matter to me. My son and a neighbor shoveled off the driveway, and there were no cows to milk, classes to prepare for or exams to grade. So I sat at the kitchen table and watched the birds fly around in confusion, looking for the old tree where the feeder used to hang, and thought about the paradox of Ecclesiastes: all things change, and yet there is nothing is new under the sun. March will end, and from somewhere west of the Catoctin Mountain will come either a herd of lambs or more lions. It's all happened before, and it will all happen again. Might as well enjoy it.

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The Mother Seton School STEM Fair

Michael Rosenthal

The Mother Seton School STEM Fair continues to be as impressive and as much fun as ever. STEM, Science, Technology, Engineering, and Mathematics, consists of science project presentations from students in grades 3 through 8. This year there were 116 projects from 124 participants. The presentations were the same as if graduate science theses were being presented, consisting of a hypothesis, the materials utilized, the procedures undertaken, the observations, the data obtained, and conclusions drawn from the study. A journal was kept recording the procedures and observations. Visible information boards were created to explain the experiment or study to the audience. I spent almost an hour wandering through the exhibits, observing, and enjoying the displays, and here are just some of the topics that caught my eye:

- Do Dogs Know Their Owners By Smell?
- Do Different Types of Flours Affect Cake Rising?
- Does Coffee, Tea, or Soda Stain Your Teeth?
- Can a Mother Smell What Shirt Belongs to Each of Her Children?
- What Substance Cleans Horse-tails the Best?
- Does Drinking Milk Help You Sleep?
- Does Color Affect Memory?
- Does a Dog's Drool Kill Germs?
- Effects of Video Games on the Body
- Is Smiling Contagious?
- Does Listening to Certain Music Affect Your Sleep Pattern?
- Does the Lunar Phase of the Moon Affect How Many Stars Are Visible In The Sky?

There was also a construction project, named "the Snapper" that really was impressive: a gadget that delivers a football into your hands. Its proposed usefulness was to determine how well a quarterback can practice receiving a football from a determined undercenter position. It was powered by gravity!

Here are the project winners:

Third Grade: Jacob Marron (1st); Abigail Field (2nd); Rachel Zurawski (3rd)

Fourth Grade: Maggie Rabaiotti (1st); Sophia Erdman (2nd); Thien Pham (3rd)

Fifth Grade: Isaac Jenkins (1st); Olivia Adams (2nd); Faith Collins (3rd); Brody Koenig (Honorable Mention)

Sixth Grade: Cassidy Sill (1st); Emily Flynn (2nd); Julia Wivell (3rd); Sophia Launchi (Honorable Mention)

First place among the seventh graders were Grant Kelly and Nathan Kovalcik; the second place winners were Brendan Guinan, Becket Taylor, and Carter Loher; the third place winner was Quynh Nguyen; and Jayden Joseph won Honorable Mention. In the eighth grade, first place was won by Megan Adams for "Which Mouthwash that Claims To Restore or Repair Tooth Enamel Works the Best."

Second place was won by Keola Evans and Jane Waybright for "Does the Concentration of Boron Affect the Biomass in Soybeans," and third place went to Mia Ferrero for "How Long Should Bleach Water Be Left On A Surface To Maximize Its Effectiveness In Killing Bacteria?" Honorable Mention was awarded to Raphaela Smaldone, for "Glycerin, Honey, Aloe Vera, Which is the Most Effective Humectant?"

Nathan Kovalcik won Grand Champion Innovation. Megan Adams won Grand Champion Experimental and was Overall Grand Champion. Congratulations Winners!

The overall Director of this event and the projects is Mother Seton faculty member Danielle Kuykendall. Once again, great job Danielle! Project mentors include Ron Albaugh, Daryll Bruner, Ed Hatter, Edison Hatter, Jeff Simmons, and Don Thompson. Judges include Ron Albaugh, Ed Hatter, Edison Hatter, Mike Hillman (Editor of this newspaper), and Jamie Orndorff. I might add that Jamie is a Mother Seton graduate, and she was my excellent student in General Chemistry laboratory at Mt. St. Mary's. Also participating in the judging were 3 students from Catoctin High School and a student alumnus from Hood College.

I had a wonderful conversation of more than a half hour with Megan Adams, Keola Evans, Jane Way-



This year's winners of the Mother Seton School's STEM Fair.

bright, and Mia Ferrero. The maturity and scientific sophistication of this group was amazing, and their potential for careers in science or medicine is just sky high! I'm already looking forward to next year.

Now for some follow-up stories on Space Science (or Space Pseudo Science!). If you read the Washington Post (as my wife Linda and I do daily), you would have seen a story on March 11 entitled, "The Pentagon isn't taking UFOs seriously enough." The story reports on several recorded videos. Specifically, an observation of a fleet of "hovering egg-shaped craft" described as "far superior to anything possessed by the United States or its allies." Such encounters are reported there to go back several years. The writer is Christopher Mellon, who served as deputy assistant secretary of defense for Presidents George W. Bush and Bill Clinton. He doesn't suggest that we know that these are alien spacecraft, but he advances the idea that we are not taking them seriously enough at the Pentagon level to really understand the observations. Mellon, who is now an advisor to the Stars Academy for Arts and Sciences, is a highly reputable individual, whom I take seriously. One worry is that

these occurrences are evidence of astonishing advances in aircraft by Russia or China. And then there are those who suggest that...THE ALIENS ARE HERE! Neither the author nor I are suggesting that this is an alien sure thing, but I, like he, think we should be trying to figure out on a governmental level what is going on here. I highly recommend the reading of this article, available on line.

Another Washington Post story from March 6 suggests that "Alien life could thrive on Saturn's icy moon Enceladus." This article is highly technical, even for me. I am a laboratory chemist, not a space scientist, but I also recommend reading it. As a scientist, and as I grew up fascinated by space science, I wish we could devote more resources to our study of the greater universe.

A topic that is getting a lot of attention lately, and rightly so, is that of plastic trash. We greatly overuse plastic bags, and they have a very negative impact on the environment. In the 1970's single use plastic bags were not at all common in grocery stores. Now, an estimated one trillion (!) plastic bags are used globally each year. (I just brought home one from The Jubilee). The

New York Times reports that some 23 billion bags are used annually in New York State alone. They are terribly polluting. We see them everywhere – in streets, in trees, in waterways. And they don't biodegrade. Some countries have added a fee for their use or even have outlawed them (Kenya, for one). California is the only state to really face into this problem, banning single-use plastic bags, a policy endorsed by California voters. Some cities have banned them, and others are considering doing so. The United Nations Environment Program estimates that eight million tons of plastic waste ends up in the oceans of the world annually. Production of these bags is in itself an environmental problem, generating huge amounts of carbon dioxide. In my opinion we need to return to reusable and recyclable paper bags wherever we can.

In closing, a tribute to Stephen Hawking, a truly brilliant theoretical physicist whose physical disability never weakened his accomplishments and who recently passed away at age 76.

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

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PETS

Gratitude

Jennifer Vanderau
Cumberland Valley Animal Shelter

I turned 45 this year. Yowza. How in the world did that happen? Surely the math is somehow wrong. It has to be. Mom and dad can back me up on this one. Didn't I just graduate? Wasn't the ceremony just the other day? With the cap and the gown and the pomp and the circumstance?

Fantasy worlds are fun, aren't they?

So, yeah. Forty-five. Without a clue in the world where the time went. It's more than a little mind-boggling. I do have to say, though, if I have realized anything in my almost five decades on the planet (oh I so should not have typed it that way) it's that one of the most important aspects of life is gratitude.

I've seen a lot of posts on Facebook about the importance of gratitude and I think, especially now, we really need to learn to embrace the concept. We have a lot of division in the world at the moment – it seems as though there are people out there who only want to argue and blame and threaten. And that's tough to witness – it does affect us.

When we feel stress from what we see and hear it's important to take just a moment to remember that there is and always will be something in your life for which to be grateful. Never forget that.

Are you still able to take breath into your body? Be grateful. There are those who aren't.

Are you warm and able to eat? Be grateful. Others aren't.

Are you relatively healthy? Do you have someone, even if it's just one person, who genuinely loves you? Can you still find reason to smile?

You see where I'm going with this.

There's so much for which to be grateful. I'm grateful for my friends and family – the ones who have my back and lift me up and make me feel good to be on the planet. I'm even grateful for the people who don't like me or what

I do or who I am. As much as it's hard to realize (and some days it's tougher than others), these folks can be real teachers for me.

At the Cumberland Valley Animal Shelter, we have so very much to be grateful for, every year when I start this, I fear I will miss someone or something.

We have our animals. The reason we have all come together. The reason we get up in the morning. The one true, pure, good thing on this planet that teaches us every day about love and forgiveness and resilience. They're everything.

We have our staff – the folks at the shelter and both of our thrift stores. They are the tireless group of people who work – sometimes even on holidays – to make sure the four-legged babies in these kennels are cared for. You guys are amazing.

Our board of directors are truly dedicated to a cause that's near and dear to their hearts and they are a real asset to our animals.

Our adopters are the reason we are here. As much as we love our furry kids, we ultimately want to find them homes and we couldn't do that without people being willing to take a chance on them. We have our hallways lined with photos of the happy homes we are able to find and there has been many a day in the past few months where I have just stood for a moment in front of those bulletin boards and just looked. It's heartwarming.

Our donors keep the doors open. We have some incredible people who give – probably sometimes more than they technically can afford – because they want to help our babies. Some of them don't even want a thank you – they'd rather we save the money from the stamp and the paper and the ink and the time to put back into our animals. That's a truly poignant sentiment that is so very important this time of year.

Our volunteers help sort clothing at our thrift stores and walk dogs and clean cats and make sure our fundraisers are successful and there are so very many aspects of

CVAS that wouldn't happen without them.

We have a great group of vets in this area who also help our animals with surgeries and medication and even adoption!

Area businesses give time and supplies and donation drives and media outlets let me talk about our animals and send out important messages about the shelter (like the Emmitsburg News-Journal, through which I have met and talked to many wonderful animal-lovers that always make me smile).

We work with other rescues in the area and help each other out when we can. It's refreshing to know there are folks just like us out there fighting the same fight each day for the four-legged ones in this world.

And we're grateful for the people who take in strays off the street – we never get to see them to thank them because the animals never end up in the shelter, but they are heroes just as much as the rest of this list.

Gratitude really is so important. I'd go so far as to say it's critical in this day and age and this time in the world.

Look around you. Take out the every day irritations and annoyances. I know they're there, but ignore them for just a moment. Take a deep breath and let it out. Do it one more time.

Sit for a second or two and just be. Exist. Let the voice in your head that talks about lists and groceries and people who bug you and doctor's appointment and other pressures just fade into the background.

Take another deep breath. Let it out.

Now. What do you have to be grateful for?

Jennifer Vanderau is the Director of Communications 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 717-263-5791 or visit the website www.cvas-pets.org. CVAS also operates thrift stores in Chambersburg and Shippensburg. Help support the animals at the shelter by donating to or shopping at the stores.



Patsy is a 1-year-old pitbull mix who is a super sweet girl. As with some of the pits, she can be needy at times, but that comes with the territory. Really, pitbulls are some of the most sensitive breeds we've ever met. If you would like an incredibly faithful companion, come meet Patsy!



Verizon is a 2-year-old all-gray, medium-haired boy who came to the shelter with his ears all clogged up with ear mites. He got his name because we constantly asked, "Can you hear me now?" He's the sweetest guy though and would love to have you as a best friend.



Bruce is a 3-year-old brown tabby boy who can be a little shy at first, but he seems to be getting better. When he feels comfortable, he is such a sweet boy. Bruce just needs someone to understand him and give him the time he needs to come around. Can you help him out?

For more information about Patsy, Verizon or Bruce contact the Cumberland Valley Animal Shelter at 717-263-5791 or visit their website at www.cvas-pets.org.

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

To a poor and lonely stray I'd give:

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

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

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

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

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

-- Author Unknown

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Fainting goats

Kimberly Brokaw DVM
Walkersville Vet Clinic

While I know there are several veterinarians that don't like working on goats, I actually enjoy them. Goats tend to be a bit mischievous. While they can be difficult at times, overall I find them pleasant and entertaining. Some of my clients have production goats and raise them for meat or dairy. However, most of the goats that I work on belong to clients who also have horses. They usually acquired the goats to clean up weeds on the fence rows or because they thought they were cute. They usually only catch the goats for veterinary care a couple times per year; either for me to vaccinate them or to get their feet trimmed. While the goats are cared for daily, most of their human interaction is to be fed. This means that when someone tries to confine them, the goats know it means they are scheduled for something unpleasant such as shots or having their hooves trimmed.

One of my horse client barns has two goats named Merlot and Tequila. Tequila is a super friendly goat that always wants his head scratched. Merlot is not as friendly. While he isn't mean, he doesn't want to be touched so he always tries to run away from people. Luckily Merlot is a fainting goat so when he runs he is only able to take a few steps before his muscles lock up and he can be caught.

Fainting goats or myotonic goats are goats with a hereditary genetic disorder. This disorder is of the chloride channels of the skeletal muscles. It leads to reduced conductance of chloride ions in the muscle fibers. This results in increased excitability of the skeletal muscles which in essence makes the goats muscles temporarily lock up. These goats are called fainting goats because the muscles tend to lock up after the goat is startled (by a loud noise, etc), causing the goat to go rigid and fall over. One of the reasons that this goat is so popular as a pet is because this goat is

easier to keep confined. They tend not to jump out of enclosures. They are also easier to catch as they can't run away without their muscles locking up.

The first time I worked on Tequila and Merlot was when I was at the farm to take care of the horses. The owner asked me if I knew of any goat vets, as they had just gotten two new goats. While the goats had received their vaccines, they needed to be castrated and she said that at least one of them needed to be dehorned because he was running up and butting/rubbing her with his horns. The owner was surprised when I told her that I could do those things for her. Our clinic refers out major goat surgeries to a university vet hospital, but we regularly perform minor procedures on goats and sheep. While I didn't have time to do the surgeries that day, we set up an appointment for me to come back and do the procedures later.

Goats are usually castrated and dehorned (disbudded) when they are young. These goats were fully mature goats with large horns and testicles so the process was a little more involved. Tequila was to go first because he came right up to us and was easiest to catch. He was anesthetized and given local numbing agents, and I dehorned and castrated him uneventfully. His owners were pleased with the results of the procedures. Even after being dehorned he still enjoys rubbing his head on people but at least the horns are gone so it is no longer hurts the owner.

It was Merlot's turn next. He was in the far side of the paddock and was already giving me a wary look. I was anticipating a rodeo and having to run about in the mud just to catch him. Luckily as the owner walked up to him, he ran two steps and his muscles locked up and he fell over. She was then able to pick him up and bring him in the barn where he was castrated and dehorned also.

Every year I go out to the farm and give the goats their annual clostridium difficile, tetanus, and rabies vaccines. Tequila always walks right up to me and as long as the owner scratches his head, we don't even need to put a rope around him to give him his shots. Merlot always sees me and starts to run, but his muscles lock up, making him easy to catch for his vaccinations.

While I recognize that the fainting goats are a result of a genetic disorder, it is actually a genetic disorder that tends to make my job easier. This disorder also makes it easier for the owner as they don't have the constant battle of trying to keep their goats confined and out of the garden or off the hood of the car as it tries to eat the windshield wipers. The main thing I caution owners about with the fainting goats is the need to protect them from predators since they can't run away. They'd be an easy target for a coyote.

One of the fun parts of working in a mixed animal practice is encountering unique and quirky animals. Goats definitely add to the fun of my work week.

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



Fainting goats have been a source of humor in web videos and out in the fields.



But you have to admit, they are cute when young!

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THE MASTER GARDENER

Spring has sprung!

Mary Ann Ryan
Consumer Horticulture
Penn State Extension

Finally, after a very odd winter, spring peepers are singing and the bulbs are blooming. Many January and February weekends were spent looking at seed catalogs while dreaming of the perfect vegetable garden and admiring and desiring the new cultivars of perennials for the garden.

Direct Sowing Seeds: One of my great pleasures of spring is touching and feeling the soil. Direct sowing seed is a great first chore that satisfies this pleasure in the garden. April is a good month to direct sow lettuce and other salad green seeds. Work up the garden, digging in compost, and level the soil. Create small furrows for the seed to be dropped and cover with a thin layer of soil. Peas, radishes, and beets benefit from sowing now as well. Potato sets should also be planted at this time and cold hardy vegetables like Brussels sprouts and cabbage could go in the ground. Note: Depth of seed planting is important information located on the

back of seed packs. This information will come in handy when determining how deep to make furrows and how much soil should cover the seed.

Pruning Trees and Shrubs: April is also the time of year to examine the condition of your shrubs and trees. After the snowy winter, you may find branches that are broken and evergreens with branches that went from green to brown. Winter damage can be an easy fix if you have the patience and muscles to prune. Any broken branches should be cut. Cut back to just outside the branch collar for best plant recovery. This is for all shrubs and trees, whether evergreen or deciduous. Do not cover the cut with paint, tar, or any plant wound dressing. This only inhibits the callusing needed at the cut area for good recovery.

You may find after inspection of a shrub that it will need replaced or cut to the ground for rejuvenation. Look at this as an opportunity, not a loss. There are many new cultivars of plants that can replace your damaged or dead shrub that may be a better choice. Remember to select the right plant for the right place. Know the

sun, soil moisture, and optimum size of the plant before purchasing. Be sure it matches the site needs of the location it is to be planted.

If plant rejuvenation is your preferred choice, check with your local extension office to be sure the plant species you are cutting to the ground will respond to a hard pruning. Rejuvenation is a way to describe the act of pruning a shrub by cutting it all the way to the ground. Plants like common lilacs, forsythias, bayberry, spiraea, and rhododendron all react well to this treatment. Just know that patience is necessary, as the plants are, in essence, starting over; but the results are typically worth it. The plants respond with fresh growth and all the old, dead wood is gone, so it really is like starting new.

Purchase Bare-Root Shrubs and Trees: April is a good time to purchase trees and shrubs bare-root. This simply means that the plants have roots with no soil and are in the dormant stage. Some retail nurseries have bare-root plants as an option this time of year if they have cold storage; Conservation District offices often have tree seedling sales this time of year; or you can order these from specialty catalogs. After receiving your bare root plants, get them in the ground as soon as you can. If you need to hold them for a short time (no longer than one week) keep the roots covered and moist while placing the plants in a cool, dark area.

When planting these plants, make the hole wide and deep enough to handle all the roots. Be careful that you don't jam the roots in a hole too small, as this can cause eventual dy-



Grape hyacinths welcoming spring after this year's cold winter. Photo credit Carolyn Black

ing of the plant. After putting the plant in the hole, backfill with the soil you took out of the hole, not covering the root flare zone of the plant. This is the area that the roots and the trunk come together. Many times we see plants die due to improper planting, like piling soil too high around the base of a tree. After proper planting, water well.

Perennials: Moving on to the perennial beds brings us to another favorite task of mine. Evaluating the garden, while reviewing notes that may have been taken last season, will help determine if anything new may need to be planted or if division is necessary. However, before running to the local garden centers to purchase new plants, you may have determined, while evaluating, that some of your plants may need to be divided.

Clumps too big for their spot, plants dying out on the inside (a typical happening with Shasta daisies), or just the need to increase the amount of a particular plant to put in other locations, could all be good reasons to divide. Generally, if plants bloom in the summer or fall, spring

is a good time to divide those particular plants. Division is simply done by digging up the plant and pulling, or sometimes cutting it apart into smaller pieces. Be sure that part of the crown and roots of the plant are present. Sometimes two pitchforks pulling in different directions is the way to go; other times you may need to take a knife or machete to cut the clump apart. Shovels will also serve as a cutting tool.

After the perennials are divided, re-plant them as soon as you can to avoid roots drying out. Backfill with the soil you took out of the hole and water well. This is a great time to share your love for gardening with neighbors and friends.

If purchasing new perennials, do a little research in advance. Know what kind of conditions you have and choose appropriately. Shade plants really do not do well in sun; and sun plants are not for the shade. Avoid disappointment in the longevity, health, and blooming of the plant by selecting the perennial that fits the site.

Annuals: It's still a bit too early for annual planting in the beds, but container gardening is a great way to get that annual color at focal areas. Such annuals as pansies are a wonderful spring welcome as visitors enter your home or garden. Mixing pansies with other cold hardy annuals like snapdragons and pots of bulbs make a great show. Often times you'll find perennials available with colored leaves like foam flower and coral bells (which have pretty spring flowers to boot!) that will add additional texture and color to a spring planter. Use your imagination!

In addition to planting a pot of pansies for the front entrance, starting some veggies in the garden, and tidying up from winter weather, my best garden chore this year includes planting a screen. After growing for twenty years, our columnar white pines have just grown too tall and spread too broad for the additional outdoor space that interfered on the pines' space. This required those beautiful pines to be cut down. Now there is an empty spot that needs filled.

As my garden chore list grows longer, I look forward to every free evening and weekend that I can spend outside in the garden. Unkempt as my gardens may be, nothing can take away from the joy and satisfaction I receive from gardening.

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

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THE MASTER GARDENER

Small Town Gardener

My soil / My self

Marianne Willburn

Whether you like it or not, planning what you're planting this season is less important than figuring out what you'll be planting in. Soil matters, and can spell the difference between healthy, beautiful plants that resist the malevolent forces of Mother Nature, or weak, pest-infested plants that you have to stop yourself from ripping out every time you see them.

If you accept the idea that we are what we eat – whether human or animal – it should be obvious that our plants live by a similar mantra. Feed them the equivalent of pizza and Costco cake muffins, and you won't be harvesting fruits and vegetables rich in vitamins and minerals, you'll be wondering why your tomatoes are stunted for the fifth year in a row.

Again, soil matters. And new gardeners tend to overlook this crucial point in the quest to get something in the ground and growing. They go outside, look at their soil, and if it's not forcing them to do something heroic, they call it good and stick in a tomato – throwing a handful of miscellaneous fertilizer into the hole first.

I understand the temptation. It's very easy to get overwhelmed by the minutiae of soil health and avoid the issue all together. But one can only avoid something this critical for so long – particularly if growing vegetables. Who wants to put a huge amount of effort into weeding and watering a tomato plant only to watch it whimper and wane away?

