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NEWS

Emmitsburg Town Elections

No candidates have filed yet to run for two seats on the Emmitsburg Town Board of Commissioners in September. **Page 2**

Fairfield Considering Fire Tax $\,$

A 0.25 mill fire tax will supplement the financial needs of the Fairfield Volunteer Fire and EMS Companies. **Page 3**

Lightning Strikes Mount Chapel Tower Quick action taken by a Mount student is credited with saving the chapel tower. Page 4

Emmitsburg Heritage Days

A recap of the day's activities and listing of the winners of the day's games. Page 41

COMMENTARY

Words from Winterbilt

NSA tapping of e-mails has put an end to the old claim that the government doesn't listen to its people. **Page 10**

Pure OnSense

Egypt's democratic coup— the people recapture their revolution. **Page 11**

ARTICLES

The Pastor's Desk

One of the continuing concerns I hear in the community is "What are we to do with our children?" Page 12

Book of Days

The untold history of London Bridge of Olde. **Page 13**

In The Country

Bats! Before you kill that bat, consider the role they play in the environment.

Page 15

Pets Large & Small

Animals do have feelings— a look at how our four-legged friends experience joy, pain, and real sorrow. **Page 18**

The Master Gardener

A look at common weeds found in fields during the summer and their uses.

Page 20

Civil War History

A look at the ten days following the Battle of Gettysburg and their forgotten battles. **Page 22**

History

Part 5 of the history of Fairfield. Page 24

Cold War Warriors

An inside perspective on what command of a nuclear submarine during the Cold War was like. **Page 26**

JOURNALS

The Retired Ecologist

A look at the "Balance of Nature"— By human standards, a cruel system... but it works. **Page 14**

Four Years at the Mount

Our writers were asked to tell a tale about adventure, and once again, they didn't disappoint. **Page 32**

The Village Idiot

Drugs Abuse in Emmitsburg— Contrary to prevailing opinion, it's nothing new. **Page 35**

Complementary Corner

Cooling summer recipes to beat the heat. **Page 42**

Organizers gear up for 8th Scotty's Ride

Preparations are underway for the 8th Annual Scotty's Ride. The fundraiser (Poker Run) was established in 2006 to help pay medical bills of Scotty Harbaugh, who was diagnosed with an inoperable brain tumor.

The first ride was such a success that a second ride was planned, but one month before the second ride - Scotty passed away. Since then, the event has been continued in Scotty's memory, with the goal of helping other families with medical needs. Under the motto of: 'In The Name of One Child We Ride For Many', Scotty's Ride has donated more than \$50,000.00 to area families in need of medical assistance for their child.

This year's ride, to be held September 28, will be the Eighth Annual Scotty's Ride.

At the 2012 ride, Mother Nature served up a beautiful day with approximately 350 participants attending. Three recipients attended, which touched the hearts of all. It was a great feeling meeting those families, and a good time was had by all.

You don't need to have a motorcycle to participate; all types of vehicles are welcome. The cost to play the poker hand portion of the ride is \$35.00 (this includes the entire day's event), with the



Organizers hope that this year's Scotty's Ride will be the best yet.

chance to win cash prizes for 1st, 2nd 3rd place plus a prize for the worst hand.

The 110-mile scenic ride leaves Jubilee parking lot at 10 am and ends at 3 pm just outside of Emmitsburg at the home of Kerry Shorb and Valerie Rhoderick, the organizers of the ride. The Food and music part of the day's event is open to everyone for a small donation, (\$20 donation for adults, \$10 for kids 7-12, under 6 are free.) Your donation entitles you to eat, drink, enjoy the live music featuring the band RedLine, and

a chance to win one of the many door prizes. It's a great time to be had, and for a great cause.

The goal of this year's raffle will be to raise \$10,000 for Saint Jude Children's Research Hospital. First place winners in the raffle will take home \$5,000, second place, \$3,000, and third place 3rd 2,000.00. The cost is \$10.00 per ticket. Only 2,000 tickets are being sold.

Tickets can be purchased at: My Father's Footstep and Hair Design & Nails, The Ott House, Emmitsburg Family barbershop, Holly Grounds Café, Quality Tire Service, Paul's Pitt Stop, E-Plus Copy Center & American Legion Post 121 all in Emmitsburg; and Bollinger's Restaurant, and Sweeney's Gas Station in Thurmont.

For additional information on Scotty's Ride or to purchase a raffle ticket, contact Kerry Shorb at My Father's Footsteps: 301-447-6600 or Kerry & Valerie at 301-447-3260, or by visiting the Scotty Ride event web site at www.scottyride.org. A participation form is also available on the web site.

Here comes the 91st South Mtn. Fair!

The sweet aroma of cotton candy, mixed with a whiff of grease, laced with a little essence of manure, mixed with the throttling of tractors, the mooing of cattle and the screams of childish excitement can only mean one thing—the good old-fashion country fair is in town.

The fair was officially kicked-off in 1922, and continued on annually until 1930, when it was cancelled that year because of a drought. The annual event began again in 1931 and continued until 1941, when it was again cancelled, this time due to a polio epidemic, then World War II. The fair was resumed in 1948.

The South Mountain Fair provides a chance for children to be acknowledged for their personal efforts ranging from hobby interests to animal husbandry, for local and national merchants to show off their wares, and for community members from far and wide to come together and set aside family differences for a plate of pulled pork.

Generally, around 10,000 people attend the annual five-day

event held at Arendtsville Union Park, just outside of Arendtsville.

This year, the 91st year of the South Mountain Fair, the event will be held from August 20 through 24, although a South Mountain Fair Rabbit and Cavy Show is scheduled to take place on August 18 at 9 a.m.

Aside from the one August 18 event, August 18 through August 19 are reserved for registration for those who wish to exhibit during the main fair.

Livestock exhibitions scheduled to be held during the fair include poultry, rabbit, and sheep competitions on August 20, goat, swine, and beef competitions on August 21, calf, beef, and steer competitions on August 22, and a dairy cattle competition on August 23, followed by a livestock sale on August 24.

Other activities include a food auction on August 20, a draft horse pulling contest on August 21, a fireworks display on August 22, an antiques small gas engine demonstration on August 23 and 24, and a parade of antiques



The South Mountain Fair is undoubtedly one of the most kid-friendly events of the summer.

farm equipment on August 24.

The entertainment scheduled includes a Battle of the Bands beginning 7:30 p.m. August 21, Richie Fields on August 22 at 7:30 p.m., John Conlee on August 23 at 7:30 p.m., Texas Country Showdown

at 5:30 p.m. and Pat Garrett at 7 p.m. on August 24.

Other competitions, activities and events are also planned. Visit the visit the association's web site at southmountainfair.com for a complete schedule.

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Happy Birthday Ruth!

Mrs. Ruth Richards, formerly of Emmitsburg and now residing at the Brethren Home near New Oxford, PA, celebrated her 96th birthday on Saturday, July 13. On that date, friends and family gathered at the 1863 Restaurant at the Gettysburg Wyndham Hotel to mark the occasion with a festive luncheon.

In the photo, seated in front from left to right are Betty Meredith and Ruth Richards. Second row from left to right, Dr. Bill Meredith, Bo Cadle, Jean Cadle, Dr. Kristin Urban, Marian Williams, Harold Craig, Dick Borst, Dr. Bonnie Portier, Dr. Bill Port-



ier, Lee Borst, Dr. Cathy Bodin, Bill O'Toole, Rita Carroll, Kathy Richards Fishburn, and Dr. Alan Carroll. Attending, but absent from the photo, was Dr. Robert Ducharme.

EHS Scholarship

The four winners of 2013 EHSAA scholarships were announced at Catoctin High School Awards Ceremony on June 3. Each recipient received a one thousand dollar scholarship. The applicants were judged on involvement in school and community activities. Their academic work, financial need and honors were also considered along with their work experience.

Parker Rohrbaugh, son of Mr. and Mrs. Herbert Rohrbaugh, will be entering Penn State University studying Pediatric Nursing . Robin Wivell, son of Mr. and Mrs. Eric Wivell, will be attending American University, majoring in International Studies and Environmental Studies. Shelby Maly, daughter of Mr. and Mrs. Scott Maly, plans to attend Shepherd University, pursuing a degree in Sports and Event Management or Sports Marketing. Laken Weaver, daughter of Mr. and Mrs. Conrad Weaver, will enter Furman University where she plans to study Classical Voice.

An anonymous alumni member

gave a one thousand dollar scholarship in honor of Bill Baker, an Emmitsburg and Catoctin High agricultural teacher. The scholarship was awarded to a senior who is an FFA member, Bridget Bittner. She plans on earning a nursing degree from Shepherd University and is the daughter of Mr. and Mrs. Thad Bittner.

The five recipients will be recognized at the Emmitsburg High School Alumni Association's 89th Annual Banquet on October 19, 2013.

Emmitsburg

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Letters to the Editor, notice of upcoming events, news stories, and interesting and creative articles are welcome and may be submitted via regular U.S. Mail to P.O. Box 543, Emmitsburg, MD 21727, by email to editor@emmitsburg.com, or at our office on the square - 1 East Main Street.

official candidates lown election nears

wo seats on the Emmitsburg Town Board of Commissioners will be up for election in September, with no one as of yet having filed as candidates.

The town election will be held September 24. The two seats that will become vacant are those presently occupied by commissioners Patrick A. Joy and Jim Hoover. Both of the positions up for election are three-year terms. Commission members are compensated \$4,000 annually. Can-

didates wishing to be listed on the printed election ballot must file 30 days prior to the election. Individuals interesting in becoming write-in candidates must file within 15 days of the

Although not having filed to run for the seats, Joy did tell the News-Journal, "I plan on running." Joy, who is employed at the Federal Department of Health and Human Services, was elected to his first term on the board in 2010, and would

thus be running for his second term as a commissioner.

He has previously served on the town Planning Commission "for a couple of years" and the town Parks and Recreation Committee "four or

Regarding the next three years, Joy said we would like to see the commission "continue keeping the budget in line, and continue to get the town square developed."

We have enough focus on the sewer

plant and that's going along fine," he said.

Regarding the past three years, Joy stated that the accomplishments of the board on which he is serving "have been able to keep the taxes down haven't had to raise taxes. We found (budget) cuts where necessary."

The board of commissioners during his tenure have also "been pushing for transparency so people know what's going on. There's nothing hidden going on behind the scenes."

Hoover has not yet indicated if he will be running. He previously served as a town commissioner and mayor, but lost his mayoral seat to current Mayor Bon Brigs in the 2011 election. He was appointed earlier this year to finish out the term of Commissioner Glen E. Blanchard following that commissioner's resignation.

Candidates elected to either of the two seats will sworn-in and assume their position on the town Board of Commissioners on October 7.

rg passes chicken coop ordinance

Emmitsburg residents will be al-Slowed to raise and keep hens in backyard chicken coops following amendments to the town Code

approved by the Board of Commissioners at their July 1 meeting.

The changes to Title 17 of the Code, regarding zoning and prohibited uses, and to Title 6, regarding the keeping of dogs and other animals, were approved by the Planning Commission in April. Commissioner Jim Hoover provided additional revisions to the language to clarify the town's oversight role in enforcing the regulations. An 18-month sunset provision on the ordinance was also approved on the recommendation of Commissioner Chris Staiger.

Town Planner Sue Cipperly was tasked with researching how the county and other municipalities implemented their own backyard coop policies, and presented draft language aimed at allowing people to raise chickens who wanted to do so, while also taking into consideration safety, public health, and other concerns neighbors may have.

"This is the most permissive chicken ordinance that I have seen," Cipperly told the Commissioners.

The full text of the ordinance which passed with a 5-0 vote, is available on the town's website (http://emmitsburg.net/towngov/ regulations/13-06_Title_6_Animals.pdf).

At the meeting the Board also discussed a proposed Code of Conduct for Emmitsburg's elected officials and town staff.

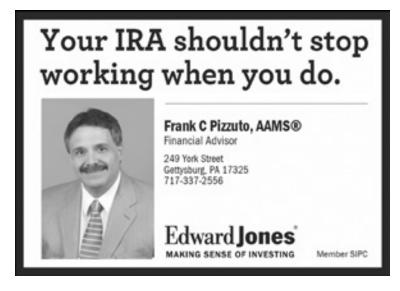
The code was brought up for discussion in response to a complaint by a town employee against their treatment by an elected official, according to Mayor Don Briggs. Commissioners voiced general support for the document's content, but cited concerns with some of the wording, and noted that its subjective nature makes it unenforceable. It was left unclear when or if the code will be brought back for possible adoption at a future meeting.

MARYLAND DEPARTMENT OF BUSINESS AND ECONOMIC DEVELOPMENT

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One part-time contractual position, 16 to 24 hours per week, wanted for busy Mason Dixon Welcome Center in Emmitsburg, MD. Responsibilities include providing travel, historical info and directions to travelers regarding accommodations, attractions and current events. Applicants must be friendly, able to read and interpret maps, and work weekends and holidays. The center is open from 9:00 a.m. until 5:00 p.m. Wednesday through Sunday through November and Thursday through Sunday from November through April. Knowledge of MD history, geography and tourist attractions is needed. HS or GED required and two years experience in tourism related industry. For further information about this position, please visit our website www.choosemaryland.org. Click on about us at the bottom and then working at DBED.

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Hamiltonban backs trail effort

The Hamiltonban Township Board of Supervisors voted at their July2 meeting to join a partnership assembled to establish a trail system that will include part of the township.

Board of Supervisors Vicechairwoman Coleen N. Reamer said that the board agreed at the meeting to partner with Strawberry Hill Nature Preserve, Camp Eder, Michaux State Forest, and the Adams County Office of Planning and Development initially in pursuing a grant to conduct a feasibility study for a trail system.

The trail system, tentatively referred to as the Middle Creek Trail, will connect Fairfield Borough to "the cabin property" on land formally belonging to the Glatfelter tree farm operations, which is now part of Michaux State Forest.

The trail, which Reamer described as a nature trail (as opposed to a multi-purpose recreational trail) would be approximately three miles in length when com-

The first step toward developing the trail system is to acquire a grant to conduct a feasibility study, which will be headed by Strawberry Hill, Reamer stated.

"Strawberry Hill is writing the grant and will administer the grant through Strawberry Hill," Reamer said. "The rest of us are supporting partners." At this stage, "Strawberry Hill is just managing the grant application."

The grant being sought for the study would be a state Department of Conservation and Natural Resources (DCNR) South Mountain Partnership grant, and would be for about \$10,000, representing less than half the projected \$20,800 price tag of the feasibility study.

The remaining amount, estimated at about \$10,800, would be provided by the partners in the form of in-kind services, such as staff time and labor, office and meeting space, and other related activities. "Five partners will be doing some type of responsibility sharing," Reamer said.

The overall cost of the project from start to finish cannot be determined until the feasibility study is completed, Reamer stated. "The feasibility study is (also)

what you need to present to future grant sources after determining the costs to build the trail and the costs to maintain it."

Provided the grant application is approved by the DCNR South Mountain Partnership, Reamer said it is expected that the money would be awarded around October. The supervisor estimated the feasibility study would take from six months to a year to complete.

As far as finishing the trail project itself, she said, "We don't have a guesstimate on the completion date of the trail, but we hope easier portions would open shortly within a year of the completion of the (feasibility) study."

Carroll Valley National Night Out

Parroll Valley Police Chief Rich-⊿ard L. Hileman, II reports that the annual National Night Out will be held on Tuesday evening, August 6th from 5-8 PM at the Carroll Valley Borough Park..

Bring the kids on out for an evening of fun, food, and information. Good Samaritan Lodge #336, Free and Accepted Masons of Pennsylvania of

Gettysburg through their CHIP program will provide parents with child ID kits. "This is a really great program we are lucky to get," said Chief Hileman, "not only do they take fingerprints, but they also make a CD with digital stills and a movie of your child and a take home DNA kit at no cost." New this year will be cat and dog rabies shots at a cost of \$10 and microchips for \$20 provided by the Adams County SPCA mobile hospital and Adams Electric will conduct a high voltage demonstration.

If available, STAT MED EVAC will be landing at 5:30 PM. Kids are encouraged to bring their bikes and helmets and participate in a Bike Rodeo sponsored by Cub Scout Pack # 76. The Girl Scouts in the Heart of

PA will provide games for the chil-

We are also thrilled to announce the very popular Strawberry Hill Nature Center will bring some animals and will present information on their many programs. Fairfield and Fountaindale Fire Departments will display their life saving equipment and give fire truck rides! Liberty Township Police, Adams County Sheriff's Department, State Constables, Thurmont K-9 Search and Rescue Team, & Mid Atlantic Dogs will also be present.

Various county and state agencies will be available providing invaluable information. Smokey the Bear and other costumed characters will be on site. Sandwiches, fries, ice cream, and snow cones will be available. Free hot dogs, chips & drink for children through age 12. Plenty of parking off Valley View Trail.

Fairfield considering fire tax

Fairfield Borough could be among the first of the many Adams County municipalities to pursue adoption of a fire tax, based on the recent recommendation of the Adams County Counof Governments (COG).

The COG recently recommended that municipalities adopt a 0.25 mill fire tax to supplement the financial needs of the volunteer fire companies in Adams County.

A study on the state of the emergency services in the county, financed in part by the COG, stated, "This action needs to be taken now...'

Fairfield Borough Councilman Carroll Smith told the News-Journal on July 17 that the production and consideration of a Fairfield fire tax ordinance could be imminent.

In fact, he said, "We have already given our attorney instructions to draft an ordinance which we can entertain at a future council meeting."

The council would be considering the recommended fire tax of 0.25 mill, which would amount to a tax of 25 cents per \$1,000 of real estate value. For example, a homeowner owning a property valued at \$200,000 would pay an annual fire tax of \$50.

Smith said there has been a "mixed reaction" among constituents. "A lot of people misquote the fire tax," he said. "A lot of them think it is bigger than it is."

The councilman said he would like to see the tax adopted so that it would go into effect in 2014. "At this point, if there is a consensus of the council, we're going to propose it, advertise and go through the process of adopting it."

The tax would be in addition to a state-mandated distribution of state fire taxes given to municipalities annually, which is then reallocated to the fire companies that serve those communities.

Explaining the reasoning behind a push for a fire tax, COG explained, "Fire departments have significant operating expenses and they can no longer be expected to offset those costs by conducting fundraisers. The fire departments have reached the point that they are unable to cover their costs through fundraising and must receive greater support in order to maintain a volunteer force."

Robert A. Fitez. Sr., president of the Fairfield Fire & EMS, commented further on the issue in a July 5 letter addressed to Fairfield Borough.

At present we have approximately ten to twenty volunteers providing all fire and medical services to our community," Fitz stated. "This number continues to decline and is reaching a critical point bringing the possibility of additional paid personnel closer to reality."

"Couple the declining number of volunteers with state regulations that increase the required number of training hours our volunteers must have, the increase in required record keeping plus escalating costs for equipment, and we have all of the ingredients to create the perfect storm in our local emergency services," he said.

time out' Developer asks for

The Carroll Valley Borough Plan- would be necessary in order for the dening Commission asked the representative of a proposed development at the board's July 1 meeting to skip a month of discussions to allow the body to digest the information the proponents have placed on their table for another month.

Planning commission Chairman Edward Kaplin recommended that the continuing review of a development planned on a 107-acre wooded tract in the borough be postponed until the September meeting.

The development is being proposed by Eluma, Inc. on the tract in question, which is bordered by Sanders and Tract roads and butted-up against the borough's K-section residential area.

Nearly two dozen borough citizens, mostly residents of K-section, attended the planning commission meeting to keep taps on the proposal

The current proposal remains fluid as the development company continues to work on a draft ordinance to present to the borough that would be designed to allow the company to create a flexible housing unit plan that would lead to a multi-phased development.

velopers to establish a menu of multihousing types that could be constructed over time on the site, depending on what type the housing market suggests is the most desirable during any given time-frame during the project's multiyear build-out.

Briefly put, borough Planning Commission Chairman Edward Kaplan previously explained that Eluma is seeking to be able to build homes in several phases over an unspecified period of time, with their design based on prevailing housing demands which might occur during the various periods of construction.

Addressing previous comments of the board, attorney Charles Suhr, representing Eluma, stated that the proposed ordinance presented at the July meeting had been further amended to establish increased set-backs from the K-section, an increase in "green space" from 50 to 6 feet, and apartment building heights increased from 35 feet to 45 feet.

The applicants also noted that 400 to 450 dwelling units were proposed, a figure borough Manager David Hazlett said he had never Changes in the borough ordinance heard before. "I thought it was 350 (units proposed)," he said.

The general consensus of the board was that it would take time to review the new changes, as well as the issue of the proposed number of dwelling units, and chose to not take any action on the proposed ordinance at the July meeting.

Instead, the board concurred with Kaplin's recommendation to bump the continuing review to the September



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NEWS

Thurmont gets Main Street back on track

As Thurmont gears-up to generate more business for the community, the new Main Street manager has begun to pave the way to ram- up the program thanks to the active help of an energetic businessmen like John Kinnaird and town manager Bill Blakeslee.

Vickie Grinder, one of the original proponents who helped achieve Thurmont's designation as a Main Street Maryland Community, and the program's first manager, recently resume leadership of the program, and is tasked with reenergizing the business climate in and around Thurmont's main intersection.

As part of her overall strategy, Grinder has begun to schedule speakers she feels will benefit community leaders and businesses, such as Amy Seitz, director, state Department Housing and Community Development's Community Access & Partnership, and Nick Rudolph, project manager, Main Street Maryland, who led the discussion of Main Street at a program "kick-off" event held July 17 in Thurmont.

