

Emmitsburg NEWS-JOURNAL

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

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NEWS

New Commissioners Elected

Emmitsburg elected Frank Davis and T.J. Burns to 3-year terms as Town Commissioners. **Page 2**

Multiple Candidates Vie For Elected Office

Residents will vote for new representatives in Carroll Valley, Freedom and Liberty Township. **Page 3**

Sustainable MD Certification

Thurmont's efforts to protect the environment were honored at the Sustainable Maryland Awards Ceremony. **Page 4**

COMMENTARY

Words From Winterbilt

The problem of littering and trash pollution in today's world is getting out of hand. **Page 10**

Down Under

Trump's adherence to his vision – will it be his downfall? **Page 11**

ARTICLES

The Book Of Days

November begins to lead us into winter and is often referred to as the wind-month. **Page 13**

Ecology

Turkeys are more than just the staple to your holiday meal - their species tells a story. **Page 14**

Real Science

A look at the 2019 Nobel Prize winners throughout all branches of science. **Page 16**

The Village Idiot

Jack ponders what Emmitsburg can do to help the less fortunate households in town. **Page 17**

Pets

Kittens – what can we learn from them? **Page 20**

World War I

November 1919 – Failure of a dream: The League of Nations. **Page 26**

Cooking

Take a look at some of these delicious fall apple treats. **Page 31**

Four Years At The Mount

Our writers reflect on what Thanksgiving means to them. **Page 34**

Complementary Corner

Recommendations to feed your body while nourishing and strengthening your Qi. **Page 42**

VHC mourns the loss of John Hollinger

On October 18 the Emmitsburg community and Vigilant Hose Company lost John S. Hollinger. His passing will have a profound impact on the greater Emmitsburg community for decades to come.

Hollinger served as an active member of the VHC since 1946, at the age of 15. Within eighteen months, he was selected for the position of assistant hose director, and at the age of 17, began driving fire apparatus to incidents and remained a certified driver/fire fighter for well over 50 years. During his 73 years of volunteering, Hollinger held multiple leadership positions, was a county and state delegate on multiple occasions, and was chair to numerous committees for the corporation. During his years with the VHC he was Assistant Hose Director, Delegate, 2nd Asst. Chief, 1st Asst. Chief, Chief, Vice President, Pres-

ident, and Board of Directors.

While serving as Chief in 1958, Hollinger was instrumental in establishing the Emmitsburg "fire call only" telephone line #7-4141. In 1960, Chief Hollinger helped assemble the Boy Scout Explorers program at the VHC. This program was started to foster an early learning environment in fire suppression for the youth of the area.

Earlier in his life, Hollinger managed the former Sperry Ford dealership in town, which at one time was the third oldest Ford dealership in America. He also owned residential rental properties that for decades provided affordable housing for hundreds of families and individuals. He was always willing to listen and to help whenever he could. As a hobby historian, he collected anything and everything about the history of Emmitsburg and its inhabitants. His recall of area his-

tory was nothing short of amazing. He also had one of the most amazing collections of old Ford parts that existed anywhere in America.

Hollinger, often affectionately referred to as the "real" Mayor of Emmitsburg, made it a daily practice to drive the streets and alleys of town looking for things that needed repair. His efforts throughout his life helped town officials, as well as area business owners and organizational entities, by alerting them to things needing attention. He read all area newspapers daily to stay on top of the news, which helped the VHC stay abreast of changing times and keep in step with timely events.

In the 1980's, Hollinger bought VHC's 'Old Engine 63' and set about restoring it. For a great



John Hollinger (1931-2019)

many years the engine carried Santa Claus to the town's annual holiday celebrations arriving with lights and sirens ablaze. In his last days, Hollinger graciously donated Engine 63 back to the VHC where it will be lovingly cared for.

The men and women of the VHC humbly and proudly salute their friend, Chief John Hollinger, and all that he did for the community. He will be greatly missed.

Foothills Artist studio tour celebrates 13th year

The 13th Annual Foothills Artists studio tour will be held November 23 and 24 at five locations throughout Fairfield and Cashtown. Ten artists will open their homes and studios in a special pre-holiday show and sale from 10 a.m. to 5 p.m.. All of the tour sites are in or adjacent to historic homes.

See first-hand where the artists create their work and have the opportunity to buy directly from them. The five studio locations will feature original paintings, pottery, sculpture, furniture, woodworking, stained glass, photography, fabric arts, enamels, and jewelry. The nine Foothills Artists are excited to welcome guest artist Anne Finucane this year.

This is a self-guided tour that can be completed in any order. The website, www.foothillsartists.net, includes a map of each studio's location and street address, as well as links to each artist's individual website. The artists featured this year include:

Anne Finucane, guest artist - showing with Ann Ruppert. Anne works in a variety of printmaking and other fine art media, and will be showing her etchings and linocuts on the tour. A long-time organizer for arts organizations in the Chambersburg area, her work has been accepted into juried exhibitions throughout the east coast.

Judy Pyle - showing with Ann Ruppert. Judy makes jewelry in hand-fabricated silver, torch-fired

enamels on copper and fine silver. Her new electro-formed pieces are wearable sculptures. Her most recent small sculptures have been juried into national and international exhibits.

Joh Ricci - showing with Geoff Grant. Joh is a fiber artist, creating sculptural vessels, wearable art & tapestries. She is nationally recognized for her fiber art and has received numerous awards. Self-taught in hand beadweaving and recycled paper techniques, she creates unique jewelry, as well as paintings in oils and acrylics.

Geoff Grant - Geoff is a fine art photographer whose subjects include landscape, architectural, and street photography in the U.S. and overseas. His work has appeared in several shows throughout Frederick and Gettysburg.

Jack Handshaw - An active artist for 35 years, Jack is a potter working in all forms of clay, particularly reduction fired glazed porcelains, and has returned this year to doing raku. He is a juried member of the Pennsylvania Guild of Craftsmen and shares his art through teaching and demonstrations.

Michael A McCullough - Michael is a visual artist of abstract paintings, whose work has been featured in exhibitions in various galleries and museums. His work is held in national and international collections.

Sharon Pierce McCullough - A painter and sculptor of abstract and



Foothills Artist studio tour celebrates 13th year.

minimalist work, Sharon is also an internationally recognized children's book author and illustrator. Her work is held in private and public collections.

Don Rinehart - Don specializes in watercolors, pastels, oils, pencil, stained, and etched glass. He has shown in various local galleries and exhibits.

Ann Ruppert - Ann designs and creates jewelry and works in two-dimensional media including pastels, oils, watercolors and colored pencil. She has been accepted into the Adams County Arts Council and has earned awards in Franklin County.

Rod Stabler - co-showing with Ann Ruppert. A fifth-generation woodworker and retired cabinet-maker, Rod creates useful and practical woodcraft "with a flair", each piece is one of a kind. He strives to make objects of utility that also are objects of beauty.

Geoffrey Thulin - Geoffrey is a painter specializing in abstracts, landscapes, and animal imagery. He works primarily in watercolor and gouache, and also various drawing media. His award-winning work explores rhythm, pattern and color and their connection to the spiritual aspect of nature.

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EMMITSBURG NEWS

Two new Commissioners elected

On October 1, Emmitsburg residents cast their votes and elected two new members to the town's Board of Commissioners. Frank Davis and TJ Burns were sworn in to their new roles in front of a room full of residents during the October 7 town meeting.

Results of the election showed that Davis won the majority of the votes, with 278 votes cast in his favor. Burns received 170 votes, while Buckman received 140 votes and Blanchard received 117 votes. A total of 371 ballots were cast during this fall's election.

Both Glenn Blanchard and Elizabeth Buckman were thanked for their time spent on the Board of Commissioners, serving the residents of town faithfully. Blanchard served as Commissioner for close to twelve years, serving various roles on the Board including Vice President, Treasurer and Planning Commission Liaison during his years of service. Buckman served as Commissioner and Citizen's Advisory Committee Liaison for the past three years.

In her final remarks during the meeting, Buckman stated, "Today I woke feeling a great sense of relief... because we have gained two very innovative Commissioners with fresh

perspectives and the energy for needed change as well as their own social networks to continue to strengthen our community. I thank you for stepping up to this role." Upon reflection Buckman shared some insights that she has garnered throughout her time spent serving as Commissioner. "Being a Commissioner is challenging, but listening is paramount to representing your constituents. The outcome of this election is evidence that the people of Emmitsburg are calling for a radical change. They are looking for you to champion them," remarked Buckman.

After Burns and Davis were sworn into office, Mayor Don Briggs offered his recommendations for reorganization of the Board. Briggs recommended Cliff Sweeney remain as President, Tim O'Donnell serve a dual role as Vice President and Treasurer, while Joe Ritz would switch to the Planning Commission Liaison. Newcomers Davis and Burns would serve as Liaisons to the Parks and Recreation Commission and Citizens Advisory Commission respectively.

Commissioner Ritz initially showed concern with the recommendations, noting that he could not recall a time when one Council mem-

ber served as both the Vice President and Treasurer. As argued, the town's Charter stated that the roles of President, Vice President and Treasurer are three separate positions. However, according to Town Manager Cathy Willets, the town's code states differently. O'Donnell stated that the Vice President does not hold much power other than standing in for the President in his absence. He remarked that he would be more than willing to step down from one of the roles if the Board found it unfavorable. Willets ended by stating that she would not see any problems with one member serving a dual title.

Ritz also mentioned that Davis may be a better candidate for the position of Planning Commission Liaison, since he has served on that commission before. However, Ritz expressed that he would be more than willing to learn more about a new committee.

After further discussion, the Board unanimously voted to approve the Mayor's original recommendation, with Sweeney as President, O'Donnell as Vice President/Treasurer, Ritz as Planning Commission Liaison, Davis as Parks and Recreation Liaison and Burns as Citizens Advisory Liaison.

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Emmitsburg area news-briefs...

SHA updates town on Flat Run Bridge project

John Concannon, the District Engineer for the MD Department of Transportation, State Highway Administration (SHA) District 7 office, and other representatives from SHA, including Ross Clingen, Area Engineer for construction, attended the October 7 town meeting to brief town council and residents in attendance on the status of the Flat Run Bridge project.

According to Clingen the project is currently undergoing phase two. The bridge is complete, and the contractor is working on completing the storm drainage on the east side of the bridge. This will be followed by phase three which will include the installation of the curb, sidewalk and paving. According to SHA representatives, SHA is pushing the contractor to have the project completed by the end of this year. "We cannot guarantee that it will be completed, but we are

pushing the contractor to have it done," stated Clingen.

"We have gotten such horrible feedback from this," stated Commissioner Tim O'Donnell. "It has been a burden on the community that I feel was not necessary. The timeline for this has been a disaster. We want better, we deserve better."

Representatives followed by sharing their disappointment "with how things have gone." "We are unsatisfied with the progress of this project too," remarked Clingen.

Elizabeth Harris, the Community Liaison for the town in regards to this project is available for questions and concerns from residents. Contact information for Harris and the other SHA representatives present during the meeting will be made available on the town's website.

MS4 impervious restoration 5-year plan proposed

In order to remain in compliance

with the Municipal Separate Storm Sewer Systems (MS4) permit, the town proposed an impervious restoration five-year plan. The MS4 permit was issued by the State of Maryland for municipalities to protect and improve water quality in their local streams. The permit is intended to reduce and eliminate storm water pollution into the Chesapeake Bay. The MS4 permit creates guidelines for the municipalities involved but requires ongoing, continued reporting and documentation by towns and municipalities in order to remain in compliance with the permit.

As part of remaining in compliance with these guidelines, the town must continue to meet the minimum control measures including pollution prevention and public outreach and education, and also creating a Chesapeake Bay Restoration Plan. The town has proposed three restoration projects to be completed

over the next five to six years.

Within the first project the town is looking to plant ten acres of trees, specifically areas buffering a stream, which are considered high priority. Property along the Daughters of Charity facility and the Waste Water Treatment Plant are being considered as their properties border a stream.

The second project will include the retrofitting of the Silo Hill Storm Water Management Basin. This water basin was constructed in 2002, but doesn't provide adequate treatment. The cost for this project may be upwards of

\$100,000 - \$150,000, and will include the installation of a sand filter with infiltration.

Finally, the third project will cover the Northgate development Storm Water Management Basin/extended dry pond retrofit. The extended detention pond was constructed in 1994. Estimated cost for this project is also \$100,000 - \$150,000. It will include the installation of a sand filter with infiltration.

The total estimated cost to meet the MS4 permit restoration requirements by 2025 may run between \$256,035 - \$376,035.

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FAIRFIELD/CARROLL VALLEY NEWS

Multiple candidates vie for local elected offices

Municipal elections are quickly approaching, and local candidates in Adams County are gearing up. This year, Election Day is being held on November 5. Within our local municipalities, there are open seats for Supervisors and Borough Council members.

Primary elections held in May pitted seven candidates against one another, all vying for four seats on the Carroll Valley Borough Council.

The seats up for election are cur-

rently held by Jared Huster, Bruce Carr, Sarah Skoczzen and Beth Cool. Candidates listed on the election ballot are: Beth Cool, Bruce Carr, Jessica Craft, Michael Wight, John Schubring and Steven Sites. Sarah Skoczzen is running as a write-in candidate on the ballot, hoping to resume her role as Council member. Members on the Borough Council are elected for four-year terms.

In Hamiltonban Township, only one Supervisor's seat is up for election this year.

Eddie Deardorf's term has ended and he will be running again for re-election against newcomer James Grinder. Past Supervisor, Coleen Reamer, will also be running as a write-in candidate this year to resume her seat as Supervisor. Reamer has continued her service on the Hamiltonban Joint Parks and Recreation Committee since her position resumed on the Board of Supervisors. Hamiltonban Supervisors are elected for six-year terms in office.

Liberty Township also has a single

seat up for election this year. Supervisor Chairman, John Bostek, is not running for re-election this year, after serving the township for twelve years. His seat is open with a single candidate, Robert Keilholtz, running for the position, unopposed. Liberty Township Supervisors are elected for six-year terms.

Within the Fairfield Area School District, seven positions on the school board are up for election. These seats are currently held by: Greg Murray, Rebecca

Bequette, Jennifer Holz, Joshua Laird, Earl Shutt, Ian Strahler and Lionel Whitcomb. Running for a four-year term on the school board are: Rebecca Bequette, Lauren Clark, Lashay Kalathas, Jennifer Holz, and Greg Murray. Josh Laird and Earl Shutt are running for two-year terms.

All candidates in Adams County hope to be elected in order to serve their community. For more information regarding your local polling place, or ballot, please visit www.adamscounty.us. Polling places are open for voting from 7 a.m. until 8 p.m. on Election Day.

Career & Technical Center coming to Adams County

Fairfield Area School District's (FASD) School Board members voted to establish and participate in the Adams County Career and Technical Center during their October 14 meeting. Of the five districts that will be participating, FASD is the fourth district in Adams County to vote in favor of participation with the establishment of Adams Technical Institute.

Adams County Tech Prep (ACTP) is a career and technical school for students in grades 11 and 12. Students from five high schools in Adams County are served, including Bermudian Springs, Fairfield, Gettysburg, Littlestown, and New Oxford. Seven career and technical programs are offered: Allied Health, Building Trades, Computer Network-

ing, Culinary Arts, Diesel Technology, Early Learning, and Law Enforcement. However, as it currently stands, Adams County does not yet have a career and technical center. A majority of the other counties throughout Pennsylvania already have career and technical centers for all of the school districts within their county. Shawn Eckenrode, the Adams County Tech Prep Director, hopes to change that.

Early in September, Eckenrode gave a presentation to Fairfield's School Board on the process of forming the countywide career and technical center. More specifically, Eckenrode discussed the formation of the Joint Operations Committee (JOC), what comes next regarding the Articles of Agreement out-

lined in the establishment of the center, and what is expected of all the member Districts moving forward.

The JOC essentially serves as the "school board" for the center, and as discussed, a majority of the "Articles of Agreement" is driven by school code, including the formation of a "board," finances, etc. Two members from each school board will serve on the JOC, however each school would only receive one vote. Members will serve three-year terms. The Center will have a Superintendent of Record, an Administrative Director, and a Professional Advisory Committee. The Superintendent of Record will be one of the participating districts' Superintendents who will serve for one year and the Professional Advi-

sory Committee will be made up of all the Superintendents from the participating school districts.

Currently, the tech prep programs are paid for based upon average enrollment for the past three school years. Eckenrode discussed that ideally he would like to transition that fee to be based upon the ratio of students in grades 9-12. This transition would take place over a five-year period. For FASD, this would mean a significant savings for the district, which is currently paying \$113,000 per year to participate in the ACTP program. Eckenrode estimates that Fairfield will only be paying approximately \$95,650 by end of the five-year transition period based upon the number of students enrolled in the district.

Once all five districts approve of the Articles of Agreement, the JOC will submit their application to the state, and once approved they can begin operating as their own entity. The goal is to be fully operational by next school year. All participating districts entered into a ten-year initial agreement.

Eckenrode also explained that ACTP is not looking to build a new building/center right now. The location of the programs offered will remain where they currently are, at the tech prep building next to Gettysburg High School. This building houses four out of the five programs. Within this new center Eckenrode hopes to include apprenticeships to help offer students more opportunities within the technical fields.

Fairfield area news-briefs. . .

Liberty looks to a mend zoning ordinance

Liberty Township's Board of Supervisors will be considering an amendment to the township's Campground Ordinance during a public meeting held on November 6 at 7:30 p.m.

The proposed amendment, if accepted, will eliminate the definitions for Camper, Campsite, Tent and Department and revise the definitions for Campground and Camping Unit. The new definition of campground states that: "one or more campsites are located, established, or maintained for regular occupancy by camping units as temporary living quarters for recreation, education, or vacation purposes. The campground may be an organized camp that includes a combination of programs and facilities established for the primary purpose of providing an outdoor living experience for children, youth, and adults with social, recreational, and educational objectives and operated and used for five or more consecutive days during one or more seasons a year. There must be a named individual who has responsibility for

the campground." A camping unit is defined as a tent, trailer, lean-to or recreation vehicle established or maintained as temporary living quarters for recreation, education, or vacation purposes.

The second amendment states, in short, that no camping permit is required if the camping is by family members or guests for three nights or less. There are additional permit requirements, plus requirements for waste and sewage disposal and noise. A list of criteria outlines setbacks, roads, maintenance, sanitation and garbage collection, signs, lighting requirements etc.

If approved and enacted, a public hearing will be held on November 19 at 11 a.m. regarding an amendment to the township's Zoning Ordinance specifically pertaining to campgrounds. The above amendments would be included/added into the township's zoning ordinance. All are welcome to attend and offer feedback.

Fairfield Fire Department's Open House a success

Undeterred by rainy weather earlier in the day, dozens of commu-

nity members from Fairfield and surrounding areas gathered at the Fairfield Fire Department on the afternoon of October 27 to meet local firefighters and EMTs and to learn about fire safety. The Open House was also a call for fire and emergency volunteers.

Fairfield Fire Chief Bill Jacobs said, "The Open House is for families to come and see what we do. They can explore the equipment we use and the kids can take a ride on the fire trucks and EMT vehicles." Chief Jacobs also said that the fire department in Fairfield is an all-volunteer station with ten active firefighters that provide fire protection and medical services for the local communities. In addition, there are about twenty volunteer support staff that help with the department's website, fundraising, and community outreach. "Unlike surrounding states," Jacobs added, "we don't get much funding from the state to pay for fire and medical emergency personnel and equipment. We rely heavily on community support."

Those attending the Open House were able to see the station's firefight-

ing equipment and learn how the volunteer firefighters keep the community safe. And the most popular activity at the Fairfield Fire Department's Open House was, without

doubt, getting to take a ride in the EMT and fire trucks, sirens sounding and lights flashing. Thank you to all those who attended the open house this year!



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THURMONT NEWS

Thurmont receives Sustainable MD Certification

On October 16 the Environmental Finance Center at the University of Maryland announced that the Town of Thurmont was one of seventeen Maryland municipalities honored at the Sustainable Maryland Awards Ceremony at the Maryland Municipal League's annual Fall Conference.

"The Town of Thurmont is extremely proud to once again obtain this touted recognition and certification," said Mayor John Kinnaird. "Our staff and our Green Team have worked tirelessly to educate our citizens about sustainability and the results are very indicative of how important these efforts are to our community. I sincerely appreciate everyone's hard work and dedication."

Sustainable Maryland is an initiative of the Environmental Finance Center at the University of Maryland, designed to support Maryland's 157 municipalities as they look for cost-effective and strategic ways to protect their natural assets and revitalize their communities. Using best practices in resource areas like water, energy, planning, health, food, and economy, a municipality can earn points toward sustainability certification. This free and voluntary program, with the support of the Maryland Municipal League and the US Environmental Protection Agency helps communities choose a direction for their greening efforts; complete their chosen actions with help

from program tools, trainings, expert guidance, and other resources; and be recognized statewide for their accomplishments.

To achieve certification, municipalities are required to form a Green Team comprised of local residents, community leaders, municipal staff and officials; complete a variety of sustainability-related actions worth a total of at least 150 points (including two mandatory actions and two of six priority actions), and submit the appropriate documentation as evidence that the Sustainable Maryland Certified requirements have been satisfied.

During the conference, some highlights of Thurmont's accomplishments

were mentioned. They include, but are not limited to: the establishment of the Thurmont Farmers Market and the 2017 Clustering Ordinance. The Farmers Market in Thurmont was established by the Main Street Thurmont organization in 2005 and continues today as one of the strongest and most well attended markets in Frederick County. Thurmont's Planning and Zoning Commission, as well as the Mayor and Commissioners, passed an ordinance in 2017 implementing a Residential Clustering Ordinance, allowing developers and builders to construct residential homes on smaller lots, without increasing the density of the homes. The remaining square foot-

age not utilized for the homes must be set aside for environmental uses such as forestation, storm water management, or approved open space.

According to Mike Hunninghake, Program Manager for Sustainable Maryland, "This year's seventeen Sustainable Maryland Certified communities, a record number since the program's inception in 2011, represent a broad and deep commitment to addressing the environmental challenges of our time. We are pleased to recognize the Green Teams, elected officials, and municipal staff that are working hard every day ensure a sustainable future for their communities, our state, and our planet."

Thurmont news-briefs . . .

Thurmont welcomes new police officers

Thurmont's Police Department welcomed two new Police Officers on board during the month of October. Thurmont's Police Chief Greg Eyler noted that both officers were hired to fill the void that was in the department for the past few years. "These are not 'additional' or 'new' officers, and both will be great assets to our community," commented Eyler.

Mike Mentzer was sworn into the Thurmont Police Department during the October 15 town meeting. Mentzer currently lives in Frederick County, and is a retiree from the DC police department after twenty years of service. "I am excited to be given this opportunity; I was very humbled to be given this position," stated Mentzer. He looks forward to begin meeting members of the Thurmont community. "Being in the

community is a big part of being a police officer. One of my core beliefs is community policing," remarked Mentzer.

The second officer, Brandon Boyle, is a local to the Thurmont area, who previously worked for the Loudoun County Fire and Rescue. He will be sworn into his position as soon as he completes his time at the Frederick Police Academy.

Corner Lot amendments accepted

Thurmont approved minor amendments to the town's Zoning Ordinance, addressing corner lots within town limits, during the October 8 town meeting. In 2017 the town updated its Zoning Ordinance, expanding on definitions for lot lines. At the time of adoption the town, without realizing it, had created an issue for corner lots. The

revisions defined corner lots as consisting of two front yards that lie along public streets, while the lines that opposed the front lot lines were considered rear lot lines. This opened up the possibility for homeowners to have sheds place within the setbacks of the property.

The town's Zoning & Utility Inspector, Kelly Duty, asked Commissioners to consider amending the definitions of corner lots, restoring them to the way they were written prior to 2017. The amendment will change the definition of a corner lot to having two front yards and two side yards. This will address proper setbacks within these types of properties but could potentially pose an issue for fencing yards, as corner lots will no longer be defined as having rear yards.

The ordinance was adopted unanimously by the Board, and the definitions of corner lots will be restored to their original definition.

Thurmont re-elects two Commissioners

The Thurmont election process began at the end of September with a nominating convention; of which five candidates were nominated this year in front of a room was full of residents from town. The Commissioner seats currently held by Commissioners Bill Buehrer and Wes Hamrick were up for election this year. Bill Buehrer and Wes Hamrick were nominated for re-election and newcomers Elliot Jones, Sabrina Massett and Kenneth W. Oland were also nominated. To be eligible for Commissioner, a candidate must be a registered voter in Thurmont, and must have lived in the town for at least one year. Thurmont Commissioners serve four-year terms, meet every Tuesday, and are paid \$5,500 per year.

531 votes were cast, which accounts for approximately 11.8% of the 4,497 registered voters in Thurmont. Votes cast placed Wes Hamrick in the overwhelming lead, garnering 379 votes cast in his favor, with Bill Buehrer following, receiving 212 votes. Newcomers Sabrina Massett, Elliot Jones and Kenneth W. Oland followed with 179, 126, and 121 votes respectively. Both Hamrick and Buehrer will be entering into their third term serving as Thurmont Commissioners. Hamrick has served Thurmont for six years so far while Buehrer has served for eight years.



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FROM THE DESK OF...

County Councilman Phil Dacey

The most important thing the County Council is working on now, (and probably for the remainder of the term) is the expansion of Route 15 and the public-private partnership to expand Route 270.

Recently, the County Council and the City of Frederick had a briefing from the Maryland Department of Transportation State Highway Administration on these two vital projects. The Governor and the Board of Public Works voted to make the expansion of the Route 270 all the way to Frederick as part of the first phase of the public-private partnership that will eventually extend all along the Washington Beltway. At the same time, there is a separate project that would expand Route 15 through the City of Frederick by adding a lane toward the median of the existing lanes.

This is tremendous news for Frederick County and opens up a world of economic opportunity. One key factor for business expansion and relocation is transportation. The stifling gridlock in our region is a major factor inhibiting our ability to attract employers. Once traffic can move more freely, it allows for more opportunity for individuals, families, and employers to live their lives without having to plan around the increasingly long periods of congestion. Free traffic flow has the ability to end the vicious cycle of businesses not wanting to locate where the traffic is impassable. More businesses can locate in Frederick, which will reduce the need to travel down the road for employment.

Route 15 was planned and built at a time when we had far fewer people and vehicles in Frederick County. The two lanes north and two lanes south have

served Frederick well. But as many have said, Route 15 has become the main street of Frederick running through the center of the county and carrying much more traffic than it was designed for. In fact, the county population has tripled since Route 15 and Route 270 were substantially changed in Frederick County.

Route 15 is one of the few highways in the region that receives a failing grade for traffic flow in both the north bound and the south bound directions during both the morning and the evening commute times. It doesn't matter which way you are going, traffic is not flowing as it should be.

Route 270 in Frederick County is even worse. Today, on average, severe congestion lasts for 7 hours each day on 270 and it is continuing to get worse. Having to plan your life around the congestion can leave you feeling

trapped in your own home. Many people do not have a choice but to be on the roads during the most congested times. Often this forces people off the highway and onto neighborhood streets and other roads that were not designed to handle such a heavy volume of traffic. These alternative routes being strained can cause dangerous situations on the local roads. In general, highways are much more safe for drivers and reduce risks for vehicle collisions and pedestrian crashes. We have heard vocal arguments against. There are those that believe transit is the answer, better planning is the answer, and some who believe that traffic congestion is a proper deterrent to growth -- as if those who want to live in Frederick County should be punished with long commutes. Transit and appropriate planning have a role. But the hard truth is that congestion is here already; it is real right now. Tran-

sit does not significantly reduce vehicular traffic. Look at Washington DC where hundreds of millions of Maryland tax dollars go annually to subsidize the Metro. The Metro moves people, but not enough to make the traffic on the highways flow, and at a great taxpayer expense requiring heavy annual subsidies forever.

I believe that these projects represent the only realistic solution to traffic relief for Frederick County for the next generation. It is going to be a long time and a transportation revolution away to reduce vehicle miles that are traveled in automobiles. This is a once in a generation opportunity; these projects represent the biggest infrastructure investment in Frederick County history. We need to act now to build this additional capacity and get Frederick County residents moving again, or we will be dooming another generation to ever worsening traffic gridlock.

County Notes

State of the County Focuses on Livable Frederick

The state of Frederick County is strong, vibrant and on the move, County Executive Jan Gardner said during her annual State of the County Address. She shared a video highlighting accomplishments of the past year and unveiled the Livable Frederick Implementation Program, which will guide the county's initiatives in the coming year.

"Livable Frederick lays the foundation for our bright future so we can make life better for the people who

call Frederick home," Executive Gardner said. "We've embraced our rich history, invested in our people and places, and taken care of our citizens. We are leading the way with innovation and excellence. Frederick County is soaring to new heights!"

A few key accomplishments include:

- Welcoming Kite Pharma's move to Urbana, with hundreds of new jobs projected.
- Accelerating school construction: Building has begun on a new Urbana Elementary School

and a new Rock Creek School, and plans are underway for Blue Heron Elementary School, Waverley Elementary School, and an addition to Oakdale Middle School.

- Powering up a solar array at the landfill that now provides power to seven county buildings, including charging stations for TransIT's growing fleet of electric buses.
- Excellent financial management and AAA bond ratings allowed the county to build a new Othello Regional Park in Brunswick, an expanded Utica District Park,

a library in Myersville, and a major transportation project near New Market, all without raising taxes.

- Executive Gardner also unveiled numerous initiatives and announcements for the coming year:
- Livable Frederick Implementation Program – Public processes will begin soon for two small area plans: a Sugarloaf Mountain Treasured Landscape management plan to preserve the area's natural and scenic beauty and a plan along the county's primary business corridor of MD 85/355

to ensure economic resilience and sustainability.

- Broadband Feasibility Study — A feasibility study will look at how to bring high-speed Internet to underserved areas of the county. Access to broadband is fundamental to education and economic development.
- Detox Center – 18 medically supervised beds will be available at the Mountain Manor facility in Emmitsburg by Jan. 1, 2020. Another 28 beds will be available at the newly named "Mountain Manner at Marcies Choice" location by December of 2020.
- Sustainability – Frederick County has been named the 2019 Chesapeake Forest Champion by the Alliance for the Chesapeake Bay and the U.S. Forest Service. The award, which will be presented on Nov. 15, recognizes efforts to replenish forest cover. In addition, a new proposal to strengthen the county's Forest Resource Ordinance will be introduced in the coming weeks.
- Second Solar Array – Next month, the county will power up a solar array adjacent to the Ballenger-McKinney Waste Water Treatment Plant. The array will provide back-up power for the facility.
- Expansion of Electric Bus Fleet – TransIT's new all-electric bus goes into service in the next few weeks and more will be delivered next spring. The buses are 100% powered by renewable energy.
- Agriculture Initiatives – A value-added agricultural workgroup will evaluate next steps to help farmers process local products through a co-op or collaboration. The county also will look to accelerate agriculture land preservation to ensure a legacy of agriculture for future generations.
- Bookmobile – A new bookmobile stop is being established in the neighborhood of Waverley Elementary School. A kick-off celebration is planned for Nov. 5.
- Senior and Workforce Housing – The county is actively looking for land that can be used to provide senior and workforce housing.



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Continued to next page

GOVERNMENT—SOUTH OF THE BORDER

County Executive Jan Gardener

On October 18th, I presented the annual State of the County. I am proud to share that the state of Frederick County is strong, vibrant and on the move! Livable Frederick lays the foundation for our bright future so we can make life better for the people who call Frederick home. We've embraced our rich history, invested in our people and places, and taken care of our citizens. We are leading the way with innovation and excellence. Frederick County is soaring to new heights!

During the State of the County address, I shared a video highlighting our accomplishments from the past year. I urge you will take a few minutes to watch it and feel a sense of pride about this great place we call home. You can watch the video on the County website at www.frederickcountymd.gov or at www.tinyurl.com/StateofCountyVideo2019. It is a fantastic video that highlights all the good things happening in and around our county.

Some of the key accomplishments of the past year include:

- Welcoming Kite Pharma's move to Urbana, with hundreds of new jobs. This company will add to our bioscience industry and the work to find a cure for cancer.
- Accelerating school construction: Building has begun on a new Urbana Elementary School and a new Rock Creek School in Walkersville. Plan are underway for the new Blue Heron Elementary School in Lake Linganore, a new larger replacement Waverley Elementary School, and an addition to Oakdale Middle School.
- Powering up a solar array at the landfill that now provides power to seven county buildings and the charging stations for Transit's growing fleet of electric buses.
- Excellent financial management

and our AAA bond ratings has allowed the County to build a new Othello Regional Park in Brunswick, an expanded Utica District Park, a library in Myersville, and a major transportation project near New Market, all without raising taxes.

I am excited about what we have accomplished together, and I am even more excited about what's next!

I unveiled the Livable Frederick Implementation Program, which will guide the county's initiatives in the coming year. The Implementation Program kicks off with two small area plans. Public processes will begin for a Sugarloaf Mountain Treasured Landscape Management Plan to preserve this special area's natural and scenic beauty; and a redevelopment corridor plan for our prime economic development and business corridor along MD 85 and MD 355 to ensure economic resiliency and opportu-

nities for more jobs within an area that already has infrastructure.

A broadband feasibility study will look at how to bring high-speed internet to underserved areas of the county. We know that access to broadband is key to everyday life and to economic growth for our rural communities.

I am pleased that to share progress to expand treatment options for people suffering from addiction. Utilizing one time grant money from the County, 18 medically supervised detox beds will be added at the Mountain Manor facility in Emmitsburg by January 1. Another 28 beds will be available by the end of 2020 once the renovation is completed within an unused portion of the work release center. This location will be called Mountain Manor at Marcie's Choice.

Frederick County has been named the 2019 Chesapeake Forest Champion by the Alliance for the Chesapeake Bay and the U.S. Forest Service. The award recognizes our efforts to replenish forest cover by

strengthening our Forest Resource Ordinance and through the Creek ReLeaf program that provides funding to property owners for planting new forest.

In November, the county will power up a second solar array next to our Ballenger McKinney Wastewater Treatment Plant. The array will charge a back-up battery system to ensure ongoing operations of the plant during power outages.

A value-added agricultural workgroup will evaluate next steps through a feasibility study to help farmer's process local products through a co-op or other collaboration. Stay tuned for more details on this effort. In addition, I am looking to introduce a new effort to accelerate agriculture preservation in the county so we ensure a legacy of agriculture for the future. This is also our best way to manage growth.

If you have questions or concerns on any subject, please feel free to contact me at jgardner@frederickcountymd.gov or at 301-600-3190.

Continued from previous page

The full State of the County presentation can be viewed at www.tinyurl.com/StateofCounty2019.

County Executive Unveils Legislative Initiatives for 2020 General Assembly

Education tops the list of priorities for Frederick County in the upcoming Maryland General Assembly session, County Executive Jan Gardner announced during a recent public information briefing. State funding for public education and school construction are expected to be the focus of the legislative session that begins January 8. Executive Gardner also unveiled two initiatives that she plans to include in the County's legislative package. One bill would help to address affordable housing by expanding the State's renters tax credit with

a local tax credit to qualifying renters. The second would increase the annual compensation of Board of Education members to \$14,000.

"One of my administration's top priority is education, and it is my intent to actively participate in the shaping of new funding formulas for our public schools," Executive Gardner said Tuesday. "The County's local investment per student has far exceeded the state investment per student in Frederick County over the past five years."

During Tuesday's briefing, the Executive also outlined requests from community organizations for items to include in the 2020 legislative package. Those requests can be found on the County's website at www.FrederickCountyMD.gov/Legislative. For more information, contact Government Affairs Director Roger Wilson

at 301-600-1621 or via e-mail at rwilson@FrederickCountyMD.gov.