But there are three major things at play here – not just the actual fertility of the soil as quantified by the holy trinity of Nitrogen, Phosphorus and Potassium (and various other micronutrients that never get top billing), but the composition of the soil, and its pH – the plant's 'soil environment' if you will.

The successful gardener will be aware of all three. The frustrated gardener will get overwhelmed by the science and shut down.

How about we think of our plant's environment the same way we'd think of our own? We're not only affected by the nutrients we eat, but how deeply we can (and let ourselves) put down our roots – not to mention what we put them down into.

Let's say George eats nothing but nutrient-poor foods every day and lives in a high-stress working environment. He has little time for rest and never delves too deeply in the things that make life

worth living – like friends, family and recreational activities. He has a nice house and yard, but never sees it because he works too many hours every day of the week.

Yet every night he takes a high dose vitamin of all the nutrients he's been told he needs, and follows it up with the medications he's been given to control the symptoms of various conditions he's developed over the years. Once in a while he follows a fad diet – sure that it is the answer to low energy and mild depression – but goes back to his lifestyle in the end.

Who amongst us would think that lifestyle was healthy?

George's roots aren't deep. He's never cultivated more than an inch below the surface. No amount of fad diets or multi-vitamins will compensate for the shallowness of that existence, and it slowly will show in George's demeanor and overall health.

He needs more. He needs a rich soil, but even if he cultivates one, he's going to need to make major changes in lifestyle to actually benefit from it.

Our plants need more too. You can throw handfuls of fertilizer at a tomato plant, but if your soil is too alkaline, it won't be able to put those nutrients and minerals to good use. You can water your tomatoes every day, but if your soil is too sandy and lacks organic matter, it won't be able to retain moisture around its roots. You can create a soil that appears to be deep, dark and rich, and yet possesses almost zero fertility.

Nutrients, Soil Composition and pH for our plants – Nutrients, Environment and Time for us.

Our plants need a complete picture to be healthy, just as we do. An abundance of one of those factors is not going to cut it.

If you've been struggling with your vegetables, or are just starting out, why not experiment this year in a small part of your garden with healthier soil? Give it a deep application of organic matter such as compost, humus, leaf mold, or rotted manure early in the season. When it's time to plant, test the soil either through your state extension office or with a small kit you can pick up at the hardware store. If that finds your soil lacking in nutrients, it's time to amend further with an organic fertilizer. (I love the Espoma line of products for their versatile, gentle formulas and ease of application).

Test your pH too. Chances are, it's neutral, but if it's not on the neutral to acid side, your plant may be struggling to take up all those lovely nutrients. This too can be cured with a soil acidifier according to instructions, and is best worked on over time.

Once you've got a handle on these three things, there's even more to explore in the world of soil health, but my guess is, most people will see a huge difference by applying themselves here first. It's usually the simple things that make the most difference – both to ourselves and our plants.

Marianne is a Master Gardener and the author of *Big Dreams, Small Garden*. You can read more at www.smalltowngardener.com

Marianne is a Master Gardener and the author of 'Big Dreams, Small Garden.' You can read more and find photos at www.smalltowngardener.com or follow The Small Town Gardener on Facebook.



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COMMUNITY NOTES

Pioneering the future of Scouting

Hilary Rothrock,
J. Rothrock Outfitters

I couldn't have been prouder walking up in front of Thurmont Cub Scout Pack 270 to be presented a ribbon and pin by my two Cub Scouts on March 19. A year ago, I never would have believed that I would be standing there at the Thurmont American Legion beaming and tearing up as my kids proudly stood in uniform in front of the entire Pack, Venture Crew 270, leaders, parents, and grandparents. You might wonder why I'm taking the time to tell you about this seemingly normal American parental experience. After all, Boy Scouts of America are as American as apple pie. It's because, my cub Scouts, are girls. They are just two members of the all girl den 3 of Pack 270, the first in Frederick County.

The Boy Scouts of America promise to provide experiences that will prepare future generations for a lifetime. They accomplish this through planned and supervised opportunities to try new things and service to other people. Scouts gain self-confidence in their capabilities, a sense of empowerment, and learn ethical behavior in the hopes that they will live a life as good adults living by the instilled lessons they learned in Scouting. None of these principles are gender specific; in

fact, learning to work together in their youth can only benefit them and better prepare them for their future. A future in which they will be expected to work together in business and their personal lives. Forward looking, it only makes sense to open up the opportunity of Cub Scouting to girls. After all, we already have female Boy Scout leaders and Venture Crew.

Having been a Girl Scout leader for five years, I have had the unique opportunity to see my girls grow through their program as well. I spent my school years co-leading a fun-loving group of girls from five to ten years old. I spent my summers volunteering at summer camp, assisting with service projects, and parades. We had a lot of fun but something was missing. We were spending a lot of time with their Scout sisters and not getting any cooperative play and learning time with their male friends. I know psychologically speaking that healthy development stems from positive cooperative experiences with peers and was looking for other outlets where they wouldn't be segregated to a girls-only environment. We tried various sports but none were the right fit. My girls were looking forward to turning fourteen so they could join Venture Crew but that was still several years away. They looked up to the older female Venture Scouts this past



Cub Scout Pack 270, Boy Scout Troop 270, and Venture Crew 270 joined together as they welcomed new members into their family.

summer when they traveled to Philmont Scout Ranch this past summer for a two-week hiking adventure.

I had seen my eight year-old blossom over the last three years when she played for Thurmont Little League. The coaches and teammates were great about girl participation and inclusion and she really enjoyed the co-ed environment and getting to work together as a team with her male peers. My kids were shocked when I told them 130 years ago when I wanted to play baseball in Little League that I wasn't allowed. My grandmother had run the Little League concession stand in Wilkes-Barre, PA for decades, since my father was a child, and I had grown

up watching the boys play and serving them ice cream and candy but could never join them on the field. My girls don't have any brothers and they really enjoy spending time with their dad and grandfather. We were looking for more time doing outdoor activities we enjoyed with friends and family. We are a family of outdoor loving, fishing, camping, hiking, shooting, gardening, and service-minded nerds. So much so, that we opened a sporting goods store in Thurmont last year called J. Rothrock Outfitters. Getting to know the local Scouts and leadership this past year has been a pleasure. In fact, we even reached out to BSA asking to carry Boy Scout gear when we added official Girl Scout gear to our inventory. When we heard that Thurmont was looking for girls to try Cub Scouts, the girls were excited and immediately wanted to sign up.

My daughters are so dedicated to working with their male peers and doing them proud that within their first den meeting they had already earned their Bobcat badge. The parents along with the pack and den leaders have come together as a team with the girls to make sure they get everything they need to succeed and bridge with the

boys this summer. We've just begun this Cub Scout journey and I've already learned a lot from my daughters and their fellow Scouts. I've learned that rising to the occasion can be as simple as rising above the norm. I have a renewed hope in our future because Boy Scouts of America just made my daughters dreams come true. I can already see the benefits to our collective society. As I watched all of the Scouts play together Monday night, I cried happy tears. We came together to celebrate working together in a common goal towards a common purpose. We arrived with the support of the Scouting community, surrounded by the men and women of local Scouting. These girls are brave pioneers with their arms ready to serve, their minds ready to learn, and their hearts wide open. I look forward to watching them grow through the BSA program at the stewardship of their leaders, the mentorship of the older Scouts, and the support of their peers.

A big thank you to the BSA leadership for making this opportunity happen and a special thank you to Cub Scout Pack 270, Boy Scout Troop 270, and Venture Crew 270 for accepting us into the family.

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Local Boy Scout troop and Harney VFW combine to hold Flag Retirement Ceremony

The Monocacy Valley Memorial Post 6918 Harney, in conjunction with the Littlestown Boy Scout Troop 501 will host an American Flag Retirement Ceremony on National Flag Day, June 14.

Derek Yingling, an active member of the Boy Scouts Troop 501 is vying for the high honor of the Eagle Scout award. Derek has proudly selected the Flag Retirement Ceremony project to achieve this award.

The U.S. Flag code states that, "the flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning."

A drop box for deteriorated American flags has been placed inside the main entrance stairwell to the Post. Doors to the front entrance will be opened from 11 a.m. to 10 p.m. for the convenience of those wanting to deposit their flags.

The ceremony will be a most



impressive, but dignified and a solemn event held on the grounds of the VFW. The public is invited to attend and observe the ritual of an American flag retirement ceremony that will commence at 6 p.m. on June 14th at the Harney VFW.

Light refreshments will be served for those attending the flag retirement ceremony. For additional information, contact Frank M. Rauschenberg at 240-367-6110.

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18565R14	\$85	21555R16	\$110
18565R15	\$89	22555R16	\$115
19565R15	\$92	20550R16	\$102
20565R15	\$96	22555R16	\$111
21565R15	\$103	21555R17	\$116
21565R16	\$108	22555R17	\$120
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HEALTH NOTES

Colorectal Cancer?

Kelsey Shupe
Frederick Memorial Hospital

Colorectal cancer starts in the colon or rectum and occurs when cells begin to grow out of control. Most colorectal cancers begin as a polyp on the inner lining of the colon or rectum and change into cancer over the course of several years (though not all polyps lead to cancer).

So, whether you're 29 or 59, what can you do to limit your chances of getting colorectal cancer? Know the signs and symptoms, learn the risk factors, listen to your body, talk to your doctor, and know your family health history. A healthy lifestyle, knowledge, and early detection are the keys to prevention.

Lower Your Risk—Learn the Risk Factors

A risk factor is anything that affects your chance of getting a disease or cancer. You have control over some

risk factors, like diet or exercise. Other risk factors are out of your control, like your age or family health history. Having a risk factor does not mean you'll get cancer, but it does increase your chance of developing it at some point in your lifetime.

A number of lifestyle factors, which can be changed, have been linked to colorectal cancer. The American Cancer Society even found that the links between diet, weight, and exercise and colorectal cancer are some of the strongest of any type of cancer.

You may be at risk for colorectal cancer if you have any of these changeable risk factors—now's the time to talk to your doctor about healthy lifestyle changes you can make to break these habits:

- Being overweight or obese
- Lack of physical activity
- Diets high in red and/or processed meats
- Smoking
- Heavy alcohol use

There are a number of colorectal cancer risk factors you cannot change. These include:

- Being older—your risk increases as you age
- A personal or family history of colorectal polyps or colorectal cancer
- Your racial and ethnic background—The American Cancer Society reports that African-Americans have the highest colorectal cancer incidence and mortality rates of all racial groups in the U.S.
- Having Type 2 diabetes

If a family member has a health history of any of the following, you may be at risk for colorectal cancer:

- Colon or rectal cancer
- Cancer or rectal polyps
- Stomach or bowel problems
- Other cancers such as endometrial, kidney, stomach, small intestine, and liver
- Crohn's or colitis

As each generation ages, important information about your family's health history can be forgotten or lost. Start a conversation with your family and learn everything you can about your risk factors for colorectal cancer and other conditions. Share your family history with your doctor, make copies of your health history for your family, and ask family members to share this information with their doctors as well.

Know the Signs and Symptoms

A number of warning signs could be an indicator of colorectal cancer:

- Anemia
- Rectal bleeding (dark or black stool)
- Change in bowel habits
- Diarrhea and/or constipation
- Narrowing of stool
- Persistent abdominal discomfort (cramps, gas, pain, or feeling bloated)
- Unexplained weight loss
- Weakness or fatigue
- Nausea or vomiting
- Crohn's, colitis, or irritable bowel syndrome

Often, colorectal cancers can bleed into the digestive tract. Sometimes this is seen in the stool, other times it appears normal. That's why, for many people, the first sign of colorectal cancer is a blood test. In addition, many symptoms can be caused by other conditions like infections or hemorrhoids, so it's important to see your doctor immediately to find and treat the root of the problem as needed.

Prevention and Screening for Colorectal Cancer

Did you know that colorectal cancer is up to 90% beatable when caught early? Screening is the number one way to reduce your risk of colon cancer. Despite its high occurrence rates, colorectal cancer is one of the most preventable and most treatable cancers—if it's caught early!

Beginning at age 50, the American Cancer Society recommends that men and women at average risk for developing colorectal cancer should have the following screenings:

Tests that find polyps and cancer

- Colonoscopy every 10 years
- CT colonography (virtual colonoscopy) every 5 years
- Flexible sigmoidoscopy every 5 years
- Double-contrast barium enema every 5 years

Tests that mainly find cancer

- Fecal immunochemical test (FIT) every year
- Guaiac-based fecal occult blood test (gFOBT) every year
- Stool DNA test every 3 years

If you're at high risk, you may need to start screening before the age of 50. Talk to your doctor about screening recommendations based on your specific health and family history.

Treatment and Survivorship

According to the American Cancer Society, more than a million people in the US count themselves as survivors of colorectal cancer, thanks to advancements in prevention, early detection, and treatment.

If you've been diagnosed with colorectal cancer, your healthcare team, along with you and your support system, will work together to discuss your treatment options, review all of your choices, and assist in weighing the benefits of each treatment option against the possible risks and side effects.

Colorectal cancer is often treated using multiple types of coordinated treatments, including:

- Surgery
- Radiation Therapy
- Ablation
- Embolization
- Chemotherapy
- Targeted Therapies

Your Colorectal Cancer Treatment Team

Understanding your diagnosis and treatment options is the first step in fighting colorectal cancer. At Frederick Regional Health System, we're committed to providing you with a cancer treatment experience that is focused on you and your unique needs.

To learn more, visit FMH.org/CancerCare.

Dr. Maurice Smith is a thoracic surgeon and the medical director at Monocacy Health Partners Center for Chest Disease.

I've been working in oncology for 7 years.

Dr. Smith was just 5 years old when he watched a PBS special on heart transplants and set his goal to become a doctor. Today, with seven years of experience in thoracic surgery and Frederick Regional Health System's affiliation with MD Anderson Cancer Network[®], a program of MD Anderson Cancer Center, Dr. Smith and the oncology team are one step closer to reaching their goal: ending cancer.

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Top Fire Responders for 2017 - Chuck Haynes, Gary Shorb, Brad Hartdagen, Adam Jacobs.



Brad Hartdagen receives the EMS Captain's Award from Chuck Haynes.



2018 Line Officers: Chuck Haynes - EMS Captain, Charles Schussler - Fire Police Captain, Gary Shorb - EMS Lieutenant, Brad Hartdagen - Fire Lieutenant, Adam Jacobs - Deputy Chief, and Bill Jacobs - Chief.



Colby Wivell (right) receives the Junior Firefighter Award from Bill Jacobs, Chief.



Chief Bill Jacobs (left) and Deputy Chief, Adam Jacobs (right) present the Chief's Award to Chad Fogle.



Administrative Officers for 2018: Diana Rattliff, Membership Secretary, Kevan Taylor, President, Jill Unger, Secretary, Gayle Marthers, Treasurer.



Top EMS Responders for 2017: Chad Fogle, Chuck Haynes, Brad Hartdagen, Adam Jacobs and Bill Jacobs.



President Kevan Taylor presenting the President's Award to Gayle Marthers.



Just as they did last month for the Fountaindale Fire Co. the VHC provided a standby staff to answer any calls during the Fairfield award banquet so the Fairfield Fire Co. members could enjoy their banquet. The VHC members were Dave Zentz, Marc Piermatteo, Cliff Shriner, Chuck Stuart, and Matt Legare. Bravo Zulu guys! Bravo Zulu!!

2018 Line Officers

Fire Chief - Bill Jacobs
Deputy Fire Chief - Adam Jacobs
Fire Lieutenant - Brad Hartdagen
Fire Police Captain - Chuck Schussler
EMS Captain - Chuck Haynes
EMS Lieutenant - Gary Shorb

2018 Administrative Officers

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Vice President - Bob Fitez, Sr.
Secretary - Jill Unger
Treasurer - Gayle Marthers

Board Members - Larry Schneider, Steve Fitez, Brad Hartdagen, Gary Shorb, Chuck Schussler, Betsy Bucher, Jim Hammett and Brian Horner

Top Fire Responders for 2017

1. Adam Jacobs
2. Brad Hartdagen
3. Chuck Haynes
4. Gary Shorb
5. Jesse Sanders

Top EMS Responders for 2017

1. Chuck Haynes
2. Bill Jacobs

3. Brad Hartdagen
4. Adam Jacobs
5. Chad Fogle

Top Fire Police Responders for 2017

1. Mike Hartdagen
2. David Metz
3. Chuck Schussler

Top 5 Training Hours for 2017

1. Brad Hartdagen
2. Bill Jacobs
3. Brad Shughart
4. Adam Jacobs
5. Gary Shorb



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WWI NEWS REPORTS FROM THE FRONT

Germany's western offensive stalls



With the German offensive on the Western Front clearly stalled, Allied newspapers were quick to remind their readers that Hidenburg had predicted that he would be in Paris by April 1st.

April 5

German Drive On Amiens Stalls

The Germans' great drive into the Allied lines in northern France seems virtually at a standstill. Her first great onrush, an advance towards Amiens and a push out from the Montdidier salient, appears to have been stymied. While large gains of territory have been scored, final victory is no nearer in sight, and Germany's resources in men and material is depleted.

Experts say the lull in the battle is a result of the need for the Germans to consolidate their positions and bring up their heavy artillery. There seems increasing hope that the Allied line, reinforced and under coordinated command, will prove an impassable barrier even against the heaviest assaults the enemy may bring to bear.

In the days of desperate fighting since they launched their attacks, the German command apparently has learned that massed infantry attacks without great artillery preparations are fruitless and most costly. The German artillery fire is reported to be weak, indicating that the enemy has not yet been able to move its big guns across the barren regions recently captured.

The cessation of the German onslaught is welcomed by the British and French, who are busy preparing for the next great effort after their victorious defense against the enemy drive. Both armies are confident that the German effort to separate the British and French will continue to prove fruitless. Meanwhile, more than 100,000 American troops, eager for the fray, are marching forward to the front.

Reports of heavy German losses, when compared to the losses of the Allies, have demonstrated to many that the Germans will be defeated in their efforts to win the war by military means. Having once again sought victory by military means, and having failed, the Germans again have put out lies through their propaganda machines to placate the people of the Central Powers, who must feel disappointed at the failure to obtain all that was promised by the drive that cost so heavily in human lives. German newspapers declared that the German drive was halted by bad weather and not by the French and British defenses.

Experts believe Germany's recent drive brought about two things,

which will strengthen the Allies' resistance tremendously. The first is the assumption of the supreme command by General Foch and the second is the effect it has had on speeding up the participation of American troops in the actual fighting.

American Troops Move Onto Battle Line

Participation of American troops in the fighting on the Western Front is expected at any time. 100,000 Americans are moving towards the battle lines. Some unseasoned American units will be placed side-by-side with hardened British and French veterans. Troops who are not yet sufficiently trained to fight as divisions or Army corps will form part of the seasoned divisions until such time as they have completed their training, or until General Pershing wishes to withdraw them in order to build up the American Army.

Allied newspapers deemed the decision, which placed American units in brigades with French and British battalions for immediate participation in the fighting on the Western Front, a historic step. It proves, says the London Daily Express, that America is in the war for victory Allies.

The fact that such a move was made has been known for some time by the commanding officers, who anticipated important results from it and accord the highest praise to the Americans for the attitude of self-sacrifice they have adopted in placing themselves under foreign divisional command.

This action means that, for the time being, the American officers and men may be giving up much in the way of a possible promotion, which they may have been able to secure if they were fighting under their own command. The American troops are highly reputed, among the best men in the field, and it is believed that they will fall neatly into their niches, thereby swelling each British and French division affected.

April 12

Germans Make Another Effort To Take Amiens

The battle for Amiens is on. Firmly checked upon both flanks, the Germans are now making a desperate effort to break through the Allied center in the direction of Amiens. Two weeks ago, they attacked on the front of 50 miles; now they are taking on a front of less than twenty miles.

The sudden switch in the attack to a front of twenty miles may have been made to catch Field Marshal Haig napping, but if so, the attempt was futile. British artillery is maintaining a terrible bombardment of the German assembling places, and it is possible that this may have delayed the onslaught.

The German casualties in the fighting were very heavy. At numerous places it was possible to see the Germans forming for the attack, and in every case the British artillery and machine guns wreaked havoc among the

assembling troops.

Press dispatches stressed the fact that, so far, the Germans have been unable to widen the salient they have projected into the Allied lines where the British and French armies overlap. Officials here agree, as long as the flanks of this main operation are checked, it is highly improbable that the attempt to cut the two armies apart can come to any success.

The opening moves consist of the renewed German offensive to drive west upon Amiens by the old Roman road from St. Quentin. The successful advance on this front would accomplish two things. First, Amiens would fall, and second, there would be a general dislocation of important British transport lines. It is unlikely now, however, that there would be any separation between the British and French forces. This would only be possible if a wide gap were open between the French and British Armies, but the Germans are not at the moment attempting to open a wide gap.

It seems fair to conclude that the present German offensive is a localized effort to get Amiens, and to be able to point to some definite achievement as a reward for the great expense of the latest German effort to win the war in a single battle. Amiens taken, the Germans might base many claims upon their achievement. A failure to get Amiens, on the contrary, would leave them with little to show for their great casualties, other than possession of the blood-soaked and devastated battleground of the Somme.

The question of Allied strategy is now squarely raised. Any further considerable advance of the Germans toward Amiens will put that city in the peril and the Allies will have to choose between counterattack or the evacuation of the city. On the other hand, it may easily be seen that Foch is waiting until the Germans have made the greatest possible sacrifice in trying to get Amiens before counterattacking.

The Germans still have ten miles to go in order to reach Amiens. If the Germans cannot succeed in breaking through to Amiens in the next two or three days, it will be safe to conclude that the second phase of this great offensive will have been permanently checked.

Ten U-Boats Sunk By Bombs Dropped From Air

Details concerning the recent destruction of ten German submarines by naval aircraft are as follows:

While on patrol in the English Channel, a seaplane sighted a submarine eight miles away, directly in the path of the oncoming convoy of merchant ships. The seaplane dived at 90 miles an hour. The submarine attempted to escape by submerging, but was just awash as the seaplane reached a bombing position and dropped two bombs, one of which exploded on the conning tower. The seaplane dropped two more bombs into the midst of the air bubbles from the collapsing submarine, which, carrying two guns, was one of the largest types.