Grinder said other speakers are being scheduled to speak to the local business community, including Maryland Insurance Commissioner Joy Hatchette, who will be speaking on August 21, 8 a.m. at the Mountain Gate Family Restaurant, to address the Affordable Health Care Act.

Speakers aside, Grinder is also working on other communications projects aimed at existing and potential Thurmont business owners. "I'm hoping that I will be able to put together a package and seminars that will assist prospective entrepreneurs

in the permitting process, and understanding all regulations associated with a new business.

She is also proposing an "aggressive marketing and promotion campaign" to attract business in the community.

Grinder said, "Virginia LaRouche (owner, Timeless Trends Boutique), Donna Volleinger, (president, Thurmont Historical Society), and myself are working on two different tours to market with Star Bangled Tours, as well as partnering with a few resources in Emmitsburg and Gettysburg."

In addition, the program manager noted, "The Thurmont brochure is receiving a complete makeover and will be distributed to all Maryland welcome centers and Gettysburg. There is also consideration for a bi-annual publication focusing on North County highlighting all the

history and different attractions."

The Main Street program has been the centerpiece of Thurmont's economic development efforts since 2005 and has secured hundreds of thousands of dollars in grants. As in many small towns, the recession took a toll on local businesses and at times left storefronts vacant, but Thurmont's commissioners are hopeful that a restructuring of the program will turn the tide in a positive direction.

Commissioner Bill Buehrer commented at the July 17 presentation, that he was "thrilled to see Vicki back at the helm of the effort. The program", he said, "had hit a wall and he couldn't think of anyone better to get it back on track (than Grinder), as Vicki is the consummate small business champion"



The Last Friday of the Month
Strolls on Main Street in Thurmont have become a big hit.
Sponsored by Thurmont Eye
Care, with free catered food and
drinks, and live entertainment,
they are attracting hundreds to
downtown Thurmont.

Catoctin little league wins championship

Congratulations to the Catoctin Baseball Club U8 team who won the Pen-Mar's Mason Dixon Tournament. Josh Skowronski hit two grand-slams over the course of the tournament and was named tournament Most Valuable Player.

Congratulations to the Thurmont Little League 9/10 team who won the District Two Little League

Championship. They did so in dramatic fashion by beating the Brunswick Railroaders twice to take home the crown. The game winning hit in the District Two championship was an RBI single delivered by Bryson Cabellero in the bottom of the 6th. The team went on to compete in the Maryland State Championship



Pictured to the left: 1st row L to R: Colby Horning, Kolbie Romeril, Dalton Williams, Devon Baxter, Matt Reinhart, Bryson Cabellero, Garrett Mayhew, Hunter Schaper, Hayden Dextradeur, J.J. Zirkle, Jason Rivera. 2nd row L to R: Coach Rick Mayhew, Coach Jessie Williams, Coach Darryl Dextradeur

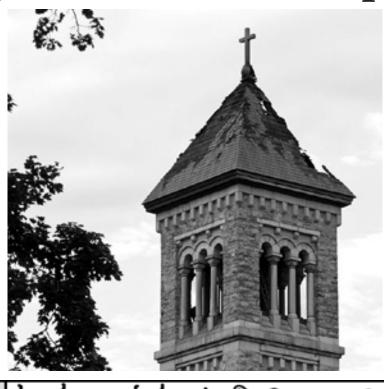
Lightning strikes Mount chapel steeple

Kathryn Franke MSM Class of 2013

The Chapel of the Immaculate Conception, located on the campus of Mount St. Mary's University, is closed until further notice due to a fire that occurred in the chapel's bell tower on Friday, July 19. The bell tower was struck by lightning shortly after 8 p.m. that evening

A Mount student witnessed the actual strike that hit the chapel and quickly notified the Mount Office of Public Safety. After inspecting the scene, the Public Safety officers called Frederick County 911 to report that smoke was coming from the tower.

As time went on, the smoke became thicker and the roof of the tower burst into flames. The Emmitsburg Fire Station 6 and many firehouses from north-



ern Maryland and Southern Pennsylvania responded to the 911 calls. Dozens of fire trucks lined the campus, prepared to help take on the fire had it spread or gotten out of control. The firemen had to approach the fire from various angles around the chapel to contain it, but they had the fire under control by 10:40 p.m. that night. The fire was contained within the bell tower and according to the Mount's website, the damage is estimated to be approximately \$600,000, but the main body of the chapel does not have much damage. Thankfully, the chapel was vacant at the time of the fire and no injuries were reported.

In response to this unfortunate incident, Mount St. Mary's University President Thomas H. Powell said, "We thank the observant and quick-thinking student, the responsive officers here at the Mount, and the firehouses that

sent crews from Emmitsburg, Northern Maryland and Southern Pennsylvania. The fireman risked their lives to save our beloved IC Chapel. We give our thanks to God that the fire was contained, but mostly we thank God no one was injured and our Mount students are safe."

The IC Chapel has been a focal point of Mount St. Mary's University since 1910 and was recently renovated in 2011. It is the heart of the campus and a special place for many members of the Mount community. Needless to say, the Mount community and the surrounding areas certainly came together to protect the historic chapel.

Perhaps most incredible is the fact that even after braving the elements, the cross that adorns the top of the bell tower still stands strong.

thank the observant and quick-thinking student, the responsive officers here footage of the fire and the damage to the bell
tower, visit www.msmary.edu.

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HISTORY

One hundred years ago this month

August 1

Child Injured by **Speeding Autocar**

While playing in the road in front of her home on the Waynesboro pike, 1 mile and a half from Emmitsburg, Friday evening, Pauline McCleaf, seven years old, was struck by an autocar in which five men were riding. She was severely injured, but it will not be known until further examination is made by the doctors whether her condition is dangerous.

The men in the car, who where from Washington, were speeding at a rate of up to 30 or 35 miles an hour witnesses say, and the girl, becoming confused, failed to get out of the path of a car. Although the wheels did not pass over her body she was struck by the side of the auto and hurled to the edge of the road.

The autoist immediately stopped the car and went to the child's assistance. They carried her into her father's home and then speeded to Emmitsburg and took Drs. Stone and Jamison back to the home of the injured girl. The men remained at her home and did everything in their power to aid to the little sufferer's comfort, promising to pay all expenses for the best medical treatment obtainable.

Gettysburg Road to **Become State Highway**

The Governor of Pennsylvania has signed a bill which will make the road leading from Gettysburg to Emmitsburg a State Road. For years this has been one of the most heavily traveled roads for miles around, being on the main route from the South to Gettysburg. Many and loud have been the complains, not only from citizens of Emmitsburg and Gettysburg, but from tourists from every state who often have the occasion to traverse it. In light of these facts, there will be a general rejoicing and thanksgiving when this new Pennsylvania State Highway is brought to the usual high standards of roads of that state.

Train Robbers Forget Powder

Word has reached us as we go to press of an old style train robbery out west. The eastbound Northern Coast Limited of the Northern Pacific was held up by three masked men a mile and a half west of Homestead, Montana on Monday. The desperados compelled the engineer and the train crew to uncouple the engine and express car from the rest of the train and proceed ahead, leaving the train on the other side of a tunnel about 400 feet distant.

When the engine was brought to a stop, one outlaw announced that he had left the dynamite that was supposed to be used to blow the safe back with a train. The incident brought for snickers from the train crew, which were stopped by the firing of shots. The bandits then hurriedly disappeared among the rocks, and it is said that they left the scene on horses that they had tied nearby.

August 8

Appointment at Harney University

Prof. Jacob Turner who has just ac-

cepted the chair at snakeoligy at the University of Hardy has announced his intention of opening a correspondence school with the idea of teaching all takers a course on the science of snake charming. The professor now has 28 snakes of different varieties fully trained and he says he has no difficulty in making them do anything he asked. In the collection, there are two copperheads which he has taught to dance the tango and a black snake taught to walk the slack wire blindfolded.

Child Nearly Drowns in Bathtub

The probable death of the two-yearold son of Mr. and Mrs. Edward Annan was averted by the prompt action of the little child's brother, Richard, who is only three years old. The two were playing in the bathtub when the faucet fell off. Richard succeeding in getting out but before he could warn his mother who was in the adjoining room, the water had covered William, the younger son who in an attempt to follow his brother out but had fallen face down in the tube.

Mr. Comer at the new Hotel Slagle came to their assistance and applied restoratives until the doctor could be called. Dr. Jamison and Browner responded and in a short while the little fellow was able to be around again.

August 15

Nathaniel Rowe Turns 92

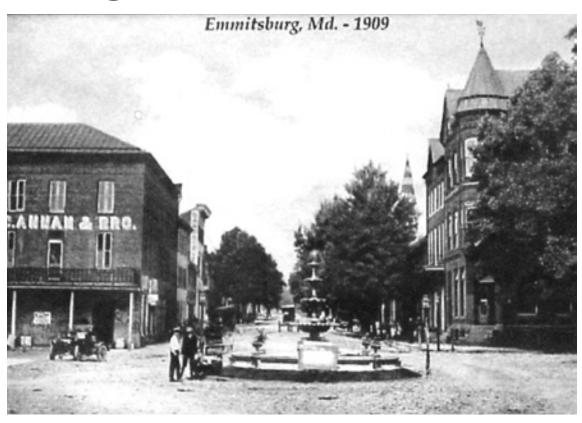
The remarkable thing about Mr. Rowe is that his memory, that faculty - as a rule the first to fail in persons of advanced years - is as retentive as a youngster. He can recall with the greatest of ease, can name the time and place of, and the persons present, at events that happened over a half century ago. He remembers very vividly the scenes during the Civil War, having visited Gettysburg and Antietam shortly after the battles of these places.

That he has lived to such a remarkable age and still enjoys good health, Mr. Rowe attributes to the fact that he is most particular in his diet. It has been many years since Mr. Rowe has eaten meat of any kind.

It is a good thing to note the lively interest of Mr. Rowe takes in all public events, both locally and in the nation. He watches the doings of Congress very carefully. He is a reader of the newspapers and regrets that his eyes are beginning to feel the effects of their almost continuous use. Though not able to get around as freely as a few years ago Mr. Rowel is not invalid by any means. A lover of the open air, he goes out of doors when the weather

Autocar Sabotaged

When Laurence Mordorff, proprietor of the new Slagle Hotel, started to take his autocar out yesterday morning, as usual, he found that something was wrong, as the machine refused to "go". Upon investigating it was found that some persons, evidently with malicious intent, had put emery dust in the valves of the car.



August 22

Horse Accidents

On Monday evening, a five-year-old colt belonging to Mr. Henry Eckenrode, who resides near this place, was struck by lightning during the night.

On Wednesday afternoon, what might have been a serious accident, occurred on E. Main St. when a colt belonging to Mr. Mead Patterson and driven by Howard Johnson, ran away. It ran in on the pavement at Beam's Livery and stopped. No damage was done.

Emmitsburg Band

The Emmitsburg Band has four new pupils who are making splendid progress, and there is room for more. Boys, keep up your musical organization and be a credit to yourself and to your town. Every town is proud of its band when it is a good one.

Mr. Krietz Meets with Accident

Mr. Joseph Krietz, of this place, met with a very painful accident on Tuesday morning when removing a tree which was blown over during the storm on Monday night. Mr. Krietz was cutting off the branches with an ax, when it caught on a clothesline just behind him and the blow dealt by the reaction rendered him un

scious. The physician was summoned to dress the wound. The wound was on the front of his head and while very painful is not considered serious.

August 29

Local Brevities

Two automobiles "came together" on the Square Wednesday night. No one was hurt and only slight damage was

Last night two buggies collided in the square, causing considerable excitement for the moment. Although one buggy was badly broken by the impact, none of the occupants of either was injured, and both horses escaped injury.

Several gentlemen occupy the detention cells of the town this week.

Local G. A. R. Post Disbands

The sale last Saturday of the furniture etc. of the local G. A. R. post definitively ended the existence of the Emmitsburg branch of that organization. Local members have been affiliated with the Thurmont a Post. The only G. A. R. members of Emmitsburg district are John Mentzer, Michael Hoke, James Hospelhorn, George Eyster, Samuel Wagerman, Abraham Herring, Jacob Turner and Peter Gearhart.

Men Killed During Initiation

The Chronicle got word this week of two men who were killed by an electrical shock at the hall of Loyal Order of Moose in New Orleans. An initiation was in progress and electrical shock was part of the ceremony. In some way the two men received too much current.

More than 150 members of the lodge were present at the initiation. Several other candidates had passed all the ceremonies and the two men were preparing for their branding. The metal emblem of the order was made redhot why they looked on. Their chests were bared and both candidates were blindfolded.

A magneto was attached to one leg of each candidate and a chilled rubber emblem was pressed against their chest, while electric current was completed by a small wire touching their shoulders. Both men fainted. Lodge members thought they were "playing possum." The presiding officer did not stop the initiation until it was seen that the two men were dying. Five minutes after the electrical current was applied both men

The read past editions of 100 Years Ago this Month visit the Historical Society section of emmitsburg.net.

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GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

From the Desk of County Commissioner Blaine Young

You deserve to know the facts. So I'm giving them facts to you directly today because the local media (except the News-Journal) won't report most of our story because of their apparent bias against us.

Please take a few minutes to review the record of the Frederick Board of County Commissioners.

Did you know that through May of this year, 765 senior property owners have saved \$223,717 on their property taxes because of the Senior Tax Credit that was put in place by these commissioners?

And did you know that Commissioners Paul Smith, Kirby Delauter, Billy Shreve and I:

- · Reduced the county's excise tax, trailer park tax and the admissions and amusement tax rate to ZERO.
- Eliminated the \$65 permit fee to replace your dishwasher, hot water heater and garbage disposal as promised.
- Eliminated the \$100 annual home security system fee.
- Abolished the fire tax.

Back in 2010 when the four of us ran for office together, we pledged to you that we would redefine the role of our county government. And have compassion for the taxpayer.

I am very proud to say we are living up to that pledge.

Together, the four of us have reduced or eliminated 202 different taxes and fees since taking office. That's right: 202.

And we identified over 260 rules, regulations, fees and taxes that we believed could either be eliminated, reduced or modified. And I'm happy to report to you that over 77% of that list is complete.

When I ran for commissioner, my priority was to have compassion for every taxpayer in Frederick County. As I've said many times - the taxpayers of our county shouldn't be treated like an ATM machine.

And I've worked hard to make sure that every decision this board makes is in the best interest of all of the taxpayers

Local media outlets like to spend all of their time trying to spin everything we are trying to accomplish into something negative and controversial instead of just reporting the facts.

The Frederick Board of County Commissioners' record speaks for itself, especially when compared to the record of Gov. Martin O'Malley, whose philosophy - apparently - is simply to tax, spend and regulate.

Here in Frederick County we've have enacted a very different approach... which has been one of fiscal responsibility and for our government to live within our means.

While the governor was busy increasing state spending by \$5 billion, this Board of County Commissioners has found ways to reduce taxes, fees and regulations while maintaining the same level of service that residents expect and

While Governor O'Malley was busy increasing income taxes not once, but twice since he's been in office, we rolled up our sleeves and reduced capital expenses in the Fleet Department - saving county taxpayers \$3 million.

And Commissioners Smith, Delauter, Shreve and I convened a special Synergies Committee that saved over \$6 million in 2011, with projected savings of over \$3 million annually in future

You can't tax and spend your way to

I am proud of our record as it proves

that government can be smarter, more efficient and more sympathetic to the pocketbooks of the taxpayers.

Governor O'Malley has raided \$1 billion from the Transportation Trust Fund since he's been in office. And he spent that money on things that have nothing to do with meeting the needs of our roads and transportation systems.

On the flip side, in Frederick County we have fully funded the annual required contribution for retiree health benefits, drastically reducing the unfunded liability to Frederick County taxpayers. And we didn't raid the Bond Enhancement or Recordation Funds like the immediate predecessors on the board did.

And we have also made significant changes to the Frederick County defined benefit pension plan that has increased the funding of this plan while also further reducing another unfunded liability to taxpayers. The plan is projected to be funded at 91% by 2017.

For some reason the local media won't report these facts. And instead it spends its time attacking our sheriff and this board. So I decided it was too important to just sit back and let the facts be swept under the rug.

I've said repeatedly through the years that elected office is a service to the community and that it shouldn't be a career. And one of the first things we did upon taking office was to start at the top by eliminating the pension plan for county commissioners and reducing commissioner's expense accounts by 90%.

And - to lead by example - I pay my own travel expenses, gas, cell phone bill, and I pay for postage and even my county business cards.

Sadly, the governor increased the budget for his office 12.7 percent and increased his Executive Department's budget 10.3 percent in fiscal year 2012.

Clearly my definition of the role of government is drastically different than that of our governor. And we've proven that it can and does work in Frederick County.

I am very proud of the record we have built and continue to build.

Please refer your friends and family in the county to www.TheTentacle.com to read this column. Just send them the link, then ask them whether they prefer the governor's philosophy or the philosophy we have pursued in Frederick County.

Commissioners Smith, Delauter, Shreve and I have dedicated our term in office to fighting for the taxpayers of Frederick County. And I personally pledge to you that we will continue to work in the best interest of the taxpayers until the very last day of our term in office. You have my word.

I'd like also to address our schools. Between the teacher's union and the media, all you will hear is that everything is the fault of the commissioner's fault and that teachers rank 22 out of 24 counties in pay.

Maryland was the first state in the nation to secure a \$40,000 minimum starting salary for teachers. The starting pay for a teacher in Frederick County is \$41,000. And that does not include pension and benefits.

The difference in salary from our rank of 22 to being ranked 10th is around \$3,000, so you can see the disparity that the union and local media claims is way overblown.

Overall, according to recent state reports, Frederick County ranks 7th in average teacher pay.

Simply throwing money at education is not the answer. If it was, the District of Columbia would have the best school system in the country, but in fact they spend more per pupil than every other jurisdiction and have one of the worst school systems in the country.

It's about providing a safe learning environment, good parents and yes, great teachers. And that's why Frederick County ranks at the top of the state in education.

The current Board of Commissioners is spending one-time money on education as aggressively as any past Board on school construction, systemic needs and technology.

We have been fiscally responsible in limiting reoccurring increases to the school system because we must live within our means.

The days of free spending and a "have it all" attitude are gone.

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TOWN OF EMMITSBURG ELECTION DAY, TUESDAY October 1, 2013, 22 East Main Street 7:00 a.m. - 8:00 p.m.

Last day to register to vote at Frederick County is September 10, 2013.

Registration applications can be obtained at the Town office located at 300A South Seton Avenue.

Candidates must file written application for candidacy with the Town Clerk no later than 30 days prior to the date of election.

All candidates will be posted on the Town bulletin board in the way in which it appears on the certificate.

Two Commissioner seats are open.



GOVERNMENT—SOUTH OF THE MASON-DIXON LINE

From the Desk of Town Commissioner Chris Staiger

Thope everyone is surviving the ers who were able to contain the summer heat. The best benefit is that the tomatoes are finally starting to come in from the garden! Of course, I also won't complain that the grass grows slow-

Town Election Day is Tuesday, September 24. As of this writing, no one has signed up to run for the two commissioner positions to be filled. The current incumbents are Commissioners Pat Joy and Jim Hoover. If you would like to run for office or are interested in serving as an election judge, please call the town office at 301-600-6300.

I'm sure we are all thankful that the recent, lightning triggered fire at the Mount Saint Mary's Chapel bell tower did not result in even greater damage. While the tower may need repairs of a half million dollars or more, the chapel below was largely undamaged. Thank you to the region's fire fightblaze. There was some impressive video footage on the web!

July town meetings saw the final approval of code changes that will allow residents to raise hens in residential areas that don't have additional HOA restrictions. Careful attention was paid to rules from other towns and counties in crafting our revised ordinances. Although there appeared to be little opposition to the change after discussion at numerous town meetings, the Board still approved an eighteen month "sunset" provi-

This means that Board will need to reapprove the changes in early 2014 - or the ability to raise hens will lapse at that time. This allows us to basically take a test drive for a reasonable period of time to make sure there are no unforeseen or unintended consequences to the changes as approved. If implementation proceeds as smoothly, reauthorization shouldn't be a problem. If no one even applies, the ordinance will simply go away. If there are issues with implementation, we can address them.

There are no new updates on the town square re-design project. Mayor Don Briggs has asked for an additional \$10,000 to allow our design consultant to continue to lobby the State Highway Administration to allow proposed traffic changes at the square. We are still waiting for the final report from the design consultant following the wrap up meeting in January. The Board has requested a funding plan from the Mayor for presentation in September. Next steps and funding mechanisms are largely undefined. Meanwhile, a majority of the Board is unwilling to stop allocating money for fear of appearing hostile to the project. Sounds like a government project, doesn't it(!)

The dimmer, blue lights now

seen throughout town are a consequence of the transition from high pressure sodium to LED lighting. Cost savings due to the lighter electricity load and the longer lifetime of LED lights were used to justify the transition, but have not been factored into the current budget effective last July 1. If the savings are not identified and captured, they will most likely be absorbed into other expenditures.

The plan to transition the current irrigation field at the existing sewer treatment plant into a solar field seems to be moving forward. The intent is to sell solar generated power back to the grid in an effort to reduce the increased power costs of the new wastewater treatment plant currently under construction. Of course, sewer user rates were raised last year to cover some of these same increased costs - there's been no discussion of reducing them if an alternate funding mechanism is identified...

As with the town square redesign, additional funds to move the solar project forward have been requested by the administration, but not much information on the total installation cost or funding has been presented. The Board has agreed to allocate these funds to evaluate proposals already received by the Mayor and Town Manager. In my experience, there is usually a trade-off. Inevitably, there will be a "partner" who installs the solar field. What needs to be effectively negotiated is the balance of up front installation costs versus the division of income from the solar field generation proceeds. More to follow once the info is finally shared!