Solar Co-Op Program Returns to Frederick County

Frederick County residents and businesses have an opportunity to join a solar co-operative program that will allow members to reduce their carbon footprints and save money at the same time. A solar co-op is an organized community of residents, small business owners and/or nonprofits who buy solar in bulk to save on total costs of installation fees.

The Office of Sustainability and Environmental Resources (OSER) is bringing a joint co-op

to Frederick and surrounding areas through a collaboration with Solar United Neighbors of Maryland (MD-SUN). The MD-Sun co-op allows members to get discounts on solar installation costs. Solar United Neighbors also offers support from the start of the program to the end of the installation process, including the issuance of competitively bid contracts to solar installers.

The Frederick County program is one of many OSER initiatives that strive to promote the usage of renewable energy resources, which in turn minimize greenhouse gas emissions within the county. This is the second time OSER has partnered with MD-SUN. In 2017, a

solar co-op resulted in over 30 solar installations in Frederick County, with a combined solar capacity of 285 kW. Co-op participants are able to purchase solar installations or solar power at a wholesale rate.

Information about the current program will be provided an informational sessions November 20, 7 p.m. at Thurmont Regional Library

For more details about the program and how to join the Frederick County Solar co-op visit www.SolarUnitedNeighbors.org/fhm. Questions can be directed to OSER's Chesapeake Conservation Corps Member, Tyrrah Cobb-Davis, at 301-600-1416 or TCobb-Davis@FrederickCountyMD.gov.

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FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

It's November! Where has the time gone? It seems the older I get the time passes by with greater speed. Before we move to November, let's review some highlights from late September and October. On September 18th, an Open House was held by the Borough Council and the Planning Commission members to share with the community the proposed updates to the Carroll Valley Zoning Ordinance. Hope you had a chance to attend Fairfield's Pippinfest celebration. The weather was perfect and there was a record number of people in attendance. On October 2nd a Carroll Valley Blood Drive was held at the Borough office. Thirteen 13 units of blood were collected which is projected to be able to save 36 local lives. The next Blood Drive will be held in December. The specific date has not yet been confirmed.

The last E-Waste Recycling event for 2019 was held on October 12th at Hamiltonban Township. Eighty-six vehicles dropped off televisions, computer systems, and/or electronic accessories. The following is a list of the municipalities followed by the number vehicles (in parenthesis) that visited the drop-off site: Carroll Valley (14), Fairfield Borough (20), Freedom

Township (6), Hamiltonban Township (18), Highland Township (14), Liberty Township (12) and Franklin Township (2). The amount collected filled 1 ½ 20-yard containers. A big shout out of thanks goes to the wonderful support provided by the following volunteers: Charlie Cool, Fairfield Borough; Ed Wenschoff, Freedom Township; Vincent Gee and Jonathan Eichhold, Liberty Township; Hamiltonban Township Supervisors Douglas Woerner and David Martin as well as Roadmaster, Ray Herr. If you are trying to dispose of any electronics before the next E-Recycling event scheduled for 2020, you may want to check with the Washington Township Refuse Transfer Station on Route 16 in Waynesboro. Contact them at 717-762-4413. There is a charge based on weight.

On October 19th the Carroll Valley Recreation Committee with the help of many volunteers held a Mother and Son Glow Party at the Fairfield Fire Hall. It was a tremendous event! There were approximately 75 in attendance. See the pictures at ronspictures.net. Thanks go to the following volunteers: Robert Allen, Amanda Bell, Jayden Bell, Steve Bell, Todd Dilger, Crystal Durbin, Andrew Gray, David

Hazlett, Josh Hazlett, Jeni Jarrell, Jesse Kraft, Jessica Kraft, Jacoby Kraft, Mary Kraft, Gayle Marthers, Jeremiah Ott, Charlee Paulus, Hunter Paulus, Allison Phillips, Sarah Skoczen, Tim Skoczen, Cheri Wojcik and the CVB Municipal Services Department.

As of November 1st, we are 23 days to the unofficial or official start of the holiday shopping season. I guess, if you want to make it seem like it is a longer period of time, you could always say you have 552 hours or 33,120 minutes left before you start shopping on Black Friday. This year Black Friday falls on November 29th, which is the day after Thanksgiving. If you are wondering why it is called Black Friday it is because it relates to businesses recording their losses in red ink and gains in black. I don't think that helps. One good thing though is this time of the year we turn back the clocks and say goodbye to Daylight Saving Time in the early hours (2 a.m.) of Sunday, November 3rd. That means an extra hour of sleep, and at my age, I want all the sleep I can get. You could use that extra hour to go online and shop! It is also a good time to check all your smoke alarms. Election Day is November 5th (Tuesday). The polls will be open from 7:00 am to 8:00 pm. All

voting will be held at the Carroll Valley Community & Education Complex (the borough building). If you have any questions regarding the election polls and voter ID, contact Angie Crouse, Adams County Director of Elections and Voter Registration at (717) 337-9832. To see a sample Carroll Valley ballot via computer, perform the following: Enter AdamsCounty.us in your web browser. Click Election Resources 2019 (under top clicks) on the Home Page. Click on Sample Ballot (under Municipal Election – right side of page). Scroll down to Carroll Valley. Please come out to vote. Your vote counts!

On November 10th, our nation celebrates the birth of the United States Marine Corps. Did you know that the Marine Corps was created during the Revolutionary War? They are celebrating their 244th birthday. Veterans day falls on Monday, November 11th. It is a day we honor all Armed Forces veterans who have served our country. As they do each year, Fairfield School is holding a "Veteran's Day Breakfast" on Monday, November 11th from 8 to 10 a.m. in the Fairfield High School cafeteria. All veterans as well as their spouse or guest are invited to attend. For more information, you can call the office at 717-642-2045 or email fasdvets@fairfield.k12.pa.us. RSVP's are necessary

by November 5th. As a 20-year veteran, please accept my heartfelt appreciation for your service and for your family's support.

We celebrate Thanksgiving this year on Thursday, November 28th. The November programs for the Adams County – Carroll Valley Library Branch is as follows: Teen Book Club (Nov 4th @ 6 p.m.); KPets – children who are just learning to read can practice by reading to a therapy dog (Nov 4th @ 6:30 p.m.); Essential Oils – Sleep, Stress & Emotions (Nov 11th @ 6:45 p.m.); Thanksgiving Bingo & Craft night (Nov 14th @ 6:30 p.m.); Book Club for Adults (Nov 18th @ 7:00 pm) and Cookbook Club (Nov 21st @ 6:30 p.m.).

Borough meetings to be held in November are: Planning Commission (Nov 4th), Office Closed - Elections (Nov 5th), Tree Board (Nov 7th), Office Closed – Veterans Day (Nov 11th), Council Borough (Nov 12th), Sewer/Water Authority (Nov 18th), Parks/Recreation (Nov 20th) and Public Safety (Nov 25th). Please reduce your driving speed when you are in the Valley. If you have any questions, contact me at 301-606-2021 or email at MayorRonHarris@comcast.net. I want to take this opportunity to wish you and your family a Happy Thanksgiving – Keep Safe!

Candidates for Carroll Valley Borough Council

Steve Sites

As a candidate for the Carroll Valley Borough Council, I seek your support and offer the following by way of introduction. As a life-long resident of Fairfield area and a ten-year resident of Carroll Valley my intention is to serve the residents of Carroll Valley to the best of my ability.

After graduating from Fairfield Area High School in 1971, and attending Nashville State Technical Institute, I embarked on a career in construction spanning 38 years, which included positions with the Tennessee Dept of Transportation, Gettysburg Engineering, Maryland State Highway Administration, and A. Morton Thomas and Associates Inc.

During my time with the above organizations I held numerous positions, doing everything from material and testing to managing multimillion-dollar construction projects. I managed from two to three peo-

ple on small construction projects to several dozen as area manager for Frederick and Howard Counties. I worked with contractors, local governments, municipalities, and the Federal Highway administration.

During the past year I have served on the Carroll Valley Planning Commission and recently was appointed to serve on the Borough Council to fill a vacancy. I have helped review and update the Carroll Valley zoning ordinances and recently helped review the 2020 budget.

I view the following issues as the most important facing Carroll Valley at this time. Zoning will influence the future growth in Carroll Valley. As urban sprawl creeps North from Frederick County there will be many considerations to address. New homes and businesses will be constructed and sewer plant expansion will be needed. Roads and intersections will need upgraded to accept the increased traffic volumes that growth will bring. Police

coverage will need to be addressed as more residents move into the area.

I wish to serve the community I call home and will use the experience I gained through my career to solve problems that arise and try to help manage the inevitable growth of Carroll Valley while maintaining the small town charm and friendly atmosphere this area is known for.

John Schubring

Hi, my name is John Schubring, and I am running for a seat on the Carroll Valley Borough Council. I am running as a conservative Republican. I am a retired lieutenant colonel and a disabled veteran. As a benefit of the post-9/11 GI Bill, I am working on a doctorate in Educational Leadership. My family and I have lived in Carroll Valley for nearly 17 years. This is our home. We are committed to living and working together to make our neighborhoods and borough a great place to live! I have five children;

four still live here in Carroll Valley. One son also serves on the Planning Commission with me, while our other son runs cross country and track for Fairfield High School as well as being active in our church. Our two daughters are active in their church and community.

I am running for office to preserve our beautiful neighborhoods, to manage growth carefully and thoughtfully, and to oppose tax increases and bigger government. I am especially interested in protecting the retirement income of our seniors. I want to hear the concerns of all citizens, and to vote on measures that best serve the needs of Carroll Valley.

I have worked on the Carroll Valley Planning Commission for about five years. During that time, we have worked as a Commission to carefully and conscientiously develop a new zoning map for our borough that respects and safeguards the integrity and beauty of our neighborhoods, preserves our agricultural areas from development,

and presents a new zoning area in close proximity to Liberty Mountain entitled Community Core that encourages in this zone, small businesses, multiple-type dwellings, ski chalets, doctors' offices and child care facilities. I believe we have produced a smart and intelligent zoning plan that protects and preserves our valley for now and the next generation of homeowners and families in Carroll Valley.

I believe that I am well-qualified to serve on the Carroll Valley Borough Council because I am not seeking this office for me. My only thought since becoming involved on the borough Planning Commission and now running for Borough Council is to preserve our very unique and beautiful community. I am well-positioned to do that because I have been on the planning commission for many years. I know what needs to be done to protect and preserve our neighborhoods so that Carroll Valley will remain a great place to live.

State Senator Doug Mastriano

I applaud Governor Tom Wolf's recent trip to Lithuania and Poland. He is the first serving governor to travel to the region and it is a great opportunity to strengthen the state's military, economic and business ties with these important NATO allies.

Governor Wolf visited the nearly 600 Pennsylvania National Guard troops serving in the region. The National Guard is commemorating the 26th anniversary of its partnership with the Lithuanian Armed Forces this year. Thousands of Pennsylvanians have deployed to, or trained with, the Lithuanian Armed Forces since 1993, making it one of the most successful state partnerships in the nation.

This partnership has strengthened

NATO's strategic position in Northern Europe, while also strengthening state-level ties with a region that has deep connections to Pennsylvania. An estimated 80,000 Commonwealth citizens trace their ancestry to Lithuania.

The 20th century, however, has not been kind to the Baltic peoples of Lithuania, Latvia and Estonia where, at the hands of the Moscow-led Union of Soviet Socialist Republics (or USSR) the population suffered horribly. Anyone perceived as a threat to the regime was executed, imprisoned, or deported to Siberia.

The Baltic people, led by Lithuania, rose up in 1991 and secured their freedom from the oppressive Soviets, and since then they have enjoyed unpar-

alleled prosperity and peace. However, the change in Russian President Vladimir Putin's strategic approach to neighboring countries, including all three Baltic nations, is an existential threat to this peace and stability. The change in the Russian attitude was first demonstrated by its debilitating cyber-attack against Estonia in 2007 as punishment for moving a Soviet era monument.

This was followed by a war against Georgia in 2008 and then its war against Ukraine, which has been on-going since 2014. The details of this complex strategic turn is documented in a study I led on behalf of the United States Army called "Project 1721," which is available for free

download from the Strategic Studies Institute in Carlisle.

One of Lithuania's key vulnerabilities in the face of a more hostile Moscow was economic blackmail due to its heavy reliance on Russian oil and gas. To counter this threat, Lithuania built a Liquefied Natural Gas (LNG) terminal called "Independence" as a way to reduce its dependence on Russian energy. Poland built a similar LNG terminal for the same strategic purpose.

Due to cost and accessibility, most of the LNG imported thus far has been from Norway. However, imports from the United States began in 2017. Lithuanian leaders hope to expand the amount of LNG they purchase from Pennsylvania in the future. Besides increasing their national security, it would serve as a thank you for our

dedication to their security and our 26 years of armed forces partnership.

I hope that Governor Wolf saw from his travels in Lithuania that Pennsylvanian natural gas resources are a strategic multiplier that can benefit both our state's economy, and help the Baltic nations achieve greater energy security. Rather than increasing taxes and fees on natural gas to increase revenue to the state, we should be increasing sales and expanding the market: there are eager buyers and consumers in Lithuania!

Besides stimulating the state economy, which will increase the revenue coming into Harrisburg in a more sustainable way, exporting our energy resources will foster goodwill and strengthen our partnership with a valuable ally, and contribute to peace and stability in Northern Europe.

GOVERNMENT—NORTH OF THE BORDER

County Commissioner Jim Martin

At the Annual Eisenhower Dinner sponsored by the Adams County Republican Committee, I had an opportunity to speak to an enthusiastic crowd. It was quite refreshing to enjoy the wonderful spirit of a unified audience. While joining other speakers at the podium, one message was clearly conveyed, "There is no such thing as an off-year election." How true that is!

On November 5th we will be electing judges that will be presiding over cases having statewide implications affecting our liberty and freedom. My choices for Judges are King and Peck; two highly qualified candidates

in whom I have complete confidence. My choice was not a result of a paper checklist, but, through personal contact, knowing they are constitutionally sound.

Also, November 5th is also extremely important because we will be voting on a constitutional referendum know as Marcy's Law. Surveys show the referendum has 87% support of all Pennsylvanians. This referendum gives victims of crime, constitutional rights that will afford them protection not provided by current statutes. As it stands now, criminals have constitutional rights not afforded to victims of crime.

From my perspective another

very important reason to vote in the coming election, is to elect those individuals that will form the government that is closest to its residents. That will include yours truly, Jim Martin along with Randy Phiel running for re-election as Adams County commissioners

During our time in office our footprint of an improved county operation is evident by a number of factors, namely growing stronger financially and delivering services at a higher level and more efficiently. We have done this with limited resources. Our experience has compensated for limited resources by recognizing where

opportunities exist for containing costs or how to improve governmental services. Our past successes give us the desire and confidence to seek another term in office.

Not only do our successes create the desire to seek another term, but they are very rewarding and satisfying. To bring our experience forward for another term will be capitalizing on the investment in leadership that the county has made in us. Personally, I cannot imagine leaving office with important initiatives incomplete. Pending economic development, facility refurbishing, pending utility efficiency programs, a recovery center, start-up prison programs,

continuing implementation of the new voting system into the 2020 President Election are just a few of the programs we have in the works.

From the time we took office we have consistently moved the county forward. This is because the Phiel-Martin team truly understands the importance of county government, the services it provides, and the conservative values of our Adams County residents. Our goal is to maintain our tried and proven legacy of success. To continue this effective governance of Adams County, we humbly ask for your support on November 5th. Your support will put into action our leadership, experience, vision, and common sense to keep Adams County a great place to live, work and raise our families.

County Commissioner Randy Phiel

The 2019 General Election in Pennsylvania is Tuesday, November 5. The ballot includes state judicial offices, county offices, municipal officials and school board members. Thus, the majority of offices on the ballot make up a large portion of your local government. Although Presidential Elections result in an historically much larger turnout, local government has a tremendous impact on our day to day lives. So, I hope you exercised your fundamental right to vote this election and urged your friends and neighbors to do the same.

When you go to the polls in Adams County you will be using new machines for the first time. The state required counties purchase new machines that leave a paper trail and are more secure. The Board of Commissioners felt it was important to use the new machines before next year's presidential election when the voter turnout can be more than twice a non-presidential election. Although the machines are easy to use by just following the very visible prompts, and eliminate poll workers from tabulating write-in votes, both voters and poll workers can acclimate to the new machines and make any necessary adjustments under less demanding conditions. After this election we can make any tweaks in preparation for next years Presidential Election.

With two recent significant monetary donations, most of the funding for the structures at the Adams County Law Enforcement Firearms Training Range have been obtained. The two structures will hopefully be com-

pleted this Fall. The structures include a pavilion with enclosed storage and a memorial flag plaza. The range, which is located beside the 911 Center, has been in use by local law enforcement since late spring. It is dedicated for use by all Adams County law enforcement agencies. The Adams County Law Enforcement Association manages the range, and over the past two years has collected over \$190,000 in monetary and in-kind donations from individuals and organizations to build the range and make it active. The County of Adams made the land available.

The final phase of fundraising includes firing lane leveling and building the pavilion and memorial flag plaza. Donations of any amount are still being accepted. A donation of \$300 or more receives a named brick in the memorial flag plaza wall up to the brick engraving cut-off date. Donations may be sent to ACLEA, 1935 Mummasburg Road, Gettysburg, PA 17325. Thank you to those that have made this long over-due facility possible.

Farmland Preservation is an integral part of supporting not only our Adams County Agricultural industry, but the Tourism industry as well. Tens of thousands of people flock to Apple Harvest not only for the food and fun, but to enjoy the beauty of Adams County. When a landowner agrees to preserve their land, they are agreeing to restrictions regarding the use of their land. One of those restrictions is the ability to subdivide. In 2008 Adams County Planning began discussions with an Adams County landowner whose

daughter wanted to replace an existing house trailer with a permanent home for her new family. Until recently, the Deed of Easement restricted subdivision for building lots to one 2-acre lot for the purpose of building *one additional* residence, as permitted by law. In this family's case, they wanted to replace an *existing* structure which already had the infrastructure in place and thus saving money.

Successful farm operations take a village, and most times that village is the family itself. The realization that a program, which was created to preserve and protect not only the land but also the business of agriculture, was restricting family members from living and working on the farm and was disheartening. After searching for alternatives for this family, and realizing how this would affect other preserved farms in the future, Adams County Rural Resources began the legislative process to permit the subdivision of an existing

residence. This proved to be a difficult feat. In 2013 they were finally able to get HB 83 introduced, which unfortunately did not get the traction needed. It was reintroduced in 2017, and after coming so unbelievable close to passing (literally by 3 days), the Bill was reintroduced once again as HB 370. It has finally passed as Act 33 of 2019! The family has begun the process to subdivide the home site, which will now be owned by them and not the farm operation. A shout out to the Adams County Planning's Rural Resources division for their commitment and tenacity for making this reality!

I set a personal record by going to the National Apple Harvest Festival all 4 days both weekends. The first weekend, I cooked barbeque chicken both Saturday and Sunday, the second Saturday I took my oldest daughter Kate (who amazingly had never been there) and our 2-year-old granddaughter Aria, and Sunday Kathy and I met

some good friends there to catch up over an apple pancake breakfast. The National Apple Harvest Festival certainly presents the best of who we are in Adams County. It also is a great economic engine for Adams County. It seemed there was a nice crowd all four days; but the first Saturday was gorgeous with amazing attendance. It is a credit to the Upper Adams Jaycees, and hundreds of community volunteers, that the festival has grown into one of the 100 top events in America. Oakside Park stands as a legacy to the festival and community volunteerism!

It has been an honor and a privilege for Commissioner Martin and I to serve the residents of Adams County for the past 8 years. If re-elected, we pledge to be as committed, civil and consistent in our leadership, to promote and sustain our quality of life in Adams County.

Remember, not matter what you do, get out there and experience all the historical, recreational, agricultural, natural and cultural opportunities that beautiful Adams County has to offer!



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COMMENTARY

Words From Winterbilt

Litter, pollution and seafood

Shannon Bohrer

“Everything that can be invented has been invented”

—Mr. Charles H. Duell, the commissioner of the U.S. patent office in 1899.

My wife starts most days with a morning walk. She often carries a trash bag and picks up what she finds, but there seems to be a never-ending volume of discarded materials. Her, our dog Lily and a neighbor walk about a mile and a half on back roads adjacent to our farm. They pass less than a dozen homes and yet they encounter a continuum of discarded trash. On a daily basis the amount of discarded materials is not that great; however the cumulative value is substantial. With less than a dozen homes and light traffic, one has to wonder, who is doing all of the littering?

My wife, and rightfully so, has at times been greatly annoyed with people that discard their unwanted materials along public roads. Since she has been picking the trash for years, and this has been on country roads with little traffic, one has to question how bad is the problem. On some highways, there are road signs saying that the road way has been adopted by a designate civic and commercial organization. The adoption is for the purpose of cleaning up the high-

way, by picking up the discarded trash. Of course if we examine the larger issue we find that our entire world, even our oceans have been trashed. A few years ago some east coast beaches were closed because of medical waste, including needles, had washed up on the shore.

Literally, the problem today is that the volume of trash is greater than it has ever been. Our environment, our land and water is being polluted at alarming rates. The micro-plastics in our oceans are being ingested by fish that we consume, and we in turn we are ingesting our own pollution.

“There are 5.25 trillion pieces of plastic debris in the ocean. Of that mass, 269,000 tons float on the surface, while some four billion plastic microfibers per square kilometer litter the deep sea.”

The majority of plastics in the ocean started out as discarded trash on land. The discarded trash on Keysville road ends up in the drainage ditches that feed into Toms Creek. Toms Creek feeds into the Monocacy, then the Potomac, to the Bay and then to the Ocean. While the polluted oceans are far away, the issues related to the problems are close to home.

Given my age, I remember government campaign ads designed to reduce or eliminate littering and pollution. The first that I remember was a television ad, with an American Indian, who had a tear running down his cheek as he

observed the pollution of streams. Since that first campaign, we have had projects to clean rivers and streams, clean vacant lots, clean highways and even projects to clean the oceans. All of these projects have been successful with the collection of trash. However there is no indication that any of them worked long term. All the trash that has been picked up has been replaced with more debris.

Trying to clean up the world with voluntary programs has not worked. Nor, do I believe we ever can. If we could pick up all of the trash from the entire world in one day, it might be trash free — for one brief moment before more trash is discarded. Similar to other problems we have, we sometimes focus on the wrong end. Instead of focusing on cleaning up the trash, maybe we should look at preventing the problem from occurring, or to be more correct, from re-occurring.

We have strict laws on littering but the enforcement is spotty at best. Literally, the problem is not viewed as urgent, but more of a nuisance issue. Possibly, the problem will have some urgency, only when people become ill from ingesting seafood contaminated with micro plastics, which is already occurring. Maybe we should view littering for what it has become, a health issue, which will only grow.

Enforcement does have a cost, so thankfully the current fines, providing arrest are made, are suf-

ficient to fund enforcement programs. In Maryland the fine for littering is under “Md. Criminal Code Ann. §10-110.” The penalties range from 30 days of incarceration and a \$1500 fine, and up to “imprisonment not exceeding 5 years or a fine not exceeding \$30,000 or both.” The penalties are dependent upon the volume of trash. Additionally the courts can require community service, additional cleanup and even suspension of drivers’ license. Since we already have the good laws, we could use better enforcement practices of the existing laws.

One approach for better enforcement could be cameras. Entity(s) could use cameras in areas where trash accumulates. The camera would record the dumping and the government could track the violators using the motor vehicle registrations.

In large metropolitan areas they already have cameras in place for security reasons. These cameras have direct feeds that would enable the entity to observe the offense in real time, meaning they could notify the authorities.

In rural areas the basic trail camera could be used and the information retrieved. In problem areas, the entity(s) could install constant feed cameras so the information could be monitored, or at least recorded. While this does sound like a lot of effort, think about the future health of our oceans and the seafood that the world depends on.

“Scientists at Ghent University in Belgium... calculated that shellfish lovers are eating up to 11,000

plastic fragments in their seafood each year. We [the consumer] absorb fewer than 1%, but they will still accumulate in the body over time.” Reported in 2017

I am not advocating that we install cameras on every tree or every utility pole, nor am I saying that the use of cameras will solve this problem. I respect one’s right to privacy in a free society. However, I am saying that we have a food related health problem that is only growing. Even if single use plastics were no longer manufactured or legal anywhere in the world, the problem that currently exists will continue for years. While we should continue cleaning up the trash, we also need to effective enforcement for prevention.

The idea is straightforward in that you are making the person(s) who engages in the littering, responsible for the behavior. While many think of littering as a visual image; it really is a health issue that is growing. When people see warning labels on seafood, that explain how many plastic microfibers are in each unit of the product, maybe then we will perceive the threat. Maybe then we will act.

“The Significant Problems we face cannot be solved at the same level of thinking we were at when we created them”

—Albert Einstein

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

Common Cents

The rights of nature

Robert Koehler

“When the U.S. Constitution was ratified, women, indigenous peoples, and slaves were treated as property, without rights.”

This isn’t over yet. In the same vein of exploitative ignorance, we’re still treating a living, life-sustaining, crucial being as property: the ecosystem. And in the process, we’re choking our own habitat — that is to say, ourselves — to death.

But as Mari Margil, who is quoted above, points out: “. . . that is beginning to change, thanks to the Rights of Nature movement.”

It’s happening, literally, all around the world. It began more than a decade ago, in South America, when Ecuador and then Bolivia gave constitutional recognition to Pachamama — Mother Earth — declaring that she has the right to live. And the movement continues to bubble, at levels both national and local.

Sweden, for instance, has recently proposed a constitutional amendment giving nature the right to “exist, flourish, regenerate and evolve.” And tribespeople and municipalities all across the planet are demanding that

legal personhood be recognized for imperiled natural resources: the Klamath River in California; the River Frome in England; the Whanganui River in New Zealand; even Lake Erie (the Great Lake whose waves caressed my childhood), long poisoned by toxic agricultural runoff, which has spurred voters in Toledo, Ohio, to pass a Lake Erie Bill of Rights.

This is just a sampling of the demands being made for governmental acknowledgement of the need for environmental sanity, which, of course, is only part of the global climate movement. Indeed, it’s more than just clenched fists and protests in the streets. These actions create specific and immediate changes, forcing the world’s legal systems to broaden the contexts in which they function. Yet the movement is also paradoxical almost to the point of absurdity: giving rivers, lakes, Mother Nature herself, the same sort of legal status that . . . corporations have?

This thrusts nature, as Margil writes, “into the murky realm of legal personhood.” The prime strangeness about all this is the implicit assumption that “the law” in some way has conceptual dominion over Lake Erie or

the Klamath River or Pachamama and can choose (or choose not) to give a particular ecosystem, which sustains life itself, the right to exist.

In no way do I mean this observation as a criticism of the movement itself. There is no simple course of action when you are trying to open a cage while you’re locked inside of it. Demanding legal protection — legal credibility — for an ecosystem is both pragmatic in the short term and ingeniously subversive in the long term, because it yanks open both judicial and public awareness of the fact that maintaining a well-balanced, functioning global environment is a human responsibility, not to mention the only way we have a hope of surviving.

Matthew Green, writing at Reuters about the residents of the town of Frome, a hundred miles west of London, whose residents are petitioning the British government to grant “legal personhood” to the river that flows through it, put it this way:

In throwing down this gauntlet, the town has joined a global ‘rights of nature’ movement linking river basins in New Zealand to rainforests in South America and towns in the U.S. Midwest. In each case, communities are reimagining ways to harness the law to defend the Earth’s living tissues, and the places they call home. Some have

dubbed it Mother Earth’s MeToo moment.

This is the essence of our perilous new times: the need to harness not nature but the law! We need to harness, in short, ourselves.

“This is much bigger than just wanting to punish people for doing something wrong,” said Peter Macfadyen, a leader in the struggle to gain legal recognition for the River Frome, as quoted by Reuters. “It’s about trying to change a mindset about the environment in which we live.”

Amen. The Rights of Nature movement, as it tinkers with governmental bureaucracies on every continent, is about ushering humanity back onto a living planet. This is where we used to live. This is where the indigenous people of the world still live.

A living planet! What does that even mean? Perhaps we can relearn.

“One way to rediscover the practices that helped Homo sapiens survive for over 200,000 years is to pay more attention to indigenous wisdom and traditional place-based knowledge (where it has not already been completely lost),” wrote Daniel Christian Wahl at Medium.com. “Indigenous human cultures are an expression of generations of co-evolution of humans within the ecosystems they inhabited.

Indigenous worldviews around

the planet share a common perspective: the world is alive and meaningful and our relationship with the rest of life is one of participation, communion and co-creation.”

Can the “civilized” — non-indigenous — branch of humanity step beyond its arrogance and learn from its own past, which it has been trying for several millennia to dismiss? Wahl believes it’s possible for the world to “re-indigenize.”

“Even in the so-called ‘developed world’ much of the traditional knowledge of how to meet needs within the limits of biologically regenerative resources of the region was still predominant only 150 years ago,” he writes. “That is only a few generations! If we re-value what that knowledge and indigenous wisdom holds for us, we can recover much of it and blend indigenous wisdom in creative ways with the best of modern technology and science.”

When we begin consciously and systematically doing this, we can, indeed we will have to, let go of the concept the Rights of Nature, because it implies that nature is something separate from human beings. This seems true only when we are caged in our ignorance. In reality, we’re all in this together, co-evolving.

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

The American Mind

Re-writing the history books

William Hillman

In the City of Brotherly Love, on the steps of the municipal building, is a statue of the larger than life man Frank Rizzo.

Last week, my son walked into my office and his eyes were drawn to a thick biography of Frank Rizzo. "We just read about him in school," he said. "He was a racist and they are going to pull down his statue."

"Interesting", I responded. "How was he a racist? What did this article say about Rizzo?"

"Just that he hated Black people".

Frank Rizzo grew up in South Philadelphia, the son of Italian immigrants. Frank was a high school dropout who stumbled from job to job. He was known in the neighborhood for being a protector. When bullies flexed their muscles, Frank was the guy who put them in their place. Like his father, Rizzo became a beat cop. On cold and rainy days cops were known to "hide" while on beat, but not Rizzo. His dedication did not go unnoticed and he soon rose in rank. Frank Rizzo became Chief of Police in the 1960's and eventually a two term Mayor of this city in the 1970's.

Critics point to Rizzo rounding up and arresting the Black Panthers as evidence that he was racist. Somehow it is forgotten that at the same time the Pagans came to town to start a race war. Rizzo rounded up the Pagans and brought in front-end loaders and dump trucks. All their motorcycles were loaded into

the back of dump trucks, driven across the bridge into New Jersey and dumped into one big mangled pile. Except for the gang leaders who were held in jail, the Pagans were released next to their pile of bikes. Rizzo stood on top of the dump truck with a bull horn and explained to the Pagans exactly what would happen to them if they ever set foot back in Philadelphia.

In 1978, a Black separatist fringe group calling itself "MOVE" terrorized the Powelton section of the city. After a year of negotiating with the group, a court order was issued to demolish their bunkered, rat-infested house. During the several hour standoff that followed, one officer was killed and two were wounded. When the MOVE members were finally forced from their bunker, the news cameras caught the Philadelphia Police hitting and beating the members. This film would be used against Rizzo. Several Police officers were disciplined and fired for this action.

In 1985, Mayor Wilson Goode, confronted MOVE again this time on Osage Avenue. The city dropped a bomb on the MOVE headquarters, causing 11 people including 5 children to burn to death. Three blocks were burned and 250 people were left homeless. No one was ever charged for those deaths or destruction of a city neighborhood.

I grew up outside of Philadelphia when Rizzo was Major. I was cutting my political teeth as Rizzo was making his comeback.

Both Republican and Democrat machines feared him. He made it clear he had one political loyalty - the citizens of the city.

He was a Democrat Mayor but became close friends with Richard Nixon. This relationship allowed him to bring in urban development money to the city which helped the poorest neighborhoods.

Rizzo did not get along with Jimmy Carter. The feeling was mutual. As President, Carter targeted Rizzo and Philadelphia by draining government jobs and cutting federal assistance to the city. Of major impact was the loss of tens of thousands of jobs when the Frankford Armory was moved South and projects destined for the Navy yard were redirected to shipyards in the south.

Rizzo was a populist. He was neither controlled by the Democrat machine nor the Republicans. The Democrats, lead by Joseph Clark and Richard Dilworth, started winning power in the city and took over City Hall. Clark (who became Mayor) kept promoting Rizzo up the ranks as he cleaned house, removed corruption, and restored order in the streets. Many argue that Rizzo's popularity built the Democrat party in the city.

Years later Rizzo came close to destroying the Democrat party when he switched to Republican and much of the Black vote came with him.

There is a lot that Rizzo can be criticized for. He was heavy handed. He over-protected his police which lead to corruption. Many of his methods were unethical and possibly illegal. By no means was the man a saint. But

the one thing the citizens of Philadelphia knew was that he had their back and he loved the city.

In 1971, his Democrat primary opponents used the media to brand him a racist in an attempt to chip away at the support he had in the Black community. Mostly what it did was corrupt the poll numbers. In the Democrat primary, the election day polls had his opponent, Bill Green, beating Rizzo by an expected huge margin of 20,000 votes. By the end of Election Day, Green's pollster would learn what happens when voters feel a candidate has been labeled unjustly. The voters lie to the polls.

In the 1971 campaign Rizzo only won one of the 17 Black wards in the city. Even though he won the election he was devastated by this news.

Twenty years later, Rizzo would run again for Mayor. He won support from John and Milton Street. Both were civil rights leaders in the city. John was a labor leader and outspoken member of the city council. Milton was a state Representative and Senator. Last year I had dinner with Milton Street when Frank Rizzo came up in conversation. Milton described how they would fight with each other and were rarely on the same sides of an issue. But there was never any question Rizzo loved his city and its people. Former Mayor Wilson Goode, the first Black mayor of the city, described Rizzo as a fundamentally good man who wanted to unite people and was definitely not a racist.

In the 1991 primary, Rizzo defeated the hand-picked Republican candidate Ron Castille. As a

Republican, running against Ed Rendell, Rizzo received the support and backing of Black journalists. Local 33, the largest predominately Black union in the city, backed Rizzo. One-time opponent John Street and the ministers of the largest Baptist churches all lined up behind Frank. Rizzo was ahead. He was on an historic path to defeat Ed Rendell and singlehandedly change the political landscape of not just Philadelphia, but all of Pennsylvania. On July 16th Frank Rizzo died in his office. The Republican party bosses replaced him on the ballot with a crony. Ed Rendell would go on to win that election but received less votes in the general election than Frank Rizzo received in the primary. The Black voters stayed home.

Cornel Harley, a black ward leader, summed it up. "Rizzo could be heavy handed with everyone. He didn't care if you were Black, Irish, Italian or what you were. If you kept your nose clean, he would do everything he could to help you out, and if you stepped out of line, he would kick your ass. While other cities were burning and having race riots, none of that shit happened in Philly. Rizzo kept order for everyone."

Today we paint with broad brushes. Was Frank Rizzo a racist? Only God knows the insides of a man's soul. He was a flawed man. But we are all flawed. Today those who re-write the history books have won the day. Frank Rizzo's legacy is nothing more than one word. Soon his statue will come down.

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

Down Under

A different vision

Submitted by Lindsay Melbourne, Australia!

"Saw the vision of the world, and all the wonder that would be."