In the second case, at dawn, a sea-

plane sighted a large submarine on the surface with a number of the crewmates standing by the guns. The seaplane dropped a bomb on the tail of the U-boat. A second bomb was dropped close to the submarine's bow, and the U-boat collapsed. The third case involved two seaplanes that attacked a large submarine traveling on the surface at fourteen knots. A bomb exploded close to the conning tower and the submarine began to sink stern-first. A bomb from a second seaplane completed the work.

The fourth case involved three patrol planes which sighted a large submarine as it was submerging, and dropped two bombs close to the conning tower, causing the submarine to turn turtle and disappear in massive oil and wreckage. The fifth case involved a seaplane, which sighted two submarines and dropped two bombs. One bomb was ineffective, but the other hit the deck fairly amidships. The submarine was hidden by the smoke of the explosion, and when the smoke cleared, the U-boat was sinking with both ends in the air. In the sixth case, a seaplane saw the track of a torpedo fired at a merchantman. It dove towards the surface and dropped two bombs, which both exploded close to the submarine, resulting in a large quantity of oil, bubbles and wreckage.

In the seventh case, two seaplanes sighted a U-boat and dropped a bomb each. The first bomb caused a heavy list to the U-boat, which began to sink by the stern. The second bomb exploded in the center, demolishing the U-boat. In the eighth case, a seaplane dropped a bomb on a submarine just submerging, and the U-boat disappeared with a heavy list to port. The pilot dropped a second bomb into the swirl, and a few minutes later a patch of oil 150 feet long and twelve feet wide appeared on the surface.

In the ninth case, a dirigible sighted a suspicious patch of oil. Suddenly a periscope broke the surface in the midst of the oil. The airship dropped a bomb close to the periscope and a series of bubbles appeared, indicating that the damaged submarine was moving slowly away under the water. Several more bombs were dropped in the past until satisfactory evidence was obtained of the enemy's destruction. In the last case, a dirigible dropped two bombs over a submarine that was engaging a merchantman. Great patches of oil bubbles indicated severe damage and trawlers made this complete by depth charges.

April 19

British Reeling From German Onslaught

We have reached the second great crisis of the German offensive - a crisis at least as grave as the first. Sometime within the next few hours, the question that will have to be settled is whether the British are to abandon the whole of the Ypres salient and fall back upon a new line between

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As the German offensive on the Western Front dragged on, the death toll soon became too high to no longer hide from a war weary German population.

Dunkirk and Calais, or whether the French reserves will arrive in time to pin down the German advance on the eastern side of the Ypres River.

Three weeks ago, the Germans smashed the British Army, opening a wide gap between the British and French armies, and still another gap between the British fifth and second armies, and pushed forward into these gaps. From March 21 to 26 the great danger was that the British and French would not be able to join hands around the break and stop the Germans before they reached Amiens and permanently separated the two Allies. Today, the Germans are breaking a gap between the British First and Third Armies by driving in the Second Army.

What has happened is this: the Germans have pierced the center of the British Second Army. They have pushed this army back upon a broad front by thrusting through its center, and the result has been the creation of a steadily widening gap between the British Third Army at Arras and the First Army at Ypres.

In other words, the British Second Army is slowly giving way under the terrific pressure. The yielding army is beginning to imperil the communications of the whole British Army and there is great danger that the British second Army will collapse. If this should take place, all British forces in the north would be in peril and the evacuation of all the Arras positions might follow.

Unless the German thrust is stopped, as it was checked before Amiens, the British must consent to the greatest retreat that the Allies have made on the Western Front since the start of the war, and abandon all the positions for which they have paid so much in blood and effort in the past three and a half years.

The Germans are paying heavily for their advance – twenty-five trains loaded with wounded are passing through the German back lines every night. Reports state that, at Aachen a few days ago, the hospitals were crowded beyond their capacity and the wounded were being lodged in schools, public buildings and private houses. There was a great lack of medical supplies and no morphine. It is reported that about twenty-five hospital trains have been passing through

Aachen every night. It is also reported from several sources that the morale of the German troops is not good, except among the new recruits and the very young.

Americans Holding Their Own

Commanders of American units, who participated in the fighting last week in company with the French, are finding it difficult to pick out men who especially distinguished themselves in the operations.

One of the most popular men with the soldiers is Rev. des Valles, a Roman Catholic priest from New Bedford, Massachusetts, who came to France as a representative of the Knights of Columbus.

When the attacks began, Father des Valles went to the casualty clearing station near the front line to minister to the wounded. He assisted in dressing the injuries of soldiers and gave each man a word of cheer. "He's as game as they make them, and every way a soldier," said a doughboy, while other soldiers spoke of the inspiration furnished by the priest.

Another popular man is a young banker of Springfield, Massachusetts, who was pressed into service as a stretcher-bearer. He was the smallest man in the outfit, and after several trips he became so exhausted that he was unable to hold the stretcher. He refused to give up and had his companions tie the stretchers to his wrist with ropes, so as to enable him to hold the stretcher on the journey from the front lines to the dressing stations.

The most pathetic story from the American lines is that of a young corporal who was fatally wounded after fighting for four hours. A piece of shrapnel struck him in the head. He had a grenade in each hand. Giving them to his companions, he said, "I guess I'm done. Please write to my mother and tell her how it happened. But here-take these grenades and for God sakes don't waste them!" The corporal fainted and died in a hospital the next day without regaining consciousness.

At one point on this sector, there was a space of only fifteen yards between the opposing trenches. A day before an attack, the Germans threw a note into the American trench. It read: "what are you? Canadians or Americans?" The American soldier's cheeky

reply was, "Come over and find out." The infantrymen who relayed the incident added, "I guess they know who we are now, and they would not be likely to forget it for some time."

April 26

Germans Resume Drive On Amiens

The drive on Amiens, for which the Germans plunged desperately but failed to reach in their final offensive last month, was resumed on Wednesday. This morning, after a two-week interval during which the main German effort was transferred to Flanders, the enemy launched a heavy attack on the 25-mile front in an effort to push toward the important junction and allied base.

It has been regarded as almost inevitable that the Germans would strike again here, as the advance of their right flank in the Amiens region was stopped short by the strong British resistance at Albert. The attack here represents a continuation of the persistent German effort to push between the French and British by striking heavy blows near the point of junction.

After the second German blow was pared earlier this week, the Germans found themselves in quite an awkward salient, as they were before Amiens, when they broke off the battle in the Somme region. It was no longer possible to advance either in the north or in the south until they had dealt with the British positions around Arras. Hence, the Allies were waiting for the third German blow, directed this time at Arras and delivered somewhere in between Amiens and Arras where the Germans made their bid for quick victory last month and failed in their larger purpose of dividing the British and French Armies at a single stroke.

The Germans' purpose in attacking again in the Amiens area is the important railway center, the capture of which would badly disrupt the Allied communications.

Baron Richthofen Killed

Baron Richthofen, the famous German aviator, was shot down and killed last night, back of the British lines along the Somme front. Details of the death of the airman are lacking, but to show the temper of British officers, it may be said that the correspondent heard the British officers' hopes that Richthofen died fighting in an air battle with a worthy opponent rather than being shot down by anti-aircraft guns.

The German Flying Circus leader will be buried with military honors today near the spot where he crashed. An impressive ceremony is being planned by British officials.

An official air operations statement issued yesterday at Berlin said that Baron Richthofen, at the head of his trusty chasing squadron, gained his 79th and 80th victories. Since Capt. Boelke was shot down in October 1916, Baron Richthofen has been the most prominent and successful German aviator. On April 8, the German War Office announced that he had achieved his 78th aerial victory.

Captain von Richthofen first came



In recognition of his bravery and accomplishments, Manfred von Richthofen, the Red Baron, was buried with military honors by the Australian Flying Corps upon being shot down behind Australian lines.

into prominence as the leader of the Flying Circus, a squadron of German aviators that fought in a particular circular formation, following one another around so that in case one was attacked, the next flyer could sweep the antagonist from the rear. Recently, Emperor William conferred upon him the order of the Red Eagle.

German Submarine Bases Attacked

British naval forces raided the German submarine bases of Ostend and Zeebrugge. Five old cruisers, which had been filled with concrete for use in blocking the channels, were run aground, blown up, and abandoned by their crews.

While the operation was in progress, British parties landed to distract the enemy. Two of the blockading ships were sunk and blown up at the entrance to the Bruges Canal. The pilings beside the mole at Zeebrugge were blown up by an obsolete submarine filled with explosives.

The ports of Ostend and Zeebrugge on the Belgian coast are the principle bases for submarine operations in their campaign against shipping in the North Sea and the English Channel. They are of great importance to the Germans for this purpose, and it has been recognized by the Allies that to deprive the enemy of them would be one of the most effective means of dealing with the submarines.

An attack on these ports by the British Fleet has been urged for quite

some time, but British naval authorities apparently regarded the land defenses as too strong to make this practicable.

It has long been established that the principle basis of submarines, which operated warders around the British Isles, is in captured Belgian ports. The wharves, workshops and basins of these harbors have been frequently bombed by Allied airmen, in several instances with good results.

If the bottling operation is successful, it is believed that it will upset German submarine operations for some weeks and perhaps months. Usually about two thirds of the submarines are at their bases and one third are out. Not only would those at the bases be kept there, but those outside the bases would also find themselves in a precarious position and would be forced to find a new home base to which they could return.

Even if the Germans were to establish another base, it would have to be located at a point further to the northeast. The Netherlands would not permit such bases on her shores; hence the Germans would be driven to their own ports. Operating from German bases would mean much longer trips to reach their prey, and would lessen the effectiveness of the U-boats to a great degree.

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HISTORY

Helman's History of Emmitsburg

James Helman

Edited by the Emmitsburg
Historical Society

Part 11

Fires

In connection with the engines and introduction of water we will note a few of the most destructive fires: The Otter Hotel burned in 1845; it was the oldest house standing on the Square; it stood where E. E. Zimmerman's house stands. The Elder & Taney barn stood in the Lutheran hitching ground, it burned in 1848; the cornice of the steeple caught fire from it; the chances of the church burning were great, as there was not sufficient force to throw the water up so high from the engine, men were at the bell; water was passed through the steeple to them, they flooded the roof, throwing the empty buckets to the ground, but all to no purpose; when all hope was gone James Gallagher volunteered to cut the cornice away; they placed a rope around his body to support him, he stepped on the roof, cut the cornice, it fell, thus the

steeple was saved.

The great fire occurred June 15th, 1863; it originated in the livery stable of Guthrie & Beam, consuming over fifty buildings in all; the fire commenced at eleven o'clock in the night. It did not come under control until seven in the morning; the hotel was the last to burn. Saving the house of Decklemyer saved the upper portion of the town. People in the country heard the church bells ring; some came within a mile of town, looking at the blazing houses, but feared to come in, as they thought the rebel army had fired it, as they had done in Chambersburg. Word was sent to the College after midnight, when Rev. John McClosky called all the larger boys and hands together, bringing them in to assist; they came in time, as the citizens were tired; they worked manfully at the engine and in supplying water. Oh, the desolation a fire makes; most of the people lost their all, and never recovered. Money was sent from the cities to aid the poor. Think of it, 43 years since that fire. The Presbyterian Church was burned August 28th, 1902.

Hill North of Town

The oldest residents can remember when it was called Robinson's Hill; who was Robinson? Philip Nunemaker had the honor of having it called after him next; he had lived in town as early as 1808; no doubt he purchased the property from Robinson. Nunemaker died in 1849; his widow remained on this property a few years, when Henry Faller bought it. Since which time it has been known as Faller's Hill. Now that John Sebold owns the property, justly following the precedents of the past, it is Sebold's Hill.

Painters

This occupation has not always been one alone, usually it was connected with some other calling; cabinet makers and chair makers followed painting also, until Manning came here before 1850 and painted St. Joseph's, and Jacob S. Gelwicks also made it a business. While Samuel Wilhide, Blackford Campbell and Barnabas Riley were chair makers; later Geo. Gelwicks, John Adelsberger and James Gelwicks.

Grave Diggers

An old custom; the neighbors volunteered to dig the graves when interment were on the farms or in the country cemeteries. In town, the early grave diggers were: John Logan, 1811, Tonie Bones, Thomas Butler, Sebastian Adelsberger, Jacob Duphorn, Jacob Favourite, Thos. Butler, John Welty, John Glass. Their work today requires them to dig the grave four and a half to five feet deep. Many graves were not dug over three feet; for sanitary purposes this was changed, and justly, as the gas-

ses arising from decaying bodies have made close proximity to some graves unpleasant. In 1811 John Logan received \$3 for digging graves.

Along in the eighteen hundred and thirties a man named Markey committed a crime for which he was sent to the penitentiary in Harbaughs Valley. Mr. Newey was his principal accuser; after serving his term he left Baltimore, coming through Emmitsburg in the evening; stopping at Black's tavern for a drink, he proceeded to the mountain to take revenge upon Newey. Newey had butchered that day; after night put the fire out and retired. Markey had lain in sight of the house watching; at midnight he broke the door open with an axe. Mr. Tressler, Mrs. Newey's father, slept downstairs; Markey killed him; Newey came down to meet the same fate; also Mrs. Newey and the children; he carried away with him a vest, watch and few articles. The news was printed in a Frederick paper; a few days later a policeman sat in the General Wayne in Baltimore reading the account; he heard steps of a man as he entered the back room; he knew from the description this was the man; he arrested him; he had the watch on his person; he was tried and hung in Frederick.

Fulling Mill

The Fulling Mill on Middle Creek was carried on by Nathaniel Grayson for years prior to 1840; in the fifties Joseph Culbertson manufactured cloth blankets and yarns until after the Civil War - in 1871 John Peoples was conducting the mill; after him Charles Deeg. It was abandoned for lack of customers and torn down in the eighties.

Items of Interest

Copying from an old ledger dated 1811 to 1812, I find the following items of interest: A Negro, Pol, sold for \$267.67 April 9th, 1812, to Wm. Moreland. The fol-

lowing articles were sold at prices named: Lodging in hotel and gill of whiskey, 12 cents; coffee, 25 cents; turpentine, 50 cents pint; one gill rum, 12.5 cents; flour, \$7.50; gallon whiskey, \$1.12.5; bacon, 12.5 cents; brown sugar, 13 cents; loaf sugar, 25 cents; flaxseed oil, \$1.12.5; brandy sling, 12.5 cents; salt, 12.5 cents quart; nails, 12.5 cents pound; butter, 14 cents; oats, 62.5 cents; 6 chickens for 53 cents, 1 gallon of ill whiskey, 6.5 cents; half lottery ticket on Susquehanna Valley, 68.25 cents.

Old Mrs. Moreland sold her homemade linen to Hughes' store for 40, 47 and 62 cents per yard; selling May, 1811, 483 yards at 62 cents, 90 days credit; calico sold for 45 cents per yard, glass tumblers 25 cents, each, brandy and wine \$2. The itinerant shoemaker charged 40 cents per pair for making shoes; by digging Mrs. Granger's grave, \$3; women hired out at \$3 per month; making pairs of breeches, 83 cents; making coats, \$1; making slips, 37.5 cents; jacket, 83 cents; whitening, 12.5 cents pound. Iron sold for 7 cents per pound, making nails four dollars per thousand; all nails were made by hand in 1811. Vinegar, 50 cents per gallon; salt, \$1.25 bushel; 8 by 10 glass panes, 11 cents a piece; fur hat, \$3; tin-plate stoves, \$18; sole leather, 40 cents per pound; one gallon of ill whisky and dinner at Eagle Hotel, 31.25 cents. (The death of Catharine George entailed the following expense 1811: John Row, coffin, \$8; digging grave, \$3; 1 pair stockings, James Hughs, \$1; Margaret Mintie, eight days attendance, \$6; 4 pounds candles, \$1). Dutch cheese, 9 cents; unbleached muslin, 45 cents yard; one pound of brimstone, 12.5 cents; shoeing horse, 31.25 cents per shoe; flour of sulphur, 80 cents per pound; postage, 40 cents per ounce. John Devoy, tailor, 1812, charged \$3.33 to make a suit of clothes.

Part 12 next month



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HISTORY

Remembering Denise Etris

In your February edition, you published the obituary of my friend, Denise Etris. She never took credit for all she did, and would not want me to make known her personal details and acts now, but I feel obligated to honor her memory by acknowledging what a special person we've all lost and will sorely miss.

Denise had the most generous and giving spirit of anyone I have ever known. She was like the George(tte) Bailey of Emmitsburg! Whenever she heard of someone in need, whether she knew them personally or not, no matter what their religion or creed, she would

do whatever she could to help. If they suddenly lost their job or their spouse or were hospitalized unexpectedly and couldn't pay the rent or mortgage, utilities or medical bills, somehow enough money would suddenly appear to tide them over until they got back on their feet or could get assistance elsewhere. She always made sure that less fortunate local families had enough food for a nice holiday meal. When a fire claimed the life of a local woman with no resources or relatives, she asked and got area businesspeople and neighbors to donate goods and services to pay for her funeral and burial. To ensure that a

troubled friend could afford to go on a long overdue and much needed otherwise-free vacation, she paid for a week's boarding of her 3 beloved pets' (one of whom required insulin shots twice a day) at the veterinarians.

I once asked Denise why she did such things for others, and all she said was "because I can". She worked hard (even her career in drug safety and medical information was in service to mankind) and was respected by peers and professionals alike (at one point making conference calls in the middle of the night for a client halfway around the world in India!), but always had an entertain-

ing story to tell; she wasn't 'privileged' by any means, but she believed in sharing what she had. When asked what one could do to repay her acts of kindness, her response was always simply "pay it forward" - do the same for others if and when you were able.

Although she never had biological children of her own, Denise was the proud stepmother to 4 loving adults, and the adoptive mom to 3 young people who simply didn't have anyone else to care for them growing up. All of them are or were successful in school and careers, doctors and lawyers and symphony conductors and Coast Guard officers among them. The family was no stranger to grief and disaster though; Denise lost her beloved hus-

band to ALS, and 2 stepsons-in-law and several grandchildren to illnesses and catastrophes. She herself had serious chronic health issues for years, but it never stopped her from being there for anyone else. Despite all these challenges that could've made a lesser person withdraw from life, I never knew her to fail to do her best or give her all or wonder at the beauty around her. Her 'friends' included the arts and Longwood Gardens; how she loved wandering the grounds on her scooter in tulip season, and she left us her recent photographs of dragonflies that adorn the walls and pamphlets there.

In Loving Memory of Denise E. Etris (1950-2018). With sincere gratitude, Diane J Detlefsen.

What is a funeral home, really?

Colt Black

You probably have never given a passing thought to what a funeral home is, or equally important what it is not. But these are the questions you should be asking before preconceived notions of what a funeral home is, cost you financially.

The focus of this article is within the boundaries of the jurisdiction of the state of Maryland, as each state has different definitions and requirements of what a funeral home is. Let's take a look at two definitions.

As defined in the Maryland Annotated Code Title 7-1(K) a "funeral establishment" is defined as "any building, structure, or premises from which the business of practicing mortuary science is conducted". Mortuary science is defined MD Title 7-1-(U-1-3) to operate a funeral establishment; for compensation, to prepare a dead human body for disposition; and for compensation to arrange for or make final disposition of a dead human body.

These definitions sound pretty straightforward, right? Well their not actually. Let's examine this question of what a funeral home is, a little deeper.

Every business which calls itself a funeral home, mortuary, cremation service, funeral service or something of that nature will hold a license issued by the Maryland Board of Morticians and Funeral Directors. This license can be verified via the Maryland Board's website. If they do not have a funeral establishment license they are not legally allowed to serve the public.

There are two types of funeral establishment licenses within the state of Maryland which is not directly defined under the law but is defined

within the application a licensee makes to the board prior to opening their funeral home. Each funeral home chooses how it will operate in accordance with the given regulations of the Maryland Board, so rest assured if a funeral home holds a license issued by the Maryland Board of Morticians and Funeral Directors they can assist your family.

Full service establishment licenses in Maryland requires a funeral home to have: a room with a minimum of 300 square feet to repose the body, a place to embalm or prepare the deceased or a holding area (however if the facility does not have the ability to embalm the deceased on site, the Maryland Board must be informed of where the embalming will take place, the same applies to refrigeration), office to make arrangements, restroom, and transport vehicle to carry deceased persons to the funeral home or the name of the 3rd party contractor who will make the transfers for the funeral home.

On the flip side a funeral home can choose to be a "restricted funeral establishment", which means that the funeral home location elects to perform only selected tasks at a given location such as making funeral arrangements, but has facilities elsewhere to provide all the same services of a full service funeral home. Giving funeral directors a multitude of location options in which to place a funeral home, which could be just about anywhere such as a strip mall or office park.

So while funeral homes located in non-conventional buildings may seem odd, every location that is a licensed funeral establishment in the state of Maryland has the ability to provide burial and cremation service to your family. Let's not forget the added benefit of restricted funeral homes within Maryland, funeral homes set up in this configuration save

consumers money by providing only the services needed without the added cost of paying the overhead of a stand-alone funeral home building.

This is how Black's Funeral Home in Thurmont works. Families meet the funeral director to make funeral arrangements at the Thurmont office while your loved one is cared for at our preparation center in Sabillasville.

If you are looking to have a funeral at church or other location, a graveside service, a cremation, or memorial service, what's really in a funeral home that you need? You certainly don't need a chapel or viewing room. So what does that leave you needing? The expertise of the funeral director and a place to make the arrangements; that's it. Does that require some big fancy building? No, of course not.

It is also important to note many area funeral homes with more than one lo-

cation will centralize their embalming and preparation so even though you call locally to a funeral home, your loved one is transported to another location to be prepared or stored. Some funeral homes, while having all the necessary equipment and facilities; never embalm or store deceased persons at their location and pays an outside funeral home to embalm or store them. Truth be told, while you think your loved one is right up the street chances are you're wrong.

Many families in recent years have become fixated on crematories and where funeral homes cremate bodies. But you should be equally concerned and question where your loved one is embalmed or stored at, and does the funeral home contract an outside provider to do so?

As the consumer you have a right to know this information, and may or may not get a straight answer

from a funeral home you contact. Knowledge is power and before you think you know what a funeral home is, ask yourself this question: What do I need from a funeral home? Then let that answer guide your thoughts on what a funeral home should be.

For many families the building where a funeral home is doesn't matter because it's not used by them anyway. But what does matter is the expertise of a funeral director to guide them to practical, affordable options and the funeral establishment license to do so. So remember, don't judge the funeral home by its location, because that prejudice can cost you big.

For more information visit blacksfuneralhomes.com or call 240-288-1300.