And, as always, please keep an eye out for opportunities to contribute and don't hesitate to share your opinions with your elected officials by sending an email to towncouncil@emmitsburgmd.gov.

From the Desk of Emmitsburg Mayor Don Briggs

First of I'd like to congratulate to our 2013 Cal Ripken Maryland State 12u Boys' Baseball Champions! Only deep furrowed baselines hint to the burden of a blistering sixteen hit inning in the 16-3 win in the championship game. Charles County, Calvert County, Smithsburg and in the end Prince Georges County all went down paving our team's way to the regional tournament in Waynesboro (July 26th- 28th). Awed guests team coaches and supporters alike complimented how well the tournament was run and the excellent condition of fields and support facilities. To all the businesses and residents who gave their support, thank you. Besides the pure enjoyment of the event, an economic ripple was felt throughout the community. In the week to ensue the blistering pace was not to pale. At the mid-month Pen-Mar Invitational tournament yet more barrages. This time neighboring teams were to bear the brunt that ended with a 4-0 win over the Frederick Hustlers a travel team. Two championships in one month! Congratulations.

Town Election: Time to step up. The election date is set, Tuesday, September 24th. Two commissioner seats are up for election. Important election dates: Monday August 26th - Last day to file to run and file initial disclosure. September 18th - Write-in election deadline 12 noon.

Town Meeting: There will be no first of the month meeting in August. Monday, August 19 will be the only meeting for the month.

Street Improvements: It's time to resurface Schoolhouse Lane and North Alley. Timing - this fall. Watch for door hanger information, channel 99, www.emmitsburg.net and the official Town of Emmitsburg Facebook page. Also planned is a sidewalk extension along W. Lincoln Ave, a long overdue sidewalk connection from S. Seton Ave to Chesapeake St. (Memorial Park) and from W. Lincoln Ave to the

walking path in Community Park.

Square Update: On July 15th the town was awarded its third matching grant for the revitalization; this time a matching grant of \$30,000 for construction drawings. It's our second Maryland Heritage Area Authority grant award and our third grant award for the project. So in the short span of fourteen months the grant funds summary looks like this: the town invests \$56,000 and other sources invest \$160,000. The first private property owner matching grant program has been so successful that we will be applying for a second matching grant of \$150,000. Also the town is applying for a National Endowment of the Arts (NEA) grants and processing recreation grants. Add to that \$37,500 from the State of Maryland for town LED lights and solar renewable energy savings initiatives.

Pool Parties: 90+ attended the first one. Don't miss the next ones, 2nd one July 26th and last one August 9th. 7-9 PM. \$1 – swimming, free drinks, hotdogs and music...

Police Task Force Meeting: Seventeen people attended the meeting including four deputies. Main topic drug use. It's our problem so it has to be our solution. To start with: Anything suspicious? Call 911. Car tag numbers are important

Team Emmitsburg: Out amongst us - youth volunteers will soon be tidying up the town. It's a pilot program with Christ Community Church. Can't miss them, they will be in dayglow green T-shirts. Participants can earn community service credits from the town that will be forwarded on to

Back to School Party: August 2nd, 5 - 8 PM at Community Park - Food, games, moon bounce and free school supplies sponsored by Christ Community Church, Knights of Columbus and the Council of Churches.

Council Of Churches: Awaken Emmitsburg: Friday, August 16th 7-9 PM, prayer meeting at the Community Park bandstand. Then a CAR WASH: Saturday, August 17th at 12:30 - 4:30 PM at the Seton Center: Live music! Any donations go to drug rehabilitation fund. More information: AwakenEmmitsburg.org.

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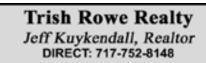




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GOVERNMENT—NORTH OF THE MASON-DIXON LINE

From the Desk of Carroll Valley Mayor Ron Harris

July 4th Celebration was a tremendous success this year with an attendance of approximately 5,000 people. It was "The Place To Be" on the 4th of July to enjoy our Nation's birthday. The weather worked out. No rain! I believe everyone had a great time and the evening entrainment, what can I say. We had Major General Chaplain David H. Hicks give the invocation. Then, the United States Army Field Band and Soldiers' Chorus performed a 1 1/2 hour concert that was outstanding. These "Musical Ambassadors" travel thousands of miles each year presenting concerts throughout the nation and we were so fortunate to have them visit our town on the 4th and perform for us. The celebration ended with a fireworks display on top of Ski Liberty Mountain. This "family picnic" which only attracted approximately 500 people back in 2006 has evolved into what they call today a "Happening." A couple who were visiting from Charlotte, North Carolina wrote in an email to me, "Dear Mayor Harris, Many thanks to you, and the citizens of the Borough of Carroll Valley for hosting the U.S. Army Field Band and Chorus on July 4th. Our visit to Carroll Valley and listening to the band, was one of the highlights of our trip to the greater Gettysburg area." The success of the day would not have been achieved without the continued involvement of many individuals and local businesses. It is through their participation that we were able to

The Carroll Valley Borough enjoy the day. Special thanks go to the Carroll Valley Municipal Services crew: Steve Fitez, Bruce Pecher, Jack Ringler, Donny Shaffer, Sterling Shuyler, Terry Weikert, and Jeff Wise for their tireless efforts preparing the Carroll Valley Commons for the day's event. I would like to thank the members of the July 4th (J4) Planning Group who planned the event under the outstanding leadership of Gayle Marthers over a period of a year. The Planning Group members are: Brenda Colesanti, Charles Dalton, Mary Ellen Jester, Robert Jester, Gayle Marthers, Larry Noel, Dan Sanders, Marie Schwartz, Tim Skoczen, James Whittington and Chuck Whitlow. I would also like to express my appreciation to the following individuals for making it such a special day: Travis Arnold, Dave Baker, Amanda Bell, Councilman Frank Buhrman, Carl Kelly and family, Robert Burriss, Lori Davidson, George Fisanich, Erika Hetlyn, Mandra Jester-Burriss, Shannon Lewis, Ben Marthers, Charlee Marthers, Hunter Paulus, Kasey Robison, Emmy Rines, Brieanna Short, Makenzie Taylor, and Jenna Taylor. A special thanks to William McCleaf Jr. and family. Mr. McCleaf Jr. provides, at no charge, the July 4th Hayride. From what I have been told, he continued through the evening until 9 pm because he didn't want to refuse anyone from taking the ride. He also allows us to use his land for parking. Carl Keller and family make sure the farm land is ready for our guests. I would like to also recognize the generosity



United States Army Field Band and Soldiers Chorus performed during the evening of Carroll Valley Borough's Fourth of July festivities. From 3,500 to 4,500 individuals attended the day-long July Fourth Planning Committee event.

of our Fireworks Major Sponsors: Adams Electric Cooperative Inc., Borough of Carroll Valley, and Liberty Mountain Resort & Conference Center.

Other special contributors were: ACNB, Alexander's Plumbing/ Heating, Amvets Post 172, Bergdale Insurance, Buchanan Automotive Inc., Buchart Horn, Inc., Carma Industrial Coatings, Carroll Valley Citizens Association, Comcast, CRS Insurance, Electric Powers, Emmitsburg Osteopathic, Fairfield Amvets, Fairfield Borough, Fairfield Fire & EMS, Fountaindale Fire Company, Granite Hill Campground, Hamiltonban Township, Harrington's Equipment Service, Harrington and Sons, Historic Fairfield Inn, J & J Wivell Construction, Jester's Computers, Jon Stough, Kilmer Insurance, Jubilee Foods, Karen Graff, KPI Technology, Lockwood

Business Support, McLaughlin's Heating Oils, Med One Pharmacy, Mike Ball State Farm, Monahan Funeral Home, Park's Garbage Service Inc., Paul's Pit Stop, Randy Smith Financial, Realty Leasing & Management Company, Salzmann Hughes, School Safaris Inc., SGI, Shealer's Septic Tank Service, Sites Realty, Strawberry Hill Nature Center, The Benecon Group, The Carriage House, and Trish Rowe Realty. Finally, I personally again would like to express my appreciation to Gayle Marthers who managed the day's event to a successful completion and to Dave Hazlett, our Borough Manager, for his outstanding managerial and technical skill in preparing all the marketing information, raising funds for the event and in creating a very attractive and intuitive July 4th website. As I have said before, Dave is definitely a "Man for All Seasons"! If interested, visit www.ronspictures. net to view the pictures taken that

I had the honor to be invited to the Fairfield Boys Scout Eagle Scout Court of Honor held for Kevin M. Aughinbaugh. On July 14th, Kevin receive the rank of Eagle Scout. Eagle Scout Aughinbaugh attends Fairfield Area High School and plans to go on to college and major in environmental science. He said he wants to become a wild life officer or work for the United States Forestry Department. He has been on the high honor roll list since 2010. His Eagle project was the construction of a 32 foot long bridge at Strawberry Hill Nature Preserve. The bridge is a cable bridge with a wood platform. The construction started in April 2011 and was completed November 2012. The project totaled 234 hours of work. Congratulations Kevin on your personal achievement. Go to www.ronspictures.net for pictures taken at the ceremony.

At the July Borough Council meeting, our Carroll Valley Police Officer, Corp Clifford J. Weikert, was presented a Life Saver award by Holly Cookerly, RN, M.Ed., Well-Span Outreach Service Coordinator for the action he performed on September 22, 2012. Officer Weikert responded to an ambulance call in Fairfield and found an individual in cardiac arrest. Utilizing an Automatic External Defibrillator (AED), he was able to restart the individual's heart, keeping him alive. While the individual eventually succumbed, the individual was able to spend some precious time with his family. This award was given to recognize Officer Weikert's efforts in this incident to help a man to try to survive. As explained by Chief Richard L. Hileman II, the Carroll Valley Police Department is proud to partner with WellSpan's effort to place AEDs in police vehicles. This effort allows our officers, if first on the scene, to perform early intervention in cardiac arrests until medical personnel arrive. As Mayor, I would like to say, "Job well done Officer Weikert. You make us proud."

Please mark your calendar for Carroll Valley Borough's National Night Out (NNO) event to be held on Tuesday, August 6th from 5:00 to 8 p.m. NNO is celebrated each year across the United States to increase awareness for safety within the community, and to educate residents on how to protect their families and familiarize them with available services. All events are FREE. Talking about free, tickets will be given out to young people up to the age of 12 for a free meal consisting of a hot dog, a bag of potato chips and a drink. Children should bring their bikes and helmets for a bike rodeo. There will be K-9 demonstration and if available the STAT MED-EVAC will make a visit; child identification packets and fingerprinting; children's games; fire and police displays; counseling services; food and much more. NNO is a time to strengthen neighborhood spirit and police-community partnerships. The children should see our police officers as people who can help them in their time of need. I do hope you take the time to come and join us.

The Borough meetings for August are: Planning Commission (Aug 5th), Borough Council (Aug 13th) and the Parks and Recreation Committee (Aug 28th). If you have any questions, call me at (301) 606-2021 or email me at mayor@carrollvalley.org. Please slow down when driving in the Valley.



GOVERNMENT—NORTH OF THE MASON-DIXON LINE

From the Desk of County Commissioner Jim Martin

The activity surrounding Adams County in recent weeks has given us much to reflect upon. Preparing for the 150th commemorative events and activities brought the private, public, and governmental sectors together for a very successful and memorable ten days of commemoration. A special thanks comes from the Commissioners to all that contributed their time and resources. All the events, that I was able to attend (wishing I could have attended more), were well done and enjoyed by residents and visitors alike. This is a tribute to approximately three years of planning and implementation. Our elected state officials, The Governor, Senator Alloway, and State Representatives Moul and Tallman, initiated special efforts that placed \$450,000 into the state approved budget to aid Adams County in covering costs to host the 150th. After the county receives these funds a process will be in place to reimburse municipalities and organizations for their expenses directly related to supporting the 150th commemoration which, incidentally, will continue through November 2013.

The many activities of the 150th and the associated business volume

did create periodic congestion for county residents. However, as a result of good advanced planning at many levels, inconveniences were mitigated to levels that were considered by many to be very manageable. Regarding the inconveniences, I'd like to send out a special thankyou to our residents for being gracious hosts amid the increased traffic and activity.

Planners were not alone in dealing with the dynamics of the 150th. Finding solutions regarding conducting county business among high visitor volumes were seriously reviewed. Unexpected benefits actually resulted from these solutions. One notable action that came from this review was to move the usual Wednesday central court from the courthouse to an alternative location. The location that was selected was the Adams County Adult Correctional Complex (AKA County Prison). This kept considerable court traffic from entering the center of Gettysburg and helped to increase the availability of downtown parking. Also, security concerns were greatly reduced by not transporting prisoners into an environment of many visitors and slow traffic.

On July 3rd central court took

place in a make-shift court setting at the prison. The operation went very well and this live exercise showed the merits of using the prison as not only an alternative site but perhaps considered for the future location of central court. The benefits of using the prison would reduce transportation costs to court, reduce demand upon the Sheriff's department for prison transport, and provide increased security. This change would also increase the availability of parking. We will begin examining the cost of relocation versus the savings that could be achieved. If the numbers look favorable, a new location for central court may be in future plans.

While discussing the Adams County Adult Correctional Complex, last year a program, "Children of Incarcerated Parents", was in the early stages of being developed. Briefly this program is designed to bring accountability into the lives of the inmates and, in turn, gives their children a sense of caring, worth, and attachment that hopefully will lead to good decision making skills. Thanks to the warden's direction and staff assistance, the first visit of an inmate with their child (under professional supervision) has occurred. More inmates will be participating in the near future. Inmates must successfully complete a certification program to have the privilege of the visitation program. The program also involves community volunteers that interact with the children in their home setting as additional support. A similar program has been successfully implemented in the Pittsburg area.

Beyond the 150th, Bike Week, and the prison the Commissioners had a unique opportunity to participate in events and activities of the International Fruit Tree Association Tour and Convention. Some 250 fruit industry growers, manufacturers, and researchers from around the globe converged on Adams County to network and share knowledge and experience. From the many topics of this tour, it is obvious fruit growing goes well beyond just planting and picking. Marketing and production strategies and research advancements permeated numerous discussions. Our only regret was the limited time to network with the attendees from different countries, states, and PA counties.

Adams County agricultural will have another opportunity to showcase its place in our community. The County's agricultural fair will be held August 20 through August 24, at the South Mountain Fair Grounds, just a short distance west of Arendtsville on PA Route 234. The fair will open with 4-H Day, Tuesday, August 20th which provides interesting competition among 4-H club members from around Adams County. Please come and appreciate their accomplishments through many special projects. I plan to be there and hope to meet you and many others.

Lastly, the Commissioners will have an opportunity to meet many others from the McSherrystown area on August 9th while attending a special banquet at the SAVES Station to celebrate and commemorate McSherrystown's 250th Anniversary. Anyone interested in attending this milestone banquet should call Pat Hubbard at 717-637-0121. As an FYI of future happenings, Abbottstown and East Berlin will also be celebrating their 250th Anniversary later this year. I will finish with a trivia question; 250 years ago Abbottstown, East Berlin, and McSherrystown were in what county?

From the Desk of Representative Dan Moul

With more than 1.5 million Pennsylvanians living below the poverty level, the House Majority Policy Committee is visiting communities across the Commonwealth to examine the problem and what is being done to address it. The Empowering Opportunities: Gateways out of Poverty initiative seeks to identify barriers, build partnerships, develop solutions and sustain the commitment. The committee is searching for best practices in existing programs and to determine what legislative remedies may be necessary to help families break the cycle of poverty. To learn more, go to: http://www.pagoppolicy.com/Display/SiteFiles/112/ OtherDocuments/EmpoweringOpportunties_Handout.pdf

Legislation, which I sponsored to aid in finding family members of children in foster care, was recent-

social service agencies or their contracted providers are required to conduct ongoing efforts to locate relatives of children who have been removed from their homes and/or are accepted for services by the county Children and Youth agency. As chairman of the House Children and Youth Committee, I understand how this legislation will improve outcomes for displaced children. Some children grow up in foster care or institutions when there are family members who would be willing to take them in or otherwise play a role in their life. This can make all the difference to a child who might otherwise be very lost and alone in this world. In the meantime, I remain hopeful that a companion bill to my family-finding legislation will be considered this fall. House Bill 1076 would offer family members of displaced children the opportunity to

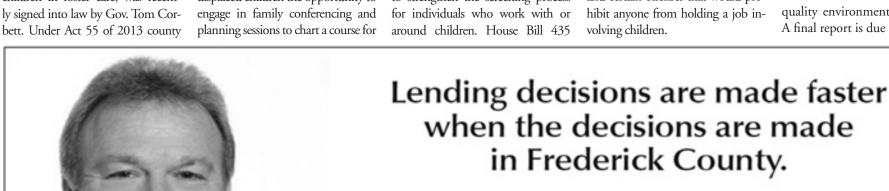
the care of the child.

In another adoption-related development, the House Children and Youth Committee held a public hearing on a bill to allow adult adoptees in Pennsylvania access to their original birth certificate. House Bill 162 would require the Bureau of Vital Statistics in the Department of Health to release an adoptee's original or amended birth certificate if the adoptee requests it in writing. Such disclosures can help adoptees understand their medical and genetic history and to obtain proper government identification. Current law restricts what identifying information can be released about a birth parent or an adoptee.

A package of 19 child protection bills is now pending in the state Senate, including a bill that I sponsored to strengthen the screening process

would extend the clearance requirements for child care professionals to include anyone applying for a paid or unpaid volunteer position in which they would be responsible for the welfare of a child. Under current law, teachers, child care providers, foster parents, prospective adoptive parents and other professionals who work closely with children are required to undergo background clearances by the state police and the Department of Public Welfare child abuse registry, and anyone who has resided in Pennsylvania for fewer than 10 years, must also undergo an FBI background check. My bill would require both professionals and volunteers who work with children to submit to initial background checks and repeat them every two years. The bill also outlines reporting requirements and certain offenses that would pro-

Lawmakers are also taking action to help ensure the safety of children in Pennsylvania schools. The 2013-14 state budget provides grants for school police and resource officers through the Pennsylvania Department of Education. Schools and municipalities that apply for a share of state funding budgeted for school safety initiatives will be given priority if they hire retired law enforcement officers. The language approved by the General Assembly specifies that priority will be given in cases in which personnel have completed specialized training that involved interaction with children and adolescents in an educational setting. The House Select Committee on School Safety and Security has been holding hearings around the state to evaluate best practices and recommendations to keep students, faculty, employees and others safe while balancing a quality environment for learning A final report is due Sept. 30.



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COMMENTARY

Words From Winterbilt

Who says the government doesn't listen to us?

Shannon Bohrer

hen the story of the PRISM program was first leaked, it was all over the news. PRISM is the clandestine electronic surveillance program run by the NSA. I do find it amusing that the recent revelations are neither new nor recent. Apparently, the news media forgot about the USA Patriot Act. So the government does listen to us- but not in the way we would like.

The leak of the PRISM program consumed the media and, as I stated, it should not have been a surprise. The USA PATRIOT Act (which stands for Uniting and Strengthening America by Providing Appropriate Tools Required to Intercept and Obstruct Terrorism Act of 2001), was a response to the attacks on September 11, 2001. However, while the USA PATRI-OT Act was a response to terrorism, parts of it were questioned almost from its inception. The initial questions were about indefinite detentions of immigrants, searches of private property without warrants and without owner notifications, and the expanded use of National Security Letters which allowed the FBI to search telephone, email and financial records without a court or-

der. Since the initial passage, there have been legal challenges and the courts have ruled some provisions as unconstitutional.

The PRISM program is an outgrowth of the latest version of the USA PATRIOT Act. Unlike provisions in the 2001 act, PRISM does include oversight so we know that someone is watching out for our interest. The oversight requires the federal agency to obtain a warrant from a FISA court. FISA is an acronym for Foreign Intelligence Surveillance Act. When the warrant is signed, the federal agency can access the records sought. To add another layer of oversight, members of congress are briefed about the process. Of course there have been concerns about this oversight process. No one other than the federal agency requesting the warrant and the judge signing it knows that it exists. Nor does anyone know that the affiant—the one swearing to the facts— is presenting all the facts. The judge can't tell anyone and the whole process is secret. Even when members of congress are briefed, they are sworn to secrecy. So the word "oversight" sounds good, but since everything is secret, can we really know?

After the leak, the government quickly informed us that the surveillance program has produced positive results. Accordingly, there have been a number of terrorist attacks that have been prevented and we are safer because of the program. Of course since the program is secret, they can't give us the details. For some strange reason, this reminds me of the enhanced interrogation techniques. We were told they worked, but they can't tell us about it—because it's "secret."

We have a program with a catchy name (PRSIM) that is supposed to make us safer. The government has told us that the program works, but they cannot give us the details. However, even if the program produced results how efficient is it? PRISIM sounds like someone burning down a hay stack to find a needle. If somewhere in Frederick County a crime might occur, how effective would it be for the police to collect the electronic communications records of everyone that lives in Frederick County? Also, does it really take 1.4 million people with top secret security clearances to find evildoers? And if it does, why do so many have to be contractors, like Mr. Snowden, costing taxpayers \$200,000 per year? Does anyone think the government might address these questions?

Interestingly, along with the news of PRISIM there was a resurgence of an old book 1984, which was first published in 1949 and written by George Orwell. According to the book, in the year 1984 the government spies on everyone through the televisions in their living rooms. How quaint. If the government wants to spy on us they don't need our televisions. They can trace our credit cards, the internet, cell phones, tablets, Facebook pages, and tweets, all of which are already followed closely by private industry. Private industry, specifically advertising, knows where we live, our ages, what we buy, what we eat and to where we travel. Even satellite television is controlled by advertising. If you live in Frederick County and pay for satellite television, you cannot receive the Baltimore channels— instead you receive the D.C. channels, along with the D.C. area, because of the advertising market. It is the advertising market that knows everything about us- and sometimes they influence the laws.