-Tennyson, 1842

One of the most amazing things about Donald Trump's presidency is his adherence to the vision he brought to the role. It has been obscured by the showers of tweets, off the cuff brags, and almost incomprehensible policy statements, but when these are ignored the real picture emerges. We see a person who came to the office with a vision, a goal, and an agenda to achieve it.

This is more than many other presidents had when they came to the oval office, because they simply followed the party or their predecessors line. But President Trump knew what was needed, (or at least what he believed was needed), and given his background it should be no surprise that this is centered on winning and dealing, and he is a past master at those sports. So good is he that he bemused enough citizens to bring him victory, and he might even do it again next year.

How many citizens are interested in foreign affairs, the plight of other

nations, oligarchs running things however they want to? Not many, I'm sure. All they want, all they hope for is food on the table, a chance for the kids, and the opportunity to get on with their life. He promised them that, and although some have got it, those that haven't know they will, given enough time. They applaud him for his trade initiatives, (the word 'war' is never mentioned, war being a bad word), for turning back foreign illegals (and the word refugees is equally avoided), and for the wonderful entertainment he gives them.

Things might appear wonderful back home to his supporters, but the rest of us are terrified to contemplate what America's role in the rest of the world will be in the future, because his real but hidden agenda is to make America Great Again by turning inward. This is the about-face of all time, the undoing of almost 100 years of reputation for being policeman to the rest of the world. He doesn't care about international reputation or strategy, because that is a different kind of 'Great.'

It is such a limited vision - America appeared to be great in the eyes of the world, the greatness of the biggest, most powerful nation on earth, that kept the peace, threatened and cajoled trouble makers,

imposed its brand of Democratic capitalism, whether it was wanted or not. Above all it spread your culture and way of life into every corner of the globe, fortuitously building the foundation of international acceptance.

It was a preeminence forged by brilliant minds, astute politicians and a belief in the primacy of democracy. And all that has been tossed in the garbage bin, shoveled into the waste dump, and destroyed by a mind that is as asinine as it is closed.

America's allies have been made to look incompetent patsies, its enemies elevated to the status of good guys; the vision of one world united under its leadership has been turned inside out so that it is now one country united in servitude to it's dictator.

That is the picture that we see. And yet...

And yet he is undoing one myth to replace it with a new one. America was never a policeman, never cared about the welfare of the world, but took every opportunity to interfere in the politics and economy of target nations for one purpose and one purpose only: to enrich the powerful, increase their might and influence.

A brutal strategy to be master, using the shadow of democracy to topple leaders, to deceive and lie. Remember WMD? Weapons of mass destruction that was sold to leaders of certain allies, (England and Australia among them), to replace a

leader who dared stand up to them with one who would obey.

And what did that achieve? 9/11. When someone takes your stability, your way of life even it is terrible by the standards of the taker, revenge will take root, fester, and erupt in reprisal. When this results in harsher punishment by the taker, rebellions are born, ISIS style fundamentalists emerge, and more is lost than could ever be gained.

America might rail against foreign interference in its affairs, but it has been doing just that for decades. The only ones to gain from this, as it was designed to do, are the plutocrats, the top 1%, and never the people. Now, the president is trying to withdraw an American war machine and replace it with the old buy/sell/trade routine because that is all he knows. He conveniently forgets that the White house is not a resort, that staff are not apprentices, and that profit is not measured in dollars.

He ignores, or is stupidly unaware, that hatreds are boiling, that the desertion of allies will bring reprisals, and that those with their eyes on the prize of European and Middle Eastern power are salivating, laughing because their strategy worked. Put an ignorant narcissist in the White house and wait for the benefits to roll in.

The truly sad thing is that the system allows it. The powers the President of America has were predicated on the person bring honourable, sane,

proud of the office and dedicated to the people. The checks and balances needed to contain aberrations were few and difficult to implement. Warning signs came with Nixon and the Bushes, but it was assumed that anyone who could succeed in getting to be President had to have the right to do so.

The terrible truth is that the power that comes with the office is too great for any one person to wield, and when capitalism had been corrupted as it has been, the worst of all possible results comes about.

So here's the real problem. When everything is a commodity, when money rules every aspect of every life, as it now does, honour and probity are thrown out venality and immorality take their place. Charlatans like Trump are in heaven, they can get away with most things and laugh all the way to the loony bin. Offer allies such as the Kurds up to Turkey? Simple - we're outta there. Alaskan oil? No problem. China will be good. No such thing as climate change, a desperate future, or a falling life span. He just doesn't care. But I do, so do most of you.

Go on, stand up and fight - Greta Thunberg is, so many young people are doing so. They know there is no time to lose.

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

THE PASTOR'S DESK

Honoring our veterans

Pastor Sean DeLawder
Trinity United Church of Christ

It has become a tradition at Trinity United Church of Christ, that each year we honor our veterans, both living and deceased by hosting a community worship service. We do this as a display of gratitude to the women and men who bravely served our country; some served voluntarily and others served because of our many drafts, had no choice. We also lift up and honor the families of our service men and women, for we are well aware that they sacrifice and serve our country as well.

As I reflect on this Veteran's Day Service, and the services in the past, as a pastor it is my prayer that one day we will no longer add to the names on the veteran rolls. It is my prayer that one day, God's kingdom will come on earth as it is in heaven. As human beings, it is inevitable that there will be misunderstandings, disagreements and conflicts. But the dream of solving our disagreements with peaceful resolutions is one that weighs on my heart. Will there come a day when countries will no longer need military backing to protect their land and their citizens? It certainly seems to be a far off dream. But dreams are what our hopes are built upon, and yes, sometimes dreams do come true.

As Christians we follow the

teachings of Jesus and are also guided by the sacred books found in the Bible. If you have read at least some of the bible you know that there are many accounts of wars and violence. But there are also many examples that guide us away from violence and towards peaceful solutions through love as God freely and abundantly loves us.

What I am most guided by and so often turn to when I find myself in difficult situations is the gospel passage from Matthew 22:35-40 and one of them, a lawyer, asked him a question to test him. "Teacher, which commandment in the law is the greatest?" He said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." This is the greatest and first commandment. And a second is like it: "You shall love your neighbor as yourself." On these two commandments hang all the law and the prophets." We are to be guided by love. We are to treat all people with love because all people, no matter who they are, where they come from, or what they believe are our neighbor. We love because God loves us and when we treat people with love many conflicts can either be resolved or at least avoided. When there are no conflicts or avoided conflicts, then there is no reason for war. As we are reminded in Proverbs 16:32 One who is slow to anger is bet-

ter than the mighty, and one whose temper is controlled than one who captures a city.

Now I am well aware that this is easier said than done. As I said previously, we are all human beings and so it is in our nature to be wary with strangers. It is in our nature to want to protect ourselves, our loved ones, our belongings. It is how we survived throughout eons. But Jesus came to show us a new way to live. Jesus came to remind us that all that we have and all that we are did not come by our own doing, but that is came and it continues to come from God. God blesses us with what we need and Jesus reminds us that there is enough to share with all. To that point, do not worry - "Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life?" (Matthew 6:25-34).

To follow these scriptures we must rely on our faith. But relying on our faith is much more than just professing what we believe. Unless we are able to demonstrate our faith by our actions, all we have are just meaningless words. Unless we can truly not worry and rely and trust in God for our for our needs then we are not demonstrating our faith. Unless we can truly love our neighbor as our self and pray for our enemies, then we are not demonstrating our faith. In the letter of James we are told, "What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, "Go in peace; keep warm and eat your fill," and yet you do not supply their bodily needs, what is the good of



that? So faith by itself, if it has no works, is dead. But someone will say, "You have faith and I have works." Show me your faith apart from your works, and I by my works will show you my faith." (James 2:14-18).

So as we live in a world of divineness and conflict may we live together in Christian love and stay strong in our faith and have hope for a future world of peace, love and resolution.

Trinity United Church of Christ,
101 East Main Street, Thurmont

invites all Veterans and the general public to their Veteran's Day celebration and luncheon on Sunday, November 10 at 11 a.m. This service recognizes all living veterans as well as deceased veterans. The Thurmont Amvets Honor Guard and Color Guard, the Thurmont American Legion, and Sheriff Chuck Jenkins will be in attendance as well as special music provided by Ret. Rev. Sherman Mason. Guest speaker, the Retired Navy Chaplain Dale Williams will be bringing the message with Rev. Sean DeLawder, Pastor of Trinity, assisting with the service.

Women "Roman Catholic" Priests?

Mike Hargadon

With regard to a recent ad for The Living Water Inclusive Catholic Community in the October Catoctin Banner which states "Celebrants: Roman Catholic Women Priests" - according to the official Code of Canon Law of the 2000 year old Roman Catholic Church, "only men may be ordained to Holy Orders". Thus, the claim of "Roman Catholic Women Priests" is misleading, at best.

Further, since only validly ordained priests may confect the Eucharist (the body, blood, soul and divinity of Our Lord, Jesus Christ), the claim of presenting "Eucharist" is also invalid for Roman Catholics. In short, this community is not officially sanctioned by the Roman Catholic Church.

Pope John Paul II clearly stated in his Ecclesiastical Letter, May 22, 1994. "The Church has no authority whatsoever to convey priestly ordination on women"

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Mt. 18:20

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of the Lord!

Pastor: Walter (Mickey) Barlow

THE BOOK OF DAYS

November



What an uproar there is in the old forests and woods when the November winds lift up their mighty voices, and the huge trees clashing together, like the fabled giants battling with knotted clubs against the invisible assailant, whose blows they feel but cannot see struck, so wage war on one another!

On every hand we hear the crash and fall of mighty branches, and sometime a large tree torn up by the roots comes down, quick as an avalanche, leveling all it falls upon, where it lies with its blackening leaves above the crushed underwood like some huge mammoth that has perished. The sky is low and gloomy and leaden-coloured, and a disheartening shadow seems to fall on everything around..

November is the pioneer of Winter, who comes, with his sharp winds and keen frosts, to cut down every bladed and leafy bit of green that is standing up, so as to make more room for the coming snow-flakes to fall on the level waste, and form a great bed for Winter to sleep upon. He blows all the decaying leaves into dreary hollows, to fill them up, so that when Winter is out on the long dark nights, or half-blinded with the great feathery flakes, he may not fall into them.

If a living flower still stands above its dead companions, it bends its head like a mourner over a grave, and seems calling on our mother-earth to be let in. The swollen streams roar and hurry along, as if they were eager to bury themselves in the great rivers, for they have no flowers to mirror, no singing of birds to tempt them to linger among the pebbles and listen, no green bending sprays to toss to and fro, and play with on their way, and they seem to make a deep complaining as they rush along between the high brimming banks.

Even the clouds, when they break up, have a ragged and

vagrant look, and appear to wander homeless about the sky, for there is no golden fire in the far west now for them to gather about, and sun themselves in its warmth: they seem to move along in doubt and fear, as if trying to find the blue sky they have lost.

But amid all these images of desolation, which strike the eye more vividly through missing the richly-coloured foliage that threw such beauty over the two preceding months, November has still its berries which the early frosts have ripened to perfection.

Many little animals are busy, during the autumn, in laying up stores for winter; for though some of them sleep away the greater portion of the cold season, a change in the weather often causes them to awaken, when they have recourse to the provision they have saved; and as soon as the mild warm weather is again succeeded by cold, they coil themselves up, and sleep again.

The hibernation of the squirrel is shorter than that of any of our winter-sleeping animals, for he is up and away as soon as he is awakened by a mild atmosphere, and as he has generally more than one larder, enjoys himself until slumber again overtakes him; for we can imagine, from his active habits, that he is not likely to remain in his nest while there is a glimpse of warm sunshine to play in.

The pretty dormouse coils itself up like a ball of twine in its winter-nest, curling the tail around

the head to the other side of its back, as if tying itself together before going to sleep. Should it awake, there is store of food at hand, which it holds in its forepaws like the squirrel, while sitting up to munch an acorn, hep, or haw, or whatever is stored up, and it is a great hoarder of various kinds of seeds.

But few of these torpid animals store their granaries better than the long-tailed field-mouse; considering its smallness, the quantity of corn that has been found in a single nest is amazing. Even if we reckon it to have carried from the harvest-field a full ripe ear at a time, it must have made many journeys to accumulate so much food. Nothing seems to come amiss to it, for if there has been no cornfield at hand, its hoard has been found to consist of nuts, and acorns, gathered from the neighbouring wood, which has sometimes been five or six hundred yards from its nest.

Above five hundred nuts and acorns have been taken out of its storehouse; and as it can hardly be supposed that so small an animal could carry more than one at a time, we have proof of its industry in the hoard it must have laboured so hard to get together. One might suppose that, early in autumn, when the weather is fine, these little animals would give themselves up to enjoyment, instead of carrying the many loads they do to their nests, did we not find proof to the contrary.

Nor is it less wonderful to note the going out and coming in of the migrating birds in autumn; for though all our songsters that are migratory have long since gone, we now hear the screaming of coming flocks in the still night—the clamour of voices high overhead, which is sometimes startling in the star-lighted silence. Most of our aquatic birds land in the night, though long strings of wild-geese are often seen forming a V-like figure in the air, as they wing their way to our fenny and marshy lands in the daytime.

If flying low enough, the leader of the van, forming the point of V or A, who seems to cleave the air, to make a passage for his followers, will be seen after a time to fall into the rear, when another bird takes his place, until he in time also falls back, as if through fatigue; nor can there be any doubt that the leader, who first pierces the air, through which the whole flock passes, has to exert himself more than his followers.

Though the heron may now and then be seen, standing as motionless as if sculptured in

marble, at some bend of a river or stream, it is now rather a scarce bird, for there are not more than four or five heronries in England, in which they build and breed close together like rooks.

The heron shifts from place to place in search of food, but, like several other of our birds, is not migratory, though it may be seen in some parts of our island at this season, where it rarely appears during any other portion of the year. It flies very high, and in dull weather may often be heard, while on the wing, far beyond the reach of the eye.

By the end of this month our gardens look desolate. The few chrysanthemums that have survived have a draggled and dirty look after the frost and rain, and nothing out of doors, excepting the evergreens, remind us of the green flush of departed summer. There is the tapping of rain on our windows, and the roaring of the wind through the long dark nights.

The country-roads are soft, and we stick in the mire at every step if we traverse those rutted lanes, which were so delightful to walk along only a few short weeks ago. Even the heart of a brave man beats quicker, who, after passing a treeless and houseless moor, hears the rattling of the bones and irons of the murderer on the gibbet-post, as he turns to enter the high (lark wood, which, when he has groped through, still leaves him a long league from the solitary toll-gate—the only habitable spot he will pass before reaching home. For now, in the solemn language of the Holy Bible, we have 'many a day of darkness and of gloominess, of clouds and of thick darkness, even very dark, and no brightness in it, for the land is darkened.'

Historical

November was styled by the ancient Saxons Wint-monat, or the wind-month, from the gales of wind which are so prevalent at this season of the year, obliging our Scandinavian ancestors to lay up their keels on shore, and refrain from exposing themselves on the ocean till the advent of more genial weather in the ensuing year. It bore also the name of Blot-monath, or the bloody-month, from the circumstance of its being customary then to slaughter great numbers of cattle, to be salted for winter use. The epithet had possibly also reference to the sacrificial rites practised at this time.

November is generally regarded as the gloomiest month of the year, and it is perhaps true that less enjoyment is derivable in it from external objects than in any other of the twelve divisions of the calendar. It is popularly regarded as the month of blue devils and suicides. Leaden skies, choking fogs—more especially in London—and torrents of rain, combined frequently with heavy gusts of wind, which shake down the last remaining leaves from the trees, are phenomena of normal occurrence in November, and certainly by no means conducive to buoyancy and cheerfulness of spirits.

Summer and autumn, with their exhilarating influences, have fairly departed, and winter, in its gloomiest phases, is approaching, whilst the hilarity and joyousness of the Christmas-season are still far off.

To read other selections from Robert Chamber's *The Book Of Days* visit www.thebookofdays.com

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ECOLOGY

Turkey: more than just a meal

Lizzy Ryan
Strawberry Hill Education and Outreach Coordinator

It's turkey season once again. However, turkeys are more than just a part of your Thanksgiving meal! They have a long history and play an important role in our ecosystem.

Before we get into their tumultuous history, let's first look at the bird itself. The wild turkey is a rather large bird; with the males, also known as toms or gobblers, standing at two to three feet tall, three to four feet long, and weighing up to twenty-five pounds. The females, also known as hens, are smaller and typically weigh in around ten pounds. Young turkeys are commonly referred to as poults.

Both male and female birds of this species are brown in color. The hens are generally seen to be duller in color than the toms. The toms have spurs on the back of their legs that are used for fighting. They also have mesofiloplumes or 'beards' that protrude from their breasts. Toms have virtually no feathers on their heads, while the hens have light feathering.

Wild turkeys are found in forested areas as well as farmed areas. Like all animals, they must have access to fresh water; whether this be in a stream, pond, or spring. They move around quite a bit and don't stay in one place for a very long time. Wild turkeys generally



Turkeys have undergone a history of ups and downs. Their populations thrived until settlers arrived in the United States, and then in the early 1900's the PA Game Commission worked to bring the species' population back up through breeding programs. Today, populations are thriving in the state.

feast upon insects, young, leafy parts of plants, seeds, and berries. Like all birds, turkeys have gizzards that are used when digesting their food. The gizzard contains grit (tiny stones) that break up hard to digest foodstuffs such as acorns, seedpods, etc.

Even though these birds are quite large, they can fly. Wild turkeys can fly about one mile before stopping. They prefer to stay on the ground though. Turkeys depend on their strong legs to run from danger. At night, wild turkeys will fly into trees and roost. In the morning, they will fly

down from their tree and spend their day foraging for food.

Hens travel in flocks together. There can be 40 or more birds in a flock at any given time. Toms generally travel by themselves and have no part in the raising of their young. Mating season for wild turkeys is in early spring. A tom will strut his stuff for the hens; fanning his feathers and gobbling. A tom will mate with multiple hens during the season. In late April, the hens will go off to lay their eggs. A wild turkey will lay around twelve eggs during one season. She will sit on the eggs for approximately 28 days until they hatch.

The poults will stay with the hen until sometime in the fall. Before they separate from the hen, they will nest with her on the ground until they are about three weeks old. Then, they will roost in a tree with her when their wing feathers have grown in. As the poults grow, family groups may merge together to form a flock.

Wild turkeys have had quite the history. Before the settlers, turkeys had a thriving population. Native Americans favored this bird for food as well as used

New 6-acre forest for Thurmont

On Saturday, October 26, residents of Thurmont joined volunteers from across the state who are members of the Stream-Link Education to plant a new 6-acre forest on formerly open land in Thurmont. After the planting, speakers including the Smarter Growth Alliance of Frederick County, Stream-Link Education, Clean Water Linganore, the Multi-Faith Alliance of Climate Stewards, the Climate Change Working Group of Frederick County, the Choose Clean Water Coalition, Clean Water Action, and County Councilman Kai Hagen called for Frederick County to preserve and enhance forested lands and be a statewide leader on forest conservation.

According to the recently-completed Livable Frederick Master Plan, Frederick County lost 420.3

acres of forest annually from 2001 to 2014: a total of 5,464 acres of forest in 13 years. If that trend continues, Frederick would lose over 2,000 acres between now and 2025 – an unacceptable loss to Frederick County's air quality, the Monocacy River and our local streams, climate resiliency, and our quality of life. Since 2014, Stream-Link Education has worked with landowners in all corners of Frederick County to plant 55 acres of new forest on formerly open land, but measures like this are not adequate to counter forest loss in Frederick. With state-level forest conservation legislation stalled in Maryland for the past several years, Frederick County must lead by moving forward with strong forest conservation measures locally.

their bones for tools and feathers for ceremonial purposes. As the settlers arrived, turkeys became a main food source. However, it is widely speculated whether the pilgrims actually ate turkey at their meal in 1621. Benjamin Franklin was even quoted to say, "The turkey is a much more respectable bird, and withal a true original Native of America." Eventually, with time, their populations dramatically dropped off and the species was driven to near extinction.

In an effort to bring the species' population back, the Pennsylvania Game Commission began to raise wild turkeys in 1915. According to the Pennsylvania Game Commission, they "released more than 200,000 game farm turkeys between 1930 and 1980." The turkey game farms have been closed since 1980 because research found that that releasing game farm-raised turkeys had failed to restore populations. This could be due in part to poor gene quality, stress, lack of a wild hen to teach poults proper wild behavior, and disease that would spread through the confined birds. In 1990 there was said to be around 3.5 million tur-

keys in the United States. Today, there are an estimated 7 million turkeys in the United States.

There are still many risks to wild turkey populations. These include: habitat loss due to an ever developing nation; predators such as raccoons, opossums, and even ravens invading nests; and a cold spring will lessen the change of survival rates among poults.

Turkey hunting is still popular to this day. In Pennsylvania, there is a spring and a fall turkey hunting season. The spring season is open to gobblers after the mating season. In the fall, both males and females can be taken. The Game Commission is always monitoring turkey populations and will adjust hunting seasons accordingly.

In short, wild turkeys have played an important part in the history of the United States. They have had their ups and downs, but, thanks to the efforts of the National Wild Turkey Federation (NWTf) and the Pennsylvania Game Commission, these wild birds have a good future ahead of them.

To read past Ecology articles, visit Emmitsburg.net.



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Shifting seasons

Tim Iverson, Naturalist

Seasons come and go. Warm summer sun and verdant greens fade into the vibrant reds and oranges of fall. White snow capped fields yield to bright ephemeral spring flowers. With seasonal changes organisms have evolved different ways to survive. Animals have three options when confronting this prospect: adapt, hibernate, or migrate.

The first way to survive the winter months is to just adapt. These animals will have to make serious changes and work even harder during these tough winter times to survive. Deer and rabbits forage underneath snow cover to find food. If the temperature drops significantly deer will gather close together in dense tree stands using body warmth to wait out the cold. Shrews, which during the summer months eat primarily berries, mushrooms, and insects, will hunt exclusively for prey during the winter. Beavers and squirrels will store up food during the summer and fall months to snack on throughout the long cold winter. Most animals add an additional layer of fat that helps to insulate the body against the cold. Many animals will shed their fur or molt their feathers and grow a thicker winter coat to assist in insulating body heat. Some animals, like the mountain hare, will even change the color of their coat. By changing the color of their coats from brown to white they can now camouflage in the snow to avoid getting preyed upon by others. Many animals choose to forgo winter altogether as weather can be harsh and food is scarce.

Hibernation is an evolutionary adaptation that helps mammals and reptiles survive winter. During hibernation metabolic rates essentially come to a grinding halt. Heart rate can drop to as little as 3% of normal rate. For example, a chipmunk will go from 200 to 5 heartbeats per minute during hibernation. Breathing can slow to half (or more) of the usual rate, with some species stopping breathing entirely. Every living thing burns energy all the time simply by being alive. It takes energy to walk, sleep, breathe, and even to think! Mammals spend a lot of their energy just regulating body temperature. We eat to get enough energy to do all these things. During the winter plants stop producing fruit and food is all around a lot harder to come by. So, in order to conserve energy reptiles and some mammals will hibernate.

Hibernation isn't very similar to sleep. Animals virtually lose all consciousness and are nearly impossible to wake up. When they do eventually come out of hibernation they often exhibit signs of sleep deprivation, and may need to dedicate a substantial portion of time to sleep. The primary difference between sleep and hiber-

nation basically boils down to what the body is doing. During sleep there are minor physiological changes to the body, it's mostly mental change. It's also very easy to wake up from sleep, whereas hibernation it's nearly impossible making these animals susceptible to predation. During hibernation brain activity is actually very similar compared with normal active brain activity. Hibernation just brings animals to the lowest possible metabolic rates they can stand so they require nearly no energy. Animals are given natural cues to start hibernating when the days get shorter and colder. This is the same time that other animals, mostly birds, begin traveling south.

When the weather turns migratory animals pack up shop and relocate to more suitable environments for a few months. The longest migration belongs to the Arctic Tern, which spends summers breeding in the Arctic and over-winters in Antarctica, encompassing the globe for a whopping 25,000 mile round trip journey! The switch that flips indicating when a bird should head south is initiated by a few factors. Shortening daylight hours, cooler temperatures, dwindling food supplies, and genetic factors are all cues that tell a bird when it's time to go. Migratory birds can cover thousands of miles during a single trip. They seem to intuitively know the way to go. Even first year birds who have never made the trip before can manage on their own. Biologists have wondered how that can be, and the best research indicates that they utilize landmarks, the sun and stars, and the Earth's magnetic field.

How do these plants and animals know when to do this? That's where a type of ecology, known as phenology, comes in. Phenology is the study of changes in seasonal timing, it literally means the study of appearance. Animals take their



Animals, like this dormouse, hibernate because in winter it can be difficult to find food, and they may spend more energy looking for food than they would get from actually eating the food!

cues from the food availability, sun, and weather pattern changes. This is the mechanism that tells them what to do and when. Other animals like hibernators and long distance migrators are on a cyclical clock that cues them into when it's time to wake up or move along. In either instance, decades long research indicates that for some species these annual events are occurring earlier and earlier every year. The UN's Intergovernmental Panel on Climate Change (IPCC) released a report in 2007 showing that spring is arriving by about 2.3 to 5.2 days earlier per decade in the last 30 years. The findings show that the seasonal timing that ushers in plants and animals is accelerating across the globe. These new arrival times for plants and animals aren't always syncing up potentially leading to complex problems down the road.

Plants are putting out buds earlier every year, insect populations are emerging sooner than they historically should, and many birds are advancing the timing of their annual migrations. While they all seem to be reacting to climate change by advancing these seasonal behaviors, they are not doing so at the same rate. By falling out of sync food sources are not readily available for these insects or animals at critical times, like breeding or migrating seasons. The Great Tit, a European

songbird, relies on caterpillar availability each spring to feed its young. These caterpillars have emerged earlier with warmer temperatures, but the Great Tit hasn't advanced their egg-laying causing a mismatch between the two species. As a result, the hatchlings are missing peak food availability and less hatchlings are surviving to leave the nest.

Changes like this are prevailing trend across the globe. It signals potential problems for more than just wildlife, as it could dramatically impact human food production. Pollinators are needed when agricultural plants begin flowering. Fisheries depend on annual migrations that affect production and livelihoods. Unfortunately, the impacts of changing climates are already being experienced far and wide. By observing appearances of these cyclical events we

can get a pretty clear picture of what's going on in the world around us. Phenology can help researchers, policy makers, and people be better decision makers and agents of positive change. Citizen science participation can help researchers and policy makers. By helping track phenology and submitting findings individuals can help collect data that will help shape information and policy. Interested parties can explore options through Project BudBurst (budburst.org) by monitoring and observing plants, transcribing old weather logs through Old Weather (oldweather.org), or monitoring ice conditions through Ice-Watch USA (natureabounds.org/icewatch_usa.html).

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REAL SCIENCE

The 2019 Nobel & Ignobel prize winners

Michael Rosenthal

Before we address the monthly topic above, let me urge you to attend the Mother Seton School Science Fair on November 20 at 6 PM. We regularly cover the Science Fair in this column after it occurs and report on the winners and the winning topics, but seeing the science presentations of the Mother Seton students in person is a wonderful and unique experience.

Alfred Nobel (1833-1896) was the Swedish chemist and engineer who invented dynamite and bequeathed his fortune to institute the Nobel Prizes. The 2019 Nobel prizes have been awarded, and this year's recipients in the four academic fields recognized by the award - Physics, Economic Sciences, Chemistry, and Physiology/Medicine - once again reflect the prominence of U.S. universities.

In his 1895 will, Alfred Nobel, a Swiss polymath and inventor of dynamite, bequeathed the majority of his estate to create five prizes (the four cited above plus one in literature), recognizing "those, who during the preceding year, have conferred the greatest benefit to humankind." The first awards were conferred in 1901. A sixth award, not technically a Nobel, was established in 1968; it's officially designated as the Sveriges Riksbank Prize

in Economic Sciences in Memory of Alfred Nobel.

Between 1901 and 2019, 596 awards have been given to more than 900 individuals. The awards are international, so there has been interest in the academic affiliations of the Nobelists because those associations shed light on which academic institutions have helped cultivate these groundbreaking discoveries.

A Wikipedia entry on the topic of which universities had the most individual laureate affiliations through 2018 showed that eight of the top 10 were U.S. institutions (in order: Harvard, Cambridge, Berkeley, Chicago, Columbia, Massachusetts Institute of Technology, Stanford, California Institute of Technology, Oxford, and Princeton).

A slightly different list emerges from a ranking of universities "producing" the most Nobel winners. This methodology weighted the number of prizewinners for each category and the number of institutions affiliated with each award winner. Nine of the ten institutions were located in the U.S.: Princeton, Stanford, U. Chicago, Columbia, MIT, U. California (Berkeley), Howard Hughes Institute, Harvard, University California, Santa Barbara, and Technion - Israel Institute of Technology

The 2019 awards continue to confirm the leadership of U.S. universities in the educational background and employment settings of Nobel Prize winners.

Physics

Between 2015 and 2019, the prize in physics was awarded to 14 individuals. Nine recipients were affiliated with an American university or research lab at the time of the award. Princeton and the California Institute of Technology had two winners each. Eight of the 14 winners earned their Ph.D. from an American university, with Princeton and Cornell each with two graduates.

Of the three 2019 winners, James Peebles was the only one currently affiliated or earning a degree from an American university - Princeton in both cases.

Chemistry

Between 2015 and 2019, 15 individuals have been awarded the prize in chemistry. Eight winners were affiliated with an American university at the time of the award, and five earned their Ph.D. at a university in the U.S.

Two of the three 2019 recipients are at American universities - John Goodenough at the University of Texas and M. Stanley Whittingham at Binghamton University, State University of New York. Goodenough, at 97 the oldest Nobel recipient in history, earned his PhD from the University of



Alfred Nobel bequeathed his estate for annual prizes for those who have conferred the greatest benefit to humankind.

Chicago. Whittingham took his degree at Oxford. The other chemistry winner, Akira Yoshino, earned his doctorate at Osaka University; he has always worked in the private sector.

Physiology/Medicine

Twelve individuals were awarded the Nobel in physiology or medicine between 2015 and 2019. Seven of the twelve were affiliated with American universities when they won the award, and seven had earned their postgraduate degrees at American institutions.

Among the three 2019 winners in this category, two are U.S. products. William Kaelin is at Harvard, after earning his Ph.D. from Duke, and Gregg Semenza is with Johns Hopkins following his doctoral studies at the University of Pennsylvania.

Economic Sciences

Nine individuals have won the Sveriges Riksbank Prize since 2015. All nine were affiliated with American universities, and eight completed their graduate work at American institutions.

The 2019 winners were Abhijit Banerjee and Esther Duflo, who are married to each other. Banerjee received his Ph.D. from Harvard and teaches at MIT. Duflo also teaches at MIT and received her doctorate there as well. The third winner, Michael Kremer, is at Harvard, from which he also earned his Ph.D.

Since 2015, across the four Nobel science categories, 50 recipients have been recognized. Of this total, 33 (66%) were affiliated with an American institution at the time of the award, and 28 (56%) earned their graduate degree at an American university.

As one would expect, nationally esteemed universities head the list of host institutions, but in addition to the likes of Harvard, MIT, Princeton, the University of Chicago, Yale, and the California Institute of Technology, one also finds less prestigious schools - the University of Missouri, the University of Maine, and Drew University.

Other than national pride, will average Americans care about the pre-eminence of our universities in the history of the Nobel prizes? They should. The basic research contains many recent life-changing innovations - ion batteries, lasers, renewable fuels, new drugs, and cancer therapies. The scholarly excellence of American universities still prevails!

The Ignobel Prizes "honor achievements that make people laugh, and then make them think." The Ignobel Ceremony took place on September 12, 2019.

The prize in Biology was for discovering that dead magnetized cockroaches behave differently than living magnetized cockroaches.

The prize in Chemistry was awarded for estimating the total saliva volume produced per day by a typical five-year-old child, about 500 ml of spit per day.

The prize in Medicine was awarded for collecting evidence that pizza might protect against illness and death, if the pizza is made and eaten in Italy.

The prize in Medical Education was awarded for using a simple animal-training technique, known as "clicker training," to train surgeons to perform orthopedic surgery.

The prize in Anatomy was awarded for measuring scrotal temperature asymmetry in naked and clothed postmen in France.

The prize in Engineering was awarded for inventing a diaper-changing machine for use on human infants which has been patented.

The prize in Psychology was awarded for discovering that holding a pen in one's mouth makes one smile, which makes one happier - and then for discovering that it does not.

The prize in Physics was awarded for studying how and why wombats make cube-shaped feces. For the winners it was their second win. In 2015 the prize was won for determining the time it takes for most mammals to empty their bladders.

The prize in Economics was awarded for testing which country's paper money is best at transmitting dangerous bacteria. If you plan a trip to Romania, wear gloves when handling your Romanian money!!

Though not quite science, we should mention the Peace Prize: It was awarded for trying to measure the pleasurable of scratching an itch, won by a team of five dermatologists, a psychologist, and a biostatistician.

A recording of the Ig Nobel ceremony will be available at youtube.com/improbableresearch, and Public Radio's Science Friday will air an edited edition on November 29.

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



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What's a living wage?

Jack Deatherage

So I's looking at The United Way's ALICE (Asset Limited, Income Constrained, Employed) statistics from 2016. Emmitsburg is listed as having 14% of its 1,053 households living at, or below the federal poverty level. 50% of our households fall below the ALICE category- meaning we're paying our bills each month, but we're a missed paycheck away from requiring charitable assistance either through private organizations or government programs. At the October town meeting, Commissioner Buckman mentioned in her farewell speech that 68% of the town's households are now living below the ALICE level of income. As the former commish has her ear closer to the heart-beat of those serving the poor, I'm going to assume she has access to ALICE numbers that better mirror reality than those compiled three years ago. And I's thinking, sort of, that changing these stats for the worst is easy enough, but how do we change them for the better?

Tattoo Don- pillar of the community, and I debate this frequently. He argues that low skills jobs are gone, never to return, and "mom & pop" shops have been killed off by the Internet. When I ask what he thinks could work as a business in town he waves a hand to encompass his shop. "Things you can't get off the Internet."

Unfortunately such shops, individually, employ very few people so every other house in town would likely have to become a unique shop to employ those needing jobs.

Even if someone came up with dozens of viable businesses they'd have to be destination businesses because the townsfolk wouldn't likely be able to support them with the current levels of poverty we're experiencing. So where would outsiders park their vehicles?

Worse, and I don't want to chase down the insane state laws that require a minimum wage and restrict children's ability to earn an income, and the federal laws that dictate crippling health insurance requirements, but what altruistically minded business owner would hire unqualified and inexperienced people to fill any job when governments mandate forced expenses on an employer

beyond the dollar value of raw employees?

Nope. Something else needs doing to get the under-educated/unskilled people into an income stream- if only a modest one.

Every journey begins with a first step. Discussions I used to have with farmers and various tradesmen slowly percolate out of the rubbish heap my mind has become.

"I keep a bunch of cash streams flowing on this farm. Milk, beef, eggs, calves, straw, hay, puppies, used car and equipment parts all get sold for cash that we live on while the main farm crop sales get reported to the IRS so they stay off our backs. I make about \$14,000 a year just selling puppies." One farmer told me.

"We use drop-points to buy and sell moonshine." A tradesman claimed. "Sometimes for cash, sometimes for barter. The Feds don't like our trading in hard liquor, but they tend to ignore our making and selling beer and wine- so long as we don't get too bold about it."