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MOM'S TIME OUT

The lost art of handwritten notes

Mary Angel

Thank You! This is a phrase many of us use when someone has given us a gift or done something kind for us. It is far from an over-used phrase, but sometimes it is an over looked phrase. I guess the question I would ask is, "Do you say thank you as often as you should?" I believe saying thank you for a gift is very nice but I think a thank you note is a lost art form.

When I got married my wedding was like a fairy tale to me. It was elegant, beautiful and above all an absolute blast. When everything settled down after we returned from our honeymoon that is when the moms started. "Have you started on your thank you letters?" or "So and such told me they haven't received their thank you yet." My husband viewed the thank you letters as a burden. I now know (having kids of my own and being more mature) that my husband and I

were acting like children. I also realize that a simple letter, or even postcard, can make someone's day. I believe that a note, in any form, sent through the mail (or hand delivered) is a lost art form. To make it extra special hand write it instead of typing it.

Before you even ask, a text or an email is not the same thing. This is not to say that you can't brighten someone's day with an uplifting text (God knows my husband's sweet little texts have brought me off many a homeschool ledge), but go the extra mile and write them a letter. Don't limit your letter choices to simple thank you letters. Write a letter to tell someone how much they mean to you, or how much their kindness brightened a bad day. Break out some pretty stationery and let someone know they are doing a great job and without them things would not be the same. Express to someone how much you appreciate

them. Maybe there is someone at work, church, or your kid's school who you feel is underappreciated, tell them how much they really are valued. Maybe you know someone who has been going through a rough time (illness, marital problems, trouble at work), send them a little note with some encouraging words and maybe a scripture verse.

When I was a child we would race to the mailbox to be the first to get the mail. This is because back in my day (now I sound old) there was no texting and no email, so everyone mailed letters. You got excited when something in the box was for you. Maybe not my parents as much since all of the bills had mom and dad's names on them. As an adult who has way too many bills come in her name I can definitely attest to the fact that I would love to get something in the mail that is not a bill.

A few years ago, while homeschooling, I encouraged my girls to find a pen pal. It didn't necessarily have to be someone who lived far away, but it did have to be some-



one they didn't see very often and most definitely didn't text. They had a blast asking questions and waiting for the reply. One of the recipients was my uncle and according to him it was a real joy to not only receive the letters but also in the anticipation of the next letter. My girls and their friend (who is also homeschooled) made valentine cards for everyone in our local assisted living facility two years in

a row. The second time they made them they also hand delivered them. The amazing joy on the faces of the people who received those cards was worth its weight in gold.

How many of you have been experiencing a bad day and a loved one dropped you a little note to brighten your spirits? Do you remember as a child getting a card from your grandparent in the mail and the sheer joy it brought to your heart? Something so small and so magical should be easy to take on. I have a friend who is an amazing encourager. She is quick to send an encouraging text when she is thinking of someone or knows a friend is going to have a rough week. She will periodically drop a card (and if I am lucky some of her cookies) off to my house. I also have a husband who has been slipping me little notes of love and encouragement for twenty years (every time he goes out of town I try to figure out how he placed cards around the house without me noticing). I would urge you to try and be someone's encourager this week. Who knows maybe it will become a fun little habit.

Maybe you will start being a secret encourager for all of your friends and maybe broaden your scope to coworkers and anyone who needs a little pick me up. Think about what a positive change we could all make if we started sending happy little letters through the mail. Imagine how many people who were having a bad day will be influenced in a positive way. If that isn't reason enough how about this little thought...by mailing a letter you are supporting the jobs of postal workers.

So here it is my first article with a challenge. I challenge everyone who reads this to send someone (anyone) a card, a hand written card. It can be a thank you, an encouragement, a simple hello. You can sign it or be that anonymous champion of happy thoughts. To whoever and why ever you choose to send a card, just send it. Take the five minutes to write it and just mail it. Don't forget to have fun with it.

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


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Soup's on!

Kay Hollabaugh
Hollabaugh Brother's Orchard

As I write this piece for the Emmitsburg Journal, it is very cold and blustery out – with whisperings of perhaps the 4th Nor'Easter to hit the middle of next week. I have to say that I am likely some of the very few who have no problem with the weather we've been having lately. It is VERY hard on fruit trees in the late winter/early spring to see wide variables in temperature readings.

A 75-degree day in early March that stretches for days causes us much anguish when later in the month we have extended days in the 20's! That can put the end to a peach crop in a real hurry, as the trees soak in that warmth, push their buds – only to have them zapped a few weeks later. (Picture your crocus and tulip and daffodil bulbs that are trying so hard to push and bloom as I write this.) And then picture those same blooms when the weather turns cold. But multiply that by hundreds of acres AND the fact that your livelihood might depend upon the weather. You get the idea of what tree fruit growers go through every spring!

As has been my custom in this article, I'll just share a few things that our crew is working on now – as we head into spring. Just this past week we burned off our asparagus fields. We actually set the brush left over from last year on fire so that the ground is level and ready for those tasty, green shoots to make their appearances. The primary reason we burn off the fields is because it is a natural "organic" means by which to cleanse the soil of any nasty bugs or diseases that might have bunkered down in the soil since last summer. This first burn truly is my very first sign that there is no turning back – spring is on the way – regardless of the weather! If you have never visited, check out our web site at hollabaughbros.com or like us on Facebook. We have a great video there of the burning of the asparagus fields.

Our harvest crew is also continu-

ing the very arduous process of pruning our trees – having moved from apple to peach, and will soon start apricot and plums. Very soon, they will begin applying fertilizers and preparing the ground for planting. The tree-planting job this spring will be small in comparison as we'll only be planting about 3500 trees. Last year we planted 10,000 and in 2019 we will plant 15,000!

But for now? Soup's On!!!

Hearty Potato Soup

Ingredients:

- 1 Lb. sausage, cooked and drained
- 6 medium potatoes, peeled & sliced
- 6 celery stalks, diced
- 2 quarts of water
- 1 onion, chopped
- 6 tablespoons butter
- 6 tablespoons of flour
- 1 Tsp of salt
- ½ Tsp of pepper
- 1 ½ cup of milk

Cooking Instructions:

In large kettle, cook potatoes, carrots & celery in water until tender. Drain, reserving liquid. Set vegetables aside. In same kettle, sauté onion in butter until soft. Stir in flour, salt & pepper. Gradually add the milk, stirring constantly until thickened. Stir in cooked vegetables and sausage. Add 1 cup (or more if necessary) of the reserved cooking liquid until the soup is of desired consistency.

Cauliflower Cheese Soup

Ingredients:

- 1 Large head of Cauliflower
- 2 tablespoon of onion, minced
- 2 tablespoon of butter, melted
- ½ Tsp. salt
- ¼ Tsp. pepper
- 1 can chicken broth
- 3 cup of milk
- 2 can of grated American or Cheddar Cheese

Cooking Instructions:

Break cauliflower into small pieces. Cook covered in salt water until tender; drain. Sauté onion in butter until tender. Blend in flour, salt and pepper. Gradually stir in broth and milk. Cook over medium heat, stirring constantly, until mixture reaches boiling point. Add cheese and stir until it melts. Add cauliflower. Heat to serving temperature. Makes 2 quarts.

Mom's Chicken Corn Soup

This is a tried and true family recipe and varies totally upon how much soup you want to make – and how big your roasting chicken is!

Ingredients:

- 1 roasting chicken, cooked, cooled and picked from the bone
- broth from chicken
- supplemental broth (canned) as needed and or chicken bouillon
- 2 to 3 pints of corn
- salt and pepper to taste

Cooking Instructions:

I tend to use a 5 to 8 pound chicken, cooked in the crockpot. Cool the broth and skim off the fat. Bring the broth to a boil and supplement with canned



broth, if you need more broth and/or chicken bouillon. Dice/cut your chicken and put in to boiling broth. Add 2 to 3 pints of corn – dependent upon how much corn you want. At this point, you may also add a small pasta noodle and/or other vegetables. In our house? It's chicken, broth and corn – nothing else. Many old corn soup recipes call for "rivels". These are often seen in soups and stews coming out of Lancaster County. To make a rivel mix flour with egg until well blended. Simply drop into the boiling soup. This is one of our families' all time favorite soups – less the rivels!

Cream of Asparagus Soup

Ingredients:

- 1 Lb. fresh asparagus
- 3 tablespoon of butter
- 1 small onion, diced
- 3 cups of chicken broth
- 1 small potato, diced

8 Oz. Cream Cheese, softened and divided

- 1 Tsp. pepper
- 1 Tsp. chives
- ½ C. Parmesan Cheese

Cooking Instructions:

Cut asparagus into 1" long pieces. Melt butter in large saucepan. Add onion and sauté until tender. Add chicken stock, cut-up asparagus and diced potato. Cook until potatoes are fork-tender. Place half of the broth & vegetables into a blender with half of the cream cheese. Puree. Repeat with remaining broth, vegetables and cream cheese. Return all blended ingredients to the cooking pot. Add pepper, chives and Parmesan Cheese. Serve hot!

For more recipes or to learn more about Hollabaugh Bros visit them online at www.hollabaughbros.com



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THURMONT RESTAURANT WEEK

A Taste Of Thurmont!

APRIL 13th - 22nd

These participating restaurants will be offering tasty prix fixe menus for some of their Signature Dishes! Go to thurmontmainstreet.com for prix fixe menus offered at each restaurant!

Dine at one of your favorites or try somewhere new!

- Bollinger's Family Restaurant**
210 N. Church Street
- Mountaingate Family Restaurant**
133 Frederick Road
- Rocky's Pizza**
205 Tippin Drive
- Roy Rogers**
203 Frederick Road
- Shamrock Restaurant**
7701 Fitzgerald Road
- Simply Asia**
120 Frederick Road
- Thurmont Bar & Grill**
10 East Main Street
- Thurmont Kountry Kitchen**
17 Water Street

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LIBRARY NEWS & EVENTS

Blue Ridge Summit Free Library

Standing Events

Monday - Lego and Wee Build Creation night!!! Let your imagination show its genius! All ages welcome. From 4 - 5:30 p.m.

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

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

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

Special Events

April 5th "History Rocks"! Join Lauren Cappuccio with the Franklin County Visitors Bureau for an all-ages rock painting event to celebrate "Spring into History Month". We will also be featuring local history displays within the library. Please call or stop by the library to register.

April 9 - Family Game Night from 6 until 7:30 p.m.. Board games, puzzles, jenga, WII, &c.

Apr. 10 - Scherenschnitte class with Bill Hamman at 6 p.m. New members are welcome and old members are always appreciated. Please bring your knives and boards if you are returning students. Children must be accompanied by an adult. Makes a great family project!

April 12 - The free movie "Wonder". Based on the New York Times bestseller, Wonder tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time. A great film for the entire family. Movie starts at 6 p.m.

April 14 - "Birdie Shower". Celebrate the return of spring for our feathered friends! The party starts at 10:30 a.m. with our story hour for kids, followed by making a nest bag craft with both adults and kids. The crafting party will be immediately followed by the birdie tea. Please call or stop by the library to register.

April 16 - The Fabulous Fables and Films club is meeting at 6 p.m.. Movies, food, books, and cool crafts will be showcased. Club is geared for tweens, teens, and adults. This month we are traveling to the Hellenic Republic, the land of the gods and mythology, the land of Greece.

April 17th - The Summit Stitchers Quilt Club is meeting at 5:30 p.m. New members and new projects are always welcome and any skill level may attend. These ladies love a challenge so if you are stuck on project stop by and see what they can do.

April 19 - The Dining Car Food Club will meet at 6:30 p.m.. We will be pulling into the Rizal Street Barangay 1 station, Calamba City, Laguna for a unique meal from the Philippines. Please bring your dish to share (and a recipe!) and we will see you here!

April 24 - "Chile Madness"! Join our host Trey Gelbach at

6 p.m. as he teaches us about the amazing and versatile chili pepper. He will touch on the history, science, planting, harvest, culinary and medicinal uses of the various chilies. Trey has worked extensively with the Penn State Extension Outreach Mission programs and is the garden coordinator of the Church of the Apostles in Waynesboro.

April 26 - Adult Reading Group. We will be meeting at 6 p.m.. New members are always welcome. The current book read is anything about heaven or the afterlife. So grab a book and join us!

Frederick County Public Libraries

Emmitsburg

STEAM Explorers (Grades 2-5) - 1st and 3rd Wednesdays, 2- 3 p.m.. 4/04: Technology; 4/18: Kitchen Science;

LEGO Block Party (Grades K-5) - Monday, April 9, 4 - 5 p.m.. Build vehicles with kits or build your own creation.

Preschool Explorers (Ages 3-5) - Wednesday, April 11, 11 - 11:30 a.m., Hands-on enrichment activities based on the preschool storytime theme.

R.E.A.D. with Wags for Hope (Grades K-5) - Thursday, April 12 & 19, 5 - 6 p.m.. Children read to Reading Education Assistance Dogs.

Exploration Station - Saturday, April 14, 10 a.m. - 1 p.m.. Active play, crafts, and STEM activities presented by Mount St. Mary's University students.

Art Zone (Grades 2-5) - Saturday, April 14, 11 a.m. - 12 p.m.. Explore the world of art through fun, hands-on projects.

Story Terrariums (Grades 6-12) - Saturday, April 14, 1- 3 p.m.. Re-imagine your favorite story into the miniature world of a terrarium.

Junior Gardeners: Natural Art (Grades 2-8) - Saturday, April 21, 10 - 11 a.m.. Silver Fancy Garden Club members lead participants in a fun nature project.

Revolutionary Times with Rose Hill (Grades 1-5) - Thursday, April 26, 5 - 5:30 p.m.. A sample of History Camp activities with Rose Hill Manor Park and Children's Museum.

Thurmont

Altered Altoid Tins (Grades 5-12) - Thursday, April 5, 5 - 6 p.m.. Make your own poetry box in honor of National Poetry Month.

Chess Club (Grades K - Adult) - Saturday, April 7, 11 a.m.- 12:30 p.m.. For beginners to advanced players. Learn, play and sharpen your skills.

Math Skills for Preschoolers (Ages 3-5) - Monday, April 9, 11 - 11:45 a.m.. Have fun practicing number recognition and important math skills using books, active play and games.

Thurmont Friends Book Club - Monday, April 9, 7 - 8:30 p.m.. Hosted by the Friends of the Thurmont Regional Library and open to adult readers in the community who are interested in discussing books.

Author Event: The Wright Brothers (Adult/Teens) - Tuesday, April 10, 7 - 8 p.m.. Author, airplane pilot and flight engineer Gerard L. Blake shares a unique story of the Wright Brother and the important improvements to the airplane following the first flight at Kitty Hawk.

Let's Do Art! (Grades 2-5) - Wednesday, April 11 & Thursday, April 12, 2 - 2:45 p.m.. Explore art techniques with a monthly project. Materials provided.

Drama Club (Grades 6-12) - Thursday, April 12, 5 - 6 p.m.. Are you interested in acting, costumes, or helping with props? Bring your talents to a new community drama club.

Exploration Station - Saturday, April 14, 10 a.m. - 1 p.m.. Active play, crafts, and STEM activities presented by Mount St. Mary's University students.

Aging in Place with Home Health Care Assistance (Adult) - Monday, April 16, 7-8:30 p.m.. Informational presentation about paying for in-home health care for seniors through

both government programs and private pay.

Preschool STEM Lab (Ages 3-5) - Wednesday, April 18, 11 - 11:30 a.m.. Explore Science, Technology, Engineering, and Math concepts in the STEM Lab. Children under age 8 must be accompanied by an adult.

Circuits 101 (Grades 6-12) - Wednesday, April 18, & Thursday, April 19, 1 - 2 p.m.. Explore basic circuits through light-up creations.

The Earth Rocks! (Grades 5-12) - Thursday, April 19, 6 - 7: p.m.. Celebrate Earth Day and paint a rock from home or use one of ours.

Author Event: Raven Rock: The Story of the U.S. Government's Secret Plan to Save Itself- While the Rest of Us Die (Adult) - Thursday, April 19, 7-9: p.m.. Raven Rock, Site R, The Underground Pentagon. All familiar terms for what was once a well-kept secret in the local area. Author Garrett Graff shares detailed information about the Raven Rock hidden bunker as well as other sites throughout the country. Book signing included. Books will be for sale courtesy of Curious Iguana.

Story Stroll: Explore a Picture Book in the Outdoors - Saturday, April 21, 10:35 a.m. - 4:30 p.m.. Experience a picture book in a new way! Walk your way through a picture book while enjoying the outdoors.

R.E.A.D.® with Wags for Hope (Grades K-5) - Saturday, April 21, 11 - noon. Children read to Reading Education Assistance Dogs.

Story Stroll: Explore a Picture Book in the Outdoors (Ages 0+) - Sunday, April 22, 1:30 - 4:30 p.m.. Experience a picture book in a new way! Walk your way through a picture book while enjoying the outdoors.

Math Skills for Preschoolers (Ages 3-5) - Monday, April 23, 11 -11:45 a.m.. Have fun practicing number recognition and important math skills using books, active play and games.

Drama Club (Grades 6-12) - Thursday, April 26, 5 - 6 p.m.. Are you interested in acting, costumes, or helping with props? Bring your talents to a new community drama club.

Spring Delights: Mushrooms on the Mountain (Adult) - Thursday, April 26, 7 - 9 p.m.. National Park Service Biologist Becky Loncosky reveals the natural history and folklore of morel mushrooms in the Appalachian Mountains. This Preservation Program Series is being presented as a partnership between The Catocin Forest Alliance and the Thurmont Regional Library.

Curious Minds: Does Acupuncture Work? (Adult) - Monday, April 30, 2 -3 p.m.. Certified acupuncturist Julia Cubit shares information and answers your questions about compassionate patient-centered acupuncture treatments.

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Local students compete in spelling bee

Can you spell “pangolin,” “xylophone,” and “sauerbraten”? What about define words like “alderman,” “hinterlands,” and “hypothesis”? This year’s competitors in the annual Frederick County Spelling Bee certainly can! Spellers from 30 different schools around Frederick County met in the Jack B. Kusmaul Theater on the campus of Frederick Community College on Saturday, March 10 to crown the county spelling bee champion. Local students in the competition included Riley Sullivan of Lewistown Elementary School, Mia Ferraro of Mother Seton School, and Benjamin Krauss of Thurmont Middle School. Also in attendance were the alternate spellers for each school: Rachel Herbst for Lewistown Elementary School, Ivy Coldren for Mother Seton School, and Dylan Nicholson for Thurmont Middle School.

Both Sullivan and Ferraro advanced past the first round, correctly spelling “denim” and “cleanser” respectively. However, Krauss was eliminated in the first round on the word “loam,” spelling it “lome.” In the second round, Sullivan correctly spelled “ravioli,” while Ferraro correctly spelled “matriarch” to advance. The third round was a vocabulary round during which spellers received a question about vocabulary with two possible answer choices. Both Sullivan and Ferraro made easy work of the questions thrown their way. Sullivan correctly identified a belladonna as a type of flower, while Ferraro correctly defined dissect. Round four was the end for Sullivan as he incorrectly spelled “myriad” as “mirired.” Ferraro continued on after correctly spelling “karaoke.” Round by round Ferraro continued to correctly spell words

including “punctilio,” “tally,” “Athens,” “describe,” and “manipulate.” As she continued on, more and more spellers were eliminated each round. Unfortunately, Ferraro’s run came to an end in the tenth round as she incorrectly defined “conjecture” in another vocabulary round. She finished in eighth place.

In the end, Charles Millard, a seventh grader representing the Frederick Classical Charter School, won the bee after correctly spelling the word “contemporaneous” in the eighteenth round. For his victory at the county level spelling bee, Millard has earned a trip to Washington DC in May to compete in the Scripps National Spelling Bee. Nearly 300 of the top spellers across the country will join Millard in the competition that will crown the top speller in the nation. The last time a local area speller advanced to the nation-

al competition was in 2014 when Stephen Hochschild, then an eighth grader at Mother Seton School, won the county bee. Hochschild also won the county bee in 2013, but 2014 marked the first year that the county bee winner advanced to the national spelling bee.

This year’s competition turned out to be one of the toughest in the bee’s history as an unprecedented eight spellers advanced to the tenth round or beyond. In fact, Tara Leberherz, the head judge of the bee, commented afterwards that the spellers almost exhausted the entire list of words prepared for the day. Mary Jo Richmond and Janet Vogel served as judges alongside Leberherz. Caroline O’Connell, chairperson of the Frederick County Public Libraries Spelling Bee Committee, served as the master of ceremonies and Georgdie Wilson, publisher of the Freder-



Mia Ferraro from Mother Seton School after the spelling bee.

ick News-Post, was the pronouncer for the event.

To find out more about the Frederick County spelling bee, visit <https://www.fcpl.org/programs-events/frederick-county-spelling-bee> and to find out more about the Scripps National Spelling Bee, visit <http://spellingbee.com/>.

Restorative justice

Michael Bunitsky
Frederick County Board
of Education

Maybe you’ve heard about “restorative justice” around your schools lately. The term “restorative practices” may sound familiar and you probably know something about the process of mediation. If this all sounds new to you, I’ll share what I know.

In 2017 the Maryland General Assembly passed legislation creating the Maryland Commission on School-to-Prison Pipeline and Restorative Practices. I was asked to represent the Maryland Association of Boards of Education on that Commission. We have been charged with working toward:

- Eliminating disparities in discipline practices,
- Creating a supportive and nurturing school climate,
- Providing training and professional development,
- Partnering with community organizations, and
- Engaging students and families.

In Commission meetings I have been exposed to the variety of ways in which school discipline is handled across Maryland. There are more variations than I imagined. Infractions like assault, possession of some forms of contraband on school property, destruction of school or personal property demand a serious response from any school system, but there isn’t total agreement on the best response.

Of course, nearly everyone agrees that these actions create an unsafe environment and are not to be tolerated in Maryland schools or really, anywhere in society. And individual school administrators are charged with investigating and putting consequences in place. But the Commission is tasked with attending to these challenging issues with thoughtful questions, open conversation, and responses that make sense.

Most often the consequence for such actions is suspension from school. Out-

side of the school environment, we rarely think about the behind the scenes work that is involved coming to such a decision. Human behavior is complex and there are many possible motives for specific actions. Add to this the expectation that punishments in school are meant to be a learning experience, right?