In the interest of efficiency, maybe the government could scrap PRI-SIM and just contract with private industry for the information they need. The government could request information on anyone just

entering the country that purchases a pressure cooker. The government could request information on any non-farmers buying bulk fertilizer. While our government is prohibited from keeping records on who purchases firearms, private industry is not. The government could add any criteria they deemed necessary, they in turn would not be collecting the data, but they could purchase it from private industry.

This is rather strange when you think about it. For a long time we have been hearing that government is too large and that it should be reduced— and yet we have 1.4 million people, with top secret security clearances. Half our population thinks the government should collect this information and half say it is an invasion of privacy. Our normal divided perspectives! Our Constitution protects us from government intrusion in our lives, at least it is supposed to. But nothing protects us from the intrusion of private industry.

Considering the initial press coverage, you would think this was a very important topic, however other than the location of Mr. Snowden (the "leaker") it is no longer in the press. Coincidentally, this lack of press coverage was replaced with the Zimmerman trial! I wonder if the Zimmerman trial produced more viewers for the advertising markets.

To read past editions from Words From Winterbult visit the Authors section of Emmitsburg.net.

Common Cents Europe's wrong turn

Ralph Murphy

The recent decision to admit ■ Croatia into the supranational European Union (EU) is a bold step by a struggling body that appears ready to perpetuate the myth of a politically and economically united Europe. Croatia is now the twenty-eighth member of an organization plagued by debt, security, and immigration issues. As one German theorist recently lamented, it is "an unfinished federal state!"

It all started innocently enough when a group of six nations including economic, "heavyweights" France, Italy, and then West Germany pooled certain heavy industries to create the "European Coal and Steel Community". That was back in1951. By 1958, the group brought in new European members, and expanded their mandate to include low, internal trade barriers; launched external tariffs and quotas and renamed themselves the European Economic Community or EEC.

A common market can be helpful and productive - and might initially be viewed as a neighborly gesture. At the time, the United States' multi-national corporations in Europe were the second largest economic entity in the world - following the American domestic economy itself. And the Europe-

ans appeared to want to be more competitive. There was still a semblance of sanity to the organiza-

In 1973 - Denmark, Ireland, and England were talked into joining, and the EEC gained momentum. Greece joined in 1981 followed by Portugal and Spain in 1986. In 1990, the German Democratic Republic (East Germany) was incorporated into the Federal Republic of Germany (then West Germany). Shortly after that, wellmeaning visionaries with a goal of a united and productive Europe. or opportunists who saw a chance to penetrate hitherto inaccessible markets. They devised and sold the "Maastricht" treaty in 1992 that created the European Union or EU. The treaty was primarily created by German Chancellor Helmut Kohl and French President Francois Mitterrand.

The EU policies brought political as well as economic integration to member nations. From its inception, it sought to ensure the free flow of labor and capital between these disparate bodies - acting as if it were one country. A country with many different cultures and over 150 languages and dialects. The countries were symbiotically tied, and continued to function as a single, global entity drawing in Austria, Finland, and Sweden by

EU members have freely surrendered much of their sovereign, political powers such that "the EU has exclusive competence to make directives and conclude international agreements when provided for in an (EU created) legislative act." The Union also exercises "shared competence" to the degree that "member states cannot exercise competence in areas where the union does so to include internal markets, social policy, or agriculture and fisheries." Berlin, Paris, and others - including London, that is currently debating its EU commitment, are given "free reign in research, technology, development and space." The European Parliament allows the EU to coordinate "economic, environmental, and social policies" and further asserts that "common foreign, security, and defense policies" are in the EU's domain.

The EU doesn't have a common military- yet. In fact, 22 of its members are still in NATO, but that also could change. The organization's breadth clearly goes well beyond economic integration, and is far removed from the humble vision of a "common market".

Throughout most of the '90's the EU was still palatable to its members, which initially benefited from its larger market and protection from non- member products. In 1999, however, a single European currency, the Euro, was approved and entered into circulation among 17 member countries in 2002. This tied the member nations in a way that if one defaulted on a sovereign debt- all would be affected. Not just the transgressor nation.

In 2004, East European countries, Cyprus, and Malta increased the number of EU members, but were relatively weak economically and probably profited more economically than did the EU itself. The system plodded along, until 2007 when Euro Zone member Ireland needed a bailout after six major banks failed.

Due largely to a dramatic drop in property values. The Irish economy collapsed in 2008. Much the same happened in Spain. By this time, In fact, 8 of the 18 Eurozone countries were in economic crises. These economic crises led to political crises as well.

If a Euro member nation had been acting independently, the impact of their crisis would have been contained. But, when they acted within the structure of the EU, their problems became Paris and Berlin's problem as well. Brussels is the Headquarters for the Executive arm of the EU, called the European Commission, but Berlin appears to run the Frankfurt based European Central Bank, and was forced to react to the peripheral, economic crises.

Portugal, Spain, Italy, Ireland, Greece and by connection Cyprus taxed the resources of the more developed Euro member nations which created the European Financial Stability Facility (ESFS) in May of 2010. This was done to address the lending problem via low interest rates for borrowers, and bond sales on the public market to provide cash to the debt-ridden Euro members. The International Monetary Fund was also used, despite the fact that the IMF was originally designed for third world crisis management. The IMF is provided its funds by the international community, so every creditor nation is helping pay for Europe's folly.

Cognizant that Europe is facing a long term, debt stabilization problem, the European Stability Mechanism (ESM) was created in late 2012 following German government approval. The ESM set aside 500 billion Euro's (\$1.33 dollars to a Euro) for quick action in the case of a default, and this "firewall" funding must be reported to the Bundestag when used.

Ideally, individual nations produce and sell internationally based on their resources and where they enjoy a "comparative" or "absolute" advantage in production. Basically - what they're good at producing. The EU believes it can politically and economically unite (under one flag) a diverse group of over 500 million members in 28 countries... speaking 150 different languages. Quite a challenge while trying to operate in the black. Robert Frost probably said it best when he wrote "good fences make good neighbors"!

To read past editions of Common Cents visit the Authors section of Emmitsburg.net.

COMMENTARY

Pure On Sense Egypt's democratic coup

month after Egypt's latest rev-Anolution, the nation remains gripped with unrest and outbreaks of violence. After protests erupted on June 30 and an ultimatum issued by the military, President Mohamed Morsi was forcefully removed from power on July 3, just a year after winning Egypt's first democratic election in its 5,000 year history. While the military has resumed control and promised swift action to restore civilian rule, Morsi's Muslim Brotherhood (MB) supporters have demanded his restoration to the presidency and sought to mobilize the Islamist population to bring the country to a halt with sitin protests and other forms of civil disobedience.

The political climate in Egypt since the resignation of authoritarian ruler Hosni Mubarak has become deeply complicated, but even a brief summary of the past year would be helpful here.

Mohamed Morsi was an unexpected final candidate in Egypt's first democratic election, in which he represented the Muslim Brotherhood against another candidate regarded as being a carryover from Mubarak's authoritarian regime. For the youth protesters who had taken to Tahrir Square during the Arab Spring, these represented the worst possible choices of candidates to carry on the democratic spirit of the revolution, and during his year in office, Morsi confirmed their worst expectations.

Egypt under Morsi suffered from economic instability, a lack of security, rising food prices, rising unemployment, and power and fuel shortages, among other problems. Last November, Morsi fatefully crossed another line by issuing a constitutional decree that granted him sweeping powers and put him above the law. By the time he was removed from power, his party in parliament was close to passing a new law that would have severely restricted nongovernmental organizations (a tactic also employed last year by Russia's Vladamir Putin to stifle pro-democracy dissent). Law professor and Egypt expert Sahar F. Aziz, speaking recently at the Middle East Institute in D.C., argued that Morsi made the June 30 revolution possible by acting like the Muslim Brotherhood version of Mubarak's authoritarian National Democratic Party.

Since the military-led coup last month, Morsi has been held in detention and charged with various crimes, while his MB supporters have been met with force during street protests, injuring thousands and claiming more than 200 lives.

For the United States, a legal requirement to suspend foreign aid to a country following a coup has put it in the embarassing situation of avoiding using the clearly-applicable term in order to continue its strategically important aid relationship with Egypt. But as several Egypt scholars

have pointed out, the "coup" designation is completely irrelevant to the Egyptian people, who are waiting to see how the country can move forward amid division so sharp that the possibility of "civil war" has crept into public discourse.

Somewhere at the center of the turmoil is a fierce battle to define the state of democracy in Egypt, a debate that has also occupied the West. Many American commentators were unsure how to react to Morsi's overthrow. He was undoubtedly a failure in office, but our political culture is one that says the rule of law is unimpeachable; that even a poor leader can only be removed from office at the ballot box; and that the military should never have any role in politics. Egyptians were painted as impatient, immature, and perhaps unworthy of democratic self-rule.

However, this attitude reflects a deficient understanding of both Egypt's political context and of democracy. A common error of Western democracy promotion abroad has been a belief that achieving a free and fair election (even just one), is enough to declare success. That position has been harmful in countries where authoritarianism is the only form of government most citizens have known. After an election, told that they have suddenly achieved democracy, they quickly became disillusioned with the whole idea because of the immense difficulties these countries face when embarking on such a radical transition.

Young democracies often face economic instability, increased corruption, and a host of other problems as part of their growing pains. This is why Joshua Kurlantzick, in Democracy In Retreat, emphasiz-



es the importance of managing citizens' expectations in the early steps of democratization. Democracy takes time to become entrenched, and the path to achieving and solidifying it is rarely a straight one.

In Egypt, Morsi's opponents were able to see early on that their democratic revolution had fallen off the tracks, and that it was too risky to wait for the next election cycle to act. The election itself, while technically free and fair, gave most citizens a choice between two evils, and once Morsi embarked down the authoritarian path again, the opposition parties and the military decided to save the young democracy from itself through less-than-democratic means, resulting in an oxymoronic "democratic coup."

However one feels about Egypt's coup in particular, or the very concept of a democratic coup in general, one unavoidable fact is that, with hundreds of thousands of supporters focused on retaining power in a country where they were outlawed for decades under Mubarak, the nation must find a

way to include the MB in the political process and, as Egypt expert Mirette Mabrouk put it in a recent talk, give them a face-saving way to get out of the current standoff. It's not yet clear if the military will attempt to do so, or will instead force them off the streets and back into the shadows.

For the U.S.'s part, some will say the administration has once again taken a back seat rather than showing leadership abroad by keeping quiet about the coup, and others will say we are wasting resources by sending \$1.5 billion in military aid to Egypt each year. These are important policy questions for the U.S., but perhaps less so now for Egypt, where the people are striving to chart their own path toward a more functional democratic government. For their own sake, we hope that their path leads quickly to peace over violence, and to balanced democratic inclusion rather than marginalization.

To read past editions of Pure OnSense visit the Authors section of emmistburg.net.

Down Under

Whose security?

Submitted by Lindsay! Melbourne, Australia

> If you want a picture of the future, imagine a boot stamping on a human face - forever. (George Orwell, 1984, part 3)

There is no such thing as a dem- ■ ocratic war. In any reasonably large society could you imagine asking the electorate if they would approve of their leaders starting one? In any true ballot of ALL the people the answer would always be a resounding 'NO'.

War is always started at the behest of a few, those who see they can gain from it, leaving those attacked no recourse but to fight them. War breeds war, the gains to be had from its undertaking ephemeral, the cost always born by the general population and the next generations. In ancient times one smallish tribe may well have started one against a neighbouring tribe because any gains achieved were for the betterment of all, but when it comes to large societies any plusses are planted at the feet of those at top of the heap.

Even so, there have always been wars, and I assume there always will be, especially as the world's population soars, resources are depleted, and survival becomes harder. Which does nothing for 99% of the people who will pay the cost, but does not alter the premise. There's just one snag. What if a war is not a war? What if all the fighting is there, but nothing has been declared, just an old fashioned invasion has taken place? Formal war is actually something that was developed in the middle ages so everyone knew what they were doing and what was expected of them. Rules were established, codes of conduct written (look, I'm going to kill you, but I have to bayonet you because that's' what the book says), and gentlemen's agreements reached before the armies marched in and took what they wanted from those they could. Kings and emperors got the spoils. The population suffered, resources were depleted, but that was the way things were done back then.

And, it seems, we have returned to that idea once more. No one calls it war, but that's what it is. Afghanistan is the most recent, with conflict there going back a hundred years or so; there are many other examples, all of them having one advantage: you don't have to live (or die) by the rules. There is no formality, no declared adversary, just the excuses put forward: They started it - they took out the twin towers; they need converting to democracy; their economy needs restructuring. They have weapons of mass destruction and so on.

So the Taliban, Al Qaeda get the blame. Fair enough, maybe they deserve it - but it turns out they are in lots of places, with lots of little cells. So let's go get 'em. We'll use contractors, mercenaries, drones. Sure, there'll be collateral damage, but what's a few thousand civilian deaths matter in this? We will combat terrorism. No one will do this to us ever again. Except us, of course.

The military love it. It's what they are trained for, and they don't really care if it's an old-fashioned war or not. They're there to fight, not philosophise. Strong nations - (those who believe they are, at least) -love it also. It shows off their muscles. Shows how passionate they are about something. But, like all passions, there is a down side. There are consequences, in this case of unforseen depths of anxiety and terror. Not of the invaded populace - though heaven knows they are terrorised - but the folk back home.

So, when you are terrorised, what do you do? In the inverted logic of the military and the hawk, you go to war against it. You fight terror with terror, whether the premise is real or not, whether the source is local or not. Say

someone vents their disgust with the system by one or more violent acts. You call it terror. You tell people there are people who are terrorists, who will destroy you and your nation, whether it's true or not. If you disagree you also become one. Automatically. The boot goes in the face.

The military, the government, the myriad agencies set up to enforce this certainly do not ask why this happened, but how do we prevent it happening again. Because in every conflict there has to be the idea that there are some very bad people out there who need to be brought to heel. More - they have to be known to do so by the general population. In that way not only does the military justify their enormous expenditure, but are seen as the keepers of the eventual safety and peace of the land. The N.S.A is formed, expanded, gets almost unlimited power to wage this war. Governments go along with this, for whatever side of politics is in power, they know that if they do not support and justify attacking the terrorists the media will do the attacking - on them.

It becomes a no win situation for moderates, who believe there is a better way, a way of reason and acumen. One that does not call for the destruction of foreign nations as a way to establish democracy and peace there, invade the privacy of citizens, nor the need to rope in those who even look wrong. And worse than that is their penchant for doing the same to the citizens of the nation. And to do that they spy on them, listen for key words in their conversations, their internet postings, and give then a visit. A little detention will be good for you, get you to see the light.

Civil liberty? Sorry, this is a war. Citizen rights? Sorry, this combats

Police state? No, that went out with the demise of the soviets. Oh yes?

And in all this they make mistakes. Many of them. Their blinkers make them prone to errors. Horrible ones, which they surely do not wish the world to see. Whistle-blowers are to be blown away, by any means; the truth would be so embarrassing. Classified top secret, the war that isn't, the drones that do not see, care, or can be brought to justice; the torture, the skewed media, the spin that clouds all.

So whose security are they protecting? Why, their own, of course. They have introduced a form of neoslavery, where we must all do as we are told or be whipped. And they have done this without being elected, without being answerable at an election, because they have assumed

You probably just don't realise it, but 1984 is truly here

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

To raise a child

Pastor John Talcott Christ Community Church

ne of the continuing concerns I hear in the community is what are we to do with our children? And though this is an important question in our day, it is in no way a new concern... it has been addressed by our Creator, God himself, in the Holy Scriptures. So biblically, we do have a source of great insight... of divine insight... into the character and nature of raising children... of parenting.

In ancient book of Proverbs it says, "My son pay attention to my wisdom, listen well to my words of insight..." (5:1). In a book that was written to and for children, we find in Proverbs 4:23 these words, "Guard your heart, for it is the wellspring of life." Guard your heart... for it is the essence, the sum total, the center, the control tower of a human being. In the world today you hear much about developing the self esteem, of changing the moral behavior, or just encouraging a child to do something of value. However, the Bible tells us that first we must go deeper than that, down to the root cause, which is the heart. Otherwise, we're dealing with reactions, with effects, and not the cause.

In the ancient Scriptures given to Israel we read, "The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates" (Deuteronomy 6:4-9).

What the Lord would impress upon us as parents is that we've got to seize those opportunities... those teachable moments... because things are changing around us rapidly. The world system is teaching... our children are being tutored... but the big question is, "Are they learning the values and principles that you the parent want them to be learning?" As a Christian father, I believe we need to be dispersing Scripture and wisdom at every occasion in an effort to bring some wisdom into the foolishness that our children are receiving. That's what Deuteronomy says; as you're walking... as you're talking... as you're lying down... as you're getting up... as you're living your life... seize the opportunities to instruct.

And I love what the apostle Paul says to Timothy about how his mother and grandmother raised him. He says, "Continue in what you have learned and have become convinced of, because you know those from whom you learned it, and how from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus" (2 Timothy 3:14-15). The apostle says, "...from infancy." "Since you were a little kid, you've been learning the Bible... learning passages of Scripture "which are able to make you wise for salvation, through faith in Christ Jesus."

Now I've got a two year old daughter and though she thinks she's the boss... though she walks around pointing her finger and wanting this and that she doesn't make many decisions. She doesn't choose her diet. She doesn't pick her friends or her church. She doesn't select which books are going to shape her thinking. She doesn't select much of anything. We've got her, at this point, under our control, training her, and

raising her to be a young lady. She doesn't get to pick her clothes or her bedtime, but as she grows, she'll get more freedom and she'll begin making more decisions.

That process in a child's life is supposed to escalate. As a young child my daughter is "attaining wisdom and discipline; for understanding words of insight; for acquiring a disciplined and prudent life, doing what is right and just and fair" (Proverbs 1:2-3). You see, this begins early and continues as she grows in wisdom and age. At the appropriate time (and each child is different) she will be released a little and she will gain more freedom, until she's at the place of becoming a peer and not a child. To where she has wisdom, where she's a responsible adult, and where she's a contributing member of society.

But, if you don't train your children with wisdom and discernment, what you will do is you will always treat them like a two year old. Sheltering them, controlling them, and making all their decisions. Or on the other hand, the other extreme, it's a toss of the dice, and when they get older... well who knows? Maybe they're so naive that when they hit junior high or high school they get into trouble and they don't even see it coming. Maybe they've never gotten to do anything and they just rebel... they want their freedom... and rather than getting it incrementally, they take it all at once, but without discretion and discern-

The Proverbs say, "If a man pampers his servant from youth, he will bring grief in the end" (29:21). We want to build discretion in our children young. We want to release them slowly over the years giving them responsibility. But we don't want to shelter them from the realities of life. We want to use those teachable moments... but where does this wisdom, discipline, understanding, prudence, knowl-



edge, and discretion come from? It comes from one place. "The fear of the Lord is the beginning of knowledge..." (Proverbs 1:7). The fear of the Lord is what causes the heart to be softened toward the things of God. It's what cultivates a receptive heart so that wisdom can dwell in that heart and begin to bear fruit...

fruit that will last. But, it begins with a fear of the Lord.

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BOOK OF DAYS

London Bridge of Olde



n the day when William IV and Queen Adelaide opened New London Bridge (August 1, 1831), the vitality of the old bridge may be said to have ceased; a bridge which had had more commerce under and over it perhaps than any other in the world. Eight centuries at least had elapsed since the commencement of that bridgetraffic.

There were three or four bridges of wood successively built at this spot before 1176 A.D., in which year the stone structure was commenced; and this was the veritable 'Old London Bridge,' which served the citizens for more than six hundred and fifty years. A curious fabric it was, containing an immense quantity of stone arches of various shapes and sizes, piers so bulky as to render the navigation between them very dangerous, and (until 1754) a row of buildings a-

The bridge suffered by fire in 1212, again in 1666, and again in 1683. So many were the evils which accumulated upon, around, and under it, that a new bridge was resolved upon in 1823 —against strong opposition on the part of the corporation. John Rennie furnished the plans, and his son, Sir John, carried them out. The foundation-stone was laid in 1825 by the Duke of York and the lord mayor; and the bridge took six years in building. The cost, with the approaches at both ends, was not less than two millions sterling, and was defrayed by a particular application of the coal-tax. The ceremonial attending the opening, on the 1st of August 1831, comprised the usual routine of flags, music, procession, addresses, speeches, &c. The old bridge finally disappeared towards the end of 1832; and then began in earnest the career of that noble structure, the new bridge, which. is now crossed every day by a number of persons equal to the whole population of some of our largest manufacturing towns.

Strictly, the Old London Bridge, for a water-way of 900 feet, had eighteen solid stone piers, varying from 25 to 34 feet in thickness; thus confining the flow of the river within less than half its natural channel. That this arose simply from bad engineering, is very probable; but it admitted of huge blocks of building being placed on the bridge, with only a few inter-spaces, from one end to the other.