Pot and cocaine dealers, those few who didn't inhale all their profits, told me their biggest troubles came from having to launder the cash. Cash only dry-goods traders had a similar problem, but less worry about the illegality of that aspect of their mostly legal operations. Spreading the untaxed cash among relatives and close friends was one of several ways they use to invest the unreported profits. Grateful family and friends often come to the rescue when times get hard.

My father in-law used to speak of a day he spent bartering. He'd leave the factory with \$45 dollars worth of some material he had no use for and come back with an industrial sewing machine, several hides of leather, a few rolls of stamping foil and \$200 in cash! Not a bad day's effort back in the late 1960s/early 1970s.

Even the DW tells me of her childhood friend who gathered the black walnuts that littered the local roadways and yards each fall. The mother of a pack of hungry kids would shell out the walnut meat during the winter, pick out the whole meats and bag them separately from the broken pieces. She'd sell the nutmeats at a little country store where she also sold pies and cookies she made, as well as quilts she sewed

during the long winter evenings. Surely the woman qualified for welfare, but the thought never entered her head while her hands were capable of earning even a meager income.

In my own bobble-headed meanderings I've studied the methods of turning a backyard into a factory for producing plants for landscapers: flowering bulbs, ornamental shrubs, a wide variety of trees and annual flowers can all be propagated at little cost beyond acquiring the parent plants. The libraries have plenty of books on the subject and there are even a few business models one can purchase that include marketing techniques alongside the ones for propagation. (Care must also be taken in this enterprise as some plants are copyrighted and the USDA can get downright nasty if one were to become too big in a horticultural business without a government stamp of approval.)

Of course, few people are interested in small cash streams these days. Among the local movers and shakers I occasionally listen to all I hear is "Get a formal education" and "Find a job that pays a living wage". Never have I heard "Start small." "Learn as you go." "Apprentice (at little or no wage) with a master who can teach you a life long skill." "Trade and barter." And why would any 'Merican bother with such uncomfortable



methods of improving their lot in life? Hell, the poor around the world see the American poor as living in luxury.

I used to laugh at people who begged me to build and sell bread, egg noodles and mead to them when I had an actual job to occupy my waking hours. Now? Yes. I give some thought to poking a few sticks into the fire and wondering which would take off if I were of a mind to make a few extra bucks each week.

Yeah, maybe what Emmitsburg needs is an informal "cottage industry" co-op to jump-start it's economic heart again. Too bad I've lost touch with most of my pagan friends. Some of them were kitchen witches known to put together rather effective ointments and tinctures to treat whatever small discomforts ailed a

body. Though perhaps a communal bakery might work- a gathering of diverse enthusiasts- each bringing a specialty interest to a county inspected kitchen that none could afford individually, but a group could manage? Hopefully, better minds than mine can ponder such ideas. In the meanwhile, I'm already building several types of bread, variations of banana cake, and yolk rich egg noodles- which I'm sharing when gifting is required (holy days and b-days) and trading for Russian flours, fresh herbs and local farm eggs. Nor do I turn down the occasional bit of folding money, or scoff at the suggestion I begin building mead again.

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

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THE MASTER GARDENER

Gardening in November

Mary Ann Ryan,
Consumer Horticulture, Penn
State Extension

Gardening for this season is just about over, but you still have time to do a few things that will make your spring easier to manage.

First, consider cleaning up debris. Especially in the vegetable garden, any old plants and plant parts should be removed from the garden. If the plant was diseased, put it in a trash bag and send it away. If not, put it in the compost pile.

An additional step to take for your veggie garden is to spread some compost on the vegetable garden after cleaning it up. If you choose to do so, dig it under. This will loosen the soil for spring planting.

In the perennial garden, leave the stems of flowers in the garden as well as some leaf litter on the ground. Those stems and leaves provide living quarters for overwintering insects, amphibians and reptiles. Again, if there were issues with any disease, these plant parts should be thrown away. Sanitation is the best action to take for control of disease problems.

Take time now to edge beds. This will alleviate the chore in the spring. Spring will arrive, and all that will have to be done is a final bed clean up and a fresh layer of mulch. When edging, use a square-tipped shovel. This will give you a nice, clean cut.

Take advantage of any fall sales

that may still be going on in garden centers. Bulbs can still be planted. Be sure they are firm to the touch when choosing them. Tulips, alliums, and hyacinths are especially easy to survive a late fall planting. Spring will arrive and be full of spring flowers!

Shrubs and trees can still be planted. The ground isn't frozen, so there is still a bit of time for roots to develop. When planting, always remember to dig the hole twice as wide as the ball of the plant. Don't dig it any deeper, as the root ball must sit soundly on existing soil. If planting an individual plant, backfill with the native soil that you took out of the hole. However, if you are planting an entire bed with multiple plants, adding compost and working it into the entire bed is recommended. Still keep these newly planted shrubs and trees watered until the ground freezes. Often the demise of a fall planted shrub or tree is due to our lack of watering, not the plant itself. A general rule of thumb is that the plant needs one inch of water per week, either through rainfall, or garden hose.

Turf can use a bit of attention this time of year. Aeration will improve compaction from mowers and foot traffic from summer use as well as allow an opportunity to add compost and over-seed. Although the best time to do this is in September, our warm fall weather this year allows us time to still improve the soil that supports our lawns. If choosing to do this yourself, rent a core aerator. Core aerators actu-

ally pull plugs from the turf. This gives more space for the compost and follow up seeding to take hold.

Take time this fall to turn your compost pile. Hopefully, all summer long new material, like grass clippings and kitchen scraps, have been added to the pile. This fall, leaves should be added and time taken to turn under all of the leaves and green material from the summer. There may be a surprise of great compost already made when adding this chore to your fall list.

If you have a garden pond with fish and water plants, covering it with netting may be a good chore for this fall. Netting will keep out the fallen leaves as well as keeping the blue herons at bay! Once the plant cover is gone, there is little to protect those fish!

Hopefully, all your tender plants have been dug up. If not, cannas, gladiolas, callas, etc. should be dug up and stored in a cool, dry location for the winter. Tropical plants, like hibiscus, citrus, Norfolk Island pine, and other houseplants should be inside. When bringing them back in for the winter, be sure to check them for insects. Mealy bugs, aphids and scale like to come in where it's warm as well. Particularly check in the leaf axils and stems of the plants. Use an insecticidal soap or an oil spray for houseplants before bringing them in. Once they are inside, it becomes even harder to fight with these insects.

Begin the countdown for Christmas bulbs. Amaryllis and paperwhites are great color for



Fall vegetable garden cleanup includes cleaning out dead plants, spreading fresh compost on the beds and bedding down for the winter months. A variety of fall crops can still be grown in October and even November.

the holidays. Buy accordingly, as the more sprouted the bulb, the quicker flowers will appear. Realize that cooler temperatures delay blooming and keep the flower stems more compact. Warmer temperatures speed up flowering as well as allow the flower stems to stretch. Keep these tips in mind and you'll have great flower color for the holidays.

Also in November, many flowering plants are available at the local nurseries and garden centers. Plants like cyclamen, Christmas cactus, and kalanchoe are abundant. Proper placing of these plants become imperative for good flowering and healthy

plants. When in doubt, place winter flowering plants in cool, sunny windows for best flowering. The plants will hold the flowers for a longer period of time.

November also becomes the time when we start to think about holiday decorating. Containers outside have probably begun to look a bit sad as the chrysanthemum flowers are declining and any annuals that may have been mixed in have been zapped by the frost. Replacing those containers with winter color can easily be done by the end of the month. Adding evergreen branches like white pine, spruce and cypress, berryed branches such as winterberry holly, callicarpa, and chokeberry all add great winter interest in a container. These branches can easily last for all of December and January, unless we have an unusually warm winter.

Adding potted shrubs as well can add that needed spice for a winter container. Evergreens or deciduous shrubs can be happy in a container provided watering continues through the winter and the plant is protected through freezing

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and thawing during the late winter months. Annual flowers like pansies can be purchased for the holiday pots. Flowering cabbage and kale may also be an option. I've seen cabbage and kale spray painted gold or silver for a little "sparkle" at an entrance.

And in your "down time" this November, make notes as to what was successful in the garden and what was a failure. Determine whether the failures were due to weather, bad placement, or just improper care. Questioning the successes – did the plants do well because of the rain? Or the sun? Or the attention given to those particular plants? This will help in planning for next year's garden, whether it's the vegetable garden, perennial garden, containers, or shrubs and trees. Keeping a gar-

den journal becomes a great tool throughout the gardening season in those successes and failures. It is the first reference book used when ordering seeds and choosing plants for next season's garden.

So there's a lot that still needs to be done before calling the garden season over. Outside chores abound, from planting, edging, cutting back and turning compost, to preparing for indoor gardening – growing holiday plants and forcing bulbs. Preparing for the holiday decorations goes on "top of the list" as we approach the end of the month. Enjoy all things gardening, grow plants and enjoy the month of Thanksgiving!

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

Small Town Gardener

No No No November

Marianne Willburn

The tender plants are in, the beds are mulched and the leaves have fallen. November is never an exciting month in the gardening calendar, filled as it is with so many to-dos and so few ta-das. I find my enthusiasm lessened somewhat by the cold, and the dreariness of a grey sky, yet coming indoors to yellowing leaves on tropical refugees isn't much in the way of inspiring either. Sitting at my desk this morning and looking out upon my quiet, cold kingdom, I am reminded of the tongue-in-cheek thoughts of

Thomas Hood upon the subject:

- No warmth, no cheerfulness, no healthful ease,
- No comfortable feel in any member—
- No shade, no shine, no butterflies, no bees,
- No fruits, no flowers, no leaves, no birds, November!

Tom was English, and a Londoner by birth, and never made it further west than Oxford as far as I can make out, yet he captures the somber tone in my Mid-Atlantic garden each and every year around this time. Easy work days outside – whether warm and sunny, or cool and breezy – are

gone. Now, November presents the gardener with a choice: either dig out the mulling spices and turn one's back to the windows; or put on a sturdy coat and take care of business out there.

With few exceptions, anything I can accomplish in the late fall garden means one less chore for the frenetic spring season. The leaves could be swept up, the paths re-graveled, the vegetable beds reinforced. Any new plants left in pots should travel to the basement, saving me the trouble of throwing their frozen corpses on the compost pile come March. Yes, I am in little danger of running out of tasks, only motivation.

There are two things that invariably help my attitude. One is opening up the cedar chest at the end of the bed and pulling out thermal leggings and woolen hats. Warmth is key when battling fundamental laziness. Secondly, (and once well-wrapped) a slow observational walk around the garden is usually enough to jolt the synapses and get the mind moving forward to next season. And as any gardener or bee-keeper will tell you, the new season begins right now.

Truly, there is so much to study, one just has to adjust one's expectations. There will not be many blooms, but intricate seed heads remain. No more lush growth to cut back, but weeds have stopped their seemingly endless

assault of the perennial beds. And, lack of weeds means being able to clearly view the plants and shrubs you originally planted...for better or worse.

I recently spent some time with garden author and lecturer Pamela Harper, who does not sit upon her hands at this time of year. "This is my season for evaluation," she said, as we wandered around her extraordinary garden in Seaford, Virginia, "observing what worked and what didn't and deciding whether it is finally time for something to go."

November gives us this clarity. Released from the demands of summer we are able to see the structure that winter's winds have not yet altered. There will be little time next spring for such dilly-dallying – we must seize this time while we may.

But be warned! November will not coax us in the garden with soft summer songs. She will not make it easy to start a project, nor to finish one. Her charms are apparent only to the industrious gardener. So get the thermals on, get out there and discover them before Jack Frost beats you to it.

Marianne Willburn is a Master Gardener and the author of Big Dreams, Small Garden. Read more at www.smalltowngardener.com.

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PETS

Kittens

**Jennifer Vanderau,
Cumberland Valley
Animal Shelter**

We've got 'em. A whole lot of them. Cute, cuddly, little balls of fluff who look up at you from blue-turning-green-or-gold eyes and bat at your shoelaces and play with just about anything they can chase across a floor.

We have 200 cats in our care at the moment – that's in adoption, isolation, foster care, Petco and Petsmart.

There's a statistic that shelter folks know well. It's said that two -- just two cats -- one male and one female -- if left unspayed and unneutered can produce more than 13 million cats in ten short years.

Can you imagine?

It's actually a mathematical equation (my dad and brother would be so proud right now). Let's say that one female cat can have five litters of kittens in a year and five kittens in each of those litters. The numbers could be more or less, but I'm going for an average.

So, that's 25 kittens in one year. Each of those 25 can go out and have 25 of their own, each of those 25 can have 25 of their own and the numbers continue to increase exponentially as the years go on.

You can easily see how we can get overrun and that's why spaying and neutering is so incredibly important.

I'll tell you though, the little blue eyes of a kitten will do me in just about every time and in addition to their faces, kittens are pretty special in a lot of different ways. They certainly have an interesting outlook on life.

Go with me here, 'cause I think I'm on to something.

Kittens will play with anything. They're not choosy. A shoelace. A piece of paper. A crinkly wrapper. A bug. A plastic bottle cap. Curtains. Straws. Nothing's too ordinary for a kitten.

They find joy in everyday objects that would otherwise be overlooked. How many times do you think you fail to notice something that might bring a bit of happiness just because it's a little unconventional or limiting? Or maybe seems too ordinary or something you pass by everyday?

There's one lesson we could learn from a kitten.

Kittens don't care if they fall down. They're a lot like rubber bands in that respect. They'll stumble and lurch and trip their way through life and just get immediately back up, following the same path like nothing had happened.

Wouldn't it be nice to approach our obstacles like that? If you take

a tumble, either metaphorically or literally, just dust yourself off (although some kittens I've been around don't even take the time to do that) and keep on going. Don't let the difficulties in life stand in your way.

Lesson number two from the precocious feline baby.

Along those same lines, kittens don't care too much if they look like a fool. Have you ever heard the saying, "Dance like nobody's watching?" Kittens really seem to adhere to that principal.

And there's something to be said for it. I think a lot of us worry too much about what others think sometimes and that can be very restrictive. Don't get me wrong, there's a line here. I knew a girl who would be upset if someone thought she was "uncool" but didn't care at all if people thought she was obnoxious or overbearing.

That's not even close to what I'm talking about. In fact, it's the exact opposite. Kittens don't care if they look like idiots and bounce around -- a lot like their ancestors, Tiggers ('cause Tiggers are wonderful things) -- and there's got to be something freeing in that.

Kittens will also take on any foe. They don't seem to have all that much fear. I had a little one wrap herself around my ankle as I was walking across a room the other day and I thought, "I'm like 400 times your size. Are you crazy?"

Crazy or fearless. Sometimes they're synonymous, sometimes not so much.

How would your life be different if you weren't afraid? If no hurdle seemed too big and no worry couldn't be fought and tackled?

Can you imagine the trust inherent in one so small allowing one so big to pick him up off the ground?

Let me paint you a picture. Imagine yourself in a room or a space. You can see out of this space, but you can't get out. You've got food and water and a bathroom, as well as some bedding, but that's it. You may have a friend in there with you, too.

Now imagine that from time to time something with arms and legs and eyes and a nose and a mouth that is about 20 to 30 times bigger than you picks you up, talks nicely to you, gives you some affection, maybe gives you medication.

I tried to come up with what animal would be 20 to 30 times our size, but I think it's tough to comprehend the sheer magnitude of it. For instance, great white sharks can be 16 to 18 feet long and 2,000 to 4,500 pounds. That's kind of getting there.

So think of a great white shark doing all that, to give you perspective.

Or for fans of Watchmen (great movie if you haven't seen it, by the way) it would be like Dr. Manhattan taking care of you after he grew huge during Vietnam. Or for the Transformer fans, it would be like being picked up by Optimus Prime.

I don't know about you all, but I would be seriously hard pressed not to completely lose it -- and yet kittens allow us to pick them up every day. Amazing.

One of my favorite aspects of kittens is their ability to fall asleep anywhere, any time. Many a day at the shelter, I'll pass by a kitten cage and see a bunch of them wrestling and playing and romping it up and when I walk back through within a few minutes, they're all curled up together snoozing.

Some days I feel like I could go from active to napping just as fast. Wouldn't that be nice?

And the purring. Man, is there anything better than a kitten purr? That special sound of feline contentment coming from one so small? And usually as a result of a pet or a snuggle with you? I adore that.

I sometimes think kittens may be more wise than we give them credit for. They approach life with that child-like fascination of the young and there's a lot we, as adults, could learn from that kind of attitude.

So the next time you're feeling blue and maybe a little down, stop for a second and think about the baby felines. Find joy in a mundane object. Dust yourself off from the doldrums or troubles in your life and don't be afraid that someone may think you're a fool. Nap and play and take on your enemies, no matter how intimidating they may seem.

Kittens, man. I'm telling you, they know how to live and they truly can teach us so much.

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 263-5791 or visit the website www.cvas-pets.org. CVAS also operates a thrift store in Chambersburg. Help support the animals at the shelter by donating to or shopping at the store.



R.J. MacReady was surrendered to the shelter because his owners could no longer care for him. R.J. is a 5-year-old, big hunk that loves attention! He actually reaches out of his cage to get it! This guy will make someone an amazing companion!



Mystic is a 2-year-old brown tabby with white and a little orange thrown in for good measure. She came into the shelter as a stray, so we don't know a lot about her past, but she is a sweet girl. She likes to rub against her cage door and she'll talk with you while you're there. Mystic will make someone a nice companion.



Krinkle is a 3-year-old tabby-and-white girl who came into the shelter because her owners could no longer care for her. She's had some ear infections and will need to be monitored to make sure they don't come back. She's in our back offices and is the sweetest cat ever! If you're looking for the perfect companion, ask to meet Krinkle!

For more information about R.J. MacReady, Mystic, and Krinkle call the Cumberland Valley Shelter at 717-263-5791 or visit them online at www.cvaspets.org or better yet, visit them in person at the shelter.

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

To a poor and lonely stray I'd give:

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

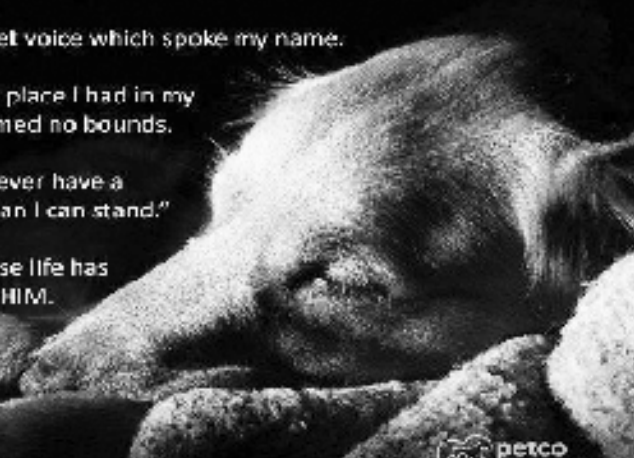

I'd Will to the sad, scared shelter dog, the place I had in my human's loving heart, of which there seemed no bounds.

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

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

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

-- Author Unknown

Chickens

Kimberly Brokaw DVM
Walkersville Vet Clinic

I really enjoy working on chickens. Having owned chickens personally for many years, I enjoy their individual chicken personalities, each chicken's distinctive appearance, as well as their varied relationships with their owners. An added bonus is that chickens are usually very cooperative patients. While most veterinarians will not see chickens in their practices, I admit that I am pleased when I know my next patient is a chicken.

One client had a chicken named Harriet that was attacked by a dog. The neighbor's dog frequently came over to her house but had never bothered the chickens before. Harriet's owner saw the dog chasing the chickens but didn't think the dog had actually grabbed any of them. The chickens all seemed fine and she didn't notice any injuries until a few days later when she noticed that Harriet had an odor and clumped feathers. She immediately made an appointment and brought the bird in to me to be examined.

I carefully moved Harriet's feathers with my fingers and could see that Harriet had multiple wounds on her right side. The skin on her wing had been torn exposing the muscle below it. The wound was also full of maggots. I told the owner that I would like to take the chicken in the back of the clinic, where we have a big sink and good lighting so I could thoroughly clean out the wound. Harriet's owner had no desire to see maggots and happily agreed to the plan of sitting in the waiting room while I took Harriet to the back.

Harriet was like most chickens and very easy to work on. She sat perfectly still and didn't even need a vet tech to help hold her in place as her wing was washed out. In addition to giving Harriet a medication that would kill all the maggots, I also picked out as many of them as I could find. Harriet thought the maggots were



It's amazing what one can find on the internet these days ... though she tried to destroy all her photos with her pet chickens, we did come across this one. We weren't sure at first, but the smile is a dead give away for anyone who has seen Kim's smile. We'll leave it to Kim to agree or deny she is the cute kid in the photo.

the best part of her clinic visit. She immediately ate all the ones that I pulled out and turned her head to help me pick out the ones that were in her wing. While the majority of people would find this disgusting, my tech and I thought it was the funniest thing to watch the chicken happily gulp down her maggots. However when I told the owner about how her chicken helped us clean the wound, she was amused, but also slightly disgusted and nauseated. She told me that she only bought the freeze dried mealworms and not the live ones because she was grossed out when she had to touch them to feed them to her birds. I was glad that she decided to stay in the waiting room while I cleaned Harriet's wing.

After I had thoroughly washed out Harriet's wing, I applied an ointment, and showed the owner how to give Harriet antibiotics. Chickens are fairly easy to pill,

especially when comparing them to your average cat that can easily spit out the pill plus also tries to bite and scratch when you administer it. Once the pill is in their mouth they usually just swallow it. Harriet was no exception and I easily opened her beak, put the pill in, and she promptly swallowed it. I also told the owner that she could hide the medication in food and that fig newtons and pieces of fruit or cake were usually the most successful pill hidiers. I also instructed the owner not to eat the eggs and on proper withdrawal time for the antibiotic before the eggs are safe to eat again. Unlike horses, dogs, and cats, in this country chickens are considered food animals and certain medications including antibiotics are banned to use even for pet chickens. Other antibiotics can be used but proper withdrawals must be followed. Food Animal Residue Avoidance Database (FARAD) establishes the

"Four Months at a Time"

Linda Shea
Frederick County
Animal Shelter



The mission of the Frederick County Division of Animal Control and Pet Adoption Center is multi-faceted. We enforce laws written to protect animals; we strive to place homeless animals in loving homes; we develop education programs to foster awareness. We also help ensure public health and safety, as animals may demonstrate behavior that is dangerous, or they can carry diseases that are fatal for human beings. As a result, we have policies in place to evaluate animals that arrive with wounds inflicted by an unknown source.

Wounds of unknown origin (WOUO) are exactly that. There are times when animals arrive at our shelter with distinct puncture wounds that indicate they have been bitten by another animal.

Other times pets arrive with open scratches that mimic the claws of another animal. We may never be able to determine what caused the wound. If we cannot establish that the victim animal has a current rabies vaccine, we cannot rule out the risk of rabies. In accordance with the guidelines established by the Code of Maryland Regulations (COMAR), section 10.06.02.04, any dog, cat, or ferret with WOUO must either be placed under quarantine or humanely euthanized.

We understand how those unfamiliar with rabies consider COMAR measures to be extreme for "just a scratch." We are questioned how we know what caused the wound. But

that is precisely the point—we don't know. And without that knowledge, we must err on the side of safety. The fact stands that rabies is fatal and there is no cure once symptoms are present for humans or animals. We have an obligation to keep staff, visitors, volunteers, and potential adopters safe.

Carl was surrendered on April 1 because his family was moving. He arrived in overall good condition and experience with people of all ages and other cats. He was described by his previous owner as shy.

Unfortunately for Carl, he also arrived with scratches on his face—across his nose and lower lip—and no previous veterinary care. Giving consideration to the scratches, lack of a current rabies preventative vaccine, we chose to place Carl in foster care for the required 4-month quarantine.

Carl is now available for adoption, thanks to a dedicated foster care provider who committed time and resources to the tedious requirements of a quarantine. We are grateful for our foster care providers who make a lifesaving difference, sometimes four months at a time.

medication withdrawal times so that people aren't inadvertently exposing themselves to unsafe animal products.

Harriet did well. Her owner reported that Harriet took her

antibiotic, and was back to good health in several days.

To read past articles by Dr. Brokaw, visit the Authors section of Emmitsburg.net.

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COMMUNITY NOTES

Timeless Trends' 2nd Annual Gateway to the Cure benefit

Timeless Trends Boutique held its second annual benefit night on Thursday, September 26. We joined forces again this year with several other local businesses" said owner, Virginia LaRoche. "We were very happy to bring the Shamrock Restaurant back again this year to cater the event!" We also were joined by Renovations Day Spa, and Calley Szarnicki, LMT." To add to the

event, we were also lucky to have Paul Zelenka and Mary Guiles provide live entertainment and several of our own vendors gave their time and provided services to our guests. We like to make the evening fun, relaxing and special for all those who purchase a ticket and support our fundraising efforts" stated Virginia.

This event is part of the overall fundraising efforts that the Town

of Thurmont sponsors along with many other local businesses and local citizens. Last year the town raised \$18,000 in funds presented to Patty Hurwitz, founder of the FMH Hurwitz Breast Cancer Fund. Over the past five years the town through donations and support of local businesses has raised over \$60,000.

"I am always touched by the generosity of our customers who come out and support us for this

special event. This year one customer, Cindy Waynant, donated a brand new Michael Cores handbag and matching wallet which really boosted our silent auction!" said Virginia LaRoche. She went on to say, "this is an event that most all of our customers appreciate because they have been touched in one way or another by this disease. As a business owner I am just happy to be able to con-

tribute to the town's effort to raise funds for such a great cause."

Timeless Trends Boutique has been an active member of the Thurmont Main Street community since 2009. They have and still do raise funds for many local organizations such as the Thurmont Food Bank, Heartly House and many youth programs. Timeless Trends Boutique is located at 21 E. Main Street, Thurmont.

Hiring a financial advisory firm

Ryan Fox
Huston-Fox Financial
Advisory Services

Many people spend more time researching which new car to buy than they will "kicking the tires" on the type of financial advisor they should hire. Hiring the right advisor, the first time, is vitally important.

There are many advisory options to consider, but start with personality. When I meet with prospective clients, I intend for us to work together for decades so I start by disclosing our business process upfront. On the flip side, be wary of the smooth salesmanship so common in my industry. Keep old

adage in mind - if it seems too good to be true, it probably is.

Who will take over for your advisor in a few years if they retire? This is really important. My business partner and I have at least two decades to work with clients. For some that seems to resonate and provide a sense of consistency. The turnover rate in my field can be over 90% in some firms so be wary of experience - many newer advisors leave the field before too long.

Be sure to ask about how the advisor will be paid. No advisor will work for free. Compensation usually comes either directly from you (fee-only fiduciary) or from the commissions from products that

the advisor sells to you (commission-based and fee-based).

A fee-only advisor will disclose all fees in writing. A gray area is the fee-based advisor who offers fees and accepts commissions. I am a fee-only advisor and have given up the right to earn any commissions. This reduces the inherent conflict of interest.

Commission based investing often involves upfront sales charges of 5% or more. Managed portfolios often start at 1.5% annually and I recently saw one hit 2.25%. And many variable annuity products exceed 3.0% internal costs. This is a drag on performance. A fee-only, independent firm should have low

overhead so you should expect to pay 1.0% or less, depending on portfolio size. A 40% to over 100% cost difference is significant.

The second area to ask about is how much does the firm receive in compensation for selling investments. Often times a firm receives economic incentive to sell only certain mutual funds. A fiduciary firm won't, but among brokerages, this remains common.

Does the advisor coordinate your other financial planning needs with independent third parties for your insurance needs/review, tax reviews, and estate planning needs? A comprehensive approach with objective advice is important.

All of this is bunk if the advisor can't show you the money - how he

or she plans to invest your funds. Avoid the artistically designed sales materials - those might look pretty but black and white often presents the most direct information regarding investment strategy.

Ask to see existing portfolios, ask how your funds will be monitored, what trading fees might be, and how market gyrations will be addressed. You should have a clear overview, mixed with an educational approach.

Patience is the key to finding, and working with, an advisor. Remember, you are the hiring manager.

Ryan Fox is partner/owner in Huston-Fox Financial Advisory Services in Gettysburg and Hanover. 717-398-2040 or Ryan@hustonfox.com.



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COMMUNITY NOTES

Failure is not an option

Ralph Serpe
Adams County
Community Foundation

We, through our elected officials, have decided there are some companies and industries so important to the health and safety of the economy that allowing them to fail was simply not an option. The government (we) stepped in and “bailed” them out.

Some communities apply the same “too important to fail” concept to local nonprofits whose work is so important, so vital, that ensuring their long-term stability and growth is priority one. For nonprofits, creating and growing an endowment, invested to provide annual operating support, provides that stability.

That’s why Gettysburg Community Theatre (GCT) Board member Kristine Witherow established the Gettysburg Community Theatre Endowment Fund at the Community Foundation to support the theater’s ongoing operations. She felt the organization was far too important to rely solely on annual fundraising, so she created an endowment fund designated for GCT.

As the only year-round community theater in Adams County, GCT plays an important role in bringing quality theater arts to the region, all while providing educational, performing, and volunteer opportunities to everyone of all ages and abilities. GCT board members made gifts to create the fund, encouraged others to do the same and the Theatre includes the

designated endowment as a giving option to all patrons. GCT’s designated endowment is invested by the Community Foundation, and each year 4.5% is granted back to Gettysburg Community Theatre for its general purposes.

For Chad-Alan Carr, GCT’s Founding Executive/Artistic Director, the Gettysburg Community Theatre Endowment Fund is more than an opportunity for anyone to support GCT for generations, “My hope is that the endowment conveys to the community that GCT is here to stay and we are fully devoted to serving our mission.”

To support that devotion to sustainability, the Community Foundation has once again created an additional stretch pool for this November’s Adams County Giv-

ing Spree for nonprofits with designated endowments. Endowment giving options are available to donors supporting the Adams County Arts Council, Adams County Historical Society, Adams County Rescue Mission, Warrior Education Fund, Gettysburg Chamber Orchestra, Gettysburg Community Theatre, The Thunderbolt Foundation, SCCAP, Totem Pole Playhouse, the YWCA and the United Way of Adams County. With a single gift, donors have the opportunity to say to a favorite nonprofit, “You are important to Adams County and we want you around forever!”

The Community Foundation believes in investing in Adams County by building a permanent civic endowment called The Fund for Adams County. We use the annual proceeds of that fund to support our community grant-

making through Adams County Grants.

The Community Foundation also believes in its own work to expand charitable giving across Adams County. We call our own designated operating endowment the Jack Phillips Founders Fund, a fitting tribute to our late founder and champion.

We believe the quality of our community would suffer greatly without nonprofits many consider indispensable.

Which nonprofits do you think are too important to fail? Share your thoughts on which organizations you think need a designated endowment at the Community Foundation to help sustain their on-going operations. Contact Ralph Serpe, President and CEO Adams County Community Foundation at 717-337-0060 or rserpe@adamscountycf.org.

Holiday Gift Drive at Social Services

Cold weather and the holidays are right around the corner. There are many Frederick County residents who would not be able to celebrate the holidays without the assistance of their neighbors and community. Once again, the Frederick County Department of

Social Services is sponsoring their annual Holiday Gift Drive.

Over the years, many offices, groups, families, and individuals have volunteered to help spread holiday joy by participating in this program. Last year, thanks to generous donations from community

donors and sponsors, the Frederick Department of Social Services was able to support 553 children, families, home bound senior citizens and vulnerable adults. We anticipate the need to be even greater this year.

Those who volunteer to sponsor are provided an information sheet

about the family or person(s) they are helping. Then gifts are purchased, wrapped, and brought to the Department on designated delivery dates. Social Workers will then distribute the gifts to their clients. All donations are greatly appreciated!

The Frederick County DSS Holiday Gift Drive not only warms the hearts of those in need, but the hearts of those who donate as well. If you, your family, or group would like to participate in this year’s holiday gift drive, please contact Becky Rice by email at Becky.Rice1@maryland.gov or by calling 301-600-4536.



The most wonderful time of the year is almost here!

Christmas In Thurmont

Saturday, December 7th

Beginning at 9 a.m.

at the Guardian Hose Co. Firehall

8:45 - 9:15 a.m. - Holiday Music by Thurmont's Gateway Brass Ensemble.

9 a.m. - Santa & Mrs. Claus arrive

9 a.m. - 12:45 p.m. - Pictures with Santa! (Photos compliments of R.S. Kinnard Memorials)

9 a.m. - 3 p.m. Adults pick up stamping map, visit local businesses & get your map stamped. Fully stamped maps for adults are entered for adult prize drawings. (All completed maps must be returned to the Guardian Hose Fire Company by 3 p.m.)

9 a.m. - 3 p.m. - Children up to age of 17 enter for prize drawings. (Children just enter and do not have to have a map stamped.)

10 a.m. - 2 p.m. - Make & Take Holiday Crafts for children & adults. (Children 17 years & under must be accompanied by an adult.)

10 a.m. - 4 p.m. The Frederick County Society of Model Engineers Holiday Train Display opens, 12 E. Main Street (beside Thurmont Bar & Grill.)

1 p.m. - Santa & Mrs. Claus at the Thurmont Regional Library for the reading of 'The Night Before Christmas'.

2 - 3:30 p.m. - Pictures with Santa

4 - 4:30 p.m. - Sounds of the Season by the Catoclin High School Jazz Band.

4:45 p.m. - Performance by the National Award Winning ESP Dance Studio.

5 p.m. - Prize Drawings



HORSE & CARRIAGE RIDES

Every 1/2 Hour

2-5 p.m. & 6-8 p.m. - \$10 Per Person
(By reservation from November 11 - December 4)

For reservations call:
301-271-7313 ext. 207
from November 5 - November 30

The Town of Thurmont and the Frederick County Society of Model Engineers presents a

HOLIDAY TRAIN DISPLAY

Every Weekend from Dec. 7th thru Dec. 22nd

Saturdays 10 a.m. - 4 p.m.

Sundays 12 - 4 p.m.

Open December 7th for Christmas In Thurmont
12 East Main Street



All activities are held at the Guardian Hose Company Firehall unless otherwise noted.

HEALTH NOTES

The fight against lung cancer

November is Lung Cancer Awareness Month. Did you know that lung cancer accounts for 25% of all cancer deaths? Lung cancer kills more people than the next three deadliest cancers combined (colorectal, pancreatic, and breast). While these statistics may be scary, most lung cancers can be prevented since they are usually related to smoking or secondhand smoke. Less often, they are related to radon exposure or other environmental factors. However, some lung cancers occur in people without any known risk factors, and it isn't clear whether these cancers can be prevented. Commonly, lung cancers are at an advanced stage and have spread throughout the body when they are first found, which makes them difficult to cure. Thankfully, in recent years, doctors have found a test that can screen for lung cancer in high-risk patients. This test can find lung cancer much earlier and reduce the patient's risk of dying from the disease.

What are the risks and symptoms of lung cancer? You are at risk for lung cancer if you have family his-

tory or are exposed to:

Tobacco. Smoking is the leading risk factor for lung cancer, and about 80% of lung cancer deaths are attributed to smoking. Cigarette, cigar, and pipe smoking all increase lung cancer risk. Secondhand smoke can also increase your risk – it's thought to cause more than 7,000 lung cancer deaths per year.

Radon. While radon is a naturally occurring gas, it is the second leading cause of lung cancer. Breathing in radon exposes your lungs to small amounts of radiation. There isn't much radon outdoors, but homes and other buildings can have high radon levels, especially in basements and older homes.

Asbestos. Working in mines, mills, textile plants, shipyards, and places where insulation is used increases a person's exposure to asbestos, which increases the risk of both lung cancer and mesothelioma. Air pollution in cities is thought to increase the risk of lung cancer, although the risk is much lower than smoking.