In addition to running a fine tuned educational environment, we expect school administrators to exercise the wisdom of Solomon. Fortunately, many of our teachers, principals, and staff are wise in the ways of our kids. They understand that their purpose is not to extract a pound of flesh, but to mediate misunderstandings and offer students an opportunity for insight and change; important steps in repairing relationships and restoring equilibrium.

Most educators are looking for more productive responses than a few days of suspension. This is where restorative justice comes in. Restorative justice is not a system of punishments, it is a practice that holds students accountable for their actions and asks them to imagine more appropriate responses. It is a

process designed to help students understand what it is like walk in another person’s shoes. Restorative practices push kids to take more thoughtful action in the future. Ultimately the goal is to get kids to own up to what they have done, seek forgiveness, and then demonstrate that they have learned through the experience.

Okay, so you believe the only way a young person learns is through harsh punishment. But one has to wonder, is kicking them OUT of school for a while really punishment? If a student doesn’t have to face the person or people they have hurt by their actions, never really has to apologize, or make an attempt at repairing a fractured relationship, what have they learned? If they are never confronted with the reality of what their actions caused will they see what they did as a bad thing as it gets them time away from school.

Some of the answers to these questions depend on the family’s response. But that is the topic for another article—and sometimes the parents are part of the problem.

Our school system has 42,000 stu-

dents and it is our job to teach them. Each of our students brings the totality of their life experience with them to our schools, to our classrooms and in their interactions with others every single day. Some of our students have had more than their share of adverse experiences. How those experiences are acted upon is fairly limited in children ages five through seven. I guess that’s why the state of Maryland determined we should not use suspension as a punishment for them.

Do we really believe that suspension works better for upper elementary, middle and high school students?

Don’t get me wrong, as a classroom teacher for about twenty-one years I knew some who needed to be suspended. But there are many actions that occur in our schools that are not physical acts of violence or destruction. What about these other behaviors that account for the majority of our office referrals and a large portion of our suspensions? Insubordination, disrespect, and disruption; we know these behav-

iors can be interpreted differently by the adults involved.

When students arrive in our schools they may be hungry, or may have never known hunger. Some students show up wearing the same clothes day after day and others never wear the same clothes twice. Some children live in neighborhoods that are not safe, and attend school with students who have never known how that feels. Add to this mix, the fact that the adults who interact with them are mostly white and mostly female. Every school day unfolds in a cultural stew that at it’s best is a stimulating environment for exploration and learning. But it can also bring moments of complete breakdown in understanding and perspective.

Schools are for learning. Everyone in our schools, physical plant staff, teaching staff, administrators and our children, all are learning together every day. Some of the best learning is about how to coexist and cooperate while meeting the academic challenges of tomorrow.

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FOUR YEARS AT THE MOUNT

With spring nearly here and summer on the way, we thought our writers from the Four Years at the Mount could help with your book list. Our writers this month were asked to reflect on and write a review of a book that they consider to be personally influential.

Freshman Year

Learning to see beauty everywhere

Kaitlin Marks
MSMU Class of 2021

Sometimes when I read a book, I find that it has the power to make me into a better person, a person who can see openly and embrace the world and those in it.

A Different Beautiful: Discovering and Celebrating Beauty in Places You Never Expected, by Courtney Westlake, tells the story of how her family came to terms with her daughter's rare skin condition. Moreover, the book tells the story of trials, overcoming obstacles, shifting expectations and embracing all the beauty that every human being has the capacity to offer. I am known in my family for working through stacks of books in a day, so I read this book quick. I found the book to be one that I couldn't put down and was captivated by the simplistic breakdowns of complex moral ideas. The foundation of the story? We need to be kind, full of understanding to embrace the unique, different forms of beautiful that blossom across faces, places and words.

Westlake tells the harrowing story of her daughter Brenna's birth and the realization that she might not survive to be more than a few days old. Brenna's unexpected, life-threatening skin condition changes everything about the expectations that her family has for her life, and ultimately changes their lives entirely. After fighting for her life, things begin to stabilize for Brenna, and readers get a first-hand glimpse as the characters forge a stronger bond with God after a tumultuous experience, rather than shying away from faith. While reading the book, I found myself pondering the ways that I rely on God, and whether I find His strength or question the path I am on during difficult or even heart-shattering moments. As Westlake detailed the struggle to survive and to cope with the knowledge that her child would endure pain, I found myself enthralled with her own relationship with her faith. By the end of the book, I came away having a clearer vision of how my faith shapes my own life.

However, the book is about much more than faith and family. As Bren-

na grows and becomes more aware of the physical differences between her and those around her, Westlake and her husband encourage her (and readers) to understand the notion that beauty is much more than skin-deep. The author articulately describes the stares, questions, uneasy whispers and uncomfortable glances in grocery store lines, restaurants and more. Westlake encourages people to ask questions, but to be kind, thoughtful, open-minded and understanding, rather than judgmental or quick to demean or look away nervously.

Those who know me or have read a few of my prior articles in this newspaper, know that my life and view of the world changed when I did an internship with special needs students in my local school system. I spent my senior year of high school doing occupational therapy with these students and creating group activities, but more importantly, I spent my time giggling, reflecting and experiencing the uninhibited, pure love that these students were able to both give and receive to everyone they met. In a world that is full of darkness and stinging words, taking the time to understand that every single person is full of their own beauty is an underrated way of lighting up the

darkness. I witnessed joy, inclusion and the ability to do more than anyone ever anticipated. I found beauty in the small, shy smile from the girl in the Life Skills classroom who didn't want to be noticed. I found beauty in the simple act of fastening a button, a laboriously earned skill that I worked on with a student every chance I got. I found beauty in the mess the kids made at lunchtime, spilling on themselves as they snorted with laughter at a joke I or one of their friends told. After reading this book, I grew to see this beauty not just within the classrooms and students hugging me and holding my hand in my internship; I started to see and understand the nature of beauty everywhere.

Westlake also details beautifully the small struggles, big challenges and happy celebrations of Brenna's daily life. While she examines the unexpected difficulties of her daughter's skin condition, like the Aquaphor stains and layers they find while doing laundry, or the process of giving Brenna a bath and taking care of her skin each night, what shines through the pages is the capacity of Brenna to do anything and everything, to experience joy like any other human being, and to grow, be independent, and feel beautiful all on

her own. I was captivated. I found myself smiling at the moments of joy the family could find within their altered routines and shifted expectations. I learned, like Westlake herself, that expectations only serve to limit what we imagine. While the life she had imagined for Brenna didn't write itself out in perfect print, complete with the images dancing in her head while she was pregnant, Brenna's life is beautiful. Brenna herself is beautiful, and the life that her family experiences with her joy and spirit added to their life is, as described by Westlake, more special and open than it would have ever been otherwise. The lessons of learning to embrace the beauty found in unexpected places, celebrating the diversity of human nature, and accepting that life might play out in a beautifully unanticipated way completely contrary to our expectations shine through the book and I cannot recommend the story enough. Everyone has potential and unlimited capacity to shine, and the novel, A Different Beautiful, highlights the struggles and celebrations of humanity while capturing the nature of faith, family and unconditional love.

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

Sophomore Year

Discovery and adventure

Morgan Rooney
MSMU Class of 2020

When thinking of all the books I've ever read, the ones that I've enjoyed and fallen into the deepest parts of my heart are the ones that truly make me think. I like stories that make me think deeper on a personal level about my own life and the decisions I make every day. A book that stands out to me when thinking back is a memoir, Wild, written by Cheryl Strayed.

Firstly, the whole story of this book was quite intriguing, even before I picked it up to read. To summarize briefly, this is the true story of a woman, who in 1995 when going through a variety of hardships in her life, decides to drop everything to hike the Pacific Crest Trail, or PCT. The PCT is a long-distance trail that stretches 2,659 miles from Southern California all the way to British Columbia. She does this to be independent, to find herself and to deal with those personal issues she had been combating.

As someone who finds great joy in outdoor activities such as hiking and camping, just a documentation of someone's long hiking trip would have been intriguing to me, however, the deeper reasoning behind the hike made me think about my own life choices. I read this book while still a junior in high school. This was the year when I was just being told for the first time that I needed to figure out what I wanted to do. It's definitely scary being told that when you are

only sixteen. I didn't even know what I would be doing that weekend, yet I had to begin choosing where I wanted to further my education and what area of study I would want to pursue once I got there.

Even though Cheryl Strayed, the author of Wild, made a drastic decision, her story helped me to realize that nothing is set in stone and we can always alter our lives where we see fit when things aren't working out the way we want them too. Not long before her hike, Cheryl had gone through a divorce, her mother had passed away, and she was suffering from some poor decisions she had made in response. She saw that change was needed for her own well-being, so she underwent that change. I find stories where people change their own lives so inspiring because sometimes that's everything we need to hear. Change is possible and it's something we can all do to improve our lives.

Minimalism is another topic that this memoir made me think about. She left on this hike, which would last months in a variety of different weather conditions and climates, with only what she could fit in her backpack. No, living out of a backpack is not the most comfortable life for anyone. To be limited to only a number of shirts and socks sounds like it wouldn't be the most pleasant experience, but it made me think about all that I have, and how much importance all those things actually have to me. Of course, I enjoy all of the little luxuries I have, but I don't actually need most of them for my survival or wellbeing. Even if you

don't want to give up anything, or reduce yourself to minimalism, it is important not to forget about what's important and what's not in the big picture.

Who doesn't enjoy a story involving an adventure? Non-fiction accounts of things that actually happened are especially intriguing to me. Hearing of the journeys of others only inspires you to create one of your own. I think I can speak for the majority of the population when I say that by the end of my life, I would like to have some good stories to tell. I'd love to spend the last moments of my life just reflecting on the moments that made my life worth living, I want to be able to look back and think, "Wow! I did some cool things back in the day." We all want to make the most out of life and encounter many little (or bigger) adventures of our own to make our lives worthwhile and make us feel like we've accomplished something. This story was a true push for me to actually make one of those big decisions that would alter my life to begin making it my own. It was just what I needed to read when I was sixteen, just to make me reflect on what's important and what I want from life, so I can do my best to make it happen.

The amazing thing about this book is that I felt as if I grew with the author and the protagonist as I progressed through the chapters. At the beginning of the story, she was struggling, as most of us do at some point in our lives. She did not know what she wanted or where her life would go as she had experienced a variety of tragedies she wasn't ready to take on. Life, she found, doesn't always wait for us to be ready before it throws us a new challenge—

sometimes these challenges change our lives completely, or even threaten to break us. She didn't break, though; instead, she took a step back and decided to restart. Through her journey of self-discovery on the Pacific Crest Trail, she came to know herself and was able to start her life

fresh, free from the difficulties of her past. Her journey made her stronger, both physically and mentally, as we all hope our own journeys will do to ourselves.

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

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OUR BEST BOOK PICKS

Junior Year

Even so, she rose

Shea Rowell
MSMU Class of 2019

As an English literature major and a total book nerd, choosing which book to review has caused immense personal turmoil. How could I choose between the dozens of stories that have each influenced my life and outlook in some way? It didn't take me too long, though, to come up with a book that combines all my favorite elements of literature into one work, *I Know Why the Caged Bird Sings*, by Maya Angelou.

Whether or not you've read the book, the title probably rings a bell. This is the first of a seven-part memoir series by Angelou, tracing the first 17 years of the now-famous poet, writer and activist's life. Maya Angelou was born under the name Marguerite Annie Johnson in 1928 and died in 2014. The life of a black woman living in the early twentieth century was marked by unimaginable challenges rooted in racism, sexism and poverty, which are all major themes in her memoir.

The first half of the story recounts Angelou's experience as a young girl, raised by her

grandmother in the rural town of Stamps, Arkansas. "No" was simply a part of her life; no black girls allowed in the white school, no time to play, no medical care for black people in town—no. She questioned the world around her. Why was it that white school board officials only recognized black students for their achievements in sports? Why was she not considered beautiful in American culture? She grew up accustomed to these realities, and wary of white people who only came to town when there was trouble. Even as a young child, she was keenly aware of "her place" in a world which rejected her entire race.

In the second half, however, she and her brother Bailey leave Stamps to live with their mother in California. Maya remembers admiring her mother's glamour, worldliness and skill at getting her way in the world. They face the shock of moving from rural, conservative Arkansas to urban, progressive California. She faces sexual abuse by her mother's boyfriend, abandonment by her drunken father and even homelessness. It is these struggles, however, which shape her identity.

This story is provocative; it

grapples with issues that society still hasn't resolved today, like racism, sexual assault and even teenage motherhood. It is not, however, aggressive or militaristic. Angelou weaves these themes into her story implicitly, never forcing the reader's interpretation. She tells her story and invites the reader to listen, recreating the scenes of a small family general store, a black Baptist church in Arkansas, a party across the border to Mexico and even a junkyard gang in California.

Her writing, with brutal honesty and sometimes a touch of humor, describes the irreversible effects of childhood curiosity, and how easy it is for children to accidentally stumble upon the corruption of the adult world. It is a coming-of-age story, but the story never reaches actual adulthood—it ends when Maya is 17 years old. Her youth, brought her the maturity of responsibility, self-confidence and genuine struggle.

I recommend this book because it took me to a new world: not an imaginary world but a world that existed not too long ago, and not too far away from where I live now. Despite these similarities, my own life bears little to no resemblance to Angelou's. I have never had to face the poverty, the racism and the abuse she faced, and many people in my generation never

will—at least, not to the same degree. On the other hand, I will never experience the small, simple community lifestyle Angelou cherished in her childhood. This story treated these elements not as ideals to analyze and study from a distance, but as factors that impacted a real life. I've studied racism in history textbooks and learned about the rural American South in documentaries, but in all that study, it is hard to imagine the effects they had on real people. Angelou's story brings the reader into one such life, but also reminds the reader that these challenges, while their impact was immense, did not define the people who faced them. Angelou was a person, not a demographic; a woman, not a statistic.

I love this book because it is honest, but also poetic. It gives the reader a vivid look at Maya Angelou and the people who knew, loved or hurt her. The famous powerhouse author, civil rights activist and poet, was once a child who didn't know what the future would hold. Even through this uncertainty, this child who had all the odds stacked against her emerged from her struggles nonetheless.

One of her most famous poems is called "Still I Rise" (I found it on poetryfoundation.org). Part of the poem reads:

"You may shoot me with your words,

You may cut me with your eyes,

You may kill me with your hatefulness,

But still, like air, I'll rise."

If there is any suitable (and brief) way to summarize *I Know Why the Caged Bird Sings*, it is these lines. It deals with the serious hostilities of the world, the violence and hatred that have always been a plague upon humanity. Yet, it is light. This is not a tragedy. The story ends, not in horrific loss or in heroic victory, but in serene hope in a better future. That future would come for Angelou. She would one day stand, an accomplished writer and scholar, before millions of Americans to read a poem at the inauguration of former President Bill Clinton. The world will never forget her name, and, thanks to *Caged Bird* and her other autobiographies, we will never forget her story. She will forever be a beacon of hope for those who struggle, and a reminder that extraordinary minds can come from ordinary places.

Read it if you haven't already; I promise you won't regret it.

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

Senior Year

Scheherazade

Sarah Muir
MSMU Class of 2018

I began writing this article by looking in dismay upon my bookshelf. A lifetime of reading and rereading and collecting books left me a great many to choose from and little inclination to bestow upon one as being my "favorite". However, on the very top of my shelf, stacked so I had to stand on tip toe to reach it was a book whose story has, no doubt, claimed a soft spot in my heart. Its pages were probably gilded at one point, but the gold has been rubbed away, leaving a navy-indigo stain in its wake. On the cover, hovering in the air like a mirage over a band of thieves opening a magic cave, are the glittering words *The Arabian Nights*.

When I was a little girl, it was a book my mother would read to me, but we never could seem to finish it. I usually fell asleep before a chapter was complete anyway (and I was also on a *Magical Tree House* kick at the time). I grew up with a vague understanding that the book had something to do with Disney's "Aladdin" and a recollection that the names were difficult for me to say. It wasn't until years later in college, I picked it up again, read it to the end and fell in love with it. This isn't much of a surprise seeing how I have been drawn to

fairytale my whole life and since the book is, in fact, a collection of stories involving genies and witches, magicians and thieves, cursed fish and marble palaces. I suppose one could say that choosing this book is a little bit of a cheat. It is more of a collection of short stories. A book filled with fairytales occupied by fast thinking merchants and heroes with true, strong hearts. However, what I love most about the book is the frame in which all the stories take place. Every word written effects the life of the main hero, Scheherazade.

Her story begins with a pair of brothers who encapsulate all the virtue a fairytale can bestow. The eldest inherits the throne and vast kingdom—as elder princes are wont to do. Soon after becoming Sultan, he grants a portion of his kingdom to his younger brother who he loves dearly. Years pass, and they are both wonderfully happy, that is until they discover that their respective wives were planning on betraying them to their enemies. After this the Sultan and King of Tartary are, of course, distraught both the treason and the subsequent execution of their wives. However, the Sultan, Shahriar, takes it to another level. He decides that women who marry for power are obviously inherently destined to betray their husbands, so he vows that every day

he will take a new bride and every morning have her killed.

This is where Scheherazade, seeing the destruction of the Sultan's actions, intervenes and prevents it from spreading further. She's blessed with a wonderful memory and arming herself with a plethora of cliffhangers, she sets herself on the path to save, not only her life, but the lives of countless others. After convincing her father and instructing her younger sister on what to do the morning she is to be executed, she marries the Sultan. On the morning after her wedding, before he hands her off to be killed, Scheherazade's sister conveniently shows up and begs that she hear one more of her older sister's wonderful stories. With the Sultan's permission Scheherazade begins. She tells a story and ends it on such a cliffhanger, that the Sultan keeps her alive one more day. For a thousand and one nights she crafts her stories and the Sultan let's her live out of fear he will never know the ending. Eventually, the Sultan realizes that he has fallen in love with her and begs her forgiveness for his unjust actions, which she grants, and they live happily ever after.

Albert Einstein is attributed to have said, "If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales." However, the genre of children's literature is often dismissed as something good for the time being, but overall not worth much thought after you move on

to the "real, true" literature.

In past articles I have written, at length on the power of literature. This collection of tales accentuates the reason why storytelling is important; why literature, whether for children or adults, is valuable. Simply put, it saves lives. Through the stories that Scheherazade tells, she slowly brings back her husband from a place in which he had wallowed for so long in his hatred and bitterness. For one-thousand-and-one nights she lived in fear of the following dawn, of running out of words to save the them both. I consider her

to be one of the bravest heroes in literature. She represents a force of good that is not cowed by the range of human evil, because she has knowledge in her own power to alter it. Whether it be a woman stalling for time against the executioner's axe or a book that lifted us up when things grow dark, stories and tales, both long and short, save us from what happens in the world.

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

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FASHION

Fashion's paradox for April Fool's

Valerie McPhail
MSMU Class of 2015

Despite God's sense of humor while orchestrating snowstorms across the east coast, masking any sense of blossoming energy and optimism for spring, as of March 21st the warmer weather season is ahead of us. Spring has officially sprung. Regardless of the temperature, 2018 fashion trends begin to bloom just in time for April Fool's Day, and the order of events are far from coincidental. The 1st of April is the one and only day on the calendar that pardons tricks and playful pranks of any sorts. As we approach this month and experience a day of jokes, in the same spirit let us not forget fashion and its comical and most outlandish statements its followers craze over. The most serious of fashion statements are at most times the most unconventional and bizarre; that is the biggest paradox of fashion.

An Artful Trench Coat

At the forefront of clothing design shows, progressive statements are the most favorable fashions. Although ever-present, slowly vanishing are the days of Audrey Hepburn's Burberry trench coat from Breakfast at Tiffany's, or Stanley Donen and Gene Kelly's Singing in the Rain's school bus yellow rain coats, two statements of classic fashion. An interest in the cos-

tume-like pieces, dramatic, and at times overbearing, statements have redefined the meaning of fashion. As a result, the ordinary, non-ostentatious designs are overlooked, but this season fashion meets new versions of the plain Jane beige belted trench coat.

Novel variations of the design included Alexander McQueen's olive decorated piece with black illustrations of leafy greenery, sparrows and floral accents. This was the most delicate of the trench coat updates. Maison Margiela showed a classic button down style, belted with a beat red vest, and Loewe deconstructed its coat by braiding tassels at the hem of the dress. This Spring 2018 fashion season shows that the most endearing attribute of the trench was never its classic style of dress, but rather its ability to transform and still remain a trench. That is the best response to any temporary stunt to its authoritarian statement.

A Transparent Look

Within the last ten years labels in the fashion industry have gone through periods of re-branding to focus on the relationship with their clients. In its high pressure and competitive environment where the consumer has shown growing interest, education and advocacy towards material sourcing and production, new fashion labels launch with social impact,

leaving the existing to change their ways and promote ethical initiatives and social responsibility towards production and care for wildlife and our ecosystem — designs are responding with full transparency. On the runway, this intention was taken into full effect as multiple perspectives sheer, opaque materials fabricated full-length transparent looks.

A black-ruffle floral printed dress from Gimabattaista Valli, and a mint-colored v-neck design from London's Thornton Bregazzi's Preen represented the sheer design aesthetic among evening gowns, as Pringle of Scotland took the trend into sportswear by showcasing a hooded poncho and the beloved Chanel sent a round plastic transparent rain coat down the runway for their couture Spring 2018 Collection. A sheer dress code has become an overwhelming trend this season as it demonstrated resonance among different styles: formal wear, athletic wear and made-to-measure designs. Although it appears seemingly questionable when the season's weather gives all reasons not to dress with less coverage, the decision to wear see-through fashion on the daily appears incongruent in this climate.

More Than Just A Rain Boot

European brands Balenciaga, from Spain, and the Christopher Kane label, named after the London-based designer, have separately started a trend that is big enough to replace the rain boot. The Balenciaga Croc, a formal collaboration with the American rubber shoe label has spearheaded a trend towards a liking for the 'ugly shoe.' Other designs that support the fad include, Christopher Kane's design of the rubber slip-on, as well as the pointy-toed sneaker presented by Loewe.

The Balenciaga x Croc Collaboration launches in a platform shoe in a rainbow of colors — yellow



Chanel SS18 sheer rain coat.

duck, pink, dark purple and black pairs adorned with bold, and playfully loud pins including flowers, Balenciaga brand logo, and a rainbow peace sign fashions an official collaboration with the rubber shoe beloved by American families.