These formed houses of four stories in height, spanning across the passage-way for traffic, most of which was, of course, as dark as a railway - tunnel. Nestling about the basement-floors of these buildings were shops, some of which, as we learn from old title-pages, were devoted to the business of bookselling and publishing. It is obvious that the inhabitants of these dwellings must have been sadly pent up and confined; it would be, above all, a miserable field for infant life; yet nothing can be more certain than that they were packed with people as full as they could hold. About the centre, on a pier larger that the rest, was reared a chapel, of Gothic architecture of the twelfth century, 60 feet by 20, and of two floors, dedicated to St. Thomas of Canterbury, and styled St. Peter's of the Bridge; a strange site, one would think, for an edifice of that sacred character and yet we are assured that to rear religious houses upon bridges was by no means an uncommon practice in medieval times

Traitor's gate, Old London BridgeIn the earlier days of London Bridge, the gate at the end towards the city was that on which the heads of executed traitors were exhibited; but in the reign of Elizabeth, this grisly show was transferred to the gate at the Southwark end, which consequently became recognised as the TRAITORS' GATE. A representation of this gate, with the row of heads above it, is here given, mainly as it appears in Vischer's View of London (seventeenth century).

There was one clear space upon the bridge, of such extent that it was deemed a proper place for joustings or tournaments; and here, on St.

George's Day 1390, was performed a tilting of extraordinary character. John de Wells, the English ambassador in Scotland, having boasted of the prowess of his countrymen at the Scottish court, a famous knight of that country, David Lindsay, Earl of Crawford, offered to put all questions on that point to trial by a combat on London Bridge. He was enabled by a royal safe-conduct to travel to London with a retinue of twenty-nine persons. The ground was duly prepared, and a great concourse of spectators took possession of the adjacent houses. To follow the narrative of Hector Baece:

"The signal being given, tearing their barbed horses with their spurs, they rushed hastily together, with a mighty force, and with square-ground spears, to the conflict. Neither party was moved by the vehement impulse and breaking of the spears; so that the common people affected to cry out that David was bound to the saddle of his horse, contrary to the law of arms, because he sat unmoved amidst the splintering of the lances on his helmet and visage.

When Earl David heard this, he presently leaped off his charger, and then as quickly vaulted again upon his back without any assistance; and, taking a second hasty course, the spears were a second time shivered by the shock, through their burning desire to conquer.

And now a third time were these valorous enemies stretched out and running together; but then the Eng-

lish knight was cast down breathless to the earth, with great sounds of mourning from his countrymen that he was killed. Earl David, when victory appeared, hastened to leap suddenly to the ground; for he had fought without anger, and but for glory, that he might shew himself to be the strongest of the champions, and casting himself upon Lord Wells, tenderly embraced him until he revived, and the surgeon came to attend him. Nor, after this, did he omit one day to visit him in the gentlest manner during his sickness, even like the most courteous compan-

ion. He remained

in England three months, by the king's desire, and there was not one person of nobility who was not well affected towards him."

WILLIAM WALLACE

August 23

Edward I of England having by craft and violence taken military possession of Scotland; the chief nobles of the land having submitted to him; it was left to a young gentleman of Renfrew-shire, the celebrated William Wallace, to stand forth in defence of the expiring liberties of his country. He was, in some respects, well fitted to be a guerilla chief, being of lofty stature and hardy frame, patient of fatigue and hardship, frank in his manners, and liberal to his associates, while at the same time of sound judgment and a lover of truth and justice.

The natural ascendancy of such qualities quickly put him at the head of large, though irregular forces, and he won an important victory at Stirling over some of Edward's principal officers (Sept. 11th, 1297). A month later, he and Andrew of Moray are found, under the title of Daces exercitus regni Scotia, administering in national affairs sending two eminent merchants to negotiate with the two Muse towns of Lubeck and Hamburg.

Next year, in a public document, Wallace appears by himself under the title of Custos regni Scotia. During this interval of authority, acting upon a cruel though perhaps unavoidable policy, he executed a complete devastation of the three northern counties of England, leaving them a mere wilderness. Edward led an army against him in

person, and gaining a victory over him at Falkirk (July 22nd, 1298), dispersed his forces, and put an end to his power.

While most of the considerable men submitted to the English monarch, Wallace proceeded to France, to make interest with its king, Philip the Fair, in behalf of Scotland. Philip gave him some encouragement, and furnished him (this fact has only of late become known) with a letter of recommendation to the pope. Afterwards, being glad to make peace with Edward for the sake of the recovery of his authority over Flanders, Philip entered into an agreement to deliver up the ex-governor of Scotland to his enemy. The fact, however, was not accomplished, and Wallace was able to return to his own country. Being there betrayed by Sir John Monteith into the hands of the English, he was led to London; subjected to a mock-trial at Westminster, as if he had been a traitor to his sovereign Edward I; and, on the 23rd of August 1305, put to a cruel death on Smithfield.

The Scottish people have ever since cherished the memory of Wallace as the assertor of the liberties of their country—their great and ill-requited chief. What Tell is to the Swiss, and Washington to the Americans, Wallace is to them. It is true that he had little or no mercy for the English who fell into his hands, and that he ravaged the north of England. If, however, the English put themselves into the position of robbers and oppressors in a country which did not belong to them, they were scarcely entitled to much mercy; and, certainly, at a time so rude as the close of the thirteenth century, they were not very likely to receive it.

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THE (retired) ECOLOGIST

Out of the mouths of babes, birds, and caterpillars

Bill Meredith

"One death is a tragedy. Twenty million deaths are a statistic." -attributed to Joseph Stalin.

When you're retired, past a certain age, it gets hard to keep track of time. One day seems like any other; there is no fixed schedule, like there was when you were working. This year, July started on a Monday, so I didn't really notice the calendar had changed to a new page until Sunday arrived on the 7th. While getting ready for church, it dawned on me that I had missed the Fourth of July and all that went with it. On further reflection, I realized that 2013, which I still thought of as a new year, was already half gone; time was speeding up so much that the 7th had got here before the 4th. It was more than the mind could cope with. I didn't get much out of the sermon that day.

The next day I returned to my summer routine, which is to get up early and work in the garden until it gets too hot. Back in the days when I and all the world were young, my wife and I always had a large garden, and she canned dill pickles every summer.

We planted cucumbers every year, but we only had to plant dill once; after that, dill plants came back by themselves, all over the place, in numbers that rivaled the weeds. Now, 60 years later, the garden has shrunk to about a tenth of its original size, and though we still raise a few cucumbers for the table, she has not made pickles for several years. But the dill plants continue to come up each year, like the weeds that they really are, and I save a few of them for old time's sake.

Some weeks ago a black swallowtail butterfly drifted through the area, smelled the aroma of freshly germinated dill plants, and anointed each of them with eggs; and soon they were covered with green and yellow-striped caterpillars. When the caterpillars got big enough, I showed one of them to the children's Sunday School class, and told them the story of how it got there and that it would soon become a butterfly. The point I hoped to make was that although I have watched and studied such things for 80 years and understand a lot about them, they still seem beautiful, amazing and a little mysterious to me. I expected them to ask how the caterpillar would become a butterfly, but instead, one of

them looked at it carefully and asked, "Does it have a brain?" That was not the question I expected, but I could see where his mind was going: how could a caterpillar know what to do in order to turn into a butterfly? It was a logical question, but the answer was too complicated to go into at that time. So I replied, "Yes, caterpillars have brains, but they aren't like ours. When a caterpillar is born, everything it needs to know is already in its brain, but we have to go to school for years so our brain can learn what we need to know." That seemed to satisfy my young friend; but later, I found it did not satisfy me. Once you start thinking about brains, it's hard to stop.

The next morning started as all mornings do... sitting at the table and gazing out the kitchen window toward the bird feeder. July is a critical time for birds; the young ones are leaving their nests and starting a life independent of their parents. It is a risky time of life; among many of our common birds, as many as half of those leaving the nest don't survive the first month. Part of what they need to know for survival was stored in their brains before they hatched, like the caterpillars; but they also have a lot to learn, like human teenagers. They know instinctively how to fly, but they aren't too good at steering; they also have to learn that it is good to slow down before you stop. Until they learn these basics, they run into things a lot. They also have to learn who their friends are; I recently saw a film of a baby starling that, on its first (and last) flight, landed in front of a hawk and immediately started begging to be fed.

On that particular morning, a chipping sparrow, one of our smallest common birds, was on the ground under the feeder, picking up seeds that had fallen there. It was an ordinary thing to see; but this time, instead of eating the seeds herself, the chippy was feeding them to a cowbird chick that was at least three times as big as she was. My wife was astounded by the sight of it. I tried to explain that cowbirds are nest parasites; they lay their eggs in other birds' nests, so the young cowbirds are raised by foster parents... but she couldn't believe that the chippy was so stupid it couldn't recognize its own offspring.

Cowbirds were not always common around here; originally they lived in the west, where they followed buffalo herds on their annual migration across the prairies. They made a good living by eating insects stirred up by the buffalo, and partly-digested seeds in buffalo dung. Since the buffalo were always on the move, the cowbirds could not stay in one place long enough to nest and raise young; so they adapted by leaving their eggs in the nests of other species. Some birds, like robins and catbirds, have beaks large enough to pick up a cowbird egg and throw it out of their nest, and some smaller birds like wrens will peck holes in them. But most small birds, like the chipping sparrow, seem not to notice that there is a new egg in their nest and it is twice as big as their own. The cowbird egg hatches early, so by the time the young chippies hatch, the cowbird is already a day or two older and much larger. The chippies either starve or get pushed out of the nest and die, and the chippy parents work their beaks to the bone feeding a foster child that is bigger than both of them combined.

I read somewhere that someone once had the temerity to ask Joseph Stalin why he was upset by the death of one of his comrades when he had no qualms about sending millions of his fellow citizens to their deaths in the Russian gulags; and Stalin was said to have given the reply quoted above. I am not sure whether the story is true; Stalin could have given such an answer, but the person who asked the question would not have lived to tell about it. True or not, the story illustrates the dilemma facing an ecologist. I feel pity for the chipping sparrows who lost their own family and devoted their lives to raising an ungrateful foster child; but I know that this is the way nature works. Chippies lay an average of four eggs per brood, and two broods each summer. If all these eggs hatched and the chicks all survived to reproduce the next year, in ten years the original pair would have over a million descendants, and we would be up to here in chipping sparrows. Clearly, that does not happen. Most of the young do not survive; but they are not wasted. In one way or another, they enter the food chain of the ecosystem and maintain what we call the "Balance of Nature." By human standards, a cruel system... but it works. Nature doesn't think like we do.

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IN THE COUNTRY

Bat chat

Naturalist, Cunningham Falls State Park

ons of people think bats are L creepy. Others wonder if bats really suck blood. Could one be a caped crusader soaring through the night sky protecting the innocent? Whether you love them or hate them bats are integral and necessary parts of the ecology of any region. They exist within a small niche in the environment, and serve a purpose that most other animals cannot or do not. They provide invaluable services to humanity, but have been vilified throughout literature and film. These remarkable creatures have many adaptations that serve them well, but face many threats that are putting many species into grave danger.

There are a total of 40 different bat species in North America, and over a 1000 worldwide. They can be found on every continent, except Australia, and they account for 20% of all mammal species on the planet. Maryland is home to a total of 10 species of bats. The largest being the Hoary Bat with a wingspan of 16 inches. Our smallest bat is the Eastern Pipistrelle, with a wingspan of about 8 inches. The Philippines hold the record for the largest and smallest bats in the world. The bumblebee bat measures in with a wingspan of 6.5 inches, while the Giant Golden-Crowned Flying Fox has a wingspan of 6 feet!

Bats basically breakdown into two categories: Republi... wait no that's not right. Bats fall into two classifications - mega or micro (these terms do not refer to size). "Mega" bats are frugivores, meaning they eat only fruits, nectars, and pollen. Mega bats are partially responsible for the pollination of many plants, so they're kind of like oversized bees. One endangered species in Mexico is actually partially responsible for the pollination of agave plants, which is what tequila is made from - this bat is endangered

so tequila could be as well. "Micro" bats are carnivores and eat mainly insects, although one vampiric species in Central and South America have given the rest of bats a bad name!

The anatomy of a bat is really quite remarkable. Wings have finger-like digits with a leathery membrane in between the fingers. Bats will spread or move these fingers to adjust speed and increase their maneuverability. Contrary to popular belief bats are not blind. "Mega" bats rely solely on vision, while "micro" do have poorly developed eyes they can still see and will use sight for long distance navigation. Some bats can even see in ultraviolet light, which helps them hunt and navigate. The ears of a bat are pointy and shaped with special folds that help pinpoint the position of insects with the use of echolocation.

Echolocation works essentially like sonar for submarines. Bats will produce high pitch frequencies, which can sometimes be heard by humans, that then bounce off objects and return to their ears. Based on the time these sounds take to return and where the sound hits in their ears they know where and how far away the object is. The intensity of the echo indicates the size of insect (high intensity means a big bug, while low intensity means a small bug). Some insects have developed defenses against echolocation though! The Tiger Moth species emits a frequency back that is the equivalent of "radar jamming". Owlet Moths can hear the frequencies emitted by bats and begin to fly erratically to perform "evasive maneuvers".

Being a bat isn't all about crime fighting and making tequila though, sometimes you have to settle down and raise a family. Bats only have one offspring at a time, making population decline difficult to combat. Depending on species they may have one to three litters in a year. Mother bats will nurse their young until they are a full grown adult, which is approximately a month, because the young



can't fly and catch their own prey until their wings are fully developed. The lifespan of some bats can be up to 20 -30 years.

You might also be asking yourself, "What's the deal with sleeping upside anyhow?" Roosting upside down provides security from most other animals, and zero competition from other flighted creatures for these locations. But it's also necessary because their wings can't produce enough lift for takeoff and their legs are underdeveloped so they get enough speed to generate lift. So bats let physics do all the work and use gravity to begin flying by simply falling into flight. It's an adaptation in action, and here's how it

- 1. Start by clenching your fist.
 - The muscles in your arm contract to pull tendons connected to your fingers which close your fist.
- 2. Bats tendons are connected to upper body, not the muscles in legs.
- 3. They will use the claws on their feet to grab onto a surface.
- 4. Then they simply relax. The weight from upper body pulls the tendons shut - gravity does all the work, so they exert no energy to remain hanging.
 - If a bat dies in this position it will remain hanging because
- 5. To release its claws from the surface bats will flex their muscles which pull the tendons open and off they go.

If you happen to find a bat that's fallen or been knocked to the ground it will need a high place to take off from. If you're brave enough you can attempt to pick it up and help it to a higher location. Just remember that bats can carry diseases so only do so at your own risk. Wearing a pair of think gloves and long thick shirts or using a shovel to gently place them in a tree would be perfectly acceptable ways to move a grounded bat.

Bats are generally pretty adept creatures though and usually don't require much assistance from people. One recent pandemic though is giving them the fight for their lives though. A new fungus called Geomyces destructans infects bats and causes "White Nose Syndrome". This cold loving fungus was first discovered in 2006. It spreads to hibernating bats and causes erratic behavior. Affected bats will awaken during hibernation with decreased and damaged wing tissue. Flying becomes harder work which depletes energy supplies during times of the year when there is little or no food, which eventually causes starvation and then death. White Nose Syndrome has been confirmed in 19 states and 4 Canadian provinces. In some species it has a mortality rate of 95%. The Little Brown Bat, which we currently have in Maryland, is estimated to be extirpated (locally extinct) from the eastern US within 20 years! The loss of bats at these numbers is estimated to cause billions of dollars worth of damage to

agri-business and farmers due to increased insect populations and heavier use of pesticides. Both of which will drive food costs up and increase the use of pesticides on produce. Research is being conducted by the US Forest Service, Fish & Wildlife, National Park Services, and other state agencies, and universities. Researchers are still seeking to understand where it came from, the mode of transmission from cave to cave and bat to bat, and more. One leading theory says that it's most likely spread from cave to cave via human transmission from clothing and shoes. That's has led some state and local officials to enact caving moratoriums in some places. There is no known treatment at the time.

One of the most practical ways to assist bats, no matter where you live, is to provide adequate housing in the form of bat boxes. This can make a real difference in both your community and theirs. You can find excellent plans for bat boxes, information on where to place them, and more at the MD Department of Natural Resources website or at BatCon.org. By providing housing sites you can really make a difference in stabilizing the populations of bats in your area.

These animals are extremely important to the environment. They serve as a valuable pest control service to farmers and agri-business. Some bats even help to pollinate plants, and plant trees! Seeds dropped by bats can account for up to 95% of forest regrowth on cleared land. Yet despite these things and more they still suffer from a bad PR problem, deadly fungal epidemic, and encroachment of necessary resources from man. Through understanding and basic actions we can ensure that we can all see these caped crusaders continue to venture out into

To read other articles by Tim Iverson visit the Authors section of Emmitsburg.net





IN THE COUNTRY

A day in the life of an aquatic critter

Laurie Stover Strawberry Hill

Tets and buckets in hand, a group of children trek excitedly along the trail to the stream's edge. I can barely keep them out of the water long enough to give the brief instructions: "Flip over rocks, use your net to find small creatures, look closely, don't throw the rocks at each other, stay where I can see you. Okay, go have fun!"

The group is participating in our Aquatic Communities program at Strawberry Hill and it is a big hit with preschoolers through highschoolers. Even the adult chaperones don their water shoes and start flipping over rocks, just as excitedly as the children. We educate the children on how to search for the macroinvertebrates living in the stream. The term macroinvertebrates refers to animals lacking a backbone that are large enough to see without the aid of a microscope.

Most of the animals that the children find are in the Phylum Arthropoda family. This Phylum includes the insects, spiders, and crustaceans to name a few. Of course the children are interested in the "big guys." Crayfish are a treasured find. I congratulate them on their catch and then try to redirect them back to looking for the small animals that they may have



otherwise overlooked. Slowly they begin to find some things: caddis fly casings, mayfly and stonefly nymphs, and crane fly larvae. Granted, the smaller creatures don't warrant quite the response from the group as a large crayfish does but nonetheless, these smaller guys are just as interesting.

While the children enjoy getting wet and finding these animals, the bigger lesson to be learned is that we are actually getting a feel for the health of the stream (Swamp Creek in this case). Many of the animals thrive only in high quality freshwater streams. Take the caddisfly, for instance. Caddisflies, from the Order Trichoptera, are often used as the

model for fly-tying when catching trout and other fish. The larval stage of the caddisfly is aquatic and known for its clever construction of a casing. The larvae, attached to a rock within its casing of pebbles, pine needles or dead leaves, will feed on small particles flowing through the water. They will undergo a pupal stage and the adult will hatch off the water (sometimes enmass). When I find a rock in the stream covered on one edge by 10-15 caddis fly casings, I am sure to point it out to the children who then venture forth to find more.

The search also begins to turn up another fun little macroinvertebrate, stoneflies. Stoneflies are from the order of insects called Plecoptera (Greek translation, "braided wings") and are some of the most primitive insects. Fossils of certain species date back to the Mesozoic period. The adult stonefly is very short lived and some do not even eat. Their sole purpose is to mate. The female lays hundreds of eggs which she carries on her back and then eventually deposits in the water. The eggs hatch in a few weeks and the nymphs begin their 1-4 year lifespan in the water, undergoing 20-30 molts.

Vegetables

Flowers

Honey

Plants

Herbs

Fruits

Eggs



Also if we are lucky we will find a few mayfly nymphs. Mayflies are grouped in the Order Ephemeroptera meaning "short-lived" or "lasting a day." The final adult stage of a mayfly may be commonly known to fly fisherman as a dun.

Scientists sometimes use what is called the EPT index as one way to rate the health of a stream. The EPT index is a count of the number of species from the Ephemeroptera, Plecoptera and Trichoptera families. Since species from these orders are sensitive to pollution and must have clean, well-oxygenated water to thrive, a high EPT index is a very good thing.

The purpose of the Aquatic Communities program at Strawberry Hill is tri-fold. Most importantly, we want the kids to have fun exploring and

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Food

learning about streams, ponds, and the natural world around them. As Robert Louv describes in his book, "Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder," children are growing up "denatured." The joy of getting your feet wet; getting muddy; or figuring out that a crayfish swims backward to escape danger are things that many children don't have an opportunity to experience.

Secondly, we want them to begin to understand the concept of relationships within an ecosystem. During the introduction of the program we talk about the communities in which they live; their neighborhoods, schools, and how everyone interacts. Then we brainstorm about what makes up an aquatic community such as a pond or a stream. The children begin yelling out "Frogs!" "Fish!" "Turtles!" Oftentimes I yell back, "What do all those animals eat?" There is a bit of a pause but then I hear "Bugs!" "Plants!" Whether they realize it or not, they are starting to form an idea that even though the bugs and plants may not seem as fun, they are just as important (if not more) to the community as the frogs and fish. Lastly, we want the children to see that if an aquatic community is to stay healthy it will require the help of humans. We talk about pollution sources and how they can help to keep water clean.

Children benefit immensely by spending a few hours in the woods, on a hike, or wading in a stream. The excitement of discovery, the looks of awe when they catch something in their net; seeing a turtle climb out of the water to sun itself; or hearing the songbirds are priceless experiences and ones I never get tired of introducing to them.

Please visit www.StrawberryHill. org for a list of upcoming events for those of all ages in search of a nature

Laurie Stover lives in Orrtanna, PA and is a naturalist at Strawberry Hill Nature



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IN THE COUNTRY

Not a good way to start the day

Dr. Kimberly Brokaw, DVM

"ve known Mrs. Blue for several years. I originally met her when she kept her horse Sky at a local boarding facility. When Sky reached her 20's, Mrs. Blue brought Sky back to her house for retirement. Mrs. Blue has a small barn with fenced in pasture, but no riding ring or access to trails from her property. As Sky grew older and more lame, riding facilities were no longer needed and the home environment was more appropriate for her. While there are no other horses on the property, Mr.s Blue has a couple of goats who provide companionship for the old mare. While in retirement, Sky and the goats still receive regular veterinary and farrier care. Sky is shiny, healthy, and in good weight. As summer came, Sky was due to have her teeth floated. Mrs. Blue had recently started a new job and had little time off. She informed me she would be unable to be there at the appointment but that her adult son and his wife would be at the house to meet me.