Previous radiation therapy to the chest increases your risk for lung can-

cer, especially if you're a smoker.

See your doctor if you experience any of the symptoms that might indicate lung cancer:

- A cough that won't go away or gets worse.
- Coughing up blood or rust-colored phlegm.
- Chest pain that gets worse with deep breaths, coughing, or laughing.
- Hoarseness.
- Weight loss and loss of appetite.
- Shortness of breath.
- Feeling tired or weak.
- Infections like bronchitis or pneumonia that keep coming back or won't go away.
- New onset of wheezing.

If lung cancer spreads to other organs, it can cause:

- Bone pain.
- Nervous system changes, such as headaches, dizziness, problems with balance, or seizures if it has spread to the brain or spinal cord.
- Yellowing of the skin and eyes if the cancer has spread to the liver.



- Lumps near the surface of the body if the cancer has spread to the skin or lymph nodes.

dence suggests that a diet high in fruits and vegetables can protect against lung cancers.

How can I prevent lung cancer?

While not all lung cancers can be prevented, there are things you can do to lower your risk of developing lung cancer.

- Avoid tobacco. According to the American Cancer Society, if you stop smoking before cancer develops, your damaged lung tissue gradually starts to repair itself.
- Avoid radon and limit exposure to cancer-causing chemicals.
- Eat a healthy diet. Some evi-

Lung Cancer Screening Program

According to the National Lung Cancer Screening Trial, studies have shown that lung cancer deaths can be reduced by 20% when at-risk individuals participate in a lung CT screening program that offers a multidisciplinary approach to the diagnosis and follow up of abnormal scans.

Frederick Health offers a lung CT cancer screening program to identify individuals who are at increased risk of developing lung cancer. This screening allows your healthcare team to develop appropriate follow-up care based on your results.

Who is eligible for the program?

- Those who are current or former smokers who smoked at least 30 pack years.
- Former smokers who have quit within the past 15 years.
- Those who fit the above criteria and are between 55-77 years old.

How do you calculate pack years?

To calculate how many pack years you have smoked, multiply the number of packs of cigarettes you smoked per day by the number of years you smoked. For example:

- One pack per day X 30 years = 30 pack years
- Two packs per day X 15 years = 30 pack years

What does the screening cost?

For eligible patients, there is no cost associated with the test.

If you have specific questions about whether your particular insurance plan covers any of the cost of the lung cancer screening CT, you should personally contact your individual insurance carrier before having the screening CT performed.

Who is not eligible for the program?

You are not eligible to participate in the program if you are having any of the following symptoms:

- Hoarseness
- Coughing up blood
- Chest pain
- Severe shortness of breath
- Unintentional weight loss

If you are experiencing any of the listed symptoms, please see your primary care provider.

To learn more about Frederick Health's lung cancer screening program, visit fmh.org/lungscreening or call 301-694-LUNG (5864).

Are you:

1. Between the ages of 55 and 77?
2. Asymptomatic (no signs or symptoms of lung cancer)?
3. A current smoker or a smoker that has quit within the past 15 years?
4. A tobacco smoker with a smoking history of 30 or more pack years*?

*How to calculate your total pack years:

$$\begin{matrix} \text{Number of years} & \times & \\ \text{you have smoked} & & \\ \hline \text{Average number of} & & \\ \text{packs smoked per day} & & \\ \hline \text{Total Pack Years} \end{matrix}$$

BENEFITS OF LUNG CANCER SCREENING:

✓ Early detection of lung cancer saves lives

✓ Covered by all insurances

Talk to your doctor today! For more information, call 301-694-LUNG or visit fmh.org/LungScreening

Strawberry Hill's Night for Nature raises \$12,000

"If we want children to flourish, to become truly empowered, then let us allow them to love the earth before we ask them to save it. Perhaps this is what Thoreau had in mind when he said, 'the more slowly trees grow at first, the sounder they are at the core,' and I think the same is true of human beings." As a trail-blazing environmental educator, David Sobel has been nurturing the ability of individuals to understand and care for nature for decades.

Strawberry Hill echoes this sentiment in our mission to inspire stewardship of our natural world by connecting the community with educational opportunities. Strawberry Hill is Adams County's only nonprofit environmental education center, and since the debut of our owl, we offer the only live rap-tor program in the area.

This year, we are on track to educate more than 8,000 individuals through an incredible 250 environmental programs. To offer powerful learning experiences that are essential to inspiring stewardship, we rely on the continued support of individuals, grant funding, and fund-raising events.

On October 24, Strawberry Hill hosted our first-ever Night for Nature at Boyer Cellars. The venue

was filled with many of our non-profit's biggest supporters – those who advocate for our mission, and give generously of their time and resources. This event sold out and, thanks to the outpour of support from our attendees, we were able to raise nearly \$12,000 for environmental education!

While donors walked away with original artwork and multi-day getaways, a highlight of the auction was the support for our barred owl, Strix. During the program, we asked donors to help offset the cost of our Animal Ambassadors program, which costs roughly \$3,000 per year.

Strawberry Hill has nine Animal Ambassadors - three turtles, three snakes, a toad, insects, a barred owl, and the newest member of our team, Ollie the skunk. As you can imagine food (mice, crickets, fresh fruit and greens, etc.), yearly vet visits, and habitat enrichment can add up quickly for a small nonprofit. Donors answered our call to action, raising an additional \$1,900 in ten minutes to benefit our animals.

These program animals are crucial to our mission of environmental education. Strix, our barred owl, allows students to get up-close to a bird of prey and introduces the con-



Strawberry Hill's #1 Animal Ambassador, Strix, a Barred Owl, handled here by his person - Lizzy Ryan, drew the largest number of contributions at the Strawberry Hill Night for Nature fundraiser.

cept of the food chain through an owl pellet dissection. Our snakes, turtles, and toad help children learn the native species that call this area home, distinguish reptiles from amphibians, and the importance of a healthy ecosystem. Naturalists use our insects to teach about life cycles, invasive species, and the significance of pollinators.

Strawberry Hill has been able to educate more than 105,000 people since our foundation in 1986. For decades, we have been planting

seeds, nourishing minds, and nurturing an appreciation for the natural world. These lessons learned leave a lasting impact. The children we educate grow up to be scientists, environmental engineers, zoologists, foresters, educators, entomologists, and ecologists who will carry on our mission.

On behalf of Strawberry Hill, I would like to thank you for helping us make this impact. Thank you to each business and individual who contributed an item for our auction,

every attendee who gave generously of their resources, our auctioneer, Larry Swartz, and our host and sponsor, Boyer Cellars. Thank you for supporting the important work we do. Together, we are making the world a better place!

Kara Ferraro is the Executive Director of the Strawberry Hill Foundation. Strawberry Hill inspires stewardship of our natural world by connecting the community with educational opportunities.



A big round of applause for all of the Gateway To The Cure donating businesses, to all who supported these businesses, participated in the Zumbathon, Golf Classic, 5K, A Date With Slate, Painted & voted for a pumpkin, bid on the silent auction package, purchased Gateway To The Cure merchandise and to all who purchased & turned on a pink light in October. Thanks to your support, Gateway To The Cure is making a difference in Breast cancer treatment, research, and support in Frederick County via the Patty Hurwitz Breast Cancer Fund at Frederick Memorial Hospital.

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Watch the check presentation to the Patty Hurwitz Breast Cancer Fund on Tuesday, November 19 at 7 p.m. on cable channel 99 or stream at <http://thurmontgranicus.com/ViewPublisher.php?view id=2>

For more information about the Patty Hurwitz Fund at FMH go to <http://www.pinkribbonfrederick.org/about us>

WWI NEWS REPORTS FROM THE FRONT

Failure of a dream – The League of Nations

In November 1919, for the first time, the Senate rejected a peace treaty. By a vote of 39 to 55, far short of the required two-thirds majority, the Senate denied consent to the Treaty of Versailles. President Woodrow Wilson personally negotiated the treaty ending World War I, promoting within the treaty the charter for the League of Nations, which he hoped would provide for a system of collective security.

The League of Nations was the first worldwide intergovernmental organization whose principle mission was to maintain world peace. The League's primary goal included preventing wars through collective security, disarmament, and settling international disputes through negotiation and arbitration.

The League of Nations posed ideological problems for many Republicans, including Henry Cabot Lodge. Most contentious of its propositions was the Covenant that called for the League to arbitrate the legality of actions within member countries and the placing of the U. S. military under the command of foreign leadership to be used, without the consent of congress, to maintain peace in areas where the U.S. had no national interest.

After some notable successes and some early failures in the 1920s, the League ultimately proved incapable of preventing aggression by the Axis powers in the 1930s. The credibility of the organization was weakened by the fact that the United States never joined the League. The onset of the Second World War showed that the League had failed its primary purpose, which was to prevent any future world war.

In the course of the diplomatic efforts surrounding World War I, Britain, the leader of the Allies, and in the neutral United States, long-range thinkers had begun to design a unified international organization to prevent future wars. President Wilson, in his Fourteen Points peace plan of January 1918, included a "League of Nations to ensure peace and justice."

President Woodrow Wilson oversaw the drafting of a U.S. plan, which

reflected Wilson's own idealistic views. Wilson's own first draft proposed the termination of "unethical" state behavior, including forms of espionage and dishonesty. Methods of compulsion against recalcitrant states would include severe measures, such as "blockading and closing the frontiers of that power to commerce or intercourse with any part of the world and to use any force that may be necessary..."

At the Paris Peace Conference in 1919, Wilson put forward his draft proposals. After lengthy negotiations between the delegates, the draft was finally produced as a basis for the Covenant for the League of Nations. After more negotiation and compromise, the delegates finally approved of the proposal to create the League of Nations and the League was formally established by Part I of the Treaty of Versailles.

Structure of the League

The League was made up of a General Assembly (representing all member states), an Executive Council (with membership limited to major powers), and a permanent Secretariat. Member states were expected to: "respect and preserve as against external aggression" the territorial integrity of other members, and to disarm "to the lowest point consistent with domestic safety."

All states were required to submit complaints for arbitration or judicial inquiry before going to war. The Executive Council would create a Permanent Court of International Justice to make judgments on the disputes.

The League held its first Council meeting in Paris in January 1920, six days after the Versailles Treaty and the Covenant of the League of Nations came into force. In November 1920, the headquarters of the League was moved from London to Geneva, where the first General Assembly was held.

The main constitutional organs of the League were the Assembly, the Council, and the Permanent Secretariat.

Unanimity was required for the decisions of both the Assembly and the



American participation in the League of Nations was a keystone for its success. Without the U.S., the League - which was the outgrowth of President Wilson's effort to create a world body that could end war for all time - was doomed to failure.

Council. This requirement was a reflection of the League's belief in the sovereignty of its component nations; the League sought a solution by consent, not by dictation. In case of a dispute, the consent of the parties to the dispute was not required for unanimity.

The Assembly consisted of representatives of all members of the League, with each state allowed up to three representatives and one vote. The League Council acted as a type of executive body directing the Assembly's business. It began with four permanent members (Great Britain, France, Italy, and Japan) and four non-permanent members that were elected by the Assembly for a three-year term. The first non-permanent members were Belgium, Brazil, Greece, and Spain.

The League also oversaw the Permanent Court of International Justice and several other agencies and commissions created to deal with pressing international problems. These included the Disarmament Commission, the International Labor Organization, the Mandates Commission, the International Commission on Intellectual Cooperation (precursor to UNESCO), and the Court of International Justice.

The Permanent Court of Interna-

tional Justice heard and decided international disputes which the parties concerned submitted to it. It also gave an advisory opinion on any dispute or question referred to it by the Council or the Assembly.

Rejection of the League by the U.S. Senate

Woodrow Wilson saw the Allied victory in World War I as an opportunity to revise the international order. At the peace negotiations in 1919, Wilson successfully argued for the creation of a League of Nations. Many Americans, however, believed that membership in the organization might require American entry into a future war.

Despite Wilson's efforts to establish and promote the League, for which he was awarded the Nobel Peace Prize in 1919, Senate Republicans led by Henry Cabot Lodge wanted a League with the reservation that only Congress could take the U.S. into war.

When the treaty arrived in the Senate in July, Democrats mostly supported the treaty, but Republicans were divided. The "Reservationists," led by Senator Henry Cabot Lodge, called for approval of the treaty only if certain reservations, or alterations, were adopted.

In August, Lodge reiterated to the

Senate that Article X of the League violated the principles of the Constitution. He stated that no American soldier or sailor could be sent overseas to fight a war "except by the constitutional authorities of the United States."

In addition, Lodge believed that the United States could not fight in every war around the globe and only needed to protect American interests. He said, "Our first ideal is our country.... We would not have our country's vigor exhausted or her moral force abated, by everlasting meddling and muddling in every quarrel, great and small which affects the world."

On November 15, the chamber was still considering the treaty when for the first time in its history, the Senate successfully voted to invoke cloture, cutting off debate on the treaty. Four days later, on November 19, the Senate voted on Lodge's resolution for ratification subject to the reservations. The vote was 39 in favor and 55 opposed. As a two-thirds vote being required, the resolution failed.

The senators who favored ratification of the treaty without reservations had joined with the "irreconcilables," those who opposed the treaty under any circumstances, to defeat the reservations.

The Senate then considered a resolution for ratification of the treaty without reservations. The vote was 38 in favor and 53 opposed. A two-thirds vote being required, the resolution failed.

The final blow occurred on March 19, 1920, when the treaty with reservations was again defeated, 49 in favor to 35 against. Unable to win ratification, in 1921 Congress approved a separate peace treaty, known as the Knox-Porter Resolution, formally ending hostilities with Germany and the Austro-Hungarian government. In signing a separate peace treaty, the U.S. avoided the requirement to join the League of Nations.

The Lodge Reservations

While Senator Lodge was open to joining the League of Nations, he was only open to doing so if its Charter was changed to reflect American institutions, integrity and role under the Monroe Doctrine.


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With the peace treaty and the League of Nations charter at its core, open warfare erupted in the Senate between those seeking to protect America's tradition of non-involvement in foreign affairs and those embracing President Wilson's view that America needed to promote American values around the world.

On September 16, Lodge introduced his 14 'reservations' to the League of Nations for Senate consideration. Unfortunately space will not allow us to print all of Senator Lodge's reservations, however, the key ones, which were eventually incorporated into the Charter of the United Nations are:

The United States so understands and construes Article I that in case of notice of withdrawal from the League of Nations, as provided in said article, the United States shall be the sole judge as to whether all its international obligations and all its obligations under the said Covenant have been fulfilled, and notice of withdrawal by the United States may be given by a concurrent resolution of the Congress of the United States.

The United States assumes no obligation to preserve the territorial integrity or political independence of any other country or to interfere in controversies between nations – whether members of the League or not – under the provisions of Article 10, or to employ the military or naval forces of the United States under any article of the treaty for any purpose, unless in any particular case the Congress, which, under the Constitution, has the sole power to declare war or authorize the employment of the military or naval forces of the United States, shall by act or joint resolution so provide.

No mandate shall be accepted by the United States under Article 22, Part 1, or any other provision of the treaty of peace with Germany, except by action of the Congress of the United States.

The United States reserves to itself

exclusively the right to decide what questions are within its domestic jurisdiction and declares that all domestic and political questions relating wholly or in part to its internal affairs, including immigration, labor, coastwise traffic, the tariff, commerce, the suppression of traffic in women and children, and in opium and other dangerous drugs, and all other domestic questions, are solely within the jurisdiction of the United States and are not under this treaty to be submitted in any way either to arbitration or to the consideration of the Council or of the Assembly of the League of Nations, or any agency thereof, or to the decision or recommendation of any other power.

The United States will not submit to arbitration or to inquiry by the Assembly or by the Council of the League of Nations provided for in said treaty of peace any questions which in the judgment of the United States depend upon or relate to its long-established policy, commonly known as the Monroe Doctrine; said doctrine is to be interpreted by the United States alone and is hereby declared to be wholly outside the jurisdiction of said League of Nations and entirely unaffected by any provision contained in the said treaty of peace with Germany.

The Congress of the United States will provide by law for the appointment of the representatives of the United States in the Assembly and the Council of the League of Nations, and may in its discretion provide for the participation of the United States in any commission, committee, tribunal, court, council, or conference, or in the

selection of any members thereof, and for the appointment of members of said commissions, committees, tribunals, courts, councils, or conferences, or any other representatives under the treaty of peace, or in carrying out its provisions; and until such participation and appointment have been so provided for and the powers and duties of such representatives have been defined by law, no person shall represent the United States under either said League of Nations or the treaty of peace with Germany or be authorized to perform any act for or on behalf of the United States there under; and no citizen of the United States shall be selected or appointed as a member of said commissions, committees, tribunals, courts, councils, or conferences except with the approval of the Senate of the United States.

The United States shall not be obligated to contribute to any expenses of the League of Nations, or of the Secretariat, or of any commission, or committee, or conference, or other agency organized under the League of Nations or under the treaty or for the purpose of carrying out the treaty provisions, unless and until an appropriation of funds available for such expenses shall have been made by the Congress of the United States.

If the United States shall at any time adopt any plan for the limitation of armaments proposed by the Council of the League of Nations under the provisions of Article 8, it reserves the right to increase such armaments without the consent of the Council whenever the United States is threatened with invasion or engaged in war.

It has been suggested that had the United States become a member of the League of Nations, it would have also provided support to France and Britain, possibly making France feel more secure, and so encouraging France and Britain to oppose more fully the rise of German militarism, thus making the rise to power of Hitler and his Nazi Party less likely.

Failure of Disarmament & Demise of the League

Article 8 of the League of Nations gave the League the task of reducing "armaments to the lowest point consistent with national safety and the enforcement by common action of international obligations." A significant amount of the League's time and energy was devoted to this goal, even though many member governments were uncertain that such extensive disarmament could be

achieved or was even desirable.

The League Covenant assigned the League the task of creating a disarmament plan for each state, but the Council devolved this responsibility to a special commission set up in 1926 to prepare for the 1932-1934 World Disarmament Conference. Members of the League held different views towards the issue. The French were reluctant to reduce their armaments without a guarantee of military help if they were attacked; Poland and Czechoslovakia felt vulnerable to attack from Germany and wanted the League's response to aggression against its members to be strengthened before they disarmed. Without this guarantee, they would not reduce armaments because they felt the risk of attack from Germany was too great.

The Disarmament Commission obtained initial agreement from France, Italy, Spain, Japan, and Britain to limit the size of their navies but no final agreement was reached. Ultimately, the Commission failed to halt the military build-up by Germany, Italy, Spain and Japan during the 1930s. The onset of the Second World War demonstrated that the League had failed in its primary purpose: the prevention of another world war.

The origins of the League as an organization created by the Allied powers as part of the peace settlement to end the First World War led to it being viewed as a "League of Victors." The League's neutrality tended to manifest itself as indecision. It required a unanimous vote of nine, later fifteen, Council members to enact a resolution; hence, conclusive and effective action was difficult, if not impossible. It was also slow in coming to its decisions, as certain ones required the unanimous consent of the entire Assembly. This problem mainly stemmed from the fact that the primary members of the League of Nations were not willing to accept the possibility of their fate being decided by other countries, and by enforcing unanimous voting had effectively given themselves veto power.

Another important weakness grew from the contradiction between the idea of collective security that formed the basis of the League and international relations between individual states. The League's collective security system required nations to act, if

necessary, against states they considered friendly, and in a way that might endanger their national interests, to support states for which they had no normal affinity. Moreover, the League's advocacy of disarmament while at the same time advocating collective security meant that the League was depriving itself of the only forceful means by which it could uphold its authority.

The League's inability to stop Mussolini's invasion of Ethiopia in 1935 emboldened Adolf Hitler, who in 1936 sent troops back into the Rhineland, an area that was supposed to remain a demilitarized zone according to the Treaty of Versailles.

The area known as the Rhineland was a strip of German land that borders France, Belgium, and the Netherlands. This area was deemed a demilitarized zone to increase the security of France, Belgium, and the Netherlands against future German aggression. This move was the first of many direct violations of the Treaty of Versailles by Adolf Hitler.

Again, Great Britain and France did nothing substantial in reaction to this break of the treaty. Due in part to this lack of reaction, Adolf Hitler would soon begin to take over other lands throughout Western Europe, and the world would again experience war.

At the 1943 Tehran Conference, as the tide of battle in WWII was turning against Germany, the Allied powers agreed to create a new body to replace the League: the United Nations. The designers of the structures of the United Nations intended to make it more effective than the League. Many of the reservations to the League, first raised by Senator Lodge in 1919, were addressed and rectified in the new United Nations charter.

The final meeting of the League of Nations took place in April 1946 in Geneva. Even though the League failed to achieve its ultimate goal of world peace, it did manage to build new roads toward expanding the rule of law across the globe; strengthened the concept of collective security and gave a voice to smaller nations, and most importantly of all, it laid the groundwork for the creation of the United Nations.

To read past editions of News Reports From The Front visit the History section of emmitsburg.net.

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HISTORY

Gateway to the Mountains

George Wireman
Originally published in 1969

Chapter 4: The Tanning Industry

The manufacture of leather by tanning skins and hides is probably the oldest craft associated with civilization itself. Leather sandals and other articles made from animal hides and showing the effects of tanning and curing have been found in Egyptian tombs that are more than 3,000 years old. According to existing records, the in-habitants of China and India knew how to make leather before they developed their system of writing, thousands of years ago.

When the early explorers reached the shores of the New World, they found that the American Indians were well versed in the art of tanning and that all of the tribes used the same method. The proximity of the rock oak in the adjacent mountains and the abundance of water made Mechanicstown a very favorable place for tanning hides. When Daniel Rouzer came to Mechanicstown, he brought with him the art of tanning leather and in 1793 he established the Rouzer Tannery, which became the first major industry in the community.

In the early days, the tanning industry was mostly centered in New York. The tanners making hemlock leather were located along the line of growth of that tree, which took them through Pennsylvania, lower New York, Michigan, and northern Wisconsin. The tanners using oak bark and chestnut wood followed a line through the mountains of Pennsylvania, Maryland, Virginia, West Virginia, North Carolina and Tennessee. The depletion in the supply of oak and hemlock bark and the virtual extinction of chestnut wood by blight, curtailed many tanneries. The early tanneries were small and established near the sources of the tanning materials. When the local supplies of vegetable tannins were exhausted, the tanneries were dismantled and moved to locations where supplies were plentiful.

Daniel Rouzer was considered an expert tanner and the Rouzer Tannery flourished for many years, pro-

viding employment for the citizens of this fast growing settlement.

Plank boxes were sunk in the ground for vats, and oak bark, containing tannin, was crushed by means of heavy stones. This was generally the only tanning agent used.

Tannins precipitate solutions of gelatin and of toker proteins, and when uniting with rawhide, form leather. Treatment of the hides with the tanning solution changes the protein in the hides so that they will be water-resistant and will not petrify.

Rouzer then suspended or deposited the hides in a successive series of vats containing tan liquor or ooze which was made increasingly rich in tannin. At first, the hides were frequently turned over in the vats, but this handling became less frequent as the process continued, until in the final vat the hides would rest for six weeks without being disturbed. When finally taken from the tan bark vat, the hides were then drained in a heap, then covered so as not to let in any light. After the draining process was completed, the hides were then suspended in a loft for drying, in which condition they form rough leather. When completely dry, the hides were then taken from the loft and dampened and softened in a water bath. Following this they were scoured to remove the bloom from the surface, then oiled and the entire surface worked over by pressure with a three-sided steel implement called a striking pep. After tanning, the leather was then dressed by the currier and leather dresser.

Daniel Rouzer took great pride in his work and produced some of the finest leather in this part of the country. His son, John Rouzer, took over the operation of the tannery in later years and became one of the leading tanners and influential citizens of Western Maryland.

A marble slab, used for an entrance walk to the property of George W. Wireman on Carroll Street, is without a doubt, the last remaining relic from the Daniel Rouzer tannery. This stone was used to smooth out the leather in the final stages of the tanning process and was brought to the

Wireman property by George Stockdale during the construction of the house in 1874.

Although the Rouzer tannery was the first major industry in Mechanicstown, it was not the only tannery. In 1810 the Wampler Tannery was built and in 1820 Richard Jones of Baltimore established the Hunting Creek Tannery which featured some 200 vats and turned out more than twenty-five thousand sides of superior leather yearly. A year later in 1821, Samuel Stern built a tannery near the mountains.

Henry Rouzer established a tannery, located on East Main Street on the site now occupied by the home of Austin Bruchey. The bark sheds were built along the street and the vats were located to the rear of the property, which today serves as a backyard for the Bruchey residence.

By 1831 there were seven tanneries in operation, each producing a fine grade of leather and contributing much to the economy of this little, but thriving community.

Chapter 5: Community Schools

Education has always been a social process by means of which a community, society, or nation has sought to transmit to the emergent generation, those traditional aspects of its culture which it considered fundamental and vital for its own stability and survival.

Mechanicstown, from the very beginning, took a deep interest in education and to this very day the community takes its schools and educational problems seriously.

The first school in the community was held in a house on West Main Street. The first school building was constructed in 1796, on a lot on Water Street near the site of the State Theatre. Some years later a second school building was erected on Church Street and stood on the site now occupied by the home of Richard D. Culler. Still years later, a beautiful stone school house was built on what is now Altamont Avenue. Before any churches were built in the community, these school buildings were often used for religious services.

In 1848 the "Old Academy" was erected on East Main Street and was located on the site of the pres-



The 'Old Academy' school building

ent Western Auto Store. It was in this building, now owned by the International Order of Odd Fellows (I.O.O.F. lodge), that the first high school in Mechanicstown was organized in 1892.

Pupils attending school located in the old Claire Frock Building located on E. Main Street

It is rather difficult indeed for our younger generation to realize that on the present site of Trout's Super Thrift, there once stood the famous Mechanicstown Male and Female Seminary. This was established in 1874 by the Middle Conference of the Lutheran Synod of Maryland. Like most of the early buildings, it was constructed of stone, obtained from the nearby mountains.

After the seminary closed this same building served as quarters for several private schools.

In 1880, the first four-room elementary school was erected on East Main Street, now owned by the

Claire Frock Company. The building was designed to take care of all pupils of the Mechanics-town district, and the teachers were men of outstanding ability. These included John Landers, Ephraim L. Boblitz, and Frederick White. A year later, Mr. Boblitz resigned his teaching position and accepted an appointment as Frederick County School Examiner.

As previously mentioned, the first high school was begun in 1892 in the old Academy building. The first principal of the high school was William M. Martin. At this early date, it was customary for a high school student to take a three-year course. The first high school commencement was held in the old Town Hall in 1894, with one graduate. The following year sixteen pupils graduated and H. D. Beachley became principal. In 1896, the high school was moved into a newly constructed building on East Main Street, located on the site now occupied by Riffle's Garage. Around

Harney Veterans Day observance

On Saturday, November 9, the Monocacy Valley Memorial VFW Post 6918, located in Harney will host its annual Veterans Day Observance at the Post starting at 11 a.m.

Post Commander Larry Harris said "Memorial Day is a time to pause, to reflect and recognize the challenges and sacrifices of veterans who have served, those who continued to serve and those who have given the ultimate sacrifice while serving their country in the United States Armed Forces".

Our guest speaker will be Pastor Ginger Bennett, (Retired SSGT) US Air Force and a combat decorated veteran will speak on the "Valor and Dedication of a Veteran."

This year, we are honored to have the Maryland Patriot Guard Riders to participate in the Veterans Day Observance Program. The PGR has and continues to serve their country to assist fallen veterans and their families when in time of need of support.

Members of the Monocacy Valley Memorial Post 6918 have embraced the Post Memo-

rial wall with names of our fallen comrades. At the conclusion of the program, Post Commander Larry Harris and the VFW President of the Auxiliary Jessica Wojtkowiak will escort and present the wreaths at the post memorial.

The Maryland Patriot Guard Riders will participate in the program by raising and lowering the flag at half mast in honor of our fallen veterans. They will also present the colors, the American flags around the Memorial.

Distinguished members of the Harney VFW Post 6918 Honor Guard will give a 21-gun salute to honor all of our veterans and the sounding of taps for our fallen veterans.

The public and all veterans and their families are invited to attend the program and to participate in this special occasion. Light refreshments will be served after the program in the pavilion.

For further information, contact Frank M. Rauschenberg at 410-756-5444 or call the post at 410-756-6866.

SMALL BUSINESS SATURDAY
NOVEMBER 30

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Thurmont Mayor John Kinnaird & the Thurmont Commissioners proclaim November 30 Small Business Saturday & urge the residents of our community, & communities across the country, to support small business & merchants on Small Business Saturday & throughout the year!

HISTORY/OBITUARIES

1910, the high school and elementary schools merged and to take care of the in-crease in pupils, an annex was added to the existing building. With-in a few years after the merger, enrollment soon outgrew the facilities and, hastened by a destructive wind-storm in 1914 which dam-aged the building considerably, a new consolidated school was erected on the present site in 1916. Since then there have been several additions added to the original structure including an auditorium, cafeteria and a manuel arts shops.

In 1955, due to the still increasing enrollment it became necessary to build a new elementary school. Located at the far eastern end of the community, this school opened in September, 1955 and has already outgrown its facilities.

After considerable discussion, which at times turned into heated arguments, plans were approved for a new and modern high school, to be built at the North end of the community on Route 81. This is now under construction and is to be a joint school for both Emmitsburg and Thurmont. After many years and strong demands by the local citizens, Thurmont has finally been successful in obtaining this much needed school which she so justly deserves, in order to keep pace with the very latest methods of teaching our younger generation. Ground-breaking ceremonies were held on July 28, 1967 and the first shovelful of earth was turned over by Ross V. Smith, a local citizen who is a member of the Frederick County Board of Education. Construction was begun immediately thereafter. The school is expected to be completed by September 1968.

With the facilities available in our community today, we can feel justly proud of the fact that they have contributed much to our society, for an educated citizen knows and discharges his civic duties, respects the law, acts upon an unswerving loyalty to democratic ideals, respects honest differences of opinion, conserves the nation's resources, and acts to correct unsatisfactory conditions. When it comes to education, Thurmont is alert and ready to fight for what she believes to be the best for her youths.

Chapter 6 next month

Tom Wajda

Thomas J. Wajda, a career U.S. Foreign Service officer who in retirement pioneered lavender farming in the eastern United States, died Oct. 15 of complications from Parkinson's disease at home in Frederick. He was 78.

Born one of 10 children on his family's dairy farm in northeastern Ohio, Mr.

Wajda joined the U.S. Foreign Service in 1963 after receiving a bachelor's degree in political science from Youngstown State University.

He worked in consular affairs in Iran and Afghanistan before volunteering to serve as a refugee advisor in Tay Ninh Province during the Vietnam War.

After returning from Vietnam in 1970, Mr. Wajda completed the Harvard Trade Union Program, then served as labor attaché in Senegal and New Zealand. His professional travels during this period also included Papua New Guinea and Antarctica.

In 1979, he earned a master's degree in science and technology policy from The George Washington University. His later career included postings to France and Canada and key contributions to negotiations around the International Space Station and the North American Free Trade Agreement (NAFTA). Mr. Wajda retired from the Foreign Service in 1995.

In retirement he returned to his farming roots when he and his wife Madeline founded Willow Pond Farm, a certified organic herb farm in Fairfield.

Inspired by visits to farms in traditional lavender-growing areas in Provence, France, and the north-western United States, the Wajdas focused on the challenge of cultivating lavender in the rocky soil of Pennsylvania. They later founded the annual Pennsylvania Lavender Festival, the first event of its kind in the mid-Atlantic, hosting this popular regional event until 2015.

Willow Pond Farm was a labor of love for Mr. Wajda. There he grew more than 100 varieties of the lavender, including three cultivars he developed: Madeline Marie, Rebecca Kay, and Two Amys. He delighted in sharing his knowledge, including in a self-published lavender gardener's guide and in lectures and garden tours. Many who encountered him enjoyed his dry sense of humor and wit and were quickly converted to friends. He will be deeply missed.

He is survived by his wife of 58 years, Madeline Lyle Wajda; three children and five grandchildren. He was preceded in death by three sisters and three brothers.

A funeral and celebration of Tom's life will be held on Saturday, November 2, starting at 11 a.m. at All Saints' Episcopal Church, 106 W. Church Street, Frederick. Following the service, Tom's family will host a luncheon and memorial celebration in the church parish hall. All are welcome.

In lieu of flowers, the family has established the Thomas J. Wajda Foreign Affairs Scholarship at the Youngstown State University Foundation, 655 Wick Avenue, Youngstown, OH 44502.

John "Jack" Russell Cordell

John "Jack" Russell Cordell Jr., 81 of Rocky Ridge passed away on Friday October 18, peacefully at his home with his family by his side. Born January 17, 1938 in Clarksburg, he was the son of the late John Russell Sr. and Daisy Mae (Brown) Cordell. In addition to his parents Jack is preceded in death by many uncles, aunts, and dear cousins.

Jack had many jobs in his lifetime from working on the farm, working in precision optics, being a realtor, to ultimately starting his own business as a homebuilder. He was the owner of Cordell Custom Homes and took pride in doing a quality job for a fair price. Jack enjoyed spending time with his family and grandkids. He enjoyed working on cars and equipment, camping, and vacationing with his family and friends. In later years he enjoyed mornings at McDonalds with all his buddies and the ladies of course. Jack was always ready to tell you a story or talk about whatever the subject may be. His smile and sense of humor is going to be missed by many.

Jack is survived by his loving

wife of 48 years Claudia Cordell, his sister Barbaran Sexton and husband Norman his son C.J. Cordell and wife Wendy, daughters Denise Burch and husband Barry, Carrie Hummer and husband Ryan, Spring Harman and husband Ian, Jackie Powell and husband Jerry. Grandkids Becca Stevens, Adam Cordell, Diana Burch, Elizabeth "best buddy" Burch, Michael Ryan, Jennifer Drescher, and Danielle Powell, great grandkids, nephews, and Elaine Cordell wife of the late Bernie Cordell

Family will receive friends on Saturday November 2 at Thurmont United Methodist Church, 13880 Long Rd. Thurmont, from 12-2 P.M. with a celebration of life promptly following with Reverend Ken Fizer.

In lieu of flowers contributions may be made in Jack's name to: The Michael J Fox Parkinson Foundation PO Box 5014 Hagerstown, MD 21741 or to Thurmont United Methodist Church 13880 Long Road Thurmont, MD 21778.

John's care has been entrusted to Black's Funeral Home of Thurmont.

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MOM'S TIME OUT

Mommin' when you're sick

Mary Angel

The other day a mom from one of my bible studies asked, "How do you do it?" I was confused. I wasn't sure if she was referring to homeschooling, dealing with my husband's recent travel schedule, or keeping my sanity while raising three teens and a preteen. None of these seemed to be relevant to her situation nor were they that impressive. Turns out she had noticed that I had been sick for some time and then, as soon as I was well enough, I had surgery. Her question really was how do you "mom" (yes that is a verb in this case) while you are sick or laid up?

I had to give this some thought since I have never really contemplated how it's done, but rather just done it. Being a mom can be overwhelming at any time and under so many circumstances, but when you are sick it can be even more so. Add to all of that being a young mom with toddlers and babies... oh my! She definitely got me to

think about those times when I was much, much younger. When you are a new mom no one can explain exactly how tired you are going to be. And most of us new moms don't take seriously enough the phrase "sleep when they sleep". On top of being tired you suddenly end up with a bad cold, bronchitis, or worse. Caring for yourself when you were sick before a baby probably seemed tiring, but now you have a completely dependent little child that needs you almost 24/7. What is a new mom to do?