Another version of the fashion Croc was presented by British designer Christopher Kane. The designer changed the classic solid color to a marble and animal print design accented with crystals and gems in replacement of the pins at the shoe's surface; almost changing the appearance of the shoe to questionably function as a water shoe rather than the unforgettable, non-disputable Croc. This ugly shoe trend became a fashion forward statement with sentiment for a not so fashionable item in the market. The relationship has been consumed by fashion's ability to market something as outrageous as a rubber flat into something glamorous and is not only comical, but is a trick of the fashion trade.

Amid all the goofy and many forms of fashion, there is also a perspective on design less commercial. Runway references include Rick Owens, Comme de garçon and Versace's Spring 2018 collections that brought an extravagance to fashion. With an honorary dedication to founder Gianni and his work, Versace's sister Donatella sent bedazzled pop art dresses and jumpsuits, which fashioned more like onesies printed with Vogue Magazine photograph covers, typography and paintings. Difficult to conceptualize as outfits worn in the day-to-day, this perspective on fashion was presented as a piece of art work that brings its audience to not only experience fashion through the seasons, but timeless pieces holding meaning beyond the practicality of dress. Such statements were seemingly academic and far less fleeting as a trend, or a joke.

As the fashion industry moves into the Spring 2018 fashion advent, just in time for April Fool's Day, the nature of abominable snowstorms and cloudy days makes any thought of sheer spaghetti strap dresses and translucent ponchos comical without the sunshine. Spring fashion took the season quite literally, refurbishing the statement of rubber shoes, coats with less coverage and the less practical trench. As long as the sun decides to hide, these fashions will remain not just impractical, but unrelatable. Gone are the days where classic wellingtons and solid color trench coats present as fashion. The exception to such statements is the art pieces that showed at Milan and Paris fashion week. These fashion trends will continue on proudly producing statements that inspire an experience.

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

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COMMUNITY NOTES

Eazy Does It Bar & Grille comes to Taneytown

If you're looking to branch out and try a great, new restaurant with a little bit of southern and Cajun flair, then look no further, because Eazy Does It Bar & Grille is coming to Taneytown in just a few weeks! Eazy Does It Bar & Grille will be the place to get your Eazy On while offering casual dining, great music, awesome staff and summertime fun. Plus, their opening date of April 13th isn't far away, so you don't have to wait long!

With twenty-three years of restaurant and restaurant marketing experience under her belt, Rebekah Sweeney, restaurateur of Eazy Does It Bar & Grille, decided to take the plunge and open a restaurant right

here in Taneytown. Both Rebekah and her partner Art, aka Eazy, just recently moved to Carroll County and initially began their search for the perfect restaurant/bar by researching the local towns.

Both Rebekah and Art have backgrounds and interests outside of the restaurant life, but both share a passion for the business. Art was a captain in the air force and a labor and delivery nurse. Due to his love of caring for people he currently practices nursing part time. He has managed and trained many throughout the years and he's bringing that love of caring for people to his cooking, and will be the face of Eazy Does It Bar & Grille. Apart from hav-

ing worked in the restaurant industry for twenty-three years, Rebekah also runs her own marketing consulting business and is a small business speaker.

Fast forward to the idea of opening a restaurant. Rebekah's restaurant background and knowledge was always readily focused on front of the house operations, overseeing waitstaff and creating a fun bar environment. Art's culinary background stems from his New Orleans roots, and love of cooking. As described by Rebekah, he's a master taster and fair weather cook, but has a love for creating flavors through his food that invokes the essence of New Orleans Cajun style cuisine.

Rebekah will marry her front of the house and business knowledge with Art's love of creating delicious food and together they will open their first restaurant.

The menu for Eazy Does It Bar & Grille was created with the desire to create a dining experience that would satisfy all tastes and while introducing or reminding diners of the wholesome food of New Orleans. Rebekah and Art are really aiming for an awesome guest experience, through the atmosphere they've created, the service they will be providing, and the food and drink they will be serving.

Opening a restaurant has been a dream for both Art and Rebekah

for quite some time and they are both incredibly excited to see all of their hard work and plans finally unfolding. Rebekah noted that the support they've received thus far from other business owners, friends, and family has been amazing. They hope their new restaurant and bar brings the bar, restaurant and entertainment combination to Taneytown.

Take some time on April 13th and stop by Eazy Does It Bar & Grille for some great food, awesome music and good company! Special musical guests for the opening is Twine Time, an awesome Rhythm and Blues band, who will be starting their first set at 9 p.m. Support this new and exciting local business and welcome them to Taneytown.

EPBA looks to community to shape economic development

The Emmitsburg Business and Professional Association (EBPA) is conducting a survey to gather opinions from the residents of Emmitsburg and the surrounding area about future economic and community development initiatives. This survey helps support the EBPA's mission to protect and promote a healthy business, professional, and civic environment in the greater Emmitsburg area. As part of this mission, the EBPA intends to use this survey to become actively involved in helping shape our community's future to ensure that we have a healthy and robust local economy and preserve our quality of life.

The opinions obtained from this survey will be used by the EBPA to develop a long-term economic development plan for marketing Emmitsburg and the surrounding area to

new and relocating businesses that offer goods and services that meet our community needs. These businesses will help attract more tourists to visit the many remarkable local attractions this area has to offer which will boost the local economy and create new employment opportunities for area residents and their families. The residents of Emmitsburg know this is a special place to live and raise families, a place where the small-town quality of life is still highly valued. The EBPA will work to ensure that the qualities that make Emmitsburg special for the residents are also shared by our current and future business partners.

Emmitsburg can boast of many accomplishments that would be considered very attractive to new and relocating businesses including: new residential developments, improve-

ments to our parks and forests, enhanced recreational opportunities, as well as the recent Town Square revitalization project that will upgrade sidewalks, streetscape, and signage to make Emmitsburg a genuinely "walkable city". In addition, many businesses and residents in the downtown area of Emmitsburg have taken advantage of Emmitsburg's Maryland Sustainable Communities designation to help improve the aesthetics of downtown properties. Emmitsburg has also been recognized for the many "green technology" projects which ensure a high quality of life for future generations. In recognition of Emmitsburg's many achievements the town won the 2017 Maryland Green Registry Leadership Award for organizations that "show strong commitment to

sustainable practices, measurable results, and continual improvement". Moreover, as part of a collaborative effort between the Seton Center and Mount St. Mary's University, Emmitsburg held its first Job Fair last October 2017 at the Mother Seton School which hosted 37 employers and 95 job seekers. This event received so much positive feedback from the participants, that the Seton Center will be making this an annual event.

The EBPA intends to be a catalyst to help promote our beautiful community and build the local economy. To do so, we need your help. There are 10 questions on the survey that are intended to help us better understand your needs to make sure that our plan considers your preferences and addresses your con-

cerns as well. To help us accomplish this we are asking that you complete the EBPA survey in this paper and deposit it into one of the three boxes we have located at the Jubilee Food Store, the Emmitsburg Post Office, and the Emmitsburg Public Library. You can also access this survey by going to the town website at <http://www.emmitsburgmd.gov/>, click on "Our Community", then scroll down and select "EBPA Survey". Please note: the survey cannot be completed online so you will need to download and print the survey. As a way of saying thank you for your time and effort, we are offering dinner and tickets to the Frederick Keys to two survey respondents; please follow the instructions on the bottom of the survey to be eligible to win.

EPBA SURVEY: HELP US SHAPE OUR COMMUNITY'S FUTURE!

1. When it comes to growth and development, what is the Town of Emmitsburg's greatest challenge?
 - Providing adequate job opportunities
 - Providing a suitable range of housing options
 - Protecting natural resources
 - Protecting small town character
 - Providing adequate amenities (parks, education, etc.)
 - Providing adequate shopping for family and visitors
 - OTHER please specify _____
2. What is the Town's greatest asset?
 - Education
 - Natural habitat
 - Affordable housing
 - Recreational Opportunities
 - Sense of Community
 - OTHER please specify _____
3. Of the comprehensive plan components, which one do you believe requires the greatest focus?
 - Transportation
 - Housing
 - Economic Development
 - Land use and zoning
 - Parks, recreation, and open space
 - Natural Resources and sustainability
 - Education and Cultural resources
 - Utilities
 - Community services (police, sanitation, etc.)
 - Safety
 - Health of residents
 - Childcare
 - OTHER please specify _____
4. What type of development is most needed?
 - Increased commercial uses on Main Street
 - More housing
 - Increased commercial or industrial uses on land contiguous to Town
 - More commercial use of existing buildings
 - OTHER please specify _____
5. What types of housing are most needed?
 - Single Family Detached
 - Apartment
 - Townhouses
 - Senior Facilities
 - Low income
6. What of the following do you support enhancing?
 - More events on the square
 - Trail Activities
 - Cultural events and entertainment (theatre performances, art shows, etc.)
 - More events co-sponsored with the University
 - OTHER please specify _____
7. What Cultural Activities do you support?
 - Museums
 - Festivals/events
 - Children/youth activities
 - Military appreciation activities
 - Music/Concerts
 - Art Galleries
 - Theater performances
 - Movies
8. Which capital improvement should the Town prioritize?
 - Road improvements
 - Resurfacing
 - Water and sewer
 - Parks Parking
 - Downtown redevelopment
 - Restoration of historical structures
 - New construction
9. What should be the top economic development priority?
 - Recreation and tourism
 - Art
 - Education
 - Construction and development
 - Hotel & Hospitality
 - OTHER please specify _____
10. What type of restaurants should the Town Recruit?
 - Franchises
 - Family Owned
 - Ethnic
 - Vegan
 - OTHER please specify _____

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ARTS

Majestic's My Father's Dragon

Jean Grubesky
The Majestic Theater

My Father's Dragon is based on the beloved book series by Ruth Stiles Gannett. In collaboration with the author and in celebration of the book's 70th Anniversary we are delighted to bring these enchanting books to life at the Majestic Theater, Gettysburg on Sunday, April 15, 2018 at 3 p.m.

With talking animals, a daring rescue, a flying dragon, buried treasure and lots of humor throughout, this fabulous adventure is brought to the stage in Enchantment Theatre's distinctive style. Using puppets, masks, inventive scenic effects

and original music, Enchantment Theatre Company is delighted to bring you the story of a compassionate and courageous young boy and his unlikely friendship with a splendid yellow and blue striped dragon. "Enchantment Theatre Company from Philadelphia is one of the most highly regarded children's theatre companies in America" said Jeffrey Gabel, Majestic's Founding Executive Director. "Their productions are always magical and delightful with high quality production values."

When nine-year old Elmer Elevator hears about a baby dragon who is held captive by the ferocious animals of Wild Island, he sets off on an ad-

venture to rescue the dragon and return him home. With the help of his friend the Alley Cat, Elmer packs everything he thinks he'll need – including chewing gum, two-dozen lollipops, seven hair ribbons and a box of rubber bands! With pluck and ingenuity Elmer makes his way to the Island, outwits the wild animals and saves Boris, the dragon. But can they find their way back home? As they travel over the ocean they get lost in a storm and discover a magical island of escaped canaries. The resourceful Elmer helps the canaries overcome their "curiosity disease" and uncover a stash of hidden riches. With bags of gold and the canaries' blessings, the dauntless duo at last returns home.



Tickets starting at \$24, \$21, \$19 (children \$5 discount), can be purchased by calling 717-337-8200, visiting gettysburgmajestic.org or stopping by the Box Office, 25 Carlisle Street, Gettysburg. The Box Office is

open Monday through Saturday from noon until 7:30 p.m. and on Sunday from 1 to 5 p.m. The Majestic Theater is owned and operated by Gettysburg College as a cultural treasure for its campus and the community.

Weinberg Theater's April lineup

April 5
Weinberg's Pay-What-You-Want Series Continues with New Breed Brass Band. The New Orleans inspired brass band infuses funk, rock, jazz, and hip-hop into a custom-made enhancement of second-line brass band tradition. The performance continues the Weinberg Center's Tivoli Discovery Series, which presents emerging artists of varying genres.

With a founding core of five New Orleans natives, New Breed Brass Band made its street debut as a nine-man unit in November 2013. Since then, they have showcased their

originality opening for such diverse bands as The Fray, Red Baraat, Dr. John, The Waterboys, and Trombone Shorty & Orleans Avenue, as well as competing in the Red Bull Street Kings brass band competition in 2013. Most of the members have been playing music since they were toddlers. Honing their childhood experiences playing music with their families, and on through high school marching bands and concert ensembles, the members of New Breed are united to one cause: rocking each show and entertaining audiences to the maximum degree possible.

April 13
L.A. TheatreWorks will present Katori Hall's play "The Mountaintop." Though Martin Luther King Jr. was assassinated outside room 306 of the Lorraine Motel in Memphis on April 4, 1968, the play considers what may have happened inside that hotel room the evening before. Winner of the prestigious Olivier Award for Best New Play, L.A. Theatre Works tour is timely as America and the world mark the 50th anniversary of Dr. King's death in 2018.

April 14
The Weinberg Center will continue its beloved Silent Film Series with a screening of "The Big Parade" at 8 p.m.. The 1925 film is notable for its pioneering cinematic depiction of war that influenced a number of subsequent films, including "All Quiet on the Western Front." The screening will be accompanied by live music played on the theater's mighty Wurlitzer organ.

April 15
"America's Got Talent" finalists Catapult will bring a unique form of visual storytelling to the Weinberg Center as part of the theater's beloved Family Series. Shadows, dance, and storytelling will combine in a spectacular experience suitable for all ages. The performance is scheduled to begin at 3 p.m..

Since catapulting to the finals of "America's Got Talent" season 8, shadow dance ensemble Catapult has been touring worldwide. In addition, Catapult has provided shadow choreography for an original musical bound for Broadway next season and continues to create new work and to innovate within the genre.

April 19
Back by popular demand, The Midtown Men "Jersey Boys" return to celebrate the best of the 1960's. Featuring four stars from the original cast of Broadway's "Jersey Boys," this concert event combines authentic choreography and costumes with a lineup of nostalgic favorites, from The Beatles to Motown.

These talented entertainers shared the Broadway stage for over a thousand performances in the mega-hit "Jersey Boys." Now, as The Midtown Men, they've thrilled crowds on concert stages across the United States, Canada, and Beijing, performing over 600 shows and singing with 31 major symphony orchestras. The Midtown Men is comprised of Christian Hoff, Daniel Reichard, J. Robert Spencer, and Michael Longoria. They've delighted television audiences on "The Today Show," "Good Morning America," "Access Hollywood," "Katie," and "The Chew."

Tickets for all these shows may be purchased online at WeinbergCenter.org, by calling the Box Office at 301-600-2828, or in person at 20 West Patrick St. Discounts are available for students, children, military, and seniors. A complete listing of artists and performers scheduled for the 2017-2018 season can be found at WeinbergCenter.org.

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MOUNT ARTS

March's lion and April's showers

Hannah Opehnaker
MSMU Class of 2018

As the papers and assignments start to pile up for Mount students across Emmitsburg, the Visual and Performing Arts Department is gearing up for a great end of the spring semester. March saw so many wonderful events, from dance classes to art exhibits that while the weather is as mild as a lamb, the Department came into March like a lion.

The month kicked off with the Department's "Day of Dance" on March 10. The day started with a contemporary Dance Class which was hosted by Mount Theatre. The class was taught by Kelsy Rupp, an instructor from the Mid Maryland Performing Arts Center in Frederick. Students were given the opportunity to dance the afternoon away, focusing on modern dance techniques as well as a choreographed number to round out the day. At the end of the class, Kelsy discussed her experience with college dance and graduating as an artist. She focused on what it is like to work as an artist within the community. The evening ended with senior music major, Kieran Damitz's, and the music concert, "Spring Swing". Damitz promised a fun evening of classic swing music, giving students the opportunity to dance the night away. The featured bands of the night included the Mount Big Band and the Mount's Lab Bands. Kelley Northam (C'20) danced so much that the heels of her dance shoes broke "that is how you know it was a fun night!" Northam said, "it was so great to let loose and dance to some tunes that we don't typically think to listen to on a daily basis." His concert was open to the public and was held in the Cardinal Keeler Dining Room in Patriot hall.

On March 21, the Mount's Ducharme lecture series featured Dr. Kurt Blaughter, professor of theatre and Dr. David McCarthy, Associate Provost and professor of theology. The two recently published a book together entitled "Saving the World and Healing the Soul: Action and Romance in Film". The book follows the narratives of familiar heroes and heroines such as Ja-

son Bourne, Bruce Wayne, Bella Swan and Katniss Everdeen, while making the connection between their personal trials, tumultuous love and their seeking to establish order within the world around us. The lecture was to be held in Knott Auditorium, and include a discussion of major themes and points, with a period for questions and answers after. However, due to inclement weather, the lecture was postponed to a later date. The lecture series is also open to the public for more information go to the Mount Saint Mary's website.

Also featured in March was Nicole Heilos' Senior Directing Project "Light: Songs to Stop Stigma". The musical revue directed by Heilos and produced by the Visual and Performing Arts Department. The inspiration for the performance was the negative conversations and stigma that has developed surrounding mental illness. The current climate is filled with trepidation and unease regarding mental health and Heilos used music from contemporary musicals that are beginning to change the way mental illnesses are viewed both on and off campus.

This concert featured music from shows like *Dear Evan Hansen*, *Next to Normal* and *Sweeney Todd*. The evening provided a perfect venue to begin the discussion on the stigma that surrounds mental illness. "I think it's awful how many people are suffering from some type of mental illness and there is not much effort being made to help them," says Heilos, "This show has taught me so much, both as a director and as a person. This cast really 'got it', and all shared some personal story dealing with mental health. It was amazing to see a group of students bond together over something that affects so many." Her production of "Light" was open to the public and had no admission charge.

April is sure to promise some exciting events as well. On Friday, April 6 the Music division of the Visual and Performing arts department will showcase their ensemble groups for local high school students interested in performing in college. The event will begin around 10:30 AM and will go until about 1:00 PM. It is free and is best suited for local high school musicians and their families.

On April 7, the Mount St. Mary's Wind Ensemble will be hosting their spring concert from 7:30-9:00 in the evening. This event will be held in Knott Auditorium and is free, and open to the Mount community. On April 14, the Mount's smaller music ensembles will be presenting a concert from 7:30-9:00 in the Knott Auditorium. This event is also free and open to the public.

April 19 thru the 21, senior and theatre major, Hannah Opdenaker, will present her Senior Directing project, *Lysistrata*. Opdenaker, a double major in Political Science and Theatre, promises an evening full of laughs and political activism as she presents Ellen McLaughlin's adaptation of Aristophanes' political comedy, *Lysistrata*. The play is a fresh, fast-paced comedy that follows Lysistrata, an Athenian housewife, who calls for the women of Greece to ban together to put an end to the Peloponnesian War. She proposes a radical plan: The women of Greece refuse to engage in any love making with their menfolk until the men see reason, lay down their weapons and come home to their wives



Kelsy Rupp teaches a group of Mount students about contemporary dance techniques.

in peace. The women of Greece reluctantly agree to make the sacrifice, but anarchy ensues as the men wander around Greece in an agony of unsatisfied lust. Will the women accomplish what the politicians and generals could not? Only time will tell in this fast paced, comedy.

Off campus this month, you can see some amazing artwork at the Mother Seton School as they present their "Fine Arts Night". On April 30, students will showcase some of their artwork from their prestigious fine arts program. Also

available for your viewing pleasure will be some musical ensembles and presentations that are sure to feature all the talent that the Mother Seton School has to offer. Perhaps you will see artwork from the next Frida Kahlo or hear the next American Idol on April 30. The doors open at 7:30 PM and admission is free to all those who wish to enjoy the work of the communities youngest and brightest artists.

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

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SPORTS

CHS lacrosse ready for the season

Edison Hatter

Last spring, the Catoctin High School boys' lacrosse team saw their season come to an end in disappointing fashion, falling 14-3 to the South Carroll Cavaliers, the eventual state finalists, in a second-round playoff match. Overall, the attitude of the team was one of dismay. During the course of the season, Catoctin stayed close with powerhouse teams, losing 2-1 to Oakdale, 11-10 to Governor Thomas Johnson, 10-5 to Linganore, and 9-8 to St. Maria Goretti. Nonetheless, the team was unable to pick up a key win to boost their resume heading into the playoffs and finished the year feeling that they were close, but just not close enough. This year, the Cougars are looking forward to turning the page and will begin the season hopeful that they will be stronger than last time.

The offseason saw a huge roster shakeup for the team, as they lost many talented seniors, but added numerous underclassmen that will bring their skill to the varsity level this year. Brendan Benitez and Keith Dorsey will prove to be two of the largest losses for the team this season. Benitez took his lacrosse playing talent to Keiser University in Florida to continue his lacrosse career at the collegiate level, while Dorsey took his to Tennessee Wesleyan University. Last season, Dorsey was the lone goalie for Catoctin on the varsity roster. Defender Adam Fields served as the emergency goalie for the varsity level team and luckily only had to be called on once over the course of the season. This year

will unfortunately be similar for the Cougars. Junior, Chase Wilhelm, starting goalie for the JV team last year, will get the chance to show off his skills at the varsity level this season. The team has no official backup goalie and would likely have to go to this year's JV team if they needed a long-term replacement.

Overall, this year's team will be led by a large group of seniors with plenty of playing experience from the past. Brendan Bozick, Nathan Rednowers, and Ryan Weaver are three key offense players that will return from last season; many of the other attackers from last season have graduated. As a result, the team will have to look elsewhere to build their offensive attack unit for the season. Juniors RJ Mellor and Hunter Grimes played key roles on the JV team last year and will be tasked with more responsibility this season as they move up to the varsity level. In the midfield area, senior Kyle Gasior will play a key role. Last season, Gasior split time with then-senior Devin Stafford on face-offs, but with Stafford now graduated, Gasior will be asked to take even more face-offs than last season. A year ago, Gasior won nearly 70% of his face-offs and a similar performance this year would significantly help the Cougars' offense. Junior Grant Keyser took a majority of the face-offs for the JV team last season and will be moved up to the varsity level this season to split duties with Gasior. Jarryd Rosenberry, Gavin Palmer, and Colin Webb will be three other key returners to the Cougars' midfield from a season ago, while first-

year player Matthew White will look to have an impact. Defensively, experienced seniors Samuel Staley and Dennis Pittinger will lead the team. Pittinger is back on the team and is playing this season after taking a year off from lacrosse. Newcomer Hayden Spalding will look to help solidify the Cougars' defense as well. Drew Drumheller and Dalton Wetzel are a pair of juniors who started on the JV team last season and will get the chance to move up to the varsity level this season. Catoctin social studies teacher Neil Metzgar will once again coach the team this year and will be assisted by Tom Moorer.