I pulled into the driveway at 8am. While I've grown accustomed to watching people run through fields chasing a horse that won't come to them, or even throwing rocks, at said horse, I don't usually arrive in the middle of a domestic disturbance. However, today would prove the exception. I hadn't even turned my work truck off and yet I could hear them screaming at each other. One might think that my presence would put an end to the fight, but it didn't. Instead they proceeded to pick up rocks in the driveway and start throwing them at each other. This continued for several minutes until the wife took off her shoe, threw it at her husband, and then stormed off into the

As I got out of the car, I was thinking about how this didn't seem like a good start to my day. I figured I had three choices. I could pretend I hadn't seen them fighting or act like that was normal behavior that I see every day. Second I could ask if everything was okay and risk having to listen to a long drawn out explanation likely with information about affairs or in-laws that I would rather not know about. My third option would be to depart and reschedule the call. That option would have been my choice if the situation looked like it would become completely out of con-



Mrs. Blue's daughter-in-law and son

trol and unsafe. I chose the first option. I got out of my car, walked over to the owner's son, and said "Good morning. Your mom told me you'd be here to hold Sky."

The son went and got Sky out of her stall and led her up under a tall oak tree on the side of a hill next to my truck. The barn tended to get a little hot, plus the goats liked to try and assist with the procedure, so over the years we had found that bringing Sky out of the pasture and under the tree is the more ideal location for performing vet work.

Sky's teeth don't align properly so she always has a tendency to form hooks hooks on the fronts of her upper teeth. These hooks protrude from the teeth and make it difficult for the horse to eat without cutting the cheek or gum with each chewing motion. When a horse has teeth that don't align properly, regular dental care is extremely important. Mrs. Blue has always been diligent about getting Sky's teeth checked regularly and the hooks filed down so they don't injure the mouth. I quickly inspected Sky's mouth and found that again, the hooks were present and would need to be floated down. I gave Sky some sedation medication and started working on her teeth. While a cooperative mare, Sky has never really cared to have her teeth done, so sedative medications make dental work a much more pleasant experience both for Sky and for me. While some horses are content to have their teeth floated, others don't like the grinding noise or feeling, and truthfully I don't blame them. I wouldn't want someone filing down my teeth without sedatives and/ or painkillers.

As I finished floating the upper teeth, a car pulled into the driveway and started honking the horn repeatedly. I looked at the son and asked if he needed to go see what was going on. He gave a firm "no" and continued to

on the backs of her lower molars and stand there and hold the horse. A few seconds later I heard the slamming of the house door followed my an unintelligible exchange of loud words, a slam of the car door, and the car pulling out of the driveway horn blaring. I still decided that I was going to pretend I hadn't noticed anything and proceeded to ask the son about the farm and how many acres they had and how long it had been in the family.

I finished Sky's teeth, watched her as the owner's son led her back to the barn. As I was cleaning up my instruments and putting them away in the car, I told the son to have his mom call me if she had any questions. A couple hours later I received a call. Being the ever attentive owner, Mrs. Blue wanted to make sure that Sky had done well with the procedure and if she needed to provide any special after-care. There was no mention of her son and daughter-in-law's exchange of words and rocks.

I have grown accustomed to the usual husband-wife bickerings of "Fluffy's been sick for 2 days" "No, she's been sick for 7 days" and "No, she's been sick since YOUR parents fed her the leftovers..." This was the first rock/shoe fight I'd gotten to observe. Truthfully, as the horse and goats seem very well tended and loved, I still think highly of Sky's family. Despite what seems to me to be an unusual style of bickering, they provide their animals with a loving and nurturing home.

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



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PETS LARGE AND SMALL

Animals do have feelings

Jennifer Vanderau **Cumberland Valley Animal** Shelter

 $Y^{
m ears}$ ago, I wrote a column about the fact that animals have feelings. I remember receiving a very detailed, fourpage, hand written reply detailing how wrong my sentiment

Yet, here I am, probably a decade later, making the same statement —because I still believe it to be true.

This time, though, I've got examples.

Excitement and joy and happiness are quite simple to establish in our pets. Imagine a pup running, tail wagging, tongue hanging out. Imagine a cat purring, with that slanted-eyed look of bliss. I know we've all seen that—it's almost the physical embodiment of pure delight.

We know when animals are upset-we hear whining or hissing or get a growl or a swipe with a paw. Anger's another easy one, especially with cats. You know a snarling cat with ears flat against his head is pretty darn mad.

Animals also grieve. They can grieve their fellow four-legged family and they can also grieve the loss of a beloved human.

Grief is a bit trickier to prove because while humans often express our sadness with tears (or sometimes even anger), pets don't really have that ability. Their grief may come out in ways we don't expect.

Some animals stop or slow down their eating habits. I've talked with people who tell me when one of their pets passed away, it took forever to get the other one to eat again. He wasn't interested in food. You know how sometimes when you're real upset, a sandwich doesn't look appetizing at all. Uh huh. Is it such a surprise that our pets can feel the same?

That's grief, folks.

Animals sometimes become more or less vocal than they were after losing a four-legged sibling. If you've got a talker who suddenly doesn't say a word because his brother or buddy is gone, that can be an expression of sadness. The same can be true of a characteristically quiet one who suddenly yaps up a storm.

We had two of the most adorable puppies at the shelter recently. They were brothers pitbull mixes-and so incredibly dear. I took one of the siblings with me on an outing one day. If memory serves, we went to visit kids at an elementary



Toby

If you're looking for a cat with personality, Toby is your guy. This 3-year-old, long haired fellow is tabby with white and is so affectionate. Toby likes to sleep on a shelf in his cage upside down. Yep! He sometimes has all four paws in the air. It's hilarious! This gorgeous boy is going to make someone a wonderful companion.

For more information on adopting Toby, contact the Cumberland Valley Animal Shelter at 717-263-5791 or visit www.cvaspets.org.

school (they loved him, needless to say).

By the time we returned, his brother had been adopted. Oh, how it bothers me when that happens. When we left, his brother was in the cage; when we returned, he wasn't. Well, I put that little guy back on his bed and I watched him look around his dog den, obviously searching and when he found nothing, he glanced up to me with the saddest expression.

I'm telling you, you could SEE it in his eyes. (I know this isn't a terribly scientific claim my chemistry-teacher father is likely rolling his eyes at the moment—but when dealing with emotions, a lot of times, you have to go with your gut and I'm telling you, that puppy missed his brother.)

The good news is he got adopted and has another canine sibling—a brother much bigger than he is, who I'm sure will teach him the ropes. We have a photo of them together (they're

leading to the kennels. Stop by and take a look. It's such a feelgood picture.

But the moment I put him alone in that kennel, you could tell he needed a friend.

Animals also grieve for people. I've read countless stories—many of which tug on my heart—where animals attend funeral services for their people or continue to look for dad to come home or mom to feed them supper.

One of the most famous of these is the Akita who would travel with his human dad to the train station every day. When the man died one day during the trip, the Akita would arrive at the station—for the same train his dad took—every day for the next nine years.

Most recently, after a Navy Seal died in Afghanistan, his Lab laid by his casket during the entire service. Again, from the description of those in attendance, that canine was the epitome of grief-slow breathing, drooping eyes. He just wanted his dad back.

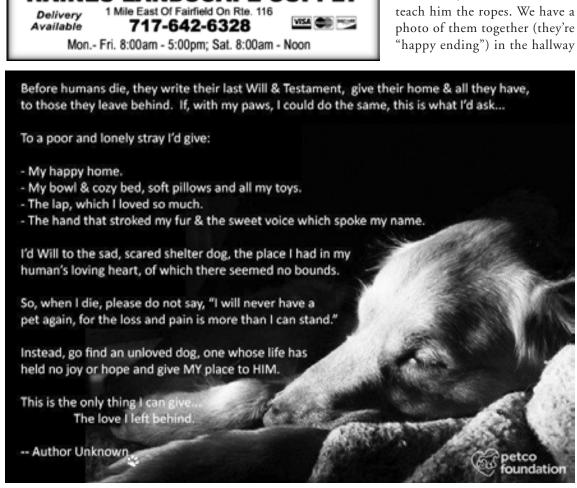
Even wild animals grieve elephants, gorillas, and the like. One mother gorilla in a zoo refused to hand over her threemonth-old baby after he'd passed away. She carried him with her for days.

All of these are signs of grief. Our pets are capable of so very much. They make our lives whole and rich and noteworthy. Even though there are people who want to say they are "just animals" and incapable of true emotion, those of us who witness it, know the truth.

So be kind to our four-legged friends and remember that they will often experience joy and pain and real sorrow. They feel much more than we mere humans will likely ever really know.

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







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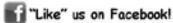
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PETS LARGE AND SMALL

Building a relationship with your dog

Cold Creek Dog Training

 \mathbf{S} o, now that you've had some time to practice getting your dog's attention; you should be able to see how readily they seem to offer it to you, especially if you get your training pouch (fanny pack bag) and the leash - they knows your going to be doing something fun! You can see and feel your relationship changing- you are both more connected. You look at them they looks at you- It's magic!

One of the things to consider now as you build your relationship with your dog, is what do I want of them, what do expect of them, how do I want the to act, and many more things along this line. Knowing this will help direct your next steps with your dog. For instance, if you'd like to be able to take your dog along to your family picnic, consider that they need to be able to travel in a car. They need to be able to listen to you around a group of people. They need to not take food off of people. They need to not jump up. They need to not take the kids toys.... gosh it seems overwhelming! Where do you start?

Very simply, you start asking them to pay attention to you, getting their attention and focus in situations just like that. Don't expect them to listen to commands right off the bat with all those distractions. Start simple and work up to lots of activity like you might encounter at a picnic. Work on that attention by offering them that special piece of food and using your verbal marker "good boy/girl" when they look at you. Make yourself more interesting, move, take a step and turn, anything to get them to look at you. But do note use their name all the time. We don't want to de-sensitize them to their name (do you ever feel like they doesn't hear you when you say their name?) that's because their name isn't special to them. We will fix that as we move through the lessons...

Since by now their attention is working really well at home, you are ready to take it on the road. Take them in the car to different places where there are people and activities. There are lots to choose from, parks,



Jack demonstrates the proper technique for dogs to get the attention of their guardians.

summer block parties, a parking lot near a busy store to name just a few.

If you have an easy willing traveler, that's great! If you need a little help calming Fido down in the car- we know just what to do. Have them jump in the car (with your permission, tell them to "get in") clip on their seatbelt harness or better yet secure them in their travel crate. Give them a treat for calm behavior and for paying attention to you (yes even in the car!) If they over stimulated in the car, simply get them to pay attention to you- even before you start the car - they need to stay calm and focused. Even when they get out of the car, they should know - "this is training" this is fun! Reward them for looking at you before you tell them to get out of the car. If you take these steps even in the vehicle attention getting out in that new place is even easier.

Start simple in your new "on the road" locations and work up to lots of distractions like you might encounter at that family picnic.

Now you are ready to move on! Now you are ready to start teaching commands!

- 1. Have your dog's attention- they should be looking at you, offering that rapt connection you've been working so hard to get!
- 2. Holding a treat in your hand, move the hand over your dogs head about 3 inches above their head between his ears. (This will cause his head to come up and his butt to go down into the sit position)
- 3. As soon as they are sitting, very quickly "mark" the correct behavior with "good boy/girl" give them the piece of food (simultaneously if possible)
- 4. Release them from the sit command. (The release word tells your dog they can get up, relax, and just be a dog. Many people use the word "OK". (I don't recommend that one since we use it so much in everyday conversation or "release" or "free" or "done" Anything will work since your dog doesn't speak English. You may need to step away to encourage them to get out of the sit position.
- 5. Repeat this a few times till the dog seems to "get it" then add the spoken word SIT. (I bet you thought I forgot that part!) In training, it's best to create the behavior- then add the spoken human verbal word to it. Keep in mind the dog doesn't speak Eng-

lish, so telling them to sit initially means nothing. We want to add the spoken command as they starts to understand.

You are actually doing a few different things here in training concepts. You are maneuvering (luring) your dog into position with that "treat hand" so that you can help them figure out what you want them to do. And you are using a "marker" based training system to mark (just like clicker training) the behavior you asked for. Combining these two things greatly helps your dog understand what you want and when you "like" what they does.

An important thing to be aware of is that dogs are born knowing "body language." It's how they communicate with each other. We can learn to communicate with them this way too by using hand signals as we train them. Guiding them with a treat in hand and marking the correct thing they do with a "good boy/girl" will cause communication between you and your dog that they already know. Then the learning of commands can really begin!

Check back next for the next article and we'll continue our training

For more information on effective dog training visit Cold Creek Dog Training's website at www.ColdCreekShepherds.com

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





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THE MASTER GARDENER

Weeds in the fields

Mary Ann Ryan, Adams County Master Gardener Guru

hen driving, we often see **V** flowering weeds in fields or roadsides. Casual walks along a country road may cause us to stop and check out the weeds of summer. But are they weeds or wild-

A weed is merely a plant that is in a spot that it doesn't belong or isn't wanted. So if a daylily is growing in a corn field, a farmer would consider it a weed; although a daylily growing in a garden - not so much. A wildflower is just a plant that grows, uncultivated, in fields, woodlands, meadows, etc.

Let's take a walk along the road where a pasture grows. Many flowering plants are spotted along the fence. After stepping through the fence, many more are spotted. What are we seeing?

A very common perennial plant, often seen in fields, planting beds,



and along roadsides is the horsenettle. This particular weed has spines along its stem and on the midvein of the leaf. A white to light blue, star like flower with a yellow cen-



Black Nightshade

ter blooms atop the spiny stems. Although a native to southern US, but spreading north through Canada, it is considered a weed in most situations. This plant should be controlled as it is poisonous to mammals and birds. Although it has not made it on the PA noxious weed list, it is considered a noxious weed in 37 states.

Black nightshade, found in most of the US, is in the same plant family as the horsenettle. The nightshade family also includes potatoes,



Canadian Thistle

tomatoes and eggplant. The black nightshade is native to the US, and is commonly found in moist areas, in open fields, and roadsides. It has a purple star like flower with a yellow center, much like the horsenettle. As this plant is poisonous just as the horsenettle, it should be controlled in pastures and other cultivated fields. Any part of this plant is considered poisonous, from stem, leaf, flower to fruit.

Canadian thistle may be a plant you'll come across when walking past an old field. This plant has made the noxious weed list in 35 states, include PA and MD. Although found all over the US and



Swamp Milk Weeds

Canada, this plant is native to the Mediterranean and Southeast Europe. It's aggressive, reproducing by roots and seed. The small purple and sometimes white flower on top of the prickly stems quickly spreads by wind and attaches itself to animals for ease of spread. If you have this plant, it's best to not only control it but get rid of it. As all noxious weeds, they take over our native habitat, leaving little food for our wildlife. Although some butterfly larvae do feed on the leaves of this plant, it isn't enough to control the spread or justify its life here.

Milkweeds are plants you may see in meadows. Two often seen milkweed are the common milkweed and swamp milkweed. The common milkweed has broad leaves, gets up to 3' tall, and has a root system that goes on forever. Found in a wheat field? Not good, however, found in a meadow... nice. Milkweeds are host plants for the monarch butterfly and bees absolutely love the flowers of these plants, but milkweeds are poisonous to livestock.

The swamp milkweed is a perennial plant that has attracted the at-



Butterfly Weed

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THE MASTER GARDENER



Jewelweed

well in heavy clay soils, this plant has showy pink flowers. Selections of this species, like 'Ice Ballet" - a white form, can be found in nurseries and garden centers. A great substitute to the heavy texture of the common milkweed and not nearly as spreading, the swamp milkweed is a plant that has earned a place in the garden and in areas that livestock are not grazing.

Butterfly weed, another milkweed, is a native plant that is not incredibly common in fields. However, you may stumble across this bright orange flower that butterflies frequently visit. This native perennial likes drier locations, so can be found along dry roadsides, and upland meadows. This is another native plant that has caught the attention of the gardener, due to its unusual orange flower. It reaches 12" - 18" and typically should be placed in the front of a perennial bed.

Jewelweed, also called touch me not, is a native annual plant that attracts hummingbirds. Found in moist locations along streams and on wooded edges, this annual is orange, reaches about 4' tall, and attracts hummingbirds. It's also been used to relieve itching. This plant is an impatien, the same genus as our annual impatiens we buy every year to plant in the shade. The seed pods when ripe will explode when touched, hence the common name of "touch-me-not". This allows the plant to quickly reseed and become established year after year in the same location.

Culver's root is just finishing up its blooming. White, spiky flowers with whorled leaves gives this native perennial an interesting and

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Culver's Root

somewhat unusual stature. It typically likes medium to moist soils, but may be found in locations that are wet. Full sun to part sun is its preference. Butterflies are especially attracted to this perennial.

Many of the plants mentioned here have struck the fancy of the nursery industry. The swamp milkweed and butterfly weed are especially interesting, since they are easy to grow with showy flowers. Selections have been made of both these plant species, and when visiting a nursery, you may find specific varieties that have been selected for color, length of flowering or size.

Culver's root, Veronicastrum verginicum, has also struck it big in the industry. Selections with showier flowers, more sturdy spikes, and longer bloom time have made the nursery benches for gardeners to buy and enjoy.

Get to know the plants you see in fields and meadows. Take a wildflower book with you on your next walk. You'll find out that some are invasive and should be controlled and some are beneficial and great introductions to your own garden. Learning more about what is out there in our environment makes us

Small Town Gardener A garden is only as good as the cook

Marianne Willburn

here is a moment in the gardening season when ■ you realize that it's all going to happen again. That, despite your dreams of cool, healthy foliage, bountiful flowers and moist, fertile soil, deep summer is here and there is only so much heat these poor plants can take and still stand upright (much less produce anything) without a great deal of help from you.

Gardening in the Mid-Atlantic takes stamina and a strong sense of humor. Drenching rains and cool days urge us to plant with abandon, only to be left with merciless heat and breezeless summers which separate the men from the boys, the women from the girls, and the certifiable from the sane. Yet gardening is all about seasons—and watching the calendar—and if you lose yourself to despair brought on by triple-digit heat indexes and cracked earth, the days will get away from you. Before you know it, fall will arrive bearing corn stalks and cinnamon, and you will realize that you never managed to get those late snap peas in the ground, or plant another round of lettuce for October salads.

If these hot days are starting to get you down, planning and planting your fall garden in the comfort of your air conditioned kitchen should be your top priority. We are already well into the season for starting plants for planting out (such as Brussels sprouts, cabbage and broccoli), but there is still time to throw a row of bean seeds in the ground. Keep those seedlings and seeds watered during these crazy days of summer and hopefully by the time the beans are setting flowers, the heat index will have dropped to something a little more reasonable.

Your local extension service should carry a list of veggies that can be planted during the next few weeks for fall harvest. Our Maryland Extension Service produces a handy fact sheet available online (HG16) that lists spring and fall planting dates for most vegetables. I've laminated this handy sheet and it hangs on the inside of a kitchen cupboard for easy reference.

Ornamentals are in dire need of feeding by this point in the summer. Bone and blood meal or a top dressing of good quality compost can give them a little lift and help them to combat the stresses of the season. Both exotic and native ornamentals will show signs of wilting in the middle of the day. If you are sure that they have plenty of water at the root zone, don't worry about it, you're probably showing a few signs of wilting yourself.

Weeding may be the world's worst job in in the dog days of summer, but it is nevertheless necessary—and not because there is any chance of impressing anyone at this point. Those weeds will strip the soil of nutrients that should be going to your flowers and vegetables. So, if you only have a miniscule amount of energy, save the paths and play areas for September's second wind and concentrate your efforts on the beds where every last bit of nourishment is needed. My veg beds and surrounding pathways (also termed 'The Jungle Garden') currently bear testament to this survival method of gardening.

Above all, work smart out there. Don't decide to tend your vegetables, mow your lawn or dead-head your ornamentals in the middle of the day. Unless you do this gardening thing for a living, all work should be done before ten am or after seven pm. Take advantage of early mornings and long nights and prepare yourself before you go outside with a large bottle of ice water, some protection against the current reigning insects, and a small basket with a few essential tools. The more prepared you are, the less it feels like the garden is beating you over the head with your own shovel.

better stewards. We are able to not See page 46 for information only take better care of the creatures around us but each other as on the Adam County well, just by knowing what plants are growing in our world. Master Gardener's garden To read other gardening articles design series visit the gardening section of Em-



mitsburg.net





The ten days following Gettysburg

John A. Miller Emmitsburg Area Historical Society

Alot of attention has been given to the Battle of Gettysburg. But to me, the Confederate retreat, the Union pursuit, and the race to Williamsport is as important as the Battle of Gettysburg. These series of movements during the ten days following the Battle of Gettysburg often resulted in major battles being fought in Washington County.

The Confederate army needed to get to Williamsport and secure it for their safe journey into Virginia. For the Union army, if they could beat Lee and cut him off, they could very well end the war in Washington County. This article is just a brief summary of the some of the movements and battles that were fought from July 4th through July 14th, 1863.