First she should take a deep breath and ask for help. Ask your husband, your mom, your best friend, even older children if they are of a helpful age. You should also reinstate the "sleep when they sleep" adage. When my first child was born my mother-in-law and my mom offered to come over and help my husband and me. They even offered to stay the night the first week or so. My husband laughed and told them we were fine, "After all," he said, "there are two of us and one small baby.

How hard can it be?" Famous last words! When we came home from the hospital my husband walked through the door holding a baby with colic and helping a wife with nerve damage in her left leg. He still didn't think we needed help. It wasn't until the first night at about 2 a.m. when I was walking the baby to calm the colic and fell. My husband came running, checked on both of us (we were both fine) and yelled, "What were we thinking!" The next two weeks my mom and his took turns spending the night and bringing me the baby when he was hungry, while I sat in a chair. My nerve damage improved greatly in about six months, but the colic didn't. If it hadn't been for the help we received I think we both would have lost our minds.

The other thing to remember when you are sick or laid up is you need to take care of yourself. I hope this doesn't offend or shock anyone, but it is ok to put up the gates and kid proof the living room so you can vegetate while the kids watch the video you popped in. I am not suggesting a daily electronic babysitter. I just need you to understand that if you don't take care of yourself then you can't take care of your family. I would also caution you that this is based on your child's age and your understanding of their abilities. An infant should be in a play pen or down for a nap and if you have a toddler who is an escape artist then



this might not be a good choice for you. This leads me to another option. There is an old saying that it takes a village to raise a child. Call on someone in your village. What I mean is trade off with a friend. Your friends, especially those who are at the same stage of parenting as you, are a great support team. Moms are going to get sick and be laid up now and again, so find a friend to help you and help them in return when they are in need. My kids hate when I say it, but team work makes the dream work!

Along the same lines as asking for help and the vegging on the couch would be the playdate exchange. When you have a friend who is laid up from an injury or surgery it is always sweet to bring a meal or offer to clean, but please don't overlook the blessing of taking the kids for a while. A mom whose kids are out of the house having a playdate will rest and recuperate much better than if she is worrying and try-

ing to entertain them herself. This also reminds me to mention that moms whose kids are out of the house could totally jump in on this blessing. An empty nester mom could offer to take the kids out to lunch, to her house for some crafts, or maybe even to a local attraction (if she feels adequately equipped).

The bottom line is, when you are a mom who isn't 100%, you have to take care of yourself or you won't be able to take care of the kids or husband. It is alright to take some down time and not be the house cleaning, alphabet practicing, laundry doing mom you usually are. Take a break and ask for help and remember no matter how put together another mom seems, in these times or others, she has her own struggles. Hope you feel better and drink lots of fluids!

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



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Fall apple treats

Kay Hollabaugh
Hollabaugh Brothers
Fruit Market

I don't know quite how you can not like fall. The days get cooler and crisper and shorter. Apples are harvested and cider is plentiful. Pears are abundant and are SO sweet and delectable. I know for many people late fall is a sign of something they don't like – winter! For me? As a fruit and vegetable grower/marketer, the time change and earlier darkness in the evenings is a much-needed and deserved season. I married into our business and I recall my husband – year after year after year – commenting that it wasn't until ALL the fruit was off the trees that he would breathe a sigh of relief. In the early years of our marriage, I didn't really appreciate the significance of that statement. I do now.

For now, however, Thanksgiving is knocking on our door! And we welcome it, because isn't it always appropriate to give thanks? I believe it is.

Four Fruit Compote

- 1 20 oz. Can Pineapple Chunks, Halved
- ¼ C. sugar
- 2 T. Corn Starch
- 1/3 C. Orange Juice or Apple Cider
- 1 T. Lemon Juice
- 1 Oz. Can Mandarin Oranges, or 2 cups of fresh oranges
- 4 Unpeeled Apples – use a red apple – skin looks beautiful in the fruit
- 2 Bananas, Sliced

Cooking Directions: Drain the pineapple, reserving ¾ cup of the juice. In a saucepan, combine sugar and corn starch. Add pineapple juice, orange juice and lemon juice. Cook and stir over medium heat until thickened and bubbly. Stir and cook 1 minute longer. Remove from heat. In a bowl, combine fruits and pour the warm sauce over to coat. Refrigerate. Fruit does not get brown. Add in other fruits to taste. I love Asian Pears and often add one or two of them! Serve in a glass bowl. It's beautiful!

Fried Apples

- Goldrush apples – but you can pick your favorite variety
- ½ cup butter
- brown sugar
- 1 Tbs cinnamon

Cooking Directions: Peel, core and thinly slice apples. Depending upon how many you are feeding, I use 8 to 10 apples. Melt ½ cup butter in a fry pan and add brown sugar to your taste. When using Goldrush, I usually use about ¾ cup of firmly packed brown sugar. Melt and add and stir in 1 teaspoon of cinnamon. Toss the apples in, coating and frying until soft and golden in color. A delicious side dish to turkey or pork or ham!

Bruce's Favorite Yams

- 5 to 6 medium yams, peeled and quartered
- ½ C. Butter
- ½ C. Brown Sugar
- ¼ C. Apple Cider
- Salt to taste
- ¼ Tsp. Cinnamon

Cooking Directions: Melt butter in a frypan and add the brown sugar and cinnamon, stirring to dissolve and mix. Add salt and cider. Toss in potatoes, cooking over medium heat, stirring turning potatoes often. Feel free to add more butter and/or brown sugar if they get a bit dry. Delish!!!

Hot Spiced Apple Slices

- 8 Tart Apples (I love Goldrush), cored and cut into 1" thick wedges
- ¼ C. Flour
- 1 C. Brown Sugar
- 1/3 C. Rum-Soaked Raisins
- 1 Tsp. Salt
- 12 Cinnamon Sticks
- 1/3 C. Butter, Melted
- 3 T. Lemon Juice
- 1/3 C. Apple Brandy

Cooking Directions: In large, shallow pan, arrange apples in a single layer. Sprinkle with flour, sugar, raisins, salt and cinnamon sticks. Pour butter, lemon juice and brandy over the

top. Mix well to blend and coat apples. Cover tightly with foil. Bake in 350 degree oven about 30 minutes or until the apples are crisp-tender. Note: Soak raisins in rum to cover about 30 minutes and drain.

Sausage, Egg and Apple Bake

- 1 Lb. Bulk Pork Sausage
- 6 Eggs
- 2 C. Milk
- 1 Tsp. Salt
- 1 Tsp. Ground Mustard
- 6 Slices White Bread, cubed
- 2 Apples, Peeled and Chopped
- 1 C. Shredded Cheddar Cheese

Cooking Directions: In a skillet, brown and crumble sausage; drain well and set aside. In a large bowl, beat eggs, cheese, apple and sausage. Pour into greased 11x7x2 inch baking dish. Cover and refrigerate for 8 hours or overnight. Remove from the refrigerator 30 minutes before baking. Bake, uncovered at 350 degrees for 40 minutes or until a knife inserted near the center comes out clean. Serves 6 to 8. This is my "go-to" Christmas Day morning brunch. I double it for a growing family and sometimes I make one with sausage and one with ham. Enjoy!

Upcoming Events

Nov. 7 - Adult Cooking Class: Pasta – 7 to 8:30 p.m. Cost is \$30. Registration is required.

Nov. 10 - Paint A-Long Event: Fall Maple Leaf – 1 to 3 p.m. Cost is \$25 and includes supplies and light refreshments; Tickets must be purchased in advance on-line at: paint-along-with-Deb.eventbrite.com

Nov. 16 - Kids' Thanksgiving Program – 10 to 11:30 a.m. Cost is \$10 per child; Registration is required

Nov. 16 - Family Cooking Class: Thanksgiving Food – 1:30 to 3 p.m.; Cost is \$15; Registration is required.

Nov. 26 - DIY Pumpkin Flower Centerpiece – 5:30 to 7 p.m.; Cost is \$40; Register via FiddleStix on Facebook

Nov. 30 - Small Business Saturday – 9 to 5 p.m.; Lots of specials and samples in honor of being a small business owner!



Fried apples are an old time way to add sweetness to breakfast or any meal.

The Amish Cook

Gloria Yoder

Lemon Pudding

- 1 cup sugar
- 3 tablespoons cornstarch
- 3 egg yolks
- 1/2 cup lemon juice
- 1/2 teaspoon lemon extract (opt)
- pinch salt
- 4 tablespoons butter
- 1 cup milk
- 1/2 cup sour cream (opt)

Mix sugar and cornstarch and add milk. Bring to a boil and cook several minutes and add egg yolks and boil gently. Next add lemon juice, lemon flavoring and a pinch of salt plus butter. Cool and add whipped topping and sour cream. Pour into a baked 9-inch pie shell and top with whipped topping or if you like, serve over a graham cracker crust or spoon on top of diced angel food cake or any other cake of your choice and top with cool whip. If you're like me, you'll even enjoy it just plain- no fancy

add-on needed!

Hot-From-The-Oven Home-made Breadsticks

- 1 1/2 cups warm water
- 1 1/2 tablespoons yeast
- 1 1/2 tablespoons vegetable oil
- 1 1/2 teaspoons sugar
- 1 1/2 teaspoons salt
- 3 3/4 cup flour

Dissolve yeast in warm water. Add vegetable, sugar, and salt. Gradually add flour and knead 2 – 3 minutes. Let rise 20 minutes. Press into a greased 10 X 15 pan. Top with mixture of 1/4 cup melted butter and 1/4 cup Italian dressing.

Combine two cups of shredded cheese your choice and then add 3 tablespoons parmesan cheese, ½ teaspoon salt, 1/2 teaspoon oregano, 1/4 teaspoon garlic powder, 1/4 teaspoon black pepper. Sprinkle on top. Cut slightly with pizza cutter. Bake 15-20 minutes in preheated 450 degree oven or until slightly golden.

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LIBRARY NEWS & EVENTS

Blue Ridge Free Library

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

Wednesday - Coffee club from 4 - 5:30 p.m., mingle with the gang for coffee, tea, puzzles, board games, coloring books, &c.

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

Upcoming Special Events

Zero, our wonder therapy dog, will be at the library from 5:30 - 6:30 p.m. on October 15 for the ever popular "doghouse sessions". He loves a good book and great company so stop on by and get a fuzzy cuddle! He also has a brand new book to preview and coloring pages and business cards to share.

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

The Dining Car Food Club will be meeting at 6 p.m. on Oct. 17. The theme this month is "Farmers Market Festival" so please put on your creative cap and bring a dish of

seasonal foods to share.

The Train of Thought Book Club will meet on Oct. 24 at 6 p.m. This month's discussion will be about Tolkien and the Great War: The Threshold of Middle Earth" by John Garth.

Frederick County Library Emmitsburg Branch

Family Storytime - Every Tuesday and Thursday at 10:30 a.m.

Pete the Kitty Party - Oct. 3, 10:30 a.m.. Listen to stories about the Pete the Cat when he was just a little kitty, then enjoy activities and crafts.

STEM Saturday - Oct. 5, 12, & 19, 10 - 11 a.m.. Learn, play, and explore with a variety of fun STEM activities.

Basics of Bread Baking -Saturday, Oct. 5, 1 - 2 p.m.. Discover the basics of bread making.

School Skills for Preschoolers - Oct. 10, 17, 24, 11:15 a.m.. Practice school-readiness skills with cutting, tracing, play, and other literacy activities.

R.E.A.D. with Wags for Hope - Oct. 17, 5 - 6 p.m., children read to Reading Education Assistance Dogs.

Franktoys - Oct. 19, 1-3 p.m., dismantle old toys and reuse the parts to build odd and creepy creations.

Autumn Color Science - Oct. 26, 10 - 11 a.m.. Learn the science behind the colors of autumn leaves and participate in a fun hands-on activity.

Fall Costume Celebration - Oct. 31, 10:30 - 11:30 a.m., come to Storytime dressed in your favorite costume. Enjoy fun fall stories, activities and crafts.

Thurmont Regional Library

Little Picassos - Mondays at 2 p.m., little ones will express themselves through painting, drawing and more.

Preschool Storytime - Tuesdays at 10:30 a.m., songs, stories and fun for preschoolers and their grownups.

School Skills for Preschoolers - Tuesdays at 11:15 a.m., practice school-readiness skills with cutting, tracing, play, and other literacy activities.

Toddler Storytime - Wednesdays at 10:30 a.m., songs, stories and fun for toddlers and their grownups.

Preschool Coding Club (Ages 3-5) - Wednesdays at 1 p.m.. Join us weekly to learn early coding technology concepts through a variety of activities and games.

Baby Storytime -Thursdays at 10:30 a.m., songs, stories and play for babies and their grownups.

Family Storytime - Saturdays, Oct. 12, 19, 26, 10:30 a.m., songs, stories and fun for the whole family.

ILR: Medically Curious: Health Tips -Wednesdays, Oct. 2, 9, 16 & 23, 10 - noon, A dozen simple topics from ear-wax to exercise. Dr. Larry Romane will talk about what's behind TV drug ads and medical breakthroughs seen on the news. Presented at no charge courtesy of a partnership with Frederick Community College's Institute for Learning in Retirement.

Friends, Food, and Fun - Oct. 2, 4 p.m., hang out with friends while enjoying snacks and games.

Getting Organized Make & Take: Managing the IFSP & IEP Paperwork - Oct. 3, 10:30 a.m., get organized at this work session with Frederick County

Infants and Toddlers Program staff. Bring your paperwork.

Dig into Archaeology - Oct. 3, 10 & 17, 11 a.m., learn the skills and techniques an archaeologist uses in the field.

Washi Tape Crafts to Keep - Oct. 3, 6 - 7 p.m., decorate light switches for your room, journals and more with this Japanese rice paper tape.

Open STEM Lab - Oct. 3, 6, 13 & 20, 2-3 p.m., explore Science, Technology, Engineering and Math concepts in the STEM Lab.

On-site at Catocin Mountain Park: Storytime and Hike - Oct. 4, 10 - noon. Storytime followed by a short hike led by a Park Ranger. Meet at Visitor Center, 14707 Park Central Rd, Thurmont.

On-site at Catocin Mountain Orchard: Family Storytime - Oct. 5, 11 a.m., enjoy the fresh air at this Apple Storytime. Visit the orchard afterward. Meet at Catocin Mountain Orchard.

Lunchtime Yoga for Adults - Oct. 7, noon - 1, join us and Sol Yoga for a 60 minute all levels welcome afternoon pick me up. Wear comfortable clothes and bring a yoga mat.

Owls Aren't Spooky - Oct. 7, 6:30-7:30 p.m., live animal show and stories on the Deck.

School's Out Block Party and Virtual Reality Experience - Oct. 9 & 25, 1:30-3:30 p.m., build, explore tech and more.

Slime Lab - Oct. 9, 6 p.m., try new slime recipes every month with new colors, textures, and additions.

Steampunk Stuff - Oct. 10, 6 p.m., transform old bits and pieces, gears and gadgets into jewelry and accessories.

Family Bingo Night - Oct. 10, 6:30 p.m.. Play Bingo and win prizes!

Archival Techniques - Oct. 10, 7 - 8:30 p.m., learn how to safely store and preserve your precious photos and documents with Mary Mannix, Maryland Room Manager and Archivist.

My First Book Club - Oct. 11, 10:30 a.m., sharing a new picture book each month with related activities. Children do not need to know how to read but need to be accompanied by a caregiver.

Photo Fun - Oct. 16, 6 p.m., edit photos and create a frame to showcase your work.

Switched on Game Night - Oct. 17, 6:30 p.m., kick back and enjoy Nintendo Switch, Minecraft or retro Wii games

Fire Safety Storytime and Fire Engine Visit - Oct. 18, 10:30 a.m., join us for a Fire Safety Storytime followed with a visit by a local fire-

fighter in his fire engine.

Chess Club - Oct. 19, 11 a.m., stop in to learn, play, or sharpen your skills. All ages and skill levels welcome.

Halloween Escape Room - Oct. 19, 1 - 4 p.m., team up with a group and see if you can break out of the spooky puzzle in time.

On-site at Cunningham Falls State Park Nature Fit Geology Hike - Oct. 20, 2 p.m., a Park Ranger will lead a tour of the park's coolest geological sites. Meet at the Lower Falls Trailhead in the William Houck Area near the lake, 14274 William Houck Drive, Thurmont. Bring water, dress appropriately, and wear comfortable shoes as the trail may be rocky and steep

Bats Aren't Spooky - Oct. 21, 6:30 p.m., bats are superheroes of the night. Learn about echolocation superpowers and how important bats are to the environment.

Art Attack! - Oct. 22, 4 p.m., express yourself through art. Kindness Rocks!

Medicare Coverage Explained, Oct. 22, 7 p.m., representative from Vinos Financial Services will simplify and explain the complexities of Medicare coverage.

In Your Backyard: Fountain Rock's Critter Friends - Oct. 24, 11 a.m., Fountain Rock Naturalist will share stories of animals native to Maryland in this live animal program.

Fright Night - Oct. 24, 6:00 p.m., we welcome wizards, witches, warlock - in fact all teens in costumes or not. Food, games, music and prizes.

Slime Time - Oct. 24, 6:30 p.m., any time is slime time! Use a variety of ingredients to make and explore slime.

R.E.A.D. with Wags for Hope - Oct. 28, 11 - noon, children read to Reading Education Assistance Dogs.

STEM Lab: Chemistry Science - Oct. 27, 2 p.m., what happens when we mix things together. Explore with some simple ingredients!

Mindful Movement for Families - Oct. 28, 6:30 p.m.. Stretch, pose, breathe and more. Yoga mats provided.

Franktoys - Oct. 30, 6:00 p.m., dismantle old toys and reuse the parts to build odd and creepy creations.

Code It! - Oct. 31, 11 a.m., learn beginning coding concepts. 10/31: Binary Coding; 11/7: Scratch Coding with LEGO WeDo 2.0; 11/14: Coding Algorithms with Bee Bots.

Happy Halloween Party - Oct. 31, 6:30 p.m., wear your costume and drop in for some fun games at the library!

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SCHOOL NEWS

Frederick County Public Schools SAT Scores

Brad Young
Frederick County School Board

Frederick County Public Schools SAT Scores outpace State and National College Board releases results for Class of 2019 Frederick, MD. The number of Frederick County Public Schools' 2019 graduates who participated in SAT assessments rose significantly compared to 2018. More than 873 additional students took

the exam in the 2018-2019 school year, according to data released by the College Board.

The rise in the number of test takers brings FCPS to a 95 percent participation rate compared to 64 percent of the district's class of 2018. "Increased participation was due to the SAT school-day administration for all FCPS juniors, implemented in spring 2018," says FCPS State Assessment and Accountability Supervi-

sor Deborah Gilmartin. "

Adding SAT administration on a school day was purposeful to increase access to post-secondary education for all students. The FCPS participation rate far exceeded Maryland's rate of 77 percent." Even with 18 points higher participation than Maryland, FCPS continues to outpace scores state and nationwide.

Frederick County's combined score was 1058, which is 17 points

higher than Maryland's score of 1041 and 19 points higher than the nation's score of 1039. The FCPS Evidenced-Based Reading/Writing score was 529. This is 3 points higher than Maryland's score of 526 and 5 points higher than the nation's score of 524. The FCPS math score was 529. This is 14 points higher than Maryland's and the nation's scores of 515.

We are very excited to learn that our successful efforts to increase

students' participation in SAT testing resulted in test scores that continue to exceed both state and national averages. SAT scores are a very critical part in college admittance and for many scholarship applications so we are very glad to see how well Frederick County students are doing!

The state and national SAT figures are based on reports from the Maryland State Department of Education. FCPS has posted the SAT data online at: www.fcps.org/student-services

What will we promise our children?

Joy Schaefer
Frederick County Board of Education

Spurred by the recent education formula recommendations of the Kirwan Commission work group, the political rhetoric around what increased investments in Maryland's public schools would mean to taxpayers has begun, pitting the question of taxes against that of the need for more education funding. The first key question, however, Marylanders should be asking ourselves is what commitments do we want to make to our children and, if we don't want to provide an adequate amount of funding to fulfill them, what promises should we abandon?

Instead, as the Kirwan Commission is, after three years of work, poised to put forward its final policy and finance recommendations, we have politicians choosing to panic citizens with the idea that the only path to more funding would be an increase in taxes. The Governor has announced a fundraising campaign to prevent tax increases to fund public education, which seems counter to the State's Constitution.

Maryland's historical commitment to public education is evidenced by the high priority the State's Constitution gives to it by requiring the General Assembly to "establish a thorough and efficient system of free public schools" and to "provide by taxation or otherwise for their maintenance." In the ensuing years,

courts have interpreted sufficient funding as that which provides all students with "an adequate education measured by contemporary educational standards." Further, if sufficient funding is not provided, the State is failing to meet its constitutional duty.

This foundational commitment to our public education system should serve as the starting point for our discussions regarding the Commission work group's recommendations which total an additional \$3.8 billion in investments spread over the next decade.

Investments Identified

According to the latest Goucher poll, respondents identified education and the economy, two directly interrelated issues, as the biggest challenges facing the State. Results also reflect that the majority of Marylanders are willing to pay more taxes if "proceeds go to education."

In fact, the results reflect that most Marylanders want the very

things the Kirwan Commission has identified as priority investments to our State education system:

- more funding for education, with a focus on the expansion of pre-Kindergarten programs and increased funding and opportunities for career and technical education programs.

The other recommendations of the Commission will serve *all* students, preK through 12th grade: elevate the teaching profession with more rigorous requirements and improvements to preparation and on-going training; more funding for students with special needs who need more support; provide more state dollars to school communities who have high concentrations (55% or more) of students in poverty.

Lastly, the Commission has made recommendations to infuse the system with greater accountability, both for student performance, and school system governance and spending.

While the recommendations call for increases in investment and resources, they also call for teachers, administrators, school systems and partners in higher education to do much more. That's a benefit to all taxpayers and their dollars.

Leaders Should Be Working Together to Find Solutions

The Governor, legislative leadership, and all of our county executives, councils and commissioners should be working together to identify our education investments and how we will generate the funds.

Hogan's pronouncement on October 15 that the State "cannot recklessly expand the state's deficit to \$18.7 billion, as these proposals require. And ... impose billions in crippling state and local tax increases on Marylanders." Is not productive. His job and that of all state and local leadership is to explore every avenue to put together a reasonable plan that pro-

vides, to the best of our collective ability, all that we are committed to provide every student.

It also only reflects the expenditure side of the coin. The recommended targeted investments in our state's education system will reap economic benefits and eventual cost-savings that will offset new spending.

And, while I agree with the Governor's statement: "Our students, parents, and teachers deserve more accountability and better outcomes," I disagree with his characterization of the recommendations and spending timeline as "pie-in-the-sky" and "unfunded." In the 2019 session, the legislature identified revenues through FY22. And the recommendations, which the Commission has already paired down to making them more affordable, are only "pie-in-the-sky" if we decide they are too lofty for us as a state to pursue on behalf of our students.

What is missing from this conversation is what we as communities and as a state must promise our students.

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FOUR YEARS AT THE MOUNT

This month, in honor of Thanksgiving, we asked our writers to reflect on what Thanksgiving means to them when looking back at their favorite traditions, their roots, and where they came from.

Freshman Year

Food for thought

Emmy Jansen
MSMU Class of 2023

As the fourth of five kids, home was always a bustling, busy place and holidays were no exception. Hours spent crammed into the kitchen, an extra folding table set up because the counters didn't have enough room to hold all the parts of the meal. Relatives we saw often and relatives we didn't see often enough with their cars parked in the grass and gravel out front like at the county fair. I remember keeping after my mom's heels, constantly bugging her to help even though she had plenty of hands between my aunts and other siblings. I loved family gatherings, and I still do. Being on the younger half of my family, with siblings and cousins starting adulthood when I was starting middle school, I was always shoved at the kid's table with my much younger family members. We'd eat our kid's menu version of the meals, usually just turkey, stuffing, and a vegetable our parents could convince us to try. Sipping apple juice out of plastic festive wine glasses, all of us just trying to feel older than we were for as long as we could. After all the other kids had finished their food and gone off

to play, I'd sneak into the other room and grab an empty seat at the adult's table. I would just listen. It didn't matter what they said, whether it was politics, family history, or drama in the daily life; I would sit silently, swinging my feet off the chair and watch my parents, aunts, uncles, and grandparents talk for hours on end.

Now that I'm older, siblings have moved out and relatives have moved farther and farther away. Holidays are no longer big occasions that require hours of preparing and planning since the attendance gets smaller and smaller every year. I'm old enough now to not just listen to the family that is there but I'm able to partake in the conversation. This year, I'll be the one coming from far away and only staying for the holiday break. Things are different, but things are good.

For Thanksgiving, my family doesn't have any traditions that are unlike the typical ones most families share: carving the turkey, breaking the wishbone, and the Macy's Thanksgiving Day Parade. But the holiday itself is a tradition. Some years, it was the only time I saw certain relatives, who lived too far or were too busy to come visit any other time. Coming from a big Catholic family, family was one of the most important things there was. Since

the first generation of French-Canadian immigrants stepped onto American soil, we've been making our roots here. In a short amount of time, we've spread across the country, stopping in almost half of the states to make a temporary home. I've become the product of a Californian dad and brother, Connecticut mom, Coloradan sister, and two other Virginian siblings like me. And now, as I write this in my Maryland dorm room, I feel myself growing new roots here. Where we've come from is important, but just as important is where we will go next.

As the season changes, I find myself thinking about all the holiday seasons still to come: Where will I be? Will I become part of the thousands of people traveling across the country to visit relatives and friends they only see once a year? What traditions will become a part of our lives now that things are constantly changing? It's a terrifying thought at times, one that I'm sure other first year students are feeling. Things are going to be different, but things are going to be good.

There is something to be admired about doing things the way they've always been done. There's a security in knowing what is going to happen, having something to look forward to year after year. Having traditions and rituals we celebrate generation after generation connects us to family past, present, and future, which is

a huge part of who we are. As the saying goes, if it ain't broke, don't fix it.

However, there is something remarkable about change. Never knowing how the future is going to go, the uncertainty of what's to come can be thrilling. It's nice to do things the way they've always been done, but we should push ourselves out of our comfort zones every once and awhile and try new things. If we don't, we'll never learn how great change can be.

An important part of Thanksgiving memories for most people is the food we eat and the attachments we have to it. We remember what was said over the turkey and stuffing, when we're all seated at the table with those we love surrounding us. Food, especially, is important to me. When I was a freshman in high school, I learned I'd developed multiple food allergies, specifically to egg, wheat, and milk, which are some of the most common ingredients used in dishes and products. This not only changed my day to day life but has drastically changed holidays. Stuffing, gravy, pumpkin pie—all things I looked forward to every fall—were suddenly off limits, potentially for the rest of my life. The tried and true recipes of every Thanksgiving until then were thrown out the window with this one diagnosis. My mom and I scoured the internet looking for recipes, usually coming

up empty. The past five years have been trial and error, making new dishes and desserts and seeing what sticks. Some of it we decide never to make again, some we enjoyed so much that we make year-round. Would we still have tried these new things if I didn't develop these allergies? Probably not. But now we have a new Thanksgiving tradition: trying new things and making new memories that are totally unlike the ones we've had before. Things are different, but things are good.

It's important to remember where we've come from. We can never forget our roots, what makes us who we are, and those who were with us along the way. It defines who we are and gives us the basis to move forward. We look back on years, good and bad. Only then can we look to the future. As we remember the Thanksgivings of the past, I know I will be thinking of the Thanksgivings of the future. It's frightening to know what I don't know: nothing is set in stone and most things about my life are uncertain. But I find it exhilarating to know that I'll be spending the next few years figuring it all out. I may not know now, but I will. Things will be different, but things will be good.

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

Sophomore Year

How we begin all things

Harry Scherer
MSMU Class of 2022

"Kids aren't like that these days. It's all different now." These words come from the mouth and heart of my great-aunt, wise in her simplicity and caring in her femininity. As she thinks about the state of things primarily through the lens of observation, she considers the apparent lack of gratitude which permeates our society. Her observation does not come from a place of resentment or with the intention to deride those in our generation, but from a place of sorrow as she observes a people who might be missing the very essential aspects of life which make it good and beautiful and elevate it to a participation in the divine action of God. She implic-

itly knows that this societal dismissal is indicative of dismissal in our homes and dismissal in our own hearts.

What have we forgotten, then? From an historical perspective, Americans live in one of the most, if not the most, materially prosperous societies in the history of mankind. With rapidly developing technology and the ability to communicate ideas with persons all around the world, it should be the case that this prosperity is recognized and appreciated. But, if my great-aunt is correct, we do not properly take advantage of the gifts which we have been given and use them for the material and spiritual betterment of our neighbor. Perhaps it is because we have forgotten who our neighbor is.

The nature of genuine gratitude

necessitates that it be directed to another person. We can be grateful for the benefits of our education or career, housing or food. However, the tangible virtue of gratitude is not reached with this form of gratitude. This is evident merely from a natural perspective: the people who provide that for which we are grateful are the true gift. The gift of one's time, energy and talents for another, without the promise of material reward or compensation, seems to be the place from which our gratitude flows.

My loving parents who have placed and continue to place all of their comforts and desires to the wayside for me are a gift of which I do not think I will ever recognize the fullness. The selfless teachers who encouraged me to recognize the gifts which God has given me and try my best to help others find those which He has given them are a gift which I can never repay. With both of these examples, it is the thinking and feeling persons who initiated action and participated in love in order to perpetuate the love which they have received and share it.

I am far from understanding or living the virtue of gratitude to the extent to which we are all called, but it seems that the virtue of gratitude inevitably leads to selfless action on the part of the grateful person. Virtue impels and vice hinders. The virtue of gratitude, in particular, impels us to right action and the vice of ingrati-

tude, conversely, hinders this right action and degrades our bodies and mind into complaint.

What is the alternative to this unmerciful and ungrateful scourge of complaint? Perhaps a reordering of our thinking from that of ourselves as the protagonist to that of ourselves as minor characters in a mysterious drama about which we are ignorant of the plot. I am not saying that I successfully live within this paradigm, but it is certainly an ideal which seems to be most like that of our human experience. Within this way of thinking, there lies an inherent sense of gratitude to all those who have come before and all those currently on the stage.

In my eyes, the center of this gratitude should be on those who have come before. Another perplexing attribute of gratitude is that he who is grateful views thanksgiving as a necessity, whereas he who is gracious views it as superfluous. Because gratitude usually is appropriate for persons who have given of themselves in the past, gratitude is a natural result of the labor of men and women who have prepared the world which we have inherited. Of course, the evil that goes on in the world should not be discounted. We know that this evil is a result of the Fall and modern man should not blame persons who have committed evil in the past because these relics of history are cases, in varying degrees of severity, of man's participation in evil. What makes gratitude distinct from this stark reality

is the truth that man has recognized the evil which he is able to accomplish and is also aware of the earthly lures which motivate this participation but elevates himself through a recognition of himself as greater than the beasts in the wild. Living with an awareness for that which is greater is certainly a vocation which we all have received by nature of our humanity. A grateful person seems to be one who embraces this higher calling.

It is certainly for the benefit of our society that we continue to have a month and a special day during which gratitude is emphasized. Like all the other virtues, it is not a habit which we naturally inherit by birth or come to recognize its merits through personal experience. Rather, it is a habit which must be taught to us and discussed so that we may know how and why to be grateful, especially in this era. Ultimately, as we climb up the ladder to see from where this heavenly virtue originates, we arrive at the Word made flesh. Because Christ, as a divine person, came to this earth so that we may learn how to act in a manner which brings us closer to His likeness, He taught us how to be grateful: "And taking bread, he gave thanks" (Luke 22:19). Just as He was about to initiate a Sacrament which brings His Body on earth, he gave thanks. And thus we learn how to begin all things.

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



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THANKSGIVING

Junior Year

A barrio Thanksgiving

Angela Guiao
MSMU Class of 2021

Thanksgiving was never my favorite holiday. My parents immigrated to the United States from the Philippines during the Clinton administration. It was easier to get into the country then, and they were lucky enough for the opportunity to better their lives. Thanksgiving never made much sense to them. Now that I come to think about it, my parents always worked on Thanksgiving. I never experienced a Thanksgiving feast complete with a giant turkey, stuffing, and mashed vegetables. At least, never in my own home. Whenever we were invited to celebrate Thanksgiving at another home, the food was usually traditionally Filipino. That means roasted chicken replaced the turkey and there was ube, which is made from purple yams, to replace the mashed potatoes.

Growing up Filipino always made me feel ever-so-slightly out of place. I was born and raised in America. Born in D.C., and grew up around the suburbs (Silver Spring). I never related to the history of America, and the only

time I ever heard about the people from my home country was when I learned about the Philippine war. But, according to my mother, the Philippines does celebrate their own version of Thanksgiving. They learned about the holiday after they were colonized by America in 1989. While the majority of Filipinos most likely are not aware of the holiday here in America, they are aware that the Americans have a holiday devoted to giving thanks. As a result, the Filipinos decided to celebrate their gratefulness as well during the anniversaries of their home town.

So, I am going to give you a little taste of a Filipino Thanksgiving. In the Philippines, my family originates from the province of Laguna. Laguna is located about three hours from Manila, the country's capital. In Laguna, there is a municipality called Santa Maria. And that is where my family is from. Santa Maria is located at the upper tip of Laguna. So if you imagine Laguna to be a crescent moon, we are located at the uppermost tip of that moon. Now, the anniversary of our particular area of Santa Maria is in August, which is why my family usually tries to visit the Philippines during this month.

The celebration of a local town's anniversary is called a barrio fiesta. During this time, the families who live within that barrio host extrava-

gant dinners and decorate their homes and streets in celebration. Every night, at the local market, where people can buy freshly meat, fish and vegetables, a sort of fair is created. There the locals will come together and play games of bingo, or ride on the mini Ferris wheel. The site will also be littered with different food vendors who sell Filipino delicacies such as fish balls and pig intestines. If you were to visit the fair at night, on the way back home you would pass by several inuman sessions. This is basically a gathering of friends and family at their own personal homes where they drink all night and sing the karaoke. And let me tell you. Filipinos love their karaoke.

The barrio fiesta usually lasts a few days, and oftentimes in the bigger cities, people from all over the country come to visit. Also, being that the Philippines is a catholic country, there are usually visits to church and offerings made to the barrio's patron saint. Now, this is a big deal in the Philippines, so big that my mother tries to visit every year for the sole purpose of attending the fiesta. It is almost as big of a deal as Christmas, but that's another story.

The purpose of the barrio fiesta derives from the American understanding of giving thanks for the harvest. This is literally and figuratively. The patron saint of each barrio is given

offerings to show ones gratefulness for the blessings they received that year. But also, in many parts of the Philippines, including Santa Maria, the population is made up of farmers. Santa Maria is the rice granary of the Philippines, meaning that a majority of the rice comes from our municipality. So as you could imagine, walking down the dirt street of Santa Maria, you would have one side of you lined with tall, concrete houses, and the other side an expanse of flat farming land.

There would occasionally be a random fruit tree filled with guyabanos or mangoes, and in my experience, a monkey hanging from the door of a tiny street-side convenience store. The smell of dirt is pungent as the roar of diesel motorcycles screech past you, but you can also hear the constant buzzing of the bugs that hide in the long grass in the fields. When I come home from a trip to the Philippines, I often remember what I am grateful for. I may not have the pleasure of sitting around a table with my family and exchanging food with them, but I am grateful for the chance to meet the strangers that my parents grew up with.