This year's boys' JV lacrosse team will be without a huge chunk of the players that helped lead them to a successful season last year. While the varsity team may not have won too many games last year, the JV team gave Catoctin fans something to cheer about as they defeated many of the toughest local teams. Sophomores Quinn Alley, Adam Buffington, Michael Dougherty, Gage Frantz, Mac Moorer, and Ethan Pawlus will all return to the team this year. Alley and Pawlus will have big shoes to fill on the attack with both Mellor and Grimes moving up to the varsity level. They will have plenty of help as eight freshmen will be on the team this year, most of whom have had experience at the youth level. Freshmen Matthew Hammond, Joshua Heaphy, Jayson Howard, Blake Jones, Mason Joy, Joseph Carl, Joshua Maze, and Carson Sickeri will round out the roster for the JV Cougars this season. The team will once again be coached by Tom Moorer as they look to repeat the success that last year's team achieved.

The girls' lacrosse team struggled last year, losing nearly every game by a wide margin. Despite the rough season, the team kept their heads held high and always



Catoctin High School's boys' lacrosse team celebrates their playoff win over Walkersville last season.

had smiles on their faces while they were practicing and playing. This year's team will be without their senior leaders from last year and, as a result, Amanda Smallwood and Samantha Smith, this year's seniors, will have to step up and lead the team. This year's roster includes three freshmen, Abigail Christian, Liza Hill, and Ava Maze, because Catoctin does not have a girls' JV lacrosse team. These three ladies all have prior playing experience at the youth level. The rest of this year's roster includes Madelyn Clever, Kayla Flanary, Madelin Godlove, Kathryn Hill, Heather Hurley, Molly Knighton, Kallan Latham, Karianna Strickhouser, Fernajen Tundag, and Sydney Willard. The team will be coached by Miriah Stone, who will be assisted by Jim Latham as the team tries to turn their record around from last year and put together a winning season.

All three teams have already played some scrimmages and the first few official games in March,

but still have a full schedule in April before the playoffs begin. Coming up on Wednesday, April 4, both boys' teams will travel to Middletown, while the girls' team will host Middletown at home on Thursday, April 5 at 6 p.m. The following Monday, April 9th, the girls' team will host Oakdale at 6 p.m., while the boys' teams will travel to Oakdale for a JV/Varsity doubleheader the following day, April 10. The boys' teams will return home on Thursday, April 12 after the long road trip, with the JV team facing North Hagerstown at 5:30 p.m. and the varsity team facing Smithsburg at 7 p.m. The girls' team will travel to Smithsburg the same night for an important conference match-up. The following week, all three teams will play some important rivalry matches. On Tuesday, April 17, the boys' teams will play a home game against Brunswick, with JV playing at 5:30 p.m. and varsity at 7 p.m., while the girls' team will travel to Brunswick. On Thursday, April 19, the girls' team will host Walkersville for a 6 p.m. matchup, while the boys' teams will head on the road to Walkersville. Two days later, on Saturday, April 21, both varsity teams will be home against St. Maria Goretti, with the girls playing first at 11 a.m. and the boys following at 12:30 p.m. The final week of the regular season begins on Tuesday, April 24 against Tuscarora. The boys will host Tuscarora at home for a 5:30 p.m. JV match and 7 p.m. varsity match, while the girls will travel on the road.

The final games for all three teams will be on Thursday, April 26. The boys' teams will travel separately. The JV team will travel to Oakdale for a 5:30 p.m. match, while the varsity team will travel to South Hagerstown for a 7 p.m. tilt. The girls' team will finish the year at home against South Hagerstown at 6 p.m.



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MOUNT SPORTS

Mount in the spring

Samantha Barbato
MSMU class of 2018

Despite the snow, spring is finally here! No matter how cold it is, we can expect that the grass will get greener, the trees will grow their leaves again and the flowers will begin to bloom here on the Mount St. Mary's University campus. While nature begins to recognize spring, the Mount spring sports teams have been in full swing for over a month at this point, most sports during their seasons.

The baseball team will have a twenty-game month ahead of them. They will begin the month of April on Wednesday, April 4 in Baltimore to face Coppin State. Following their trip to Baltimore, the team will head up to Staten Island to face Wagner in four games. Their four-game run with Wagner will start with one game on Friday, April 6, a doubleheader on the 7 and will wrap up with one game on Sunday, April 8.

The Mount will have a few home games, the first two in the form of a doubleheader against University of Maryland-Eastern Shore on Tuesday, April 10. Next, the team will welcome LIU Brooklyn to host four games, one on Friday, April 13, two on Saturday, April 14, and one on Sunday, April 15. On Tuesday, April 17 the team will head to Penn State to face off in one game. The Mountaineers will then return home for their last few games of the month, all facing Farleigh Dickinson with one game on Friday, April 20, two games on Saturday, April 21, and the final game on Sunday, April 22. The team will travel to George Mason for one game on Wednesday, April 25, before hitting the road for the final three games of the month at Sacred Heart from Friday, April 27 to Sunday, April 29.

The Mount's softball team proves to have a very busy month ahead of themselves, as well, with a total twenty-two games; all doubleheaders. They begin the month at home with a doubleheader against Cornell on Tuesday, April 3. They will stay at home to host Sacred Heart for two games on Saturday, April 7 and Robert Morris on Sunday, April 8. The women will host Bucknell on Wednesday, April 11 before a quick trip to New Jersey to face Farleigh Dickinson in two games on Saturday, April 14. The women will stay on the road during the week, traveling to Baltimore to face Coppin State on Tuesday, April 17. They will then host pairs of games at home against LIU Brooklyn on Saturday, April 21, Wager on Sunday, April 22, and George Mason on Wednesday, April 25. The women will round out the month by traveling North, for a pair of games against Bryant on Saturday, April 28, and then Central Connecticut on Sunday, April 29. The team will then finish their regu-

lar season off with a final double header on Wednesday, May 2.

The Mount men's and women's track and field team will also have several meets this month, many of them overlapping. They are entering their season coming from an extremely successful indoor season and hope to continue their success while heading back outdoor. The team will begin the month with the Colonial Relays at William and Mary over the span of three days, April 5-7. The team will also have some of its members competing at Sam Adams Combined Events at Westmont College on April 6 and 7. The Mount will then host a meet of its own titled the Mount Multis on Thursday, April 12 and Friday, April 13. That same Friday, April 13 is the Bison Outdoor Classic. Saturday, April 14 offers two meets for the team, the Spring Invitational at George Mason University, and the Messiah Invitational at Messiah. The Mount will host for the second time this season with a dual meet against Saint Francis PA before heading for University of Pennsylvania for the Penn Relays. Kicking off the week will be the Penn Relays Decathlon on Tuesday, April 24 and Wednesday, April 25. Following the Decathlon will be the Penn Relays from Thursday, April 26 through Saturday, April 28. Also, on the 28, some athletes will travel to Saint Francis PA for the Red Flash Open.

The men's lacrosse team will have a total of four games in April, splitting their time away and home. They start the month off on Saturday, April 7 with a game against Bucknell University. The men will then return home for a conference game against Hobart a week later on Saturday, April 14. The men will travel once more, this time to Philly to face Saint Joseph's in a conference game. Finally, returning home for their last game of the

season, the men will face Wagner.

The women's lacrosse team will have seven games, all in conference, for the month of April. They will begin the month in Waldron Stadium with a game against Saint Francis University on Friday, April 6. The team will then hit the road for four games, the first on Sunday, April 8 to face Robert Morris. The following weekend, the women will travel to Staten Island to face Wagner on Saturday, April 14. Next on the schedule, their last road trip of the year, they will face Sacred Heart on Friday, April 20 and LIU Brooklyn on Sunday, April 22. The Mount will return home for their final two games. The team will host Central Connecticut on Friday, April 27, before rounding out their season with a game against Bryant on Sunday, April 29.

The Mount men's and women's tennis team will also round up their season in April. The men's team will host a match against Bucknell to kick off the month on Tuesday, April 3. The men's and women team will then both host a dual match against Loyola, the following day on Wednesday, April 4. The same weekend, both teams will have three matches. On Saturday, April 7, the men's and women's tennis teams will host their Senior Day with a match against Saint Francis PA. To continue the weekend, the men and women will be switching on and off the court throughout the day for double headers against Hartford Community College and University of Maryland-Eastern Shore on Sunday, April 8. Both teams will then travel for a match against Farleigh Dickinson on Thursday, April 12. Next, the women will play Bucknell for the final match on home courts on Friday, April 13. Finally, the teams will round out their regular season



The Mount St. Mary's University softball team preps for a hefty, twenty-two game month ahead.

with a match against Delaware, on the road, on Sunday, April 15. They will end their season by hitting the road for the final time to go to New Jersey on Friday, April 20 for the weekend of the Northeast Conference Tournament.

The men's soccer team await their official return in the fall of 2018 but will stay on their toes until then. The team will play its two final games of the year, before being official, in the month of April. First, they will travel to play Bucknell on Saturday, April 7. The men will then round out the year with a final home game against

Saint Joseph's University on Saturday, April 14.

As some seasons ends and others continue in their midst, the Mount offers quality entertainment in the form of spring sports this April. As the weather gets warmer, there is no better place than on the mountain to enjoy being outside. Whether it's the tennis courts, baseball or softball fields, or Waldron Stadium for lacrosse or soccer, the Mount has something for you to enjoy. Put down your cleaning supplies and take your spring fever outside to the Mount this April, we hope to see you here!

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COMPLIMENTARY CORNER

Breathe!

Renee Lehman

Have you ever felt vulnerable while driving? Maybe the driver of the car in front of you suddenly stops, or a driver goes through a stop sign as you begin to enter the intersection. This is a potentially life threatening situation! Your body triggers the “Fight – or – Flight” response to this stressful situation. To get you out of this situation, your adrenal glands (sit on top of the kidneys) secrete an increased amount of cortisol, the “stress hormone”. Cortisol has the following effect: it increases your heart rate, tenses your muscles, makes your breathing rapid and shallow, and gives you a burst of energy. You are alert and you quickly apply the brakes and stop your car. You calm yourself down when you realize that you are safe. This is definitely a positive effect of cortisol and may have saved your life!

Unfortunately, in our modern-day, high-stress culture, the body’s stress response is activated so often that the body does not always have a chance to return to normal. In fact, we are not aware that we often perceive our life as though it was an emergency. Therefore, we are in a chronic state of “Fight – or – Flight”, meaning sustained high levels of cortisol being released by the adrenal glands. Higher and more prolonged levels of cortisol in the bloodstream have shown to have negative effects on our bodies. These can include: increased resting heart rate, higher blood pressure, higher blood sugar levels, suppressed thyroid functioning, lowered immunity, and increased abdominal fat (which is associated with a greater amount of health problems, such as heart

attacks and strokes).

So how can you control this chronic stress response to keep you healthy? It is easier than you may think possible, and it doesn’t cost anything! What is it? Taking a DEEP BREATH. Yes, this heightened state can be controlled, and the body can relax just by the way that you breathe! Watch a baby breathe. The baby’s belly raises and lowers as s/he breathes in and out. Also, think about how your body naturally does this when you take a deep breath or sigh when a stress is lessened in your life.

Most of us breathe like rabbits, taking short, shallow breaths with our chest. This activates the “stress receptors” in the upper lobes of our lungs.

You can see if you are a chest breather by placing your left hand on your chest and your right hand on your abdomen. Take a breath in and see which hand raises more. If your left hand raises more, you are a chest breather.

Along with activating the “stress receptors” in the lungs, chest breathing is also inefficient because the greatest amount of blood flow occurs in the lower lobes of the lungs, areas that have limited air expansion in chest breathers. This is important because this results in less oxygen transfer to the blood and subsequent poor delivery of nutrients to the tissues. Chest breathing also puts more of a strain on the neck and rib muscles (since they help to raise the chest up when you inhale). Do you have neck tension? Wouldn’t you like to get rid of it?

If your right hand raised more with the breath that you took earlier, you are an abdominal/diaphragmatic breather. This deeper breathing is more natural and similar to how babies breathe.

Abdominal breathing brings the air into the lower lobes of the lungs where the “calming receptors” are located. By breathing deeply into your abdomen, you will help control your body’s “stress drive” AND your body won’t believe that your life is an emergency. This also brings the air to the lower lobes of the lungs where the valuable oxygen transfer occurs to the blood. Then when you exhale, you voluntarily contract the abdominal muscles and all of the residual air is squeezed out of the lungs.

Try this stress reducing breathing technique:

- Consciously keep your mouth closed.
- Take long, slow breaths in through your nose.
- Breathe this air deep into your lungs and fill up the lungs (like filling a glass full of water).
- Now exhale out through the nose, letting the air go out of the upper lungs first then lower lobes last.
- Forcefully contract your abdominal muscles to push the last bit of air out of your lower lobes of the lungs.
- Repeat.

In general, exhalation should be twice as long as inhalation. The use of your hands on the chest and abdomen will help to train your breathing. Once you feel confident breathing into the abdomen, you will no longer need to hold your hands in these positions.

If you had difficulty breathing deeply, just keep practicing! It is possible that your back and intercostal (between your ribs) muscles are too tight. Stress, lack of exercise, too much exercise, or “bodily – held feelings” often cause the muscles around your torso to become tight and restrict movement of your ribcage. As stress and holding dissolves, the breathing parts of your body (belly, diaphragm, ribs, lungs, and back) can move in an easier way.

Another breathing technique that you could try is called “Darth Vader Breathing.” Star Wars fans rejoice! This technique is a variation of a breathing technique developed in India thousands of years ago, and is



also a very calming breathing technique.

Try the Darth Vader breathing technique:

- Close your mouth and inhale deeply through the nose.
- Fill the lower lobes of your lungs first, then the middle, and finally the upper lobes.
- Take as much air as you can into your lungs.
- Exhale through your mouth and make a sound as if you were snoring, pushing the air to the back of your throat (pretend that you are blowing on a pair of sunglasses to fog them for cleaning). You will sound like Darth Vader’s breathing.
- Repeat.

You should notice your abdominal muscles contracting slightly. The more you contract these muscles, the more pronounced the Darth Vader sound.

In the course of one day, we take approximately 28,000 breaths. With abdominal breathing, we can teach our bodies that life is a “rejuvenating and calm 28,000 breaths” a day.

As you practice this deep breath-

ing, you decrease the level of your body’s stress response and therefore create better health and well breathing. So breathe deep and easily, there is no bear to fear!

If you are interested in learning other breathing techniques or other ways to create a relaxation response, check out the following websites: www.tcmworld.com (Nan Lu, OMD, TCM World Founder’s website); www.mbmi.org/home (Benson - Henry Institute for Mind Body Medicine); and www.drweil.com (Dr. Andrew Weil’s website).

“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.” - Thich Nhat Hanh

“He lives most life whoever breathes most air.” - Elizabeth Barrett Browning

Renee Lehman is a licensed acupuncturist and physical therapist with 30 years of health care experience. Her office is located at 249B York Street in Gettysburg. She can be reached at 717-752-5728.



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FITNESS AND HEALTH

Natural treatments for headaches

Linda Stultz
Certified Fitness Trainer

Many people suffer from headaches from a variety of causes. Tension, weather, stress, injury, food and even medications can trigger a headache. Tension and stress are probably the biggest cause of a headache. Work, kids, family members, financial pressures and just dealing with daily life can cause stress that will manifest itself in a headache. This type of headache pressure can sometimes be relieved by massage or aromatherapy.

Massaging the temples or the back of the head, neck and shoulders may relax the muscles that are tight and causing the pain to radiate to your head. Getting a massage from a certified massage therapist who has been trained to detect the tight areas in your muscles and how to relax them may just be the answer for you. If you prefer to try it yourself, a warm towel or aroma filled hot pack will help relax the muscles first and then you can find the tight tender spots on your neck or back and try to work out the tension.

Magnesium lotion is also a help to relax tight muscles but you should always check with your doctor before using anything that may conflict with any medication you are currently taking. A previous injury can also cause a headache and physical therapy and exercise may be the answer in relieving this problem. This is something you would definitely want to talk to your doctor about since it may require an x-ray or MRI to determine exactly where and what the injury may be affecting.

Medications may give some people a reaction that will cause a headache. Paying attention to how you feel after starting a new medication may be the key in knowing if you are allergic to it. Most pharmacies give you a list of the side effects but not everyone reacts the same. Something that most people do not have a problem with

may react very differently for you.

Food can also trigger a headache for some people. I know first hand that even a food that seems very bland and simple can set off a bad reaction in some people. There are many ways to find a food trigger. One way is to stop eating what you think may be causing the reaction. This process can take a while but after eliminating what you usually eat for a month or so, try adding back one thing at a time for about a week and if you do not have the problem then add another food back. Continue this process until you figure out what caused your headaches and then avoid or at least limit the amount you eat.

There is also a blood test that will tell you what foods may cause you problems. This is a faster way to figure out what you need to stop eating if you have been suffering with the aches and just want the pain to stop. Usually after avoiding the trigger foods for three to six months so that your body is completely free from the irritant you can slowly start to eat the food again and you may be

able to eat it on a limited basis.

Some people, however, may not be able to eat certain foods at all. I decided to write this article because I am going through a series of tests for foods that trigger severe headaches and I am hoping these tests will tell me what I am eating that cause my muscles to tighten up and cause shoulder and neck tension that give me headaches.

I hope some of this information will help any of you that may be having similar problems. Headaches are not the only way allergy present themselves. You may have a rash, stiff joints, swelling or any numbers of reactions to food or environmental triggers. Talk to a doctor if you are experiencing any health problems. Sometimes we think we are the only one having a problem when, in fact, many people are going through the same thing and there is an answer just waiting for you.

If you have any information to share or questions you can reach me at 717-334-6009. Remember to keep moving, that always helps.



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ASTRONOMY

The night sky of April

Professor Wayne Wooten

For April 2018, the Moon will be Full Moon, the Paschal Moon following the Vernal Equinox, is on March 31, and sets the following Sunday, April 1st, as the date for Easter this year. On April 3rd, the Waning gibbous moon is four degrees north of Jupiter in the morning sky. The third quarter moon is April 7th, and lies two degrees north of Saturn and three degrees north of Mars. The new moon is on April 15th. The thin crescent moon lies five degrees south of brilliant Venus at dusk on April 17th; look for earthshine lighting up the rest of the lunar disk, a great photo op. The moon is first quarter on April 22nd, and will be well placed for smartphone photos.

Our photo this month of the waxing gibbous moon is typical of what you can expect to get with your phone and our scopes. The Moon is Full, the Strawberry Moon, on April 29th; the second full moon of April also makes this a “blue moon”. As April ends, the moon passes four degrees north of bright Jupiter, both rising about an hour after sunset in the east.

Mercury is too close to the Sun for easy observing this month, but Venus dominates the ear-

ly evening sky for the rest of this year. It climbs farther east of the Sun each evening. It passes south of the Pleiades star cluster on April 17th, with the crescent moon just south of Venus; great photo op about an hour after sunset! At month's end, it sits between the cluster and the bright star Aldebaran in Taurus.

Mars is in the morning sky, and moves past Saturn in Sagittarius. It passes 1.3 degrees south of the ringed planet on April 2nd. It gets brighter, bigger, and closer to earth as we overtake it this summer, with the closest approach at opposition on July 27th. This will be our best views of the Red Planet since the famously close opposition of August 2003. After opposition, Mars will be in the evening sky for the rest of 2018, but we have already overtaken it and are pulling away from it, making it become smaller and fainter in our scopes for the rest of the year.

Jupiter reaches opposition on May 8th, so will be rising right after sunset in Libra this April. With a small telescope, its four largest Galilean moons are visible in a row around its equator. Your smartphone will be able capture these moons and some disk detail with our scopes.

Saturn rises in the SE about midnight as April begins, and



Our photo this month of the waxing gibbous moon is typical of what you can expect to get with your phone and our scopes.

reaching opposition on June 27th. The ringed wonder is at its best in the east in Sagittarius, with brighter red Mars to the lower left of it and the gibbous moon on April 7th, a nice photo op. When viewed with a telescope, the rings are open 27 degrees and double the planet's disk brightness. Note the big moon Titan and several smaller moons fall on either side of the most beautiful telescopic sight in the sky.

Yellow Capella, a giant star the same temperature and color as our much smaller Sun, dominates the northwestern sky. It is part of the pentagon on stars making up Auriga, the Charioteer (think Ben Hur). Several nice binocular Messier open clusters are found in the winter milky way here. East of Auriga, the twins, Castor and Pollux highlight the Gemini. South of Gemini, Orion is the most familiar winter constellation, dom-

inating the southern sky at dusk.

The reddish supergiant Betelgeuse marks his eastern shoulder, while blue-white supergiant Rigel stands opposite on his west knee. Just south of the belt, hanging like a sword downward, is M-42, the Great Nebula of Orion, an outstanding binocular and telescopic stellar nursery. The bright diamond of four stars that light it up are the trapezium cluster, one of the finest sights in a telescope. In the east are the hunter's two faithful companions, Canis major and minor. Procyon is the bright star in the little dog, and rises minutes before Sirius, the brightest star in the sky. At 8 light years distance, Sirius is the closest star we can easily see with the naked eye from West Florida.

To the northeast, look for the Big Dipper rising, with the top two stars of the bowl, the pointers, giving you a line to find Polaris, the Pole Star. Look for

Mizar-Alcor, a nice naked eye double star, in the bend of the big dipper's handle. Take the pointers at the front of the dipper's bowl south instead to the head of Leo, looking much like the profile of the famed Sphinx. The bright star at the Lion's heart is Regulus, the “regal star”.

Now take the curved handle of the Big Dipper, and follow the arc SE to bright orange Arcturus, the brightest star of the spring sky. Recent studies of its motion link it to the Sagittarius Dwarf Galaxy, a companion of our Milky Way being tidally disrupted and spilling its stars above and below the plane of the Milky Way, much like dust falling away from a decomposing comet nucleus. So this brightest star of Bootes the Bear Driver is apparently a refugee from another galaxy!