At the close of July 3rd, 1863, the Confederate army had been beaten at Gettysburg. As midnight approached, Confederate General Robert E. Lee began ordering the withdraw of the Army of Northern Virginia from the fields of Gettysburg. General Lee used two South Mountain passes for the retreat of the Confederate army into Maryland via the Cumberland Valley. The first was Cashtown Gap, where the wagon train of wounded led by General John Imboden would move out, using the Chambersburg Pike to

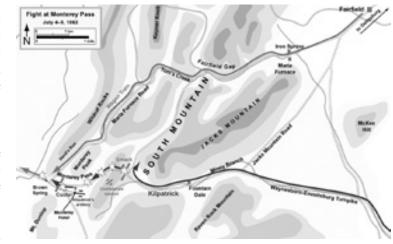
the Waynesboro Road and then Pine Stomp Road, which led to Greencastle and eventually to Williamsport. The wagon trains of Generals A.P. Hill and James Longstreet Corps also used the same network of roads.

The second South Mountain pass was that of Monterey Pass. This mountain pass provided a short and direct route from Gettysburg to Williamsport. The Confederate reserve train, under the command of Major John Harman moved first, followed by the wagon train belonging to General Richard Ewell's Corps. Following behind those wagons were the Confederate infantry. The last known Confederate soldier march through Monterey Pass during the afternoon of July 6th.

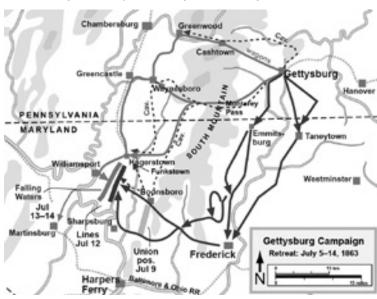
The Union Army of the Susquehanna blocked the northern most South Mountain passes by Carlisle. The New York State National Guard and Pennsylvania Militia spent the night of July 4th-6th marching toward Cashtown, following the ridgeline. It was an awful time crossing the mountain as storms rolled in.

To the south, in Maryland, portions of Union General William French's command controlled the mountain gaps of Turner's, Fox's and Crampton's Gap. General French had his headquarters in Frederick city.

A Union cavalry force led by General Judson Kilpatrick was ordered to



Maps courtesy of Hal Jespersen, www.posix.com/CW



harass the retreating Confederate army. On July 4th, he left Gettysburg for Emmitsburg, and from there headed directly toward Monterey Pass, where he engaged Confederate cavalry and infantry during a major thunderstorm in the middle of the night. This was the only battle of the Civil War fought on both sides of the Mason Dixon Line.

Confederate General JEB Stuart arrived in Emmitsburg at dawn on the 5th and attacked a small Union party, capturing 70 soldiers. Stuart then tried unsuccessfully to connect with the Confederate army during his movements in Frederick County, crossing the Catoctin Mountain range and South Mountain using the road to Smithsburg.

Kilpatrick caught up with Confederate General JEB Stuart at Smithsburg during the evening of July 5th. Arriving at Boonsboro just after midnight on July 6th, Kilpatrick rested his force. As the day continued, Kilpatrick, supported by General John

Buford, launched a cavalry attack against the Confederate forces guarding the wagon trains at Hagerstown and Williamsport. The attack was not successful and the Union cavalry was forced back to Boonsboro.

After receiving orders on July 5th to pursue the Confederate army, the Army of the Potomac begins its pursuit. Over the next two days, Emmitsburg hosted the First Corps, the Third Corps, the Fifth Corps, The Sixth Corps, and the Eleventh Corps. The Second Corps and the Twelfth Corps marched toward Carroll County and moved to Frederick via Taneytown. By July 8th, the Army of the Potomac was west of the Catoctin Mountain.

By July 8th, the cavalry battle of Boonsboro erupted. This battle bought the Confederate army a day in order to be concentrated in and around Hagerstown. The New York State National Guard, under the command of General William Smith occupied Waynesboro, closing in on Lee's army

from the north, while Meade, with the main body of the Union army, closed in from the east. With a swollen Potomac River blocking his way, and with no pontoon bridge with which to cross upon, the Confederate army had no option but entrench themselves. Several lines of entrenchments will be constructed from Hagerstown to Downsville.

On July 10th, Stuart bought the Confederates even more time when he beat back Buford's cavalry at Funkstown. This battle was the first battle where infantry fought against infantry since the closing of the Battle of Gettysburg. The fight was harsh, but Stuart bought Lee the time he needs to work on his defenses.

By July 11th, the Union army was again closing in on General Lee's Confederate army. On the 12th, the Union army was west of the Antietam Creek. During the evening, General George Meade held a council of war in which the majority of his Corps commanders will vote NO to an all out assault on the Confederate defenses.

On July 13th, the Army of the Potomac spent much of the day realigning their position. Their battle lines ran from Funkstown to Jones' Cross Roads. Within supporting distance, Smith's Division of the New York State National Guards marches toward Boonsboro. During the early morning of July 14th, the Confederate infantry began crossing the Potomac River into Falling Waters. The Battle of Falling Waters on the Maryland shore of the Potomac River breaks out as portions of the Union army move toward Williamsport.

Realizing that the majority of the Confederate army was south of the Potomac River, General Meade issued marching orders to his corps commanders to fall back toward Pleasant Valley, where the Union army would cross the Potomac River at various points near Harper's Ferry, Sandy Point and Knoxville in the next several days, and once again resume their pursuit of Lee's army.

Just as Confederate's lost their opportunity to smash the Union forces and end the war at Gettysburg, the Union lost their opportunity to smash the trapped Confederate forces at the Potomac—so the war would go on for two more bloody years.

To read past Civil War articles by John Miller visit the Historical Society section of Emmitsburg.net.





CIVIL WAR HISTORY

235,000 attend Gettysburg's anniversary

The highly anticipated core 150TH Gettysburg Battle Anniversary Commemoration attracted visitors from around the world. Although visitation was heavy during this period, the traffic gridlock and other issues predicted by some simply never materialized. At least part of the solution was good planning.

Gettysburg's 150th Anniversary Commemoration events – from June 28 through July 7, 2013 - attracted an estimated 235,000 visitors, according to the Gettysburg Convention & Visitors Bureau. A variety of measurements were used to tally the visitation, including event attendance, hotel occupancy throughout the region and reports from attractions, tours and organizations. "The 150th Anniversary core events a great success," said Gettysburg CVB President Norris Flowers. "We saw visitors from around the world, both as spectators, and as participants in the many events that took place during this commemoration."

This epic event commemorated the 150th Anniversary of the Battle of Gettysburg, which occurred on July 1-3, 1863, and turned the tide of the American Civil War. Over these three days, more than 51,000 casualties resulted, changing the course of this town and the nation forever.

In all, 400 events were planned for the 10-day commemoration, including two full-scale battle re-enactments, the Gettysburg National Military Park's Official Ceremony, the

opening of the Seminary Ridge Museum and the Pickett's Charge Commemorative March, which organizers estimate 35,000 to 40,000 people took part on July 3. The Gettysburg Anniversary Committee's 150TH Gettysburg National Civil War Reenactment from July 4 - 7, attracted 11,000 reenactors from across the nation and 16 different foreign countries, over 50,000-60,000 visitors, the most full size artillery pieces (140) ever in the history of civil war reenacting and 400 cavalry horses. The reviews from reenactors, visitors and the community of the national reenactment were outstanding across the board.

Over 660 media were credentialed for the 150th anniversary commemoration, including network television outlets, metro newspapers, wire services, international publications and broadcast outlets, and hundreds of local journalists.

"Media helped Gettysburg share its story with the world," said Flowers. "These journalists covered everything from live events to feature stories to articles about preparations for the big event."

Preparations for the 150th date back to early 2010, when the Gettysburg 150th Anniversary Steering Committee was formed. Community leaders, event organizers and other stakeholders examined a variety of plans, issues and projects over the next three years including parking, traffic, event coordination, marketing and media efforts.

"This 150th Anniversary took an entire community," said Deb Adamik, President and CEO of Main Street Gettysburg. "Community leaders put a lot of effort not only preparing for the visitors during this time, but making sure that Gettysburg and Adams County put its best foot forward." Adams County Commissioner Chairman Randy Phiel commented that "the cooperation between our major community entities for the past two years in planning and preparing for this commemoration was gratifying, unique and hopefully sets a precedent for the future."

Traffic and parking were among the largest projects headed by the 150th Steering Committee, and efforts proved valuable as thousands of visitors took advantage of satellite parking and free transportation throughout the 10-day commemoration.

Freedom Transit, which operates the public transportation system in Gettysburg, reported that 67,613 people rode the trolleys during the commemorative event.

"Traffic and parking were a huge success," said Richard Farr, Executive Director of the York Adams Transportation Authority. "Visitors heeded our advice by parking in satellite parking lots or leaving their vehicles at their hotels, and taking the transit service. That helped immensely."

At each satellite parking lot, the Gettysburg CVB staffed a visitor information tent to answer questions



and help travelers - many of them first-time visitors - navigate their way around the Gettysburg area. In all, approximately 40,000 travelers visited these information tents. Additionally, 50,000 free bottles of water were handed out at the information tents to visitors, courtesy of WellSpan, which donated the water.

It is too early to officially tally the economic impact of this 10 day period; but it should be substantial according to Commissioner Phiel. Phiel also noted that from both an economic and planning perspective that several major 150TH events are still forthcoming. The National Medal of Honor Convention will be held in mid-September with many public programs. The 150TH Anniversary of the Gettysburg Address on November 19 promises to attract national attention, large crowds, and

possibly the President on Dedication Day. The following weekend Remembrance Day will again attract thousands of reenactors and visitors to Adams County.

Commissioner Phiel summed it up with this observation "The variety of 150TH events we were privileged to host in Adams County were unique and superb - many will never occur again in our lifetime. It is our hope that 150TH international and international recognition that we gained, and the many events we experienced, have not only stood on their own merit, but have opened the door for many to put out the word and return to our beautiful county - with its rich historical, natural and cultural heritage."

To read past Civil War articles visit the Historical Society section of Emmits-

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Glimpses of Fairfield Area's Past

Interesting Facts About Early Times

Part 5 of many

Indians Raids of the French and Indian War

In 1758, a band of Indians and Frenchmen attacked the home of Thomas Jemison near Sharp's Run and Conewago Creek in Adams County. On the day of the attack, Mary Jemison, then 15, loaned her horse to Robert Buck so that he might go to his home for a bag of grain.

Hearing gunfire, the Jemison's opened their door and found Mr. Buck and the horse, both shot and killed. Six Indians then attacked the Jemison house and captured Mr. and Mrs. Jemison and four of their children, namely, Robert, Matthew, Betsy and Mary. Two other Jemison sons were in the barn and thus evaded capture. Captured along with the Jemisons were a neighbor woman and her three children.

On the second day after the attack, the Indians killed all of the captives except Mary Jemison and one of the neighbor boys. The neighbor boy was presented to the Frenchmen and Mary was adopted by the Shawnees to replace an Indian killed in the French and Indian War.

Mary Jemison married an Indian chief and bore him two children. She lost one son shortly after birth, and lost her husband as they were emigrating to a new home in the Genesee Valley. Several years rater, she married a Seneca chief and had four daughters and two sons. However, the tragedy surrounding Mary Jemison continued. Her son, John, killed his stepbrother and later killed his own brother. John, himself, was subsequently murdered in a quarrel with two Indians.

Mary Jemison became known as the White Squaw of the Genesee. She acquired substantial land holdings, was naturalizes and received title to the land.

She returned to her child hood

home and lived to be 97 years of age. She was buried at Seneca Mission cemetery but her remains were later moved to the Indian Council Grounds at Letchworth Park. A statue erected to the memory of Mary Jemison stands near the Jesuit Mission (St. Ignatius Loyola Church) in nearby Buchanan Valley.

Another Indian raid occurred in 1758 near Marshall's Mill close to

the Bards, but became involved in a quarrel in Chambersburg and had his throat slit. After being stitched up, he continued to the Bard home and was nursed

back to health by the Bard family. When he returned to his tribe, he was put to death because of his rapport with the white man.

Pennsylvanians were urged by many to declare war against the Delawares and Shawnees. One leader in One man killed and nine taken prisoner at Archibard Bard's home in South Mountain (1758).

- 4. One person taken prisoner from South Mountain(1761).
- 5. A Mr. Crawford and Mr. Dunwiddie were shot by two Indians in Carroll's Tract (1791).

A letter from Mr. Thomas Barton's dated November 2nd, 1755 to the Governor expresses the fear that the Indian situation created:

"Gentlemen:

I am just come from Carlisle. You

Thomas Barton"

I am, Gentlemen, Your's &

The Fight for Freedom

More than a year prior to the signing of the Declaration of Independence in Philadelphia on July 4, 17Z6,the mustering of troops had commenced. On June 24, 1775, Captain Michael Dondel's Company was enlisted at the tavern of Samuel Gettys located at the crossroads of the Pittsburgh-Philadelphia Road and Shippensburg-Baltimore Road. On July 1, 1775, Captain Dondel's company left York for Boston to assist their fellow rebels. On July 25, they arrived at Cambridge, Massachusetts, and were soon engaged in the fighting.

A company at that time had one captain, three lieutenants, four sergeants, four corporals, a drummer or trumpeter, and 64 privates, for a total complement of 76 men. The monthly pay was \$20 for a captain, \$13 1/3 for lieutenants, \$8 for sergeants, \$7 1/3 for corporals, trumpeters and drummers' and \$6 2/3 for privates. All were required to furnish their own arms and clothes. The enlistment period was one year. The total monthly payroll for a fully-manned company was \$555 1/3.

Spiritual Life

Faith! That one word typifies the Spiritual characteristics of those early settlers of our community.

Leaving home, friends, and church life in their native lands of Europe was no easy task, regardless of the overriding reasons of economics and politics. Bringing with them a determination to surmount all problems in the search for a new life in a new land, their one basic common denominator was a faith that would carry them through all situations. Not just a faith in themselves, but a faith in their Creator. Hardships would seem never ending. Self-doubt was an ever-present companion. Disease, bad weather, strange peoples, a short life span - - all were members of those bands of early settlers who moved into what we now call the Fairfield Area.

From the days when John Hanson Steelman established his trading business to the present day, the Faith of our people has been manifested in the spiritual life and development of the community.



what is now Virginia Mills. Archibald Bard, his wife and infant son were abducted along with a number of other persons. All the captives were put to death except Mr. and Mrs. Bard. Mr. Bard managed to escape from his captors, and his wife was adopted by two Indian warriors to take the place of their deceased sister. Mr. Bard, determined to find his wife, finally gained her release from the Indians. The Indian "brothers" had treated Mrs. Bard kindly and in gratitude, the Bards invited the Indian "brothers" to visit with them at the Bard home. One of the "brothers" started out to visit

this cause was James Hamilton who became known as the "Hair Buyer" Mr. Hamilton offered to pay bounties for Indian scalps.

He offered \$150 for a male Indian about 12 years of age; \$i30 for a female of the same age; \$130 for males over 12 years; and \$50 for females over 12. Needless to say, this did nothing to improve relationships between the Indians and the settlers.

Many Indian raids are recorded as taking place in the Fairfield area. Among them are:

- 1. A Mr. McKesson wounded and his son taken prisoner from South Mountain (1757).
- 2. William Waugh's barn burnt in the "tract" in what was then York County (1757).

may have seen by the enclosed in what a situation I left it. The Great cove is entirely reduced to ashes. Andrew Montour charged Mr. Buchanon last night at John Harris' to hasten home and remove his wife and children. I suppose by tomorrow there will not be one Woman or Child in the town.

Mr. Hans Hamilton marches this morning with a party of sixty men from Carlisle to Shippen's Town. Mr. Pope and Mr. Mcconaughy came over with me to raise Reinforcements in order to join Mr. Hamilton immediately.

I intend this morning to return to Carlisle with a party of men to guard that Town; the Gentlemen there desire me to request your assistance without delay.





HISTORY

Determining fact from fiction about how many churches there were, where they were located, how and when they were established, and many other aspects of spiritual life is very hard to do today.

However, bits and pieces are available for us to use as a glimpse through the door of the past.

We do have a direct link to that past in the still active Lower Marsh Creek Presbyterian Church located on the Fairfield-Gettysburg Road in Highland Township.

Since that frontier church was part and parcel of every important step in the advancement of this portion of Adams County, we take a few words to here discuss its development and importance.

It was about 1728-1736 that a band of emigrants from Scotland and the North of Ireland settled on the "redlands" on the southeastern part of York (now Adams) County. These early settlers were commonly referred to as the Scotch-Irish. In short time these hardy frontiers people made the first settlement among the hills near the sources of Marsh Creek. They brought with them the characteristics of their native lands. They were moral, industrious, intelligent, and, for the most part, rigid Presbyterians. They were frugal, plain in their mode of living, but people of undaunted courage and high Patriotic feeling.

In the summer of 1740 Donegal Presbytery began to provide preaching for Presbyterians who had settled along Marsh Creek. From 1741 to 1758 the Presbyterian Church in the colonies was divided into Old Side and New Side'. The persons who sympathized with Whitfield, the Tennents, and Blairs, were organized with Lower Marsh Creek in 1748 by the Rev. Andrew Bay of the Presbytery of New Castle. Their first house of worship was a log church at the graveyard on the west bank of Marsh Creek. In it the Presbytery of Carlisle was organized October 17, 1786. In 1790 a new site was chosen and the present stone building was erected' Families brought stones to church services from the different farms for use in constructing the church. During the Battle of Gettysburg it was used as a field

Another church associated with the spiritual life of the community was known as the Hill Church located in Freedom Township- In 1785 the Hill Church united with the Rock Creek Church, another of the Presbyterian Churches in the area.

The predominance of Presbyterian churches in the area came as a result of the scotch-Irish background of the settlers as well as the division of the church itself in the colonies, as previously mentioned.

There was a Mt. Horeb Lutheran Congregation established in 1845 located in Hamiltonban Township.

Presently, spiritual life in the community is represented by the following churches: St. John's Lutheran, Fairfield Mennonite, St. Mary's Catholic, Orrtanna Methodist, Wesley Chapel, Iron Springs Brethren in Christ, Baptist, Lower Marsh Creek Presbyterian, Jacobs Church, Greenstone Apostolic and Mt. Hope Methodist.

A strong Faith has carried our community through 200 years of life. It will continue to do so for the years ahead as long as our church communities continue to be strong.

Closely allied with the religious life of the community was the medical profession. Little is known about the many doctors that served the community over the years, but a few glimpses have come down to us.

The Medical Profession

All we can do is list a few of the items concerning early doctors.

- Samuel Agnew, M.D. Born at Millerstown, August 10, 1777. Graduated from Dickinson Col-Iege in 1798, University of Pennsylvania M.D. Degree in 1800.
- A.P. Beaver, M.D. Graduated from Jefferson Medical College in 1876. Located in Fairfield in the same year.
- Dr. William P. Crawford Marsh Creek Settlement, 1795-1825. He was born in Paisley, Scotland in 1759 or 1760. He received his M.D. from Edinburgh in 1781. He settled in Adams County about 1786, on the east bank of

the Marsh Creek.

• Dr. John Paxton - Reared in Millerstown where his family lived. 1822-1841.

It might be of current interest to note a table of costs for various medical services, which was probably the first concerted action by the Profession, which announced a fee bill in March 1864 of area Physicians:

- County visits, first mile \$1.25
 - o Each additional mile .25
- Town visits .50
 - o Medicines, unless simple, extra charge
 - 0 Night visits, one half additional
- Ordinary cases of midwifery
 - o If in the country, ride extra
- · Instrumental cases of Midwifery-10.00

Other professional charges to be increased accordingly.

Commerce and Industry

Some years before the Mason-Dixon Line was established between Pennsylvania and Maryland and about the time Charles Carroll received his grant from Lord Baltimore, a small business was being carried on in the lush vallev with its tall timbers and fresh brooks. John Hanson Steelman, a trader and Indian interpreter, lived on the old Paxton Indian Trail on the hill just south of Zora, traveling among the Indians of South Central Pennsylvania and Northern Maryland trading small items of housewares for fine animal pelts from the Indians.

Much has been lost of history concerning trade and commerce in subsequent years, and there is no way possible to substantiate many of the stories contained herein since they have been told and retold from generation to generation. One thing is apparent - the westward movement continued, the land was cleared and fine farms were developed all through the "Valley of Carroll's Delight." Soon other hearty migrant families found opportunities in the valley and established small businesses and services for the people of the valley.

The sound of falling trees, splitting rails and the builder's hammer and saw were soon joined by other sounds; the blacksmith's sound of steel against steel, the sound of water splashing over the water wheels to drive the mills and sawmills for the people of the valley.

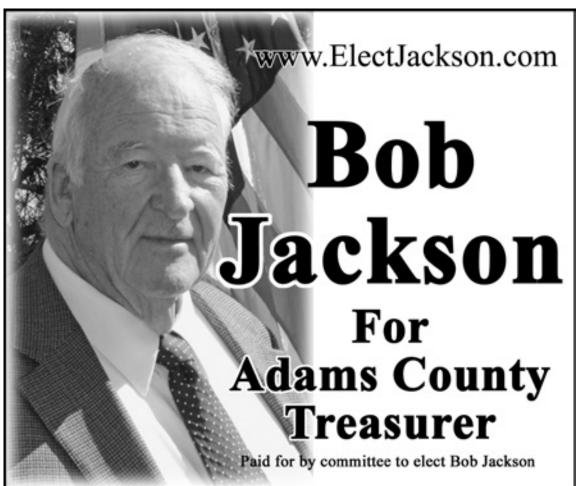
Around these places of business were formed small villages on important roads and crossroads. Thus was formed the villages of Fountaindale, Zora, Fairfield, Virginia Mills, and Orrtanna, all-important to the farmers and tradesmen of their area.