Whenever, I wish that I could attend a Thanksgiving dinner, I try to remember the times when I was in the Philippines. I think about the constant noise that comes from the chatter, the laughs,

the singing, and the aroma from the frying and grilling of meat. I think about music, and how much Filipinos love music and playing their music insanely loud. I think about alcohol and fresh fruits, homemade dishes that I never heard of or thought I would eat. I think about the stray dogs that nip at your feet while you eat and the satisfied sounds of their chewing when someone throws them some food. I remember the faces of people I do not know who come up and greet me happy fiesta, and the screams of the poor lady who won 100 pesos in a game.

The fiesta is the time where it doesn't matter where you come from. It doesn't matter whether you are rich or you are poor. It is a time of celebration for where you are from. The mayor sits next to the garbage man at a game of bingo, and the members of the local government office drinks with the farmers. And basketball. Filipinos love basketball. And during the barrio fiesta, the teams are made of such a mixture of classes, of people. I am grateful for that. I am grateful for where I am from. Our Thanksgiving may not be traditional, but it embodies everything that I love.

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

Senior Year

The best kind of gathering

Morgan Rooney
MSMU Class of 2020

My first memories of Thanksgiving are very specific. I was four or five, walking around my grandparents' house back home in Texas. One of my parents would serve me a plate which had turkey which had been cut up in pieces small enough for me to eat. The plate would also contain a scoop of garlic mashed potatoes with a perfect swimming pool of brown gravy floating in the middle. There was a small serving of green beans, which I likely avoided, and some sort of Jell-O with fruit incorporated into it (which I have never been super fond of. I don't think the two belong together).

My favorite part would be after the main course. I would walk over to the island in the kitchen and gaze over all the pies that covered it. My mom and all of her five siblings would bring a pie, sometimes two. There were so many options. It was the main reason I was so excited to attend, other than seeing my cousins and grandparents. There was a grouping of pumpkin pies, the most popular amongst the kids, there was cherry pie, apple pie (my personal favorite), chocolate cream, and even banana cream pie. They were all delicious, wonderful choices (and much better than the fruit Jell-O stuff).

Now, before I get way too caught up all the delicious choices that many of us are lucky to have on Thanksgiving Day each year, I should explain why I truly love Thanksgiving. To me, Thanksgiving is like Christmas to a certain extent. No, there isn't quite as much build up and it is celebrating a much different event, however, we celebrate by coming together as friends and family. One great difference I

notice is that Thanksgiving comes with much less greed. Yes, I know that Christmas is also meant to be a time of giving, but I notice that sometimes, people get so caught up in the gifts that they forget what it's all about. With Thanksgiving, there are no physical gifts to be given. There is only the want to provide for each other.

Since I've started furthering my education at the Mount, which was over three years ago, I have been unable to go home for Thanksgiving. Texas is a great distance away, airline prices go up, and spending two days traveling is not exactly ideal for a five-day vacation. Fortunately, I have other family in the area who I've been spending Thanksgiving with for the past few years. In addition to that, I have become close to several people here that have invited me to their own family Thanksgiving dinners, which I am very complimented by. No one wants another person to be alone on Thanksgiving.

Even though I don't get to spend time with my parents or my sister for Thanksgiving anymore, it is still great to have a well-deserved break from the regular workload and stress. In addition, I get to see my grandma, aunts, uncles, and cousins who I love to spend time with.

I know in the next few years, my Thanksgiving situation will change a lot. My life will be much different than it is now. I don't know where I'll be. I don't know what job I will have. I don't know who will be nearby and who will be far away. The one thing I do know is that Thanksgiving is an important holiday that I refuse to miss out on, even if I can't go home to where my family is.

Although I am no expert on the ori-

gins of this holiday, which is definitely one of my favorites, I know that it has been around a while in American history and made its place as an American tradition. This was even before many of my ancestors arrived to the United States in the 19th century from Ireland and Norway. As of now, we hold many traditions with us including the celebration of Thanksgiving each year. This is a holiday that I will certainly celebrate with my children no matter where I live in the future, even if it is not in the United States.

I've come across many people these days who claim that Thanksgiving shouldn't be celebrated because it was not founded on charitable origins, which may hold some truth. However, I don't believe this is any reason to throw away the holiday. Thanksgiving has evolved into a time when we are meant to get together and celebrate each other. It's a time to be grateful of huge meal that you share with your family and have the knowledge that not everyone in the country is as fortunate to do the same with their families.

I believe that Thanksgiving is a beautiful representation of why many of our ancestors and so many people today came into the United States in the first place. What we all want is to be nourished and be able to care for and keep our families safe, comfortable, and healthy. Different members of my family came to this country for different reasons. Some of my ancestors were escaping famine, while others were escaping persecution. Some were just looking for a better life with more opportunity for themselves and their families. With any of these reasons, I imagine that Thanksgiving embodies the dream that my ancestors envisioned when they set out to the United States.

I can't think of any better reason to gather together as friends and family than to cook, talk, and share a beauti-

fully made meal while we catch up. We all live such busy lives and sometimes that means that we unfortunately forget to check up on family and friends. The fact that we take an extra day of the year and dedicate it to doing just that is something we shouldn't overlook or dread. It is something I hope

I always have an appreciation for. We all ended up where we are for a reason, so let's take a moment to look at how far we've come and give thanks for the fortunes that we have.

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



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FASHION

Fall/Winter fashion

Valerie McPhail
MSMU class of 2015

Fashion was never a dinner conversation, but my mother wanted to talk. Walking into the room while clutching the fabric of my plum Girlfriend Collective leggings by the waistband, she raised the garment and admired: "This is the color of the season."

Her statement was valid, and her approach was fueled by the opportunity to relate to her daughter. Although my passion lives on the runway and her knowledge was resourced from Macy's, where mannequins and face out clothing racks promote colorful clothing, fashion came full circle.

Indeed, color captivated the momentum of Fall/Winter fashion collections. Purples, pinks, and reds — as well as the host of color on quilted prints — urged expression this season. Color Psychology suggests that hues reflect emotion. The color wheel reveals a social imprint on fashion. For fall and winter, bold tones inspire vocal exclamations, an optimistic state of mind. In cold climates, where our culture gets as dark and icy with weathered fake news, an unusual color story of bright shades on the runway is a light in the dark.

The Color Purple

Magenta, mauve, periwinkle, and mulberry, the expressions of creativity, wisdom, and royalty commanded attention on the runway where Christian Siriano, Michael Kors, and Tom Ford colored their evening gowns. Designs were customary to evening wear attire: sequin, tulle, and grandeur of volume. The meek shade of lavender established the work of art. Stunning, majestic, and with confident ease are a few words that describe its aura.

The allure was mesmerizing. Kate Spade and Tibi introduced the color into ready-to-wear attire, exclaiming that the color purple was not just reserved for special events; its impact could be declared in the day-to-day. At Kate Spade, a three-piece purple outfit in a button-down, slacks, leopard cardigan, bowling bag, and turban accessory: each piece a different shade. Meanwhile, Tibi took the trend to sportswear, sending a lavender quarter-zip with an a-symmetrical waistband and matching skirt look. From high fashion to every day, the color purple made a definitive impact on trends this season.

Pastel Palette

Adeam's pink power suit, Chanel's teal-tweed printed jumpsuit, and Ulla Johnson's sparkly turtleneck knit dress were apparitions of light-colored clothing sent down the runway. Designs on par to suit the season ahead, it was the color paired to these designs that established the fashion statement. The trend advanced to outerwear when Max Mara released a series of furry coats the shade of sunshine yellow, cobalt blue, and cyan. At this show, colors led to the presentation of a new collection. Max Mara's show in Paris sent monochromatic outfits down the runway in a storytelling manner.

Vignettes of baby blue, sunshine yellow, and royal blue started the show, while a change of events contrasted the light colors with a series of all-black outfits. When it wasn't an ecstatic 80s-style faux fur coat, cropped puffer ski-jackets offered practical outerwear alternatives this season. Bright colors typically saved for the warmer weather months embraced the colder weather months ahead. After all, fashion loves a good contradiction. There was no exception to this rule. A rainbow has beamed across the runway. Fashion's new approach to color is exciting. Crazy, adventurous, and as always the case for style: dramatic.

Patchwork Prints

Referred to as a hobby in the knitting community and a technique to artists of quilt and rug designers, patchwork is an art form. Bridging space between craft and talent, fashion employed the print into the trend sphere this season. This

pattern transitioned from home goods fashioned in the study, to everyday clothing. Despite the shift, the element of coziness remains. Sights of quilted coats from Prabal Gurung and Rachel Comey to a knitwear dress by Eckhaus Latta set new definitions of the fashion fad. Craftsmanship and nostalgia for the comfort of patched blankets and quilts bring warmth to this fall trend.

Fashion never loses sight of its origin; quilting has a history for incubating tenderness. In fashion, this was expressed through color, another creative layer to the printmaking process. Color blocking on knits and jackets married color patterns. While Eckhaus Latta's knit dress paired the traditional navy's scarlet red, grays, and beige like Tetris blocks, Coach 1941 designed a floral printed jacket with a blend of dark and light hues. Whether it is a rendition of a military quilted liner produced in a bright solid color or a knit patterned to color blocking, patchwork and quilted prints carried the color-centric seasonal trend with a unique approach.

Pink and Red

Pink and red surfaced early this season. A color combination themed around Valentine's Day, statements of velvet blazers and silky dress pants were repurposed on Tom Ford's runway. Color romanced these pieces. Holiday aside, the relationship between pink and red is a sentiment of charm, sensuality, and glamour. The union was also spotted among a few outerwear designs on the runway this season. Draping a pink cape over a candy red smock



Coach 1941 A/W 19 Quilted Jacket with floral patch work prints.

dress fashioned in Valentino's A/W 19 stated that the classic designs resurrect with color. Balenciaga styled in a similar fashion. A sporty red bomber jacket outfitted with a pleated magenta skirt, exercising how this color combination communicated a feminine touch. The pairing of pink and red on the runway was the most underrated trend this season. Culture denotes these colors to represent heartfelt emotions and passion. Injecting color onto simple fashion designs communicates a similar declaration.

My mother has her fashion facts correct. The color purple enamored the fashion industry this season. Hues of pistachio, bubble gum pink, teal, and tangerine accompanied. Like mother, like daughter, I found myself intrigued. Eager to shop at the sample sale, where Mary-Kate and Ashley Olsen's luxury brand, The Row, sold the Coco Mule and Top Handle 14 Two Bag, I wandered the space romanced and determined to leave with a new handbag or pair of shoes.

An interest in color took me to a display of silk blouses and navy sweaters, where one particular item, a sweet orange sweater, drew a smile to my face. It glowed among the surrounding somber shades. The sweater, like the lavender evening gown and cyan faux fur coat, energized emotion within me. Easily persuaded by my impression, that this sweater would complete an effortlessly cozy work outfit for this season, my mind won this matter. I walked out without the top and left with the conviction that the fashions and designs for the season were concurrent, it was a splash of color to my wardrobe that would disrupt New York's dull winter.

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

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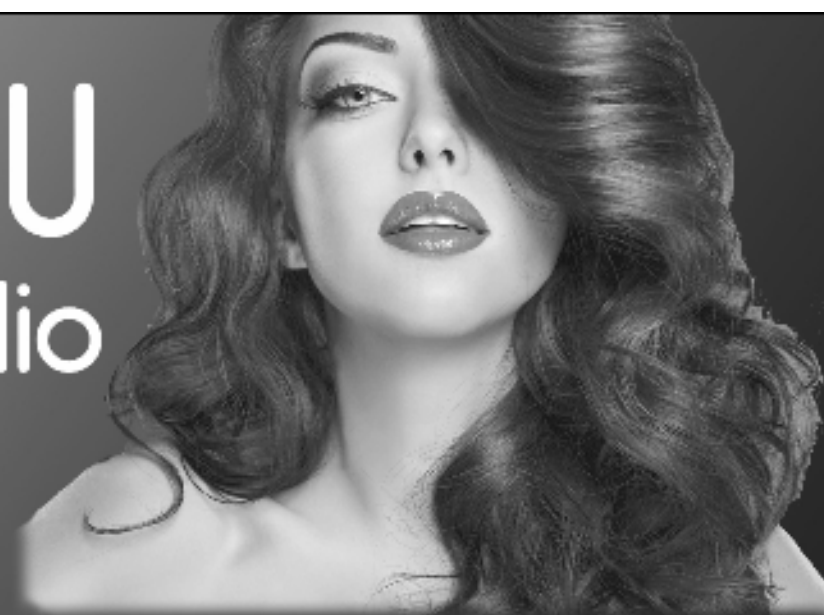
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New York Brass Arts Trio

Peggy Magaldi
Gettysburg Community Concert Association

Gettysburg Community Concert Association presents three world-class virtuoso soloists who have come together to revolutionize the brass trio. Consisting of trumpeter Joe Burgstaller, French hornist David Jolley and trombonist Haim Avitsur, the New York Brass Arts Trio provides an evening filled with classical arrangements enhanced by entertaining anecdotes. If you enjoy music presented by top-notch players who are serious about their music but don't take themselves too seriously, you'll love New York Brass Arts Trio! The concert is on November 6, 7:30 pm, at the Gettysburg Area High School Auditorium, 1130 Old Harris-

burg Road, Gettysburg. Hailed as the first brass group ever to play with the sensitivity and musicality of a string quartet, these three musicians have forged together classical, light classical and classical/jazz masterworks of all eras and adapted them in unique and innovative instrumentation. Of the New York Brass Arts Trio, *Classical Sonoma* wrote: "Every now and again a performance comes along that takes you by surprise with its brilliance... and makes you realize you've just witnessed something special."

The members of the trio each bring great experience to the table. Burgstaller is a former featured trumpeter and arranger with the legendary Canadian Brass, has performed with many notable orchestras, and has recording credentials

that include solo CDs, three Top-10 Billboard hits, and a Top-50 JazzRadio hit. Jolley is the pre-eminent horn soloist of his generation, performing as a soloist with major orchestras, collaborating with major string quartets (Guarnieri, Orion and American), and is a founding member of the Grammy-winning Orpheus Chamber Orchestra. Avitsur is the only trombonist named a 2005 and 2007 Emerging Artist by *Symphony Magazine* and has premiered over eighty compositions.

Tickets are available at the door for \$20; children and college students with ID are free. Join GCCA and save: \$50 for this concert and two others in the 76th Concert Season- Diderot String Quartet and Joel Fan, piano. For more information call 717-334-7776 or visit www.gettysburgcca.com.



Have some serious fun with members of the New York Brass Arts Trio - Trombonist Haim Avitsur; trumpeter Joe Burgstaller; and French hornist David Jolley at the Gettysburg Community Concert Association concert at the Gettysburg Area High School, November 6.

The Gettysburg Community Concert Association (a non-profit membership organization) 2019-2020 Season is supported in part by a grant from PA Council for the Arts, a state agency funded by

the Commonwealth of PA and the NEA, a federal agency; the Adams County Arts Council's STAR Grant Program which is funded by the Adams County Commissioners and the Borough of Gettysburg.

'The Book Of Merman'



Producers Justin M. Kiska, Jessica Billones, and Way Off Broadway are teaming up to bring the Post Off-Broadway Regional Theatre Premiere of the new musical comedy *The Book of Merman* to Frederick for a special engagement this fall. The production will play three performances only at Way Off Broadway, November 15th through the 17th.

When two Mormon missionaries knock on the door of Ethel Merman, hilarity ensues in this clever new musical comedy. Audiences will fall in love with this heaven-sent journey about two men and "The Merm" with a witty original score and a heartfelt message about being true to yourself. You gotta admit - it's way more fun than Sunday School!

The Book of Merman originally premiered in 2015 at Pride Films and Plays in Chicago. Three years later, it arrived in New York City when it opened Off-Broadway at St. Luke's Theatre. The Frederick production will mark the first since the show took its Off-Broadway bow.

Frederick is the perfect location for a post New York run of *The Book of Merman* due to the fact that DC Cathro, one of the show's authors, called Frederick home for so many years and was a staple in the region's theatre community.

The Book of Merman has music and lyrics by Leo Schwartz and a book by Schwartz and Cathro. The show will be music directed by Megan E. West with Jessica Billones, after working in the theatre for over thirty years, making her directorial debut.

When asked about the Freder-

ick mounting of the musical, Cathro said, "I lived in Frederick for many years, and worked with just about every theatre in town, including Way Off Broadway. It's always special when one of your works gets produced 'at home.' I'm even more excited that Jessica is directing. We have worked together on stage, backstage, and served as FtP Board members together. I directed her in one of my favorite shows, and I cannot wait to see her directorial debut on one that I co-wrote! On a side note,

when Leo Schwartz (Music, Lyrics, Co-Book Writer) asked me to work on the show, I think he knew my Mormon upbringing might come in handy. I don't practice any more, but the teachings of the church certainly influenced my writing in this show. I'm now living in Chicago, writing as much as possible. Leo and I just had another show in the New York Musical Festival, and we are talking to producers about mounting it next year."


Kiska, who is leading the Frederick producing team, said, "When Jessica and I saw the show during its New York run, I knew I wanted to bring a production to Frederick. I knew DC's work needed to be seen 'at home.' It's just an added bit of excitement that it will be the first production since the New York mounting." Performances of *The Book of Merman* will be Friday and Saturday evening, November 15th and 16th at 8 p.m., along with a Sunday matinee on November 17th beginning at 2 p.m. All tickets are \$20 and can be purchased by calling Way Off Broadway's Box Office at 301-662-6600 or visiting the theatre.

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Thankful for music, mainstage and more!

Chloe Corwin
MSMU Class of 2020

As November approaches, the Visual and Performing Arts Department at Mount St. Mary's University is preparing for this semester's final performances. October's events proved themselves to be successful, entertaining many audience members. This month's events should be just as great, if not better than the last.

First comes the Mount Chorale Concert, "Darkness to Light", accompanied by the Frederick Symphony Orchestra on November 1 at 7:30 p.m. in the Horning Theater. Dr. Andrew Rosenfeld, the director of the Chorale and Chair Head of the V&PA Department gives insight as to what to expect from the performance. He invites the community to join the MSMU Chorale and members of the FSO Camerata for an event that showcases Gluck's groundbreaking opera Orfeo ed Euridice, selections from Mozart's Requiem and other works. Students joining such talented musicians is a great opportunity to make beautiful music together, for everyone to share. This event is free admission and open to the public.

Then, on November 10, Francesca Aguado and Nicholas Simpson will join for a faculty recital in a night of operatic music. Aguado is a Lecturer in Voice at the Mount and sings soprano. As for her partner Simpson, he is a tenor who has worked with Aguado in other projects. Aguado has worked with the Mount for quite some time now, and has an excellent reputation having been a part of touring companies and operatic performances nearby and worldwide. This event will be at 3:00 p.m. in the Horning Theater in the Delaplaine Fine Arts Center. This event is free and open to the public.

On November 14, the art subject area will be holding their final art show for the semester. The Earthworks Art Exhibit Reception will be held in the Williams Gallery in the Delaplaine Fine Arts

Center from 5-6:30 p.m. The show ends on December 6, so stop by the Visual and Performing Arts Department to come and see the works of Professor Elizabeth Holtry's class. Gallery hours are posted online as well as on the doors of the Williams Gallery.

Next is the Mount St. Mary's Lab Band concert, 1994. This event will be on Saturday, November 16 at 7:30 p.m. in the Knott Auditorium. Dr. Mark Carlson comments, "Dr. Jack Dudley and Dr. Charles Strauss join Dr. Mark Carlson and the Mount Lab Band in examining the stylistically explosive world of 1994. Short presentations punctuated with musical examples invite reflection at the unprecedented stylistic diversity that flourished 25 years ago." The Lab Band has added some first-year students into the mix of upperclassmen that are ready to take the stage and perform with their seniors as a talented group. This event is free and open to the public.

Soon after, the Flute and String Ensemble will take the Knott Auditorium stage on November 23 at 7:30 p.m. Flute professor Jen Witt describes, "The String Ensemble program will include St. Paul's Suite by Gustav Holst and the Viola Concerto in G Major by Georg Philipp Telemann, with soloist, Alice Tung. The Flute Ensemble will perform quartet arrangements of works by Leo Delibes and Zequinha De Abreu, as well as pieces by Anne McGinty and David Warin Solomons." Admission is free for this event.

What follows is the Mount Theatre's Mainstage production of Trojan Women, a classical Greek play, story by Euripides and adaptation by Amlin Gray. This show will be on the Horning Theater stage November 21, 22, 23 at 8:00 p.m. Tickets are \$7 at the door.

What is remarkable about this cast is it is entirely comprised of new actors. Cast members include Marcellus Palmerino as Poseidon, Sarah Johnson as Hecuba, Patrick McNeilly as Talthybius,

Claire Moberly as Cassandra, Eleanor Fisher as Andromache, Aric Van Der Horst as Menelaus, Janay Fenner as Helen, and Julia Connolly, Hannah Hicks, and Emma Winheimer as the chorus. Dr. Kurt Blaughter, Associate Professor of Theatre at the Mount, is the long-standing director of the Mainstage Productions, and has been working with these students since mid-September coaching and training them to become the best performers they can be.

Additionally, this is the first Mount Theater production the stage manager, Emily Jansen, has worked on as well. She comments on her time through rehearsals with, "I went into this show knowing a bit about stage managing because I'd managed shows before but this experience has been totally different. I've never worked in this type of space and I've never done a Greek tragedy so there's been a bit of a learning curve. But I've really enjoyed being a part of it. I leave rehearsal having learned something new every night, whether it be theater history or stage management related." This cast and crew are the perfect example as to why Mount Theatre is growing, thriving, and important. Ten cast members are first year students, as well as the stage manager. Offering these opportunities and experiences are so fun and integral in a Liberal Arts University, especially when it comes together so skillfully as this show has.

Dr. Kurt Blaughter has certainly had his hands full with this new cast, but as always, he advised and directed with ease and skill to bring this production to performance ready. Blaughter gives insight to the show noting, "Euripides's vision of the end of the Trojan War, seen through the eyes of the women left in Troy after the Greek siege. In a new translation and adaptation by playwright Amlin Gray, the plight of these women, fated to be war brides, concubines, or slaves, is given new power by updating the language and the poetry for con-



Acting students- including performers in Trojan Women- working with Dr. Kurt Blaughter in Acting I class.

temporary audiences."

The technical crew has been working alongside the actors preparing set pieces, elaborate costumes, and props. Professor Benjamin Buhman, technical director of the production, has been hard at work leading students in building the set that he designed. The technical crew, aside from Buhman, are all students working in the Production class. This just goes to show how important and valued students are as members of the technical team to get the show running.

Trojan Women is such a thoughtful piece, especially in today's climate. Mount Theatre invites the Emmitsburg community to join them in celebrating the hard work and dedication these students have offered to put together this production.

Finally, in preparation for the closing of the semester, on December 1 there will be a Departmental Recital hosted in the Horning Theater at 7:30 p.m. This event is free and open to the public and more

information will be provided as the date approaches.

The Mount St. Mary's University Visual and Performing Arts Department no doubt has a busy month ahead of them. Given the opportunity, please join us in celebrating the hard work and dedication our students have put in to create their art, music, or theatre. Community support is a great motivator for young artists.

The Mount St. Mary's University Department of Visual and Performing Arts is located in The Delaplaine Fine Arts Center on the Emmitsburg campus and can be contacted by phone at 301-447-5308. Like our Facebook page @msmuvpa for more updates. For more information about the department, search for Visual and Performing Arts on the Mount St. Mary's University official website www.msmary.edu.

To read other articles by Chloe, visit the Author's Section of Emmitsburg.net.

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LOCAL SPORTS

CHS Unified Tennis

Mia Ferraro
CHS Class of 2022

The CHS Unified Tennis team just finished up their 9th season by placing 6th out of 14 in the Frederick County Unified Tennis tournament at Baker Park in Frederick, Maryland. Their competitors included doubles from WHS, GTJHS, and BHS.

Coached by Carmane Nesbitt and managed by Destiny Weisgerber, the team, which consists of eleven players, competed in three regular Unified Tennis matches this season. One game was played at Governor Thomas Johnson High School and two were at home, matching up against Tuscarora High School and Frederick High School. The Captain, Jordan Kaas, has played every unified sport that Frederick County Schools has offered (Unified Tennis, Unified Bocce, and Unified Track and Field). His goal is to eventually become a Unified Sports Coach himself. Also, for the first time ever, the team is grateful to have a team "Mom," Mrs. Kelle Brumley, who is described as recognizing the team's needs and meeting those needs before asked. Some of the respon-

sibilities she has taken on include: transporting athletes to and from practice, issuing uniforms, providing snacks, and giving encouragement and support to every team member.

Coach Charmane Nesbitt began working at CHS for the Career Technology Education Department seventeen years ago as an Instructional Assistant. Her role now at CHS is to ensure that all students with disabilities, including students with IEP's and 504's, receive the classroom support they need to succeed. Like so many dedicated faculty and staff members in Frederick County, Ms. Nesbitt took her dedication to children one step further and became a coach. She received training through the National Federation of High School Sports - High School Varsity Tennis and Unified Tennis courses - and completed her tennis training via

Special Olympics of Maryland. She acted as assistant coach for Unified Sports (Unified Tennis,

Unified Bocce, Unified Track and Field) under Penny Stonesifer for one year, and assisted Pam Adams Campbell with Unified Tennis and Unified Track and Field for another year.

Unified Tennis practices twice a week from 2:30 - 4 p.m., rain or shine. Once matches begin, the team meets twice a week with one day for practice and one day to compete. Frederick County Liaison for SOMD and Special Education Educator at Urbana High School, Mrs. Michelle Hill, create an abbreviated schedule for Frederick County Public High Schools each season. Practice typically consists of a dynamic warm up, tennis terms explained/reviewed, court defined, doubles drills, coach to player technique instruction, double play, team challenge - "king of the court," - cool down, and spotlight (one person from the team recognizes another player on the team for having a great practice. Then it is the spot lighted player's turn to commend another player). The coach then briefs the team on what was learned and shares details on the upcoming event. Finally, practice ends with popsicles as a refreshing way to help hydrate after practice.

As is with other teams, coaching a Unified Team, which consists of an even amount of athletes with and without intellectual disabilities, comes with its challenges and rewards. Special challenges conducting practices when you have students with different disabilities and different levels of disability/ability include constantly engaging every player with various activities to continually develop skills. Coach Nesbitt works to utilize every minute of practice time. Her goal is to provide stations for the team where all players are participating and enjoying the cohesiveness of the team. Depending on the athlete, the accommodations vary. "If a player isn't participating, it is an indication that I have not met that individual's needs." To overcome this challenge, the team manager, a former Unified Tennis player, oversees double play on a court while Coach Nesbitt engages other levels of doubles teams. Partners (players without disabilities) assist as well by offering support and encouragement to the athletes, and by modeling correct form during practices. Other challenges that Coach Nesbitt faces as a Uni-



CHS Unified Tennis Team (Not pictured: Keola Evans).

fied Tennis coach is recruiting athletes. "Students having disabilities, especially those with Individual Education Plans and 504 accommodations are needed to meet the Special Olympics requirement that the team consists of a number of students having disabilities equal to the number of students not having disabilities."

Coach Nesbitt feels it is a privilege to be a Unified Tennis coach. "The most rewarding aspect of my job is when all players come to the realization that everyone needs some sort of support to succeed, not just in the game of tennis but also in day to day living. My goal is to teach the team this and so much more...then to see them put that knowledge into action - first by noticing a need and secondly by doing something to help meet that need." The athletes displayed this lesson during the FCPS County Unified Tournament when a CHS doubles team noticed that an athlete on the opposing team was having difficulty competing against them using a full court and an orange ball (a ball designed with 50% less compression than a yellow regulation ball with 100% compression). According to Nesbitt, "The Cougars took it upon themselves to speak with the officials about leveling the playing field by using a short court and a red ball (a ball having 75% less compression). Those two players were not satisfied with just changing the court and tennis ball type so they asked if it would be alright to

let the athlete use Catocin's equipment, particularly their 'Big Bubba' - a specialized racket that is lightweight with a large face for increased hitting area. Using the modified short court and a red ball, all players enjoyed the match. They cheered for each other as the match continued. The end score was determined and recorded. The final outcome arrived: all participants had a level playing court and the support (including proper equipment) for each participant to give maximum effort while playing."

FCPS sports became unified ten years ago under the direction of Kevin Kendro, FCPS Supervisor of Athletics and Extracurricular Activities with full support from FCPS, the high schools, the FCPS community, and Special Olympics. Special Olympics is an organization dedicated to promoting social inclusion through sports by joining people with and without intellectual disabilities to train and compete together. This merging paves a quick path to friendship and understanding. Their motto is "On the field we're teammates... off the field we're friends." When asked what her favorite aspect of the team/system of unified sports was, team member Siddah Robins answered, "Everyone is super nice and welcoming, and Coach Nesbitt always does her best to accommodate every player." Megan Eiker's response to the same question was, "It's fun, and coach is very funny and kind!" Andrea Lopez answered, "The people are just amazing and I learn something from them every day."

Mr. Kendro noted that since introducing the program to the county, the number of participants has grown with ten high schools participating, about 50 adults coaching (mostly teachers and instructional assistants), and more than 600 student athletes competing. Mr. Kendro states, "Coaching is just teaching beyond the school day. Our coaches coach because they care about our students. We [teachers and coaches] learn from our students and student-athletes just like they learn from us." He acknowledges that the program benefits all the students who participate because, "they learn a lot from each other. Additionally, new friendships are born and current friendships are enhanced." Mr. Kendro is extremely proud of FCPS's Unified Sports Program. "I think adding Unified Sports is one of the best things that FCPS has ever done." He adds, "If you've never been to a Unified tennis, bocce or track and field event, I highly encourage you to do so." To learn how you can become involved with Special Olympics and Unified Sports, go to www.playunified.org.

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MOUNT SPORTS

Basketball Preview

Collin Riviello
MSMU Class of 2020

Only a year removed from their 2018 NCAA Tournament appearance with Villanova, the men's basketball team under second-year head coach Dan Engelstad looks to rebound from last year's 9-22 record (6-12 NEC). Regarded as one of the nation's youngest Division I teams by class year in the 2018-2019 season, this year brings little change to that as this season's team hosts three freshmen, seven sophomores and four juniors. Despite that, Engelstad believes his team can rise to the occasion: "Our team has grown up a lot over the past year, and we are excited to challenge ourselves against some of the best teams in the country. Having five non-conference home games is important for our team as we look forward to the home-court advantage that Knott Arena provides. After a successful summer, we are gearing up for the start of the season, and know that these games are fast approaching."

This past Summer was an important time for the team to become well-oiled. The new and returning players took time to bond, while also working to improve their skills. Just before summer training camp, current sophomore Vado Morse said that he planned to work on quite a few of his shooting techniques, saying in a statement to Mount Athletics, "The Summer is exciting because it's a chance to focus on development. I'm looking forward to improving my shooting, my ability to finish through contact, and my floater." Morse is the team's returning leading scorer. He is also the reigning NEC Men's Basketball Rookie of the Year. Morse ended off last season averaging 14.7 points, 2.9 assists, 2.6 rebounds and 1.1 steals per game. He is just the third Mount player to be named NEC ROY and the 16th Mountaineer to be named to the NEC All-Rookie team.

The men will start their season with a nationally televised game at Georgetown on November 6. The team's home opener will take place against Gettysburg College on November 9. The last time Gettysburg and the Mount met was in 1986.

The Mount will then take start their toughest trek of their season with six of the next seven games on the road. First on the road trip is Washington on November 12. The Huskies were a 9-seed in the 2019 NCAA Tournament and advanced to the Round of 32 before losing to first seed North Carolina. The Mount will then participate in the BBN Showcase put on by the University of Kentucky. The Showcase, which includes five teams total, will have the Mount play at Lamar College in Beaumont, Tx. on November 15 and then at the University of Alabama at Birmingham

on November 20. Both UAB and Lamar have never played against the Mount. The men will then travel to SEC-member school University of Kentucky on November 22. Kentucky was a 2-seed in the 2019 NCAA Tournament and made it to the Elite Eight before getting upset by fifth-seeded Auburn. However, historically, the Wildcats are 1-0 against the Mountaineers with their last matchup being in the 1995 NCAA Tournament's opening round. The squad will then travel back to Maryland to host Utah Valley University in the final game of the showcase on November 26. The last two games of the long stretch of away games on the schedule will be at Howard on November 30 and at Grand Canyon on December 3. The Mount last played against Howard in 1996.

The last four non-conference games for the Mount will all take place in the state of Maryland. The Mount will host the 174th annual Catholic Clash against Loyola (Md.) on December 7. The Mount is 100-73 all-time against Loyola. American will also take a visit to Emmitsburg for a game on December 17. The Mount will then travel to Navy for a matchup on December 20, before hosting Coppin State on December 27.

The men will start NEC play in January of 2020. They placed ninth in the conference last season.

For the women's basketball team, a lot is to be expected of them this season. Coming off a 15-16 overall record (8-10 NEC) with their first appearance in the NEC semifinals since 2014, anything less than a repeat of that or better will be considered unacceptable. To prove this mentality, head coach Maria Marchesano scheduled some tough opponents for the team to play including four teams that made the 2019 NCAA Tournament. "As a staff, we are really excited about the way this year's schedule came together,"

said Marchesano in an interview with Mount Athletics. "Our early games in the Midwest against Kentucky and Indiana will be great opportunities for our girls to measure themselves against two power five conference programs. After that first long road trip, getting back home and renewing some of our in state battles with Towson, UMBC, and our annual Catholic Clash against Loyola will be a fun stretch of games. But probably the most exciting piece of our schedule will be rounding out our non-conference slate in a three day classic at Old Dominion where we will compete in a tournament like atmosphere."

The women will start their season off with a game at No. 17 Kentucky on November 5 and then travel to Indiana on November 7. Both Kentucky and Indiana played in the 2019 NCAA Tournament as a 6-seed and 10-seed respectively. However, both were knocked out of the tournament in the Round of 32.

Frostburg State will travel to the Mount for the Mount's home opener on November 11. The women will then head to Towson for a game before coming back to Emmitsburg for a home matchup with UMBC. Like Kentucky and Indiana, Towson also appeared in last season's NCAA Tournament as a 15-seed, but was knocked out in the Round of 64 by the University of Connecticut. The Mount will travel to Radford on November 26 to end off November play.

December home games include matches with Loyola (Md.) on December 6 and Lehigh on December 8. The women will travel to Maryland-Eastern Shore on December 14 before playing in the Old Dominion Tournament from December 19-21. Hosted by ODU, the Mount will play against Richmond, Hampton and ODU.

NEC play begins in January with the first conference game being a home matchup with Wagner on January 2. Long Island will then travel to Emmitsburg on January 4. The Mount will



The women's basketball team seeks to advance to the NCAA Tournament for the first time since 1995.

travel to Bryant on January 11 and then the newest member of the NEC, Merrimack College on January 13. Central Connecticut, St. Francis Brooklyn and Bryant will then travel to Emmitsburg on the 18, 20 and 25 of January respectively. Of the nine games in February, only two are home ones with Saint Francis U being one of them on the 15 and Merrimack being the second home game on the 23.

March play includes only two games total with both being home matchups for the Mount: Robert Morris on the 2 and Fairleigh Dickinson on the 5. Robert Morris defeated the Mount in the 2019 NEC semifinals enroute to winning the NEC Tournament and advanced to the NCAA Tournament as a 16-seed. The Colonials eventually lost to first-seeded Louisville 69-34 in the Round of 64.

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COMPLEMENTARY CORNER

Foods for healing

Renee Lehman

“Food is better than herbs, Qi is better than food, and Emptiness is better than Qi.”
—Traditional Taoist Principle

When you think about healthy foods what comes to mind? In modern day, western terms, you probably think of calories per serving, grams of protein, fat, and carbohydrates in a serving, and the percentage of recommended daily allowance for vitamins/minerals. Plus, you may wonder if a particular food is part of the Keto diet, Raw food diet, Paleo diet, Gluten Free diet, etc.