Now spike south to Spica, the blue-white gem in Virgo rising in the SE. Virgo is home to many galaxies, as we look away from the obscuring gas and dust in the plane of the Milky Way into deep space. To the southwest of Spica is the four sided Crow, Corvus. To the ancient Greeks, Spica was associated with Persephone, daughter of Ceres, goddess of the harvest. She was abducted by her suitor Pluto, carried down to Hades (going to Hell for a honeymoon!) and when Jupiter worked out a compromise between the newlyweds and the angry mother-in-law, the agreement dictated Persephone come back to the earth's surface for six months of the year, and Mama Ceres was again placated, and the crops could grow again. As you see Spica rising in the SE, it is time to “plant your peas”, and six months from now, when Spica again disappears in the sun's glare in the SW, you need to “get your corn in the crib”....so was set our calendar of planting and harvesting in antiquity. In the arms of Virgo is a rich harvest of galaxies for modern astronomers.

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—John Gruber (1768--1857)

Mid-Atlantic Weather Watch: Fair and colder (1, 2, 3, 4, 5) with showers (6, 7, 8). Fair and cool (9, 10, 11, 12, 13, 14, 15) with more showers (16, 17); fair and cool again (18, 19) with yet more showers (20, 21) turning fair and mild (22, 23, 24) with again, more April showers in the southern part of the region (25, 26). Fair and cool (27, 28, 29, 30).

Full Moon: April's Full Moon will occur on Sunday, April 29th. Many Native American tribes referred to April's full moon as Pink Moon because of the many pretty flowers displaying their bright pink hues as they bloom through-

out the month. It also has been called Fish Moon because the fishing starts to improve as the weather warms up.

Special Notes: April Fools' Day falls on Sunday, April 1st. Be on the lookout for pranks, and practical jokes that may be coming your way! Taxes are due on Tuesday, April 17th so be sure to get your taxes filed on time to avoid any penalties (and that nasty interest, too!). Earth Day is observed on Sunday, April 22nd. Call the Earth Day Network at 202-518-0044 or go to www.earthday.net for some interesting, fun, and easy activities that you and your family can do that will help promote a healthier relationship with Mother Earth!

Holidays: Easter is celebrated on Sunday, April 1st. Honor the res-

urrection of Jesus and attend the church of your chose.

The Garden: Begin planting indoor seedlings outdoors. Harden them off first with several short days outside. Set out annuals, perennials, and other bedding plants in late April and remember to apply a balanced fertilizer. Be sure to water new plantings and blooming shrubs (such as azaleas & rhododendron) regularly. Don't forget to water plants under overhangs! The best way to control pests in your garden is to plant resistant varieties. Garlic and pepper sprays, row covers and wood ashes are other effective natural methods for guarding your garden against unwanted visitors.

Gruber's Thought For Today's Living

“Gardens are for all ages: the young for hope of the future, the elderly for fond memories of the past, and for all of those in between”

COMPUTER Q&A

Why can't I connect to a network?

Ayse Stenabaugh
Jester's Computer

So, your internet is chugging along one day until suddenly you attempt to use the internet and you receive the dreaded "page can't be displayed" warning instead of the website you were trying to visit. Before you take your computer to a repair shop there are a few basic troubleshooting steps that even the non-computer savvy can complete to try to resolve your issues first.

Restart your devices

To properly power cycle your devices follow the steps below.

1. Shut your computer down properly (always shut down by going to start > power > shut down)
2. Turn off your modem. Your modem is usually provided by your internet service provider and will usually have a phone line or coax cable running to it. To turn it off simply unplug power from the device until you no longer see any lights. If you still see lights after unplugging search for a backup battery that may be installed on the modem and remove that for 30 seconds and then replace it.
3. Once your modem is unplugged or turned off, if you have a router you will need to turn that off as well. If you don't have a router separate from your modem you can skip to step 4. If you have Wi-Fi extenders or repeaters you will want to turn those devices off now as well.
4. Now once your devices are off wait 30 seconds and reconnect power to your MODEM ONLY.
5. After 3-5 minutes your modem should be fully rebooted and you can plug in any routers and/or Wi-Fi extenders or repeaters that you are using.
6. Lastly, boot up your computer again and try to re-connect to your network

Consider Software

Sometimes the problem isn't your internet connection at all and you may find that certain applications may work while others don't. Usually this is being caused by a firewall or antivirus application that is blocking the application you are trying to use. The best way to try to eliminate your firewall/virus protection as a suspect is by disabling it. Disabling your antivirus may not work even if it is the cause and sometimes it may need re-installed. Other times your antivirus may require an update that requires a restart so make sure to try that step first.

Try another device

To determine if your network is the problem try another computer or device on your network. If you can connect using another device on the same network the problem is most likely in the device itself. See the next suggestion for more troubleshooting tips if this doesn't resolve your issue

Try another network

Like most electronic devices your modem or router can fail too. Try con-

necting your device to a friend, family member or neighbors' network next.

Eliminating remaining possibilities

If you're still having trouble after doing the above troubleshooting and you can't pinpoint a specific device as the cause, the next step would be to start eliminating the easiest possibilities and work your way to the harder more expensive possibilities. Software can be difficult to troubleshoot so if you can replace the hardware you could save yourself a lot of frustration by first replacing your equipment. Sometimes it can appear that a specif-

ic computer is the cause of a networking problem because it won't connect to a specific modem or router. We have found that failing modems/routers can sometimes work well with some devices but not others without explanation.

Still not working? If your computer performed updates recently it may be a driver issue. If not, your wireless card or device may be failing. Either way at Jester's Computers we can diagnose your issue for just \$32.50 or less. We troubleshoot and repair most issues within 24 hours so why not bring your computer in for support. You can contact us at 717-642-6611.

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UPCOMING EVENTS

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April 12
 Grace United Church of Christ's Basket, Bags, & Cash Bingo. As in past Bingos, attendees who bring one canned good for the Taneytown Food Bank will receive a free Senior Jackpot Card. Doors open at 5:30 p.m. and games start at 7 p.m. There is limited

seating so please reserve early by calling 410-756-2898 or 410-756-2043.

April 17
 Mother Seton School Great Gardeners Preschool Program. Join us in welcoming spring by planting in our garden. In case of rain, we'll play inside. Free. Ages 2-5. RSVP at admissions@mothersetonschool.org or call 301-447-3165.

April 20 & 21
 Gettysburg Foundation Spring Music: a Friday evening program and on

Saturday a choice of two Civil War programs followed by an evening banquet; fee; to register go to www.friendsofgettysburg.org.

April 21
 Gettysburg National Park's Junior Ranger Day: Programs to help families connect with parks in ways that engage them in exploring, learning, and practicing stewardship. Gettysburg National Military Park and Eisenhower National Historic Site. For more information go to www.nps.gov/gett.

April 26
 The Catoctin Forest Alliance presents "Up the Creek: Brook Trout in the streams of Catoctin Mountain. The Community Room of the Thurmont Regional Library

April 28
 The Hard Cider Run in Biglerville! 3.1 miles is all that stands between you and some amazing hard cider. For more information call 717-334-4888.

Mt Pleasant Ruritan's Craft & Yard Sale. Food all day. te. 26 & Crum Road. For more information call Lewis at 301-898-7910.

April 29
 Music Gettysburg's Hymn Festival - In honor of their retirement, texts by Mark Oldenburg, set to music by Stephen Folkemer, sung by the Schola Cantorum and the audience. For more information about this and other concerts in the Music, Gettysburg! please call 717-339-1334 or visit the www.musicgettysburg.org.

April 30
 Mother Seton School Fine Arts Night. Visit www.mothersetonschool.org for more information.

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Mother Seton School • 100 Creamery Road, Emmitsburg, MD

April 14

Doors Open 5:30 p.m. • Games Begin 7:00 p.m.

Tickets \$20/advance or \$25/at the door

• Contact Kate at 240-674-9969 •

MAIN STREET presents

THE *Thurmont* ART & WINE Stroll



MOTHER'S DAY WEEKEND
Friday, May 11th - 5-8 p.m.
Down On Main Street
 Go to www.thurmontmainstreet.com for event information

Fort Ritchie COMMUNITY CENTER

Bass Fishing Tournament!
 Sponsored by Cobblestone Hotel & Suites
Saturday, April 21
Saturday, September 22
 7am-11:30am

\$35 per person • \$15 youth (17 and under)

Do the Double: Sign Up for both events for only \$50!!
CASH PRIZE for Longest Fish!

MUST HAVE A MARYLAND FISHING LICENSE! Catch and release only! Register online at www.thefrcc.org Or call 301-241-5085

SOLAR PLUNGE
Saturday, April 22

\$15 To Plunge • \$25 With Eco-Friendly Water Bottle

Doors Open at 11 a.m. - PLUNGE AT NOON

Music ~ Games ~ Community

Register online at www.thefrcc.org

14421 Lake Royer Drive, Cascade, MD • 301-241-5085
www.thefrcc.org

BIG MONEY BINGO

SATURDAY, APRIL 7
MOTHER SETON SCHOOL
100 CREAMERY RD., EMMITSBURG
Buy your ticket by March 23 & be entered to win \$50

PROCEEDS help support Our Lady Of Mt. Carmel, St. Anthony Shrine, St. Joseph's & St. Timothy's parishes high school youth to attend our Baltimore WorkCamp, a week long service trip where they repair the homes of those in need.

Advance Tickets: \$25 At the Door: \$30
 Doors Open At 5 p.m. - Games Start At 7 p.m.
 Ticket price includes an **ALL INCLUSIVE 9 PACK*** & SPAGHETTI DINNER from 5 - 6 p.m.

20 games pay \$100 each - 2 specials pay \$150 each
Winner-Take-All after intermission
"TWO \$500 JACKPOTS" (Fill the card)
TIP JAR GAMES FOR YOUR PLEASURE!
(MUST BE 18 TO BUY OR PLAY TIP JAR GAMES)

OTHER FOOD AVAILABLE FOR PURCHASE during games. Sandwiches, Nachos & Cheese, Desserts and PIZZA (by Mother Seton's own "Pizza Man")

* LESS THAN 200 PEOPLE IN ATTENDANCE — We reserve the right to reduce the payouts. BRING YOUR FRIENDS!

For more information or tickets call:
 Parish Office 301-447-2367 or
 Patty Goff 301-271-4555 or John Dowling 301-271-4439

HELP WANTED

Looking for someone to reupholster at established Thurmont business two days a week from 9:30 a.m. - 2 p.m.. Must have some knowledge of how to reupholster. Contact Pamela Hamrick 301-271-1028 for more information.

Vigilant Hose Co. #6 Tenth Annual Spring Fling!

\$30,000 GIVEN IN PRIZES

FINAL DRAWING FOR \$10,000

May 19th - Ambulance Building - 17701 Creamery Rd., Emmitsburg
 Benefit: Vigilant Hose Company, VHC Auxiliary & VHC Exporsers Post.

You do not need to be present to win. Tickets cost \$60 per ticket & are good for two people. Ticket includes admission, food drinks, entertainment and chance on prizes!

HORSESHOES - FOOD - BEVERAGES
50/50 TIP JARS - LIVE MUSIC & TONS OF FUN!
TICKETS: \$60 Per Ticket

For tickets and more info contact us at www.vigilanthose.org or call...
 Chris Stahley 301-447-3081
 John Glass 301-447-3648
 Gabe Baker 301-447-2212 or Bill Boyd 717-642-9717



UPCOMING EVENTS

recipes to hold off the hungry hoards (or maybe just yourself). Cost includes all supplies. Registration is required.

April 14

Kids' event: Celebrate the first man in space: learn about food in space and conduct taste experiments. Celebrate the anniversary of the first man in space! Conduct some of your own taste experiments and figure out if you have what it takes to be an astronaut, or a space chef! Registration is required.

April 17

Bees and Blossoms Paint along event. A professional artist will walk you through the entire painting process. The basic design is pre-drawn for you. Beginners are most definitely welcome!

Cost includes all painting supplies needed to complete a 16x20" canvas panel, along with some light refreshments from Hollabaugh's bakery!

April 28 & 29

Hollabaugh Bros's: Bees & Blossoms Festival Weekend. Fun for the whole

family! This event is free and there is no registration required. Activities include: wagon rides of our orchards, guided photo walks, Beauty and the Bees Fairytale Trail, games and activities for kids, informational demos/sessions from local bee keepers and/or our own family about the importance

of bees, pest management on the farm in general, etc., samples from local vendors. Stop by Hollabaugh Bros. for a fun-filled spring weekend!

For more information on any of the events at Hollabaugh's please visit www.hollabaughbros.com or call 717-677-8412.



Choose When You Want To Play!

THURSDAY NIGHTS
Great Food! Huge Jackpot!
Doors Open @ 5:30 PM
Bingo Starts @ 6:45 PM

TWILIGHT BINGO
1st Friday Of Every Month!
Food! 3 Jackpots! Larger Payouts!
Doors open @ 5:30 PM
Bingo starts @ 8 PM

Fairfield Fire & EMS
Follow Rt. 116 To Fairfield
Turn Onto J. Harry Kane Blvd.



EMMITSBURG Tattoo COMPANY

2 West Main Street
Hours: Tues. - Fri. 12-9 p.m., Sat. 12-8 p.m.

301-447-6837

EmmitsburgTattooCompany@gmail.com Walk-Ins Welcome!



Thurmont Business Showcase
Saturday, April 28
11 a.m. - 2 p.m. **FREE!**

Thurmont Ambulance Event Complex
13716 Strafford Drive, Thurmont

The Thurmont Business Showcase is a one-day "Pop-Up Business Community" event showcasing the Thurmont businesses skills, products, services & innovations all under one roof! The Thurmont Business Showcase will feature businesses & non-profit organizations from the Thurmont area. Invite your friends, family, co-workers & neighbors to this free event! Explore what the businesses of Thurmont have to offer!

The Thurmont Business Showcase has *Something for Everyone!*

Thanks to our Gold Sponsors!

- Baker Tree Services, Inc.
- Black's Funeral Home P.A.
- Complete Complete Auto Diagnostics
- Rebecca LaChance Art & Photography
- Stauffer Funeral Home P.A.
- Woodsboro Bank

Thurmont Ambulance Company will be selling their delicious food during the Business Showcase!

If you are a business in the 21778, 21788 & 21780 zip code or Lewistown you may download an application at thurmontmainstreet.com or contact Vickie Grinder at vgrinder@thurmontstaff.com

Cash Bash
(only 500 tickets will be sold)
Saturday, April 21st
3 - 8 p.m.

THERE IS A WINNER EVERY DRAWING - YOU CAN EVEN WIN MORE THAN ONCE

Our Lady of Mt. Carmel Parish Center
103 Church Street, Thurmont
All proceeds benefit Our Lady of Mt. Carmel and St. Anthony Shrine Parishes
Information call 301-447-2367 or 301-271-4439
Doors open at 2 p.m.

Tickets: \$25
includes food and refreshments
4 Drawings per hour

1st drawing... \$400 2nd drawing... \$300 3rd drawing... \$200 4th drawing... \$100

8 p.m. GRAND PRIZE \$3,000
based on the 3-Digit MD Lottery Drawn at 8 p.m.
WINNERS WILL BE NOTIFIED IF NOT PRESENT
(You do not have to be present to win.)
ALSO AVAILABLE:
Games of chance & Tip Jars

MUSIC AND ENTERTAINMENT
ONLY ONE PERSON ADMITTED PER TICKET
Note - all tickets unsold will be offered for sale at the event
All unsold tickets will remain in the parish name!
In case of inclement weather, the event and all drawings including the 8 p.m. MD State lottery drawing will be held on the next date!

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Seasonal Flowers & Bouquets ~ Cigarettes & Tobacco Products ~ DVD Rental Machine In Lobby

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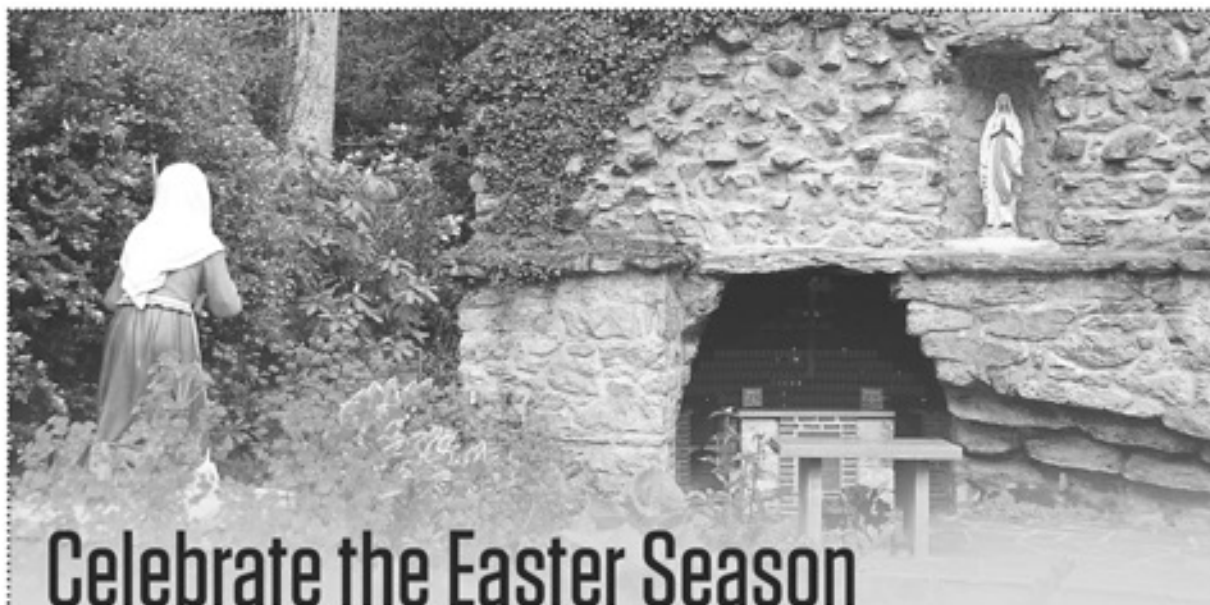



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301-447-6688



Celebrate the Easter Season at the National Shrine Grotto

Easter Sunday Sunday, April 1

6:30 a.m. Sunrise Ecumenical Service
In St. Mary's Chapel

8 a.m. Mass
In St. Mary's Chapel

10:45 a.m. Adoration
In St. Mary's Chapel

10:45 a.m. Reconciliation
In the Confessional near St. Mary's Chapel

Noon Mass
At the Grotto Cave

2 p.m. Misa en Español
En la gruta

All activities will be moved to St. Mary's Chapel during inclement weather.

Divine Mercy Sunday Sunday, April 8

10:45 a.m. Adoration
In St. Mary's Chapel

10:45 a.m. Reconciliation
In the Confessional near St. Mary's Chapel

Noon Mass
In St. Mary's Chapel

2 p.m. Misa en Español
En la gruta

3 p.m. Divine Mercy Chaplet
In St. Mary's Chapel

Save the Date – May Crowning Sunday, May 6

Join us for a traditional crowning ceremony for our Blessed Mother. A 12-foot long silk flower crown will be lifted over 100 feet in the air and placed on the beautiful golden statue of our Blessed Mother.

10:45 a.m. Adoration
In St. Mary's Chapel

10:45 a.m. Reconciliation
In the Confessional near St. Mary's Chapel

Noon Mass
At the Grotto Cave
We will be in direct sunlight. Please bring water and sun protection.

1 p.m. Procession and Crowning
All activities will be moved to St. Mary's Chapel during inclement weather.

The SPARC Festival | April 25-27

The festival is a campus-wide celebration of academic and artistic accomplishments of Mount students across numerous disciplines. This event offers a wide variety of activities including talks, poster sessions, debates, exhibitions and much more!

Featured Speakers

Distinguished Faculty Address: Caitlin Faas, Ph.D.
Why Don't I Feel Like An Adult Yet? The Science of Emerging Adulthood

Keynote: Constance Rice, Esq.

Knott Auditorium – Thursday, April 26, Faas at 11:15 a.m. and Rice at 4:45 p.m.
Visit msmary.edu/SPARC for a complete schedule of events.



Banff Mountain Film Festival World Tour

April 23 & 24, 7 p.m.
Knott Auditorium
Join us for 16 of the world's best short outdoor films at the 11th annual Banff Mountain Film Festival right here at the Mount! Different films will be shown each night. Doors open at 6 p.m. Films begin at 7 p.m. Tickets are \$16 in advance or \$19 at the door. Tickets are available in the Office of Outdoor Adventures in the lower level of the McGowan Center. Email cruz@msmary.edu for details.



University Calendar of Events

Bruté Student Art Exhibition

April 1-20
Williams Art Gallery, Delaplaine Fine Arts Center

Days of Remembrance with the American Virtuosi

April 10, 7 p.m.
Knott Auditorium
A recital featuring Lithuanian and Jewish music in commemoration of "Days of Remembrance," an annual eight-day Holocaust memorial period established by U.S. Congress.

Voices of Justice: Reflection on the Life and Legacy of Martin Luther King, Jr. on the 50th Anniversary of His Assassination

April 11, 7 p.m.
Knott Auditorium
An evening with A. Dwight Pettit, a successful civil rights, constitutional and criminal lawyer and author of "Under Color of Law," which provides insight into past and current civil rights issues by telling the story of the Pettit family's pursuit of justice in the context of the drive for equal rights for all.

The Korean Nuclear Challenge

April 17, 6 p.m.
Knott Auditorium
A seminar examining the history of North and South Korea from the 1950s to the present, America's alliances in the region and the possibility of an American pre-emptive strike. Speakers include Mount St. Mary's University President Timothy E. Trainor, Ph.D. and Bill Prudden, director of student engagement, faculty development and innovative curriculum for the Mount's Frederick campus.

MSMU Chorale at the Seton Basilica

April 28, 7 p.m.
Seton Basilica
Join the Chorale for a night of music expressing the theme of love – from devotion to God to the bonds of the human spirit.

Around the Mount Triathlon and Running Festival

Saturday, April 28, 8 a.m.
Register at www.alumni.msmary.edu/triathlon

Dusk Live Performance

Monday, April 30, 6 p.m.
Knott Auditorium
A funny and moving play about an ailing father and his family dealing with end-of-life issues, followed by a panel discussion and Q & A session. Register by emailing communityevent@fmh.org or by calling 240-566-4055.