In Traditional Chinese Medicine (TCM), the energetic essence of a food is what is to be considered when thinking about what you may want to eat to stay healthy. TCM works with the food’s energetic and its effect on the internal organs, and your body/mind/spirit. All foods have specific effects on our Qi (pronounced “chee”) when they enter the human body. For example, some foods are warming, some are cooling, some are moistening, and some are drying to the body. The Nei Jing (pronounced “Nay Jing”) Classic of Internal Medicine compiled over 2,000 years ago, may be the first known Chinese writings on the dynamic relationship between health and food. Let’s first review several TCM principles to understand how foods are viewed for their healing energetic essences.

Traditional Chinese Medicine Principles

One major TCM principle is that everyone is a part of the Universe. You are one with the Universe. When you are born, you received Qi from both heaven and earth. Your mind-body-spirit are an integrated and unified whole and can’t be separated from nature.

A second major TCM principle is that prevention must be a primary focus for healthy living. Reread the beginning quote

– Food is considered better than herbs for keeping the body-mind-spirit healthy. TCM was practiced where the doctor was paid only if his/her patient remained well. Focus on prevention, and daily lifestyle has always been a mainstay within TCM. So, what you do daily can create many cumulative health benefits --- positive daily habits create positive health benefits and negative daily habits can damage your health. In our western culture, we don’t really have this philosophy. Our western culture has the following philosophy: when you become ill, then you try to find someone to fix your problem. The above ancient Taoist saying basically states that when it comes to eating, what you put into your body every day (on a body-mind-spirit level) has a far greater effect on your overall health than an occasional visit to the doctor for medicine when you are sick.

As a reminder, TCM deals with balancing the flow of the natural vital energy, or Qi which flows through all living things. This Qi flows through the body on specific pathways called Meridians and is essential for health. When the Qi is balanced, moving smoothly, and in sufficient quality and quantity, health and wellness are promoted. When the Qi is unbalanced or blocked in any way, disease or disease, will occur. This dis – ease may show up as symptoms on a physical, mental/emotional, or spiritual level.

How to Eat According to TCM Principles

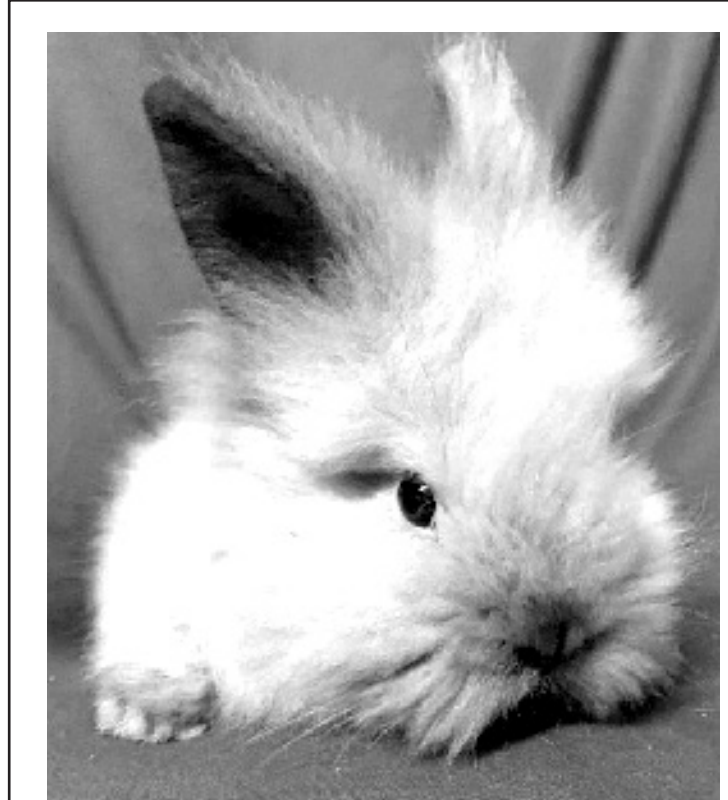
To nourish, strengthen, and balance your Qi:

- Chew your food thoroughly to release its nutrients more easily. This will ease the stress on the digestive system.
- Eat cooked foods. This will decrease the amount of energy that the digestive system needs to digest foods. Therefore, more of the energy from the foods will go to building your Qi. Large quantities

of meat tend to put a burden on your digestive system and demand too much Qi to process/digest. Decrease your meat consumption.

- Eat organic food because it has more vital energy than genetically modified food.
- Eat foods that are local and in season. They have the best Qi to offer you for healing.
- A varied diet primarily of fresh foods: fruits, beans, nuts, some grains, and cooked vegetables help to keep your body in balance and its Qi flowing smoothly.
- Seafood, particularly shellfish, has many healing properties.
- Eat the greatest quantity of food earlier in the day to allow your body to fully utilize the food’s nutrition when it is needed the most.
- Avoid eating late at night to give your digestive organs a rest while your body is sleeping. This will save more Qi for healing.
- Avoid excess fluids with meals, overeating, skipping meals, and eating while working.
- Maintain a quiet and relaxed environment while eating. This helps your digestion.
- Stop eating when you are approximately 70-80% full. This will allow your digestive system to process food without using excess Qi.

Finally, the body is just like any other ecosystem. It has its own “climate” that is affected by the internal environment of the body, and exposure to the external environment. These climates are described in terms of weather: Heat, Cold, Dryness, Dampness, and Wind. Often, undesirable climates arise internally as a result of poor lifestyle choices such as diet (along with excess work, too little relaxation, chronic emotions, too little rest, or chronic stress). Another way to think about this is as follows: Each internal organ prefers a specific “natural Qi.” For example, the Liver prefers Qi that flows smoothly, the Spleen likes dryness and hates dampness, while the



Hazel is an Angora Rabbit who was born at the shelter this August. She’s been in foster care with her littermates, but is ready for a home now. We’re guessing Hazel is a girl, but it’s hard to tell when they’re so young. She will need brushed and groomed to keep from getting matted. Look at that face! She’s too cute!

For more information about Hazel call the Cumberland Valley Shelter at 717-263-5791 or visit them online at www.cvspets.org or better yet, visit them in person at the shelter.

Stomach prefers warmth and can’t stand cold (therefore you want to eat cooked vegetables).

To nourish your “Body’s Climate”:

- Eat more warming foods in winter and more cooling foods in summer. In dry climates we need more moistening foods, in damp climates eat more drying foods. For example: foods with a warm essence include but are not limited to: Scallions, Fennel, Garlic, Celery, Lemon, Ginger, and Cinnamon. Foods with a cool essence include but are not limited to: Watermelon, Carrot, Pear, Kiwi, Mung Bean, Dandelion, and Green tea.
- Avoid or limit caffeine, alcohol, fried and fatty foods, and sugar.
- Avoid foods that create dampness, including dairy, fatty meat, fried foods, sugar/sweeteners, wheat, alcohol, and concentrated foods such as concentrated orange juice. In TCM, dampness is associated with weight gain.

“The best doctor concentrates on prevention instead of fixing disease. The wise doctor concentrates on bringing the whole body into harmony instead of fixing its imbalances. If you’re already sick and then begin medication, if your health is already out of control and then you start to address it, you are like a thirsty man digging a well, or a soldier making his weapon in the midst of battle. You are too late.”

—Nei Jing (474 - 221 B.C.)

“You are Free to Choose, But You are not Free from the Consequences of Your Choice.”

—Universal Paradox

Renee Lehman is a licensed acupuncturist and physical therapist with over 30 years of health care experience. Her office is located at 249B York Street in Gettysburg. She can be reached at 717-752-5728.

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FITNESS AND HEALTH

Thanksgiving dinner with a twist

Linda Stultz
Certified Fitness Trainer

Over the past several years I have written a Thanksgiving Dinner article with suggestions and recipes for a healthy holiday meal. I am still interested in finding new and healthy foods to add to the traditional turkey, ham, stuffing and veggies and of course pumpkin and apple pie but thought I would go a different direction this time.

Today's holiday gatherings have become more casual for some families. A buffet is sometimes the way to go when everyone is so busy and has more than one house to visit for the holi-

day meal. You can fix some of the food a day or so ahead and heat it up or serve cold. Crock pots are a great way to keep foods hot without drying out or over cooking them. A hardy autumn soup or stew with some home baked warm bread or muffins will hit the spot and can be served whatever time your guests arrive.

A healthy tray of fresh veggies with a low sugar dip is also a great way to serve good for you foods that are ready all day long. Most people like veggies and dip and they can choose the ones they like best. Sometimes the kids only like a few vegetables but when you add the dip they seem to eat a better variety.

Keeping with the traditional turkey and ham, these can be served for sandwiches. Everyone likes the leftovers after Thanksgiving, this way you can start with them in a sandwich. Today many people are going carb free and don't eat as much bread so you can serve the meat along and they can choose their favorite side dishes to go with it. Another dish that can be kept warm and served when people arrive is a turkey or ham casserole. You can add vegetables like peas and carrots and have a complete meal in one dish. You need to enjoy the holiday too, so make it a little easier on yourself. A friend just told me they did a buffet last year, it went really well and will probably do it again.

I don't have any changes to the pumpkin and apple pies. Dessert always seems to be allowed on Thanksgiving. Of course, these can be made a day ahead so you can share quality time with your family and still have dessert. Maybe they are eating at



someone else's house and coming to yours for dessert. If that is the case you may want to make a few other family favorites like apple cake, sweet potato pie or whatever is traditional for your family. Today there a lot of recipes with less carbs and calories. Check the internet for substitutes and make a healthier version of their favorites.

Whatever your holiday has in store, I hope you have a safe, healthy and Happy Thanksgiving. Remember to take a walk or get some type of physical activity after dinner. You'll be glad to share the time with the people you love and you'll feel better after a big meal.

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



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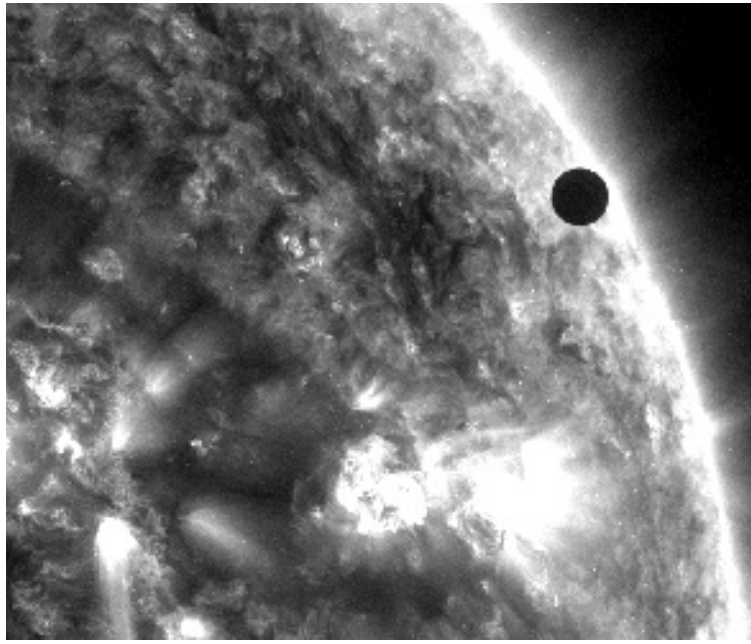
ASTRONOMY

The night sky of November

Professor Wayne Wooten

The moon is a slender waxing crescent for Halloween, setting in the west about the time that trick or treaters should be getting worn out, so get out the scopes and give your guests a telescopic treat as well, with Jupiter just south of the moon, and Saturn east of them in the western twilight. The moon will just south of Saturn on November 2nd. Seasons changing, and Daylight Savings Time ends on November 3rd. The first quarter moon is November 4th. The big event for this month, however, is on Veterans' Day, November 11th, when the planet Mercury transits the sun that morning. Shortly after sunrise, the tiny disk of Mercury moves in front of the Sun's eastern limb at 5:35 a.m., and moves all the way across it, leaving the western limb at noon CST. The tiny disk of Mercury is too small to observe without a good telescope as well. Now is sunspot minima, so probably Mercury will be the only thing visible on the Sun's disk during the transit, however.

The full moon, the Beaver Moon, is on November 12th. The waning gibbous moon on November 17th interferes with the peak of the Leonid meteor shower. The last quarter moon is on November 19th. The waning crescent moon is four degrees north of Mars in the dawn on November 24th; that evening Venus overtakes Jupiter



The big event for this month is on Veterans' Day, November 11th, when the planet Mercury transits the sun that morning. The celestial event only happens around 13 times every century. If you miss it, don't worry, the NASS's Solar Dynamics Observatory will capture the planet's transit across the star's fiery surface on film and upload a time-lapse video of the images on YouTube. SDO is the same spacecraft NASA launched in 2010 to study the sun's magnetic field. Scientists are hoping that the data they gathered during the transit can help them better understand Mercury's thin atmosphere. Even if you don't care about their scientific findings, it's still fun watching a teensy circle zooming across your screen with a gigantic ball of fire in the background.

in the evening sky, passing 1.4 degrees south for a spectacular grouping of the two brightest planets in the SW just after sunset. The new moon is November 26th. On Thanksgiving, look for both fainter Jupiter and brighter Venus south of the slender crescent moon for a spectacular photo op in the SW twilight skies. The moon passes south of Saturn on November 29th.

While the naked eye, dark adapted by several minutes away from any bright lights, is a wonderful instrument to stare up into deep space, far beyond our own Milky Way, binoculars are better for spotting specific deep sky objects. For a detailed map of northern hemisphere skies, about October 31st visit the www.sky-maps.com website and download the map for November 2019; it will have a more extensive calendar, and list of best objects for

the naked eyes, binoculars, and scopes on the back of the map. Sky & Telescope has highlights of the best events for each week at <http://www.skyandtelescope.com/observing/astronomy-podcasts/>.

We are losing Jupiter and Saturn from the evening sky fast. Venus passes Jupiter on November 24th, and it catches up to Saturn on December 10th. By years end, only Venus will remain in the western sky. Mars and Mercury are in the morning sky this month.

Setting in the southwest is the teapot shape of Sagittarius, which marks the heart of our Milky Way Galaxy, with Saturn just above the lid of its teapot. The best view of our Galaxy lies overhead now. The brightest star of the northern hemisphere, Vega dominates the sky in the northwest. To the northeast of Vega is Deneb, the brightest star of Cygnus the Swan. To the south is Altair, the brightest star of Aquila the Eagle, the third member of the three bright stars that make the Summer Triangle so obvious in the NE these clear autumn evenings. Use binocs and your sky map to spot many clusters here, using the SkyMap download to locate some of the best ones plotted and described on the back.

Overhead the square of Pegasus is a beacon of fall. South of it is the only bright star of Fall, Fomalhaut. If the southern skies of Fall look sparse, it is because we are looking away from our Galaxy into the depths of intergalactic space.

The constellation Cassiopeia makes a striking W, rising in the

NE as the Big Dipper sets in the NW. Polaris lies about midway between them. She contains many nice star clusters for binocular users in her outer arm of our Milky Way, extending to the NE now. Her daughter, Andromeda, starts with the NE corner star of Pegasus' Square, and goes NE with two more bright stars in a row. It is from the middle star, beta Andromeda, that we proceed about a quarter the way to the top star in the W of Cassiopeia, and look for a faint blur with the naked eye. M-31, the Andromeda Galaxy, is the most distant object visible with the naked eye, lying about 2.5 million light years distant.

To the northeast, Andromeda's hero, Perseus, rises. Perseus contains the famed eclipsing binary star Algol, where the Arabs imagined the eye of the gorgon Medusa would lie. It fades to a third its normal brightness for six out of every 70 hours, as a larger but cooler orange giant covers about 80% of the smaller but hotter and thus brighter companion as seen from Earth. south. Look at Perseus' feet for the famed Pleiades cluster to rise, a sure sign of bright winter stars to come. This is probably the best sight in the sky with binoculars, with hundreds of fainter stars joining the famed "Seven Sisters" with 10x50 binocs.

In fact, yellow Capella, a giant star the same temperature and color as our much smaller Sun, rises at 7 PM as November begins along the northeastern horizon. It is the fifth brightest star in the sky, and a beacon of the colorful and bright winter stars to come.

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Farmers' Almanac

"Thanksgiving Day comes, by statute, once a year; to the honest man it comes as frequently as the heart of gratitude will allow."

—Edward Sandford Martin (1856-1939)

Mid-Atlantic Weather Watch:

Fair, colder (1, 2, 3) with lake-effect snow (4,5); fair and cold (6, 7, 8, 9) with snow in the northern part of the region, rain in the south 10, 11, 12, 13). Fair and rather cold (14, 15, 16, 17, 18, 19, 20) with more snow in the north and rain in the south (21, 22, 23, 24, 25). Lake-effect snow (26, 27, 28, 29) with yet more snow (30).

Full Moon: November's Full Moon will occur on Tuesday, November 12th. It has been called by many Native American tribes both Falling Leaf Moon and Dying Grass Moon because the colder days and heavy frosts during the month, trees have lost almost all of their leaves and most of the grasses have all died off. And because of the high winds sweeping through many regions this time of year, many other tribes have called it Big Wind Moon.

Special Notes: Remember to 'fall back' on Sunday, November 3rd at 2AM when Daylight Savings ends. Though not officially recognized as a holiday, Saturday, November 10th is the great civil rights leader, Martin Luther King's actual birthday.

Holidays: Elections are traditionally held on the first Tuesday of November. This year, they will be held on Tuesday, November 5th. Monday, November 11th is Veteran's Day when we remember our military service branches and those have served and who continue to protect us today. We must never forget the sacrifice that millions of servicemen and women make every day, many in harm's way right now. Celebrate Thanksgiving this year on Thursday, November 28th with family and friends. There is so much for us all to be thankful for and we should carry that thankfulness beyond the holiday season.

The Garden: Keep all of your plants well-watered going into late fall and winter. Pay particular attention to any plants or shrubs recently planted. Plants that face winter dryness are prone to damage and dieback during the cooler months. Drain all of your hoses and put them away so they don't

freeze and burst. Feed the birds in a fun, unique way by making a pinecone bird feeder. Just roll a large pinecone in peanut butter and birdseed. Hang the finished 'ornament' with rustic twine or ribbon in shrubs or on tree limbs close to windows for easy observation. Remember that once you start feeding them, don't stop until natural food becomes available for them again next spring. Providing a source of fresh water is always desirable for our feathered friends, too!

The Farm: Best for planting root crops (11, 12, 22, 23); weeding and stirring the soil (18, 19); planting above-ground crops (6, 7); harvesting all crops (8, 9, 10); the best days for setting hens and incubators (4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 5, 16, 17, 18, 19, 20); the slaughtering and butchering of meat (1, 2, 3, 26, 27, 28, 29, 30); transplanting (1, 2, 3, 26, 27, 28, 29, 30); the weaning of all small animals and livestock (2, 3, 4, 5, 6, 7, 26, 27, 28, 29, 30); harvesting and storing grains (19, 20, 21, 22, 23, 24, 25).

John Gruber's Thought For Today's Living

"You only reap what you sow, so be sure to spread more kindness and consideration for your fellow man than envy or ill will"

COMPUTER Q&A

Computer warranties - what are you getting?

Aysë Stenabaugh
Jester's Computers

Manufacturers typically offer a one-year warranty that will cover repair or replacement of parts that are considered defective. The specific coverage terms can vary while some manufacturers pay to ship for product repairs, some allow hardware upgrades others don't. Accidental damage, acts of nature and damage caused by the consumer are often not covered under a standard warranty although, additional warranty coverage (including accidental damage coverage) is usually available for purchase within 30 days from the reseller or a third-party warranty company such as Asurion.

The Warranty Process can vary from brand to brand but the steps to getting your device repaired are typically the same. Let's say you're having an issue with your HP computer and you contact support for help. The first thing they will do is have you perform some diagnostics on your machine which they will walk you through over the phone. Once the troubleshooting is complete if no hardware issue is found, they will instruct you to reset your computer back to factory settings. The manufacturers' goal is to ensure that the device is working in the condition it was originally shipped. If you change your operating system or change hardware your support options will be limited.

Restoring your system back to factory can usually be done without losing your personal data (documents, pictures etc.) but any settings that have been configured or programs that you have installed since purchasing the computer will be lost in the process. Once the system is restored back to factory if no further issues arise your support case will close. If a hardware issue is determined or continues after the system is restored, then an RMA or return merchandise authorization will be created and you will be directed on how to ship your device back to the manufacturer.

It's important to pay close attention to this part of the process. The manufacturer will provide detailed instructions on how to prepare your device for shipment. The directions should indicate whether they want you to include your power cable, battery or any other accessories. Only what is listed should be returned with the device, any USB receivers, memory cards or CD's should be removed. The manufacturer will not be responsible for any personal data on your device, all important data should be backed up before sending your device for repair. Some manufacturers will provide a prepaid shipping label and a box to send your computer for repair, others will require that you use your own packaging and pay for shipping. Typically, the

repair process takes 7-14 business days from receipt. The warranty will spell out if they're allowed to use new or refurbished parts when repairing the device.

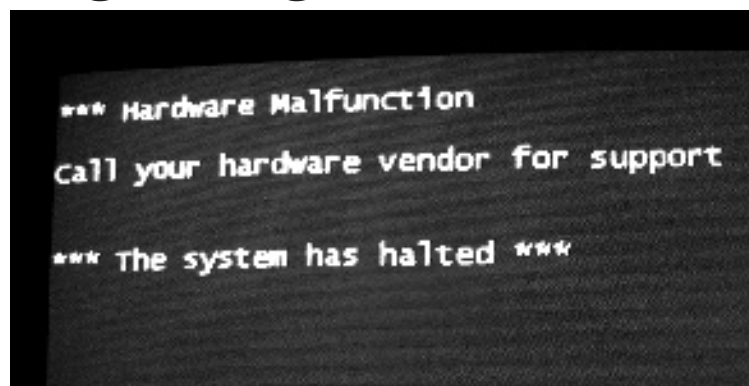
Some things aren't covered under the manufacturers' warranty. If your product is tested and deemed by the manufacturer that the damage was caused due to accidental or user damage, acts of nature or the installation of unauthorized parts you will be given a quote for the repair and it will not be covered under warranty. The most common repairs that are not covered by warranty are screen damage and water damage.

Even a brand-new device can have problems out of the box. Manufacturers have quality assurance measures in place to help eliminate the risk of a defective product reaching the consumer but, it's not foolproof by any means. When you power on your device for the first time the software is completing its installation process for the first time. Until the software configuration completes there is no way to know if the device is working properly. While

hardware can be tested it's not until the software and hardware are working together that you can determine if the device is functioning 100%. This is important to understand because your physical product may be working just as it should which would mean that the software is the problem. On more than one occasion we've had clients bring in their new computer to say that it's not working very well only to find that the Windows installation was corrupt or damaged. The software that is installed on a PC that is built in a factory typically is not tested on individual machines.

Consider this, when buying a new PC you should decide how long you want that device to last. Most laptops average 3-5 years without needing a major hardware repair and desktops typically last longer depending on the quality. An extended warranty is recommended especially if you purchase a laptop due to the increased risk of accidental damage and the need to match machine-specific parts.

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which can help prevent software issues that might occur in a factory setting. If you need are interested in a custom-built desktop or are looking for quality computer repair and service, find us on the web at www.jesterscomputers.com or call us at 717-642-6611.

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UPCOMING EVENTS

Month Long Events:

Thurmont United Methodist Church's Toy Drive - TUMC Clothes Closet is currently collecting new and gently used toys for our Annual Open House Christmas Party, December 2. Donations may be dropped off at the church thru Wednesday, November 27th. TUMC is located at 13880 Long Road, Thurmont. For more information call 301 271-4511.

November 1

Gettysburg's 4-H Benefit Auction - Bid on handcrafted items, gift certificates, theme baskets, collectibles and items from local businesses and individuals during the live and silent auctions. If you would like to donate to the auc-

tion or would like more information, please contact Trudy Gladhill or Darlene Resh at the Penn State Extension Adams County 4-H at 717-334-6271.

November 1 & 2

Gettysburg Community Theater presents The Rocky Horror Show live! It's back again! This is our 5th Annual production of the sci-fi horror inspired rock musical, The Rocky Horror Show that inspired the cult classic film. For more information visit www.gettysburgcommunitytheatre.org.

November 2

Surgeons Stories: Perspectives on Medicine at Gettysburg and Beyond.

Join Robert Hicks, Director of the Mutter Museum and Historical Medical Library of the College of Physicians of Philadelphia; Barbara Franco, Founding Executive Director Emerita of Seminary Ridge Museum, Gettysburg; and Pete Miele, Chief Operating Officer and Director of Education, Seminary Ridge Museum, Gettysburg, for a round table discussion on new and emerging scholarship in the field of Civil War medicine. Hicks will discuss Union army doctors as a professional class, based on his new book "Civil War Medicine: A Surgeon's Diary", which examines wartime experience of Dr. James Fulton, 143rd Pennsylvania. For more information visit www.seminaryridgemuseum.org.

Adams Count ASPC's 2019 Dinner Gala. Tickets for this event are \$50 and guests will enjoy an evening of live music, amazing food (buffet), a silent auction and much more! For more information call 717-334-8876 or visit www.adamscountyspca.org.

November 3

Gettysburg's College's 'If Music Be the Food of Love...' concert. In their 10th anniversary season, 'If Music Be the Food...' continues to raise awareness and support for those experiencing food instability through the sharing of great music. For more information visit www.gettysburg.edu.

November 6

Gettysburg Community Concert Association presents the New York Brass Arts Trio. Three world-class virtuoso soloists who have come together to revolutionize the brass trio: trumpeter Joe Burgstaller, French hornist David Jolley and trombonist Haim Avitsur, will present an evening filled with classical arrangements enhanced by entertaining anecdotes. For more information call 717-334-7776 or visit www.gettysburgcca.org.

November 7

Gettysburg Area Middle School's Giving Spree. Join over 2,000 of your

friends and neighbors for Adams County's annual Day of Giving. The Giving Spree provides an opportunity for anyone to meet with and support 85 local nonprofits. The 2018 event raised \$733,164 for 80 Adams County nonprofits. The first one thousand visitors to the 2019 event will get a free coin worth \$10 to donate to the charity of their choice at the event. Visit www.adamscountycf.org for more details.

November 8

Gettysburg College's Jazz Ensemble Concert - The Jazz Ensemble, led by Paul Carr, is a popular ensemble for students across campus. For more information call 717-337-8200 or visit www.gettysburgmajestic.org.

November 9

Gettysburg's Sunderman Conservatory of Music student recital featuring the members of the Fall 2019 Voice Studio at Gettysburg College. The recital will be held in Paul Recital Hall located in Schmucker Hall at Gettysburg College. The Sunderman Conservatory of Music is a vibrant musical community preparing passionate and intellectually curious musicians for diverse careers, lifelong learning and engaged citizenry. For more information visit www.gettysburg.edu.

November 10

Community Concert to Prevent Gun Violence. St. James Lutheran Church Adult Choir, community musicians and Gettysburg for Gun Sense combine forces to present a peace concert of music and readings to prevent gun violence. For more information call 717-334-2012 or visit www.stjames-gettysburg.com.

Weinberg Center for the Arts presents the U.S. Air Force Band. The United States Air Force Concert Band is the premier symphonic wind ensemble of the United States Air Force. For more information visit www.weinbergcenter.org.

Taneytown's St. Joseph's Catholic Church's military Veterans' Day all-you-can-eat old fashioned country breakfast fund raiser. Prices: \$8 adults, \$4 children ages 7-10, (6 & under free). Active, retired or discharged military persons - half price. All will be honored for their service. They are invited to bring their military memorabilia (photos, caps, uniforms, gear, etc.) for display at our head table and, if

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UPCOMING EVENTS

able, to dress in their military uniform. Sponsored by Knights Of Columbus, St. Joseph Taneytown Council 11631. St. Joseph's Church Hall, 44 Frederick Street, Taneytown. All proceeds support the council's charitable and service programs.

November 15

The Gettysburg College Symphony Orchestra. For more information call 717-337-8200 or visit www.gettysburg.edu.

November 16

Elias Lutheran Church's: Swing Dance Date Night. Grab your partner and get ready to Swing the night away! Join us in the Elias dining room for Swing Dance Date Night. For more information call 301-447-6239.

The Gettysburg College Sunderman Conservatory of Music invites you to attend our Jazz Dispatch Concert held in the Janet Riggs Student Center, The Junction at Gettysburg College. Jazz Dispatch focuses on small group jazz improvisation. For more information call 717-337-8200 or visit www.gettysburg.edu.

November 17

From XIX to '19 Symposium. From XIX to '19 commemorates the centennial of the passage and ratification of the 19th Amendment to the United States Constitution, granting women the right to vote and empowering women leaders and visionaries in society, industry and culture. For more information, visit www.fromxix-to19.com.

Music Gettysburg! presents the Sunderman Wind Quintet: Celebrating the centennial of women's suffrage,

these faculty members present works by female composers and music of the 1920's Music, Gettysburg! is a premier concert series featuring international, national, regional and local musical artists for the greater south central Pennsylvania region. For more information call 717-339-1334 or visit www.musicgettysburg.org.

November 19

Dedication Day - Anniversary of the Gettysburg Address. November 19, the anniversary of the Gettysburg Address and the Dedication of the Soldiers' National Cemetery, was formally designated as Dedication Day, by a joint resolution of the U.S. Senate and House of Representatives, on November 19, 1946. Each year since 1938, the Lincoln Fellowship of Pennsylvania has commemorated Lincoln's Gettysburg Address and rededicated Soldiers' National Cemetery where Lincoln spoke on this date. It is presented outdoors on the historic rostrum located in the cemetery. This event is free and open to the general public. A limited number of seats will be available to the general public, so feel free to bring lawn chairs. Parking for the event is provided at the Gettysburg National Military Park Museum & Visitor Center

in Lot #3 with free shuttle service on the Gold Line Shuttle to the Cemetery. The Gold Line will operate from 8 a.m. -6:30 p.m.. For more information visit www.lincolnfellowship.org.

November 20

Mother Seton School STEM Fair. Mother Seton School invites you to see what our junior scientists and inventors have come up with this year! For more information visit www.mothersetonschool.org.

East Berlin Historical Preservation Society presents - Becoming Santa Claus. Learn the interesting and fascinating history of how Saint Nicholas became secularized into the Santa Claus we know today. For more information call 717-259-0822 or visit www.ebhpspa.org.

November 23

Gettysburg's Remembrance Day Parade and Ceremonies. Join us in honoring the soldiers and civilians of the American Civil War in this special annual parade held in conjunction with the Gettysburg Address anniversary. The parade will line up on Middle Street and then proceed to Baltimore Street and then turn onto Steinwehr Avenue. For more informa-

tion call 740-369-3722 or visit www.suvcw.org.

Gettysburg College's Wind Symphony Concert. The Wind Symphony is the premier wind and percussion ensemble in the Sunderman Conservatory of Music comprised of a select group of 40-50 musicians, the ensemble rehearses and performs some of the best new literature and wind band masterworks. For more information call the Majestic Box Office at 717-337-8200 or visit www.gettysburgmajestic.org.

November 29 & 30

Gettysburg Community Theatre's 'Home for the Holidays'.

Come out to the Gettysburg Community Theatre for our Annual Christmas Concert featuring many of our alumni who are "Home for the Holidays"! For more information call 717-334-2692 or visit www.gettysburgcommunitytheatre.org.

November 30

Weinberg Center for the Arts presents 'Tuba Christmas'. Join us for an afternoon of holiday fun with as many as 85 regional tuba and euphonium players performing 4-part Christmas carols. For more information visit www.weinberg-center.org.

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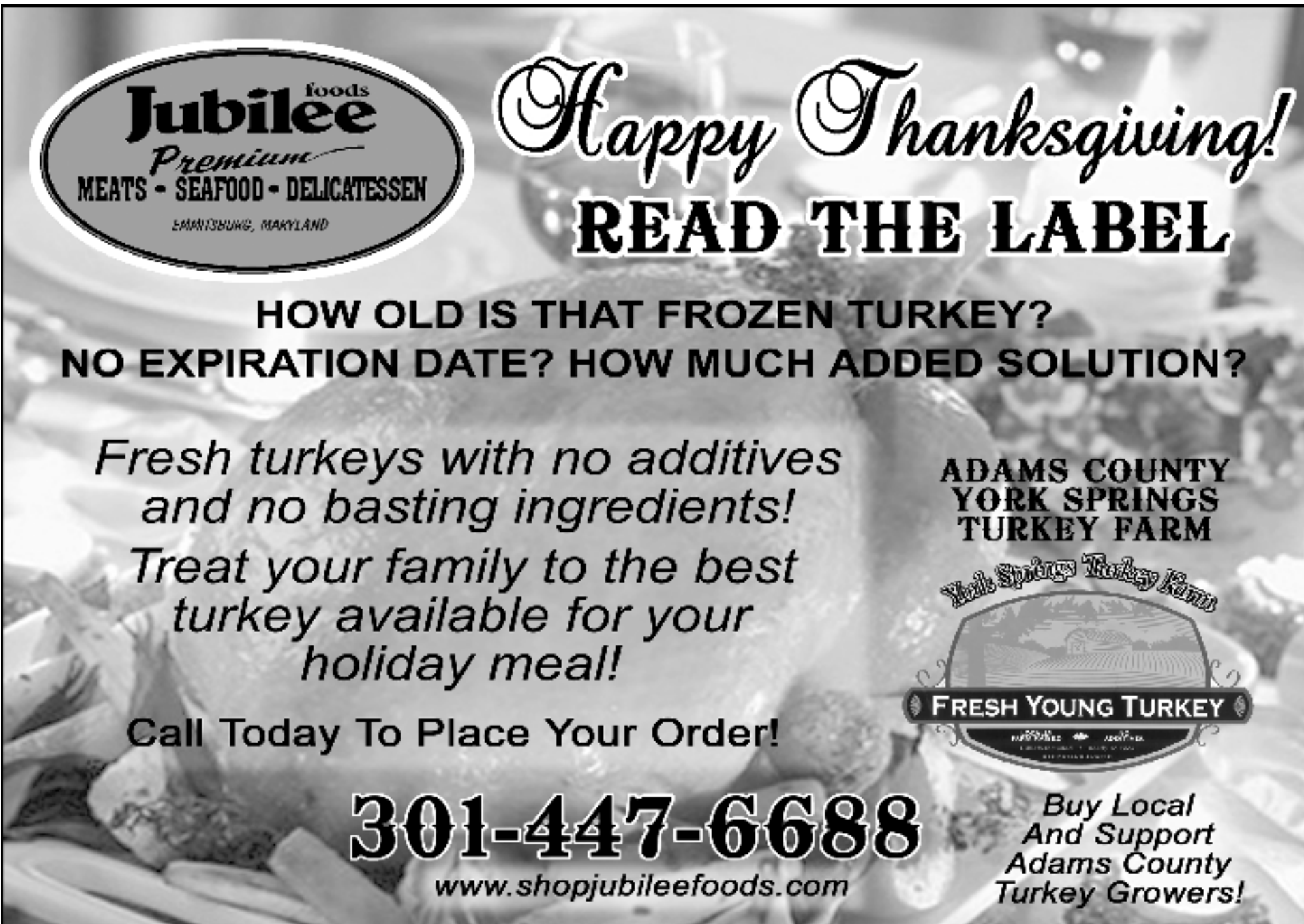
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