Let us start our trip in Fountaindale. Harbaugh's Mill and Store probably was established in the late 1700's or early 1800's for in 1840 the store was taken over by Samuel Martin of Lancaster who conducted business in that building until about 1908. Meanwhile in 1893 John and Samuel Barton opened a store next to where the Methodist Church now stands and ran it in conjunction with the blacksmith shop just across the road. Several others leased the store until finally Mr. Roy Frey bought the store in 1916. Mr. Frey sold his business some years ago to Ernie Wolf who continues today in a new more modern building along the Sunshine Trail.

Part 6 next month

To read more articles on local history visit the Historical Society section of Emmits-









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COLD WAR WARRIORS

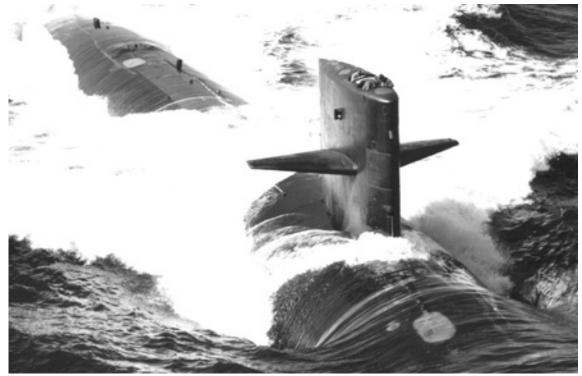
Nuclear submarine command

Captain William Hicks, USN, Ret.

Very shortly after commissioning and the completion of weapons and electronic testing and calibration in the Caribbean, USS Philadelphia (SSN 690) was assigned to an exercise in the Mediterranean Sea to demonstrate the superior tactical capabilities of this new class of submarine. The success of our demonstrations would have a potential impact on funding for future submarines of the class. Although we had not completed our tactical training, we were off to demonstrate our ship.

One memorable part of the exercise was to be submerged inside the Strait of Gibraltar, one of the most traveled sea-lanes in the world. We had a new sonar system and were not fully familiar with how to interpret all the displays. The traffic patterns within which we had to come to periscope depth were very challenging and even more so when we were not sure how to interpret some of the sonar displays. For the exercise demonstration, we were to detect aggressor submarines entering the Med.

As chance would have it, the Soviets were deploying a submarine to the Med at the same time and suddenly, it was no longer an exercise. We had cueing that indicated the sub transit was in progress and we were to detect and report its progress. One of the new capabilities on Philadelphia was the ability to transmit the tactical data picture that we had to other units. Although not proficient, we understood how the equipment worked. So, when we did detect a contact we thought was the Soviet sub, we made a tactical data transmission to the ASW center in Rota Spain who forwarded our data to ASW aircraft in the area. It was the first time I had ever seen that capability demonstrated on a submarine. They picked up the responsibility for the contact and we returned to the exercise. When I look back on the events and consider how new we all were to the capabilities of the ship and how little tactical training and experience we had, I remain amazed that we pulled it off.



Captain Hicks' first command: USS Bates, SSN 680 (the editor of this paper served on the Bates while a midshipman)

arranged for the name change.

Bates was built at Ingalls Ship-

building in Pascagoula, Mississippi

and commissioned on 5 May 1973.

Bates had the most advanced sonar,

fire control, and other electronics.

Bates carried the latest anti-ship and

anti-submarine torpedoes as well as

the submarine launched cruise mis-

siles. Bates was also certified to carry

nuclear weapons. Bates had the S5W

reactor and propulsion plant which

had become the standard for all nucle-

ar submarines after the Skate class. All

submarines except four from the SSN

585 class, commissioned in 1959

through the SSN 687 class, commis-

sioned in 1975 including 41 SSBN

strategic missile submarines had the

S5W nuclear propulsion plants. (The

S in S5W was for 'Submarine', the 5

Equally amazing was operating the ship to and from periscope depth within that area of high traffic density. It was similar to my experience on the Dace in the straights of Sicily several years before although most of the crew did not even have that experience to help build their confidence that we were safely coming to periscope depth.

After the exercise we returned to our homeport of New London. In addition to the ongoing challenges for the XO in new construction, I had completed my qualification for command by the Submarine Force Commander. Thus I was eligible to be assigned as Commanding Officer on another submarine. When we returned to New London, I received orders as Commanding Officer of USS William H. Bates, SSN 680.

I was transferred from Philadelphia in November 1977 after more than three years in what is supposed to be a two-year tour. In this case the extended tour was due to the many delays in construction completion. One of the questions raised during my command qualification interviews was whether I had enough experience to be assigned as commanding officer

of an operational nuclear attack submarine. After all, my time on Sunfish and Philadelphia was all in the shipyard as was part of my time on Dace. My first tour on Sargo was only 13 months. My answer to the question was that I had more shipboard experience than many of my contemporaries and if in their judgment I lacked adequate experience at sea, I requested that I be immediately transferred to an operational ship. The question was dropped and I continued to serve as the XO of Philadelphia.

At the time, I never gave serious thought to whether I had adequate experience to be successful in command. In fact, that was the story of my career in that I found each new assignment a challenge for which my previous experience had not fully prepared me. That was one of the most satisfying aspects of my navy career; every assignment was a challenging experience which pushed the envelope of what I knew and my past experience. No boring assignments. In retrospect, it would have been nice to have more operational experience, but I had adequate training and the backing of a trained crew and I was confident we would do fine. In fact it did work out fine, but I am sure there were missed opportunities due to my lack of experience with some of the operational situations in which we found ourselves. However, that is another story. For now, command here I come.

First command -USS William H. Bates, SSN 680

USS William H. Bates, SSN 680 was a member of the USS Sturgeon, SSN 637 Class. The last eight submarines of the 637 Class had an 8-foot hull extension and were known as the "637 long hulls". The extra length allowed space for extra bunks, a separate space for the Electronic Countermeasures (ECM) equipment and an extension of the Torpedo Room.

Bates and Sunfish were both similar, being of the same basic design with exception of the extended hull. Bates was initially to be named USS Redfish until representative Bates of Massachusetts died. He had been a great friend of nuclear power and nuclear submarines so Admiral Rickover was because it was a fifth generation reactor, and the W was for its manufacture - Westinghouse - hence S5W.)

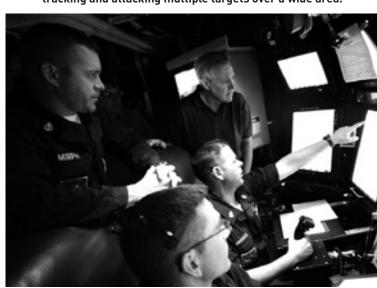
During that 16-year period a lot of progress was made in sound quieting the propulsion plant and improving the reliability of the systems, but the basic reactor and propulsion plant designs were the same. Thus, because of my knowledge of Sunfish and Dace, I had a good knowledge of the reactor and propulsion plant on Bates and also, some of the electronic systems although there were significant differences.

Prospective Commanding Officer Training

But, not so fast. Before I could become the commanding officer of a nuclear submarine, I had to attend two- three-month prospective commanding officer (PCO) courses. One, was conducted by Naval Reactors to verify my detailed understanding of the nuclear, reactor plant and the other by COMSUBPAC (Commander, Submarine Force, U.S. Pacific Fleet) for a refresher on tactics and administrative matters. The first was held in Washington D.C. starting in January and the second in Pearl Harbor in the

The courses were different not only in their climactic conditions, but also in the nature of the educational challenge and learning experience. The course at Naval Reactors was very technical, very detailed, and demanding. Every course element had a challenging examination. It was really up to the students to prove they were competent to be commanding officers of a submarine with a nuclear reactor. The course for each student was

Nothing demonstrates the vast difference between WWII diesel powered submarines and today's nuclear submarines than the sub's control center. Today's submarines are technological marvels, capable of tracking and attacking multiple targets over a wide area.





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COLD WAR WARRIORS



Nuclear power allows today's submarines to stay submerged indefinitely; with only the need to replenish food stocks forcing subs to surface. As such, time in the conning tower is now a rare treat for submarines.

tailored to the specific reactor plant in the ship to which they had orders. Not only was the course technically challenging, the "what if" situational questions challenged the student to make decisions when there were no pat, by-the-book answers. The purpose was to prepare the commanding officer to make the technically correct and safe decisions when at sea with no time or ability to discuss the situation with experts off the ship. Ship safety was paramount and reactor safety ran a close second.

As with all naval reactors training, every day was recognized to have 24 hours and each week 7 days and the students were expected to use as many of them as necessary to be successful. Failure was possible, but most who enrolled completed the course, some with a couple weeks of remediation study. During the three months, we only met with Admiral Rickover once near the end of the course. In fact, it was the day after the end of the class dinner at which we had a really good

I for one was not feeling in top form when we were told that we would meet with the Admiral. He had some strong advice and admonition for us and then asked for questions. One of my more forward classmates asked the Admiral that since our entire career had been in his program how did he explain his admonition that we were not very good? Had his program failed to properly prepare us for the rigors of his program? We held our collective breaths for some outburst but to our amazement, the Admiral paused for a minute and then calmly explained that our deficiencies were the results of inadequate genes and that he had done the best he could with the inadequate material provided by our parents. No more questions and we were done for the day!! I passed and proceeded to the type commander's PCO training.

COMSUBPAC Prospective Commanding Officer Training

The COMSUBPAC Prospective

Commanding Officer (PCO) course was held in San Diego and Pearl Harbor with a period at sea. The basic assumption was that the students were qualified to be commanding officers and the focus of the training was to hone the tactical and ship-handling skills and to review administrative expectations and rules of engagement. Many hours were spent in the attack trainers where our attack skills, both with a periscope and with sonar-only, could be practiced and improved. Classroom instruction focused on force policies and operational subjects such as weapons capability and management, intelligence sources and uses, and personnel management.

One week was spent at sea on an attack submarine practicing in a controlled environment many of the activities that we would be expected to confront as commanding officers. These exercises were conducted in close proximity with other submarines and surface ships so there was some risk of unfortunate interactions occurring. During this period- the PCO students were expected to perform the role of the commanding officer which proved challenging for the students, the crew, and most of all the actual commanding officer who was ultimately responsible for the ship. All went well, we completed the at-sea phase without incident and left the ship for a week-end in Lahaina, Maui.

Life of a Navy Wife

While I was in PCO school, my wife Mary and the two boys were still in New London. The winter of 1977-78 had one of the largest snowstorms in memory that my wife had to suffer through. She also had the task of selling our house. During it all, both boys had chicken pox. She managed like the true partner and trooper that she is. This experience was another demonstration of the competence of the one I married and the important role she played in making it possible for me to have a successful career.

Once I got back to New London from Hawaii, it was time to pack up

and move to San Diego where Bates was to be based. Bates was originally in New London, but in the spring of 1978 she changed homeport to San Diego. Thus, when I reported - both the ship and crew... and their new captain were all new to the San Diego area. The Navy did its usual, efficient job of getting our things moved to San Diego.

During a leave period, Mary and I had taken a week to house hunt in San Diego and we bought a house so we had an address to which our household goods could be shipped. Our next challenge was getting us to San Diego. We had two cars, two boys, and lots of suitcases. The solution was to tow one car with the other and head west. We stopped for a couple days at my home in Pennsylvania after a day on the road. Leaving the farm, we headed for Wisconsin to visit with Mary's parents, which was a two-day trip.

By the time we got to Wisconsin, it was clear that our two-year-old son was not a happy traveler and when he was not happy none of the rest of us was happy either. So after weighing the options, we decided that I would proceed to drive the rest of the way alone and Mary and the boys would fly. We all arrived in San Diego, our household goods arrived, and we moved into our new house and prepared for the change of command, which occurred in August 1978.

Deployment to Western Pacific

When I reported to Bates, I was told we were to deploy to the Western Pacific for six months in September. No crewmember, except me years ago in USS Sargo, had ever operated in the Pacific, so it was going to be a challenge for all of us. The crew did have a significant amount of operational experience including special operations in the Atlantic, so there was a core competency in the types of operations we would be expected to accomplish. Our challenge was to get ready to deploy.

The ship had a number of material challenges including a contaminated hydraulic system as well as operational challenges in learning the COMSUBPAC processes and protocols for operations. Prior to deploying, a ship must be certified as operational ready to deploy by the parent squadron. That includes attack teacher sessions as well as an at-sea operational period during which many capabilities such as weapons employment, surveillance techniques, sonar search and attack or track, minefield avoidance and others are demonstrated. The skills and teamwork of the Bates crew came through and we were certified to deploy on schedule.

Our first task was a two-month special operation to monitor the Soviet submarine force in an area in which none of the crew was familiar but where I had been on Sargo on our last deployment. During the preparations for deployment on special operations it became apparent that the attitude towards the Soviets had mellowed since my last deployment on Sargo. During the preparations on Sargo, I, as weapons officer- was required to spend a day of training with the explosives demolition organization to learn to handle explosives and how to set and fuse the scuttling charges that we carried aboard during the special operations. In addition the whole Sargo Crew was required to attend one-day Prisoner of War indoctrination in a mockup of a North Korean POW camp focusing primarily on the experiences of the POWs in Korea. During the preparations for Bates to deploy, neither POW resistance nor scuttling charges were ever

The operation was busy, but little of great significance was noted. Routine operations were observed. Some high interest testing was aborted by the Soviets due to a technical problem and some lesser interest operations were observed and recorded. All in all, a successful but not spectacular special operation. Following the operation we proceeded to Guam for a maintenance period. We arrived about Thanksgiving having been at sea and submerged for sixty-five days. Our upkeep in Guam was successful in that all necessary repairs were completed and the crew got a break as much as is possible on a small island in the middle of the Pacific Ocean.

For most of us, Guam was just a four-letter word and we were happy to head for Subic Bay in the Philippines to spend Christmas. Following Christmas in Subic Bay, we were scheduled to make a short transit to Hong Kong for our first real liberty stop. Several wives including Mary were coming to meet us in Hong Kong. With the wives in the air and Bates underway to Hong Kong, we were looking over for a wonderful reunion and memorable, New Year's celebration when a message was received to return to Subic Bay. We were to load out and await further tasking. What a bummer! But, not out of character for a submarine deployment. Although this was particularly disappointing since the wives were already in the air when the change was received. When we got to Subic Bay, it was explained that due to the impending fall of the Shah of Iran, it was desired to get a carrier and submarine escort into the Indian Ocean.

The submarine could not transit the Malacca Strait submerged so we had to take the long route south through the Lombak Strait into the Indian Ocean to meet the carrier as it entered the Indian Ocean. The transit from Subic Bay to Lombak was another challenge since we had to remain submerged as we transited the inland seas of the Philippines including the Sulu Sea, the Celebes Sea and the Makassar Strait to get to the Lombok Strait. It was a route used by

submarines in WW II, when transiting from Australia to the Japanese waters. It had been little used by submarines since. Much of the transit was in shallow water close to land.

During the transit we entered the Southern Hemisphere with a full crew of Pollywogs who required initiation into the realm of Neptunus Rex by his Royal Court. The only problem was finding shellbacks in the crew to perform the initiation. We did find enough for the initiation to proceed. Lombak Strait is an opening between two Indonesian islands that separate the Pacific Ocean from the Indian Ocean. There is a significant water transfer between the two oceans that create a strong current in the strait. We transited at 400 feet and experienced significant turbulence and some difficulty remaining on course and on depth. Just one more unexpected period of excitement.

Once we entered the Indian Ocean, we turned north and west to parallel the coast of Java and proceed to the west end of the Malacca Strait. The ocean was hot and there was almost no traffic. The only electronic signals we intercepted were from the BOAC flights to Australia. We normally stayed below 400 feet since the water was cooler. Near the surface, the ocean was so hot that it increased the temperature inside the submarine beyond what the air conditioning could handle. As we proceeded towards the west entrance of the Malacca Strait we were warned that a Soviet cruiser was monitoring traffic going through the strait. As predicted- he was there. For a point of reference to a more current event, we were in the vicinity of Banda Aceh, which was destroyed by a Tsunami in January 2005. We observed the Soviet cruiser for a couple of days and determined he was simply on station watching.

We cleared his area and ran some drills. On a nuclear submarine when operations permit.... you run drills. We knew there was an Operational Reactor Safeguards Examination scheduled during our return transit to San Diego, so we took every opportunity to improve our ability to respond to casualties and hone our skills at reactor and ship operations.

After about six weeks, we were instructed to return to the vicinity of Lombak where we would hand off the boring, Indian Ocean patrol to another submarine and return to Subic Bay for a rest and maintenance period.

To read past editions of Cold War Warriors visit the Authors section of Emmitsburg.net



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COMMUNITY NOTES

Council of Churches' "Awaken Emmitsburg"

Jon Greenstone Elise Lutheran Church

hat comes to your mind when someone says or shouts at you, "Wake Up!" For most of us, aside from when we're really sleeping, we recognize this as a social expression that means, "get up and do something about a problem." Recently I have experienced the wake up call as yet another one of our community teenagers, Derek Lee Dunsmore, of Emmitsburg died Tuesday, June 11. He was the son of Geneva (Diane) Elliott. Derek died of a heroin overdose.

I am not able to comprehend the loss of such a young life for his Mom and family and friends, only that I know his life shall not be in vain and we have collectively "Awakened" to our need to change the way things have been going around here for our young people. We must take action now so we don't lose anyone else to heroin.

The churches of Emmitsburg are

not without guilt with regard to not reaching out to these teens in the sixteen to twenty-some year-old category. We have failed as a whole community to offer attractive alternatives to drug abuse. On the other hand, I know that our churches have been praying for the young people and for all who are addicted to substances. Our Town's churches feel a burden for the younger generations to return to God and we regularly pray for the safety and wellbeing of every teenager in the town.

All of our churches welcome teens to church programs such as the coffee house at Elias held on second Friday of each month. There are also youth groups, mission trips and Confirmation for teens in our community and parish churches. Nevertheless, we recognize how near and entrenched the deadly drug culture has become just outside the church doors--in fact, I have found used needles behind our church at Elias and many of the churches have suffered drug related thefts. Now we're unashamedly Awakened!

Last Thursday, July 11th, marked an important turning point for our community's "Awakening" when officers from the Frederick County Sheriff's Office and Mayor Don Briggs, met with concerned community members, and several clergy from churches in Emmitsburg who all together represented our community. The discussion that ensued focused on several aspects of the recent heroin deaths. Diane Elliott, the mother of Derek Dunsmore, shared with us her feelings as she held her own son's lifeless body, "No mom should ever have to experience not being able to bring her own son back to life."

The discussion quickly turned to what we can do to stop the drug dealers who prey upon our town's children and teens. The officers and Mayor Briggs strongly encouraged all of us to remain vigilant and phone in suspicious activity to 911 or to call the Narcotics Task Force hotline: 301-600-1318 (leave a message). Officers told the group, that when you call in reports to 911, you can tell the operator that you wish to remain "anonymous," so that an informant's address would not go out on a scanner that might be in possession of a drug dealer.

The Mayor further reminded us, "Every one of Emmitsburg's citizens must be the ears and eyes of law enforcement. Reporting drug crimes or suspicious activity is everyone's responsibility." We know it will take every member of this community regardless of faith or creed or age to drive out the darkness of illegal drug sales, addiction and death. So, I'm asking Emmitsburg, Thurmont and Fairfield to join together as we are taking a stand against the evil of heroin in our community. Let us rise from our slumber -



it's time to take action!

What action to take is the life or death question each of us must find. Heroin and other illegal drugs that lead to addiction may feel like an overwhelming issue to take on, but we are not helpless...we are people with faith in God, we are a caring people with tremendous skills, love, compassion and will power to save our teens. We know the persons who are addicted, they are our friends, our family members, our brothers and sisters, children and grand-

On August 2nd, The Thurmont group, Project Hope is having a Drug Awareness event at the Thurmont Carnival grounds from 5-10 p.m. I'm asking for you to join the Council of Churches at Seton Center on August 17th for our revival day "Awaken Emmitsburg." It's about saving human

persons - body and soul as Jesus exemplified! The day begins with the "Get Freed" -- "Get Clean"... from drugs Community Car Wash 12:30-4:30-- all proceeds to benefit those breaking away from addictions. Then a free Cookout-grilled burgers and hotdogs 4:30-5:30 (bring a side dish to share); then Awaken Emmitsburg Revival Service 5:30- 7:30 p.m. Music will be playing by our church bands throughout the day. Everyone's Invited to attend. For more information visit awakenemmitsburg.org or call Pastor Jon Greenstone at 301-447-6239

All of us need to "wake up" with regard to what's happening in our community as well as our whole society—please take a stand for yourself and your loved ones... join me at the Awaken Emmitsburg revival service. God will meet us there and







COMMUNITY NOTES

Thurmont Eye Care celebrates 1st anniversary

Main Street, Thurmont, announced that the business will have been in operation for it's first year in August.

Dr. Molly Carren told the News-Journal, "Thurmont Eye Care would like to thank the community, The town of Thurmont, the surrounding communities, everyone who has come into our clinic for services, and everyone who provided support services over the past year."

"All of you have made it possible for the eye center to have its first successful year of operation," she said.

Thurmont Eye Care traces its roots to January 2010, when the couple began to seek out a suitable building to serve as home for their proposed enterprise.

Carren stated that they were confident they could build a practice (in Thurmont) "and provide a much needed service to the residents of the upper Frederick county and surrounding area," and vowed "to create an Eye Center where clients "are treated in a professional, respectful, and caring manner, with a secondto-none comprehensive eye exam."

The building they ultimately selected was constructed in the late-1880s, but necessitated an extensive rehabilitation "to make the space suitable for the eye center space" after the Carrens purchased it in November 2011. Rehabilitation was accomplished using only local Thurmont contractors for the project, which was completed in August

The business now has six employees, including Dr. Carren, who are all local residents.

"Thurmont Eye Care is a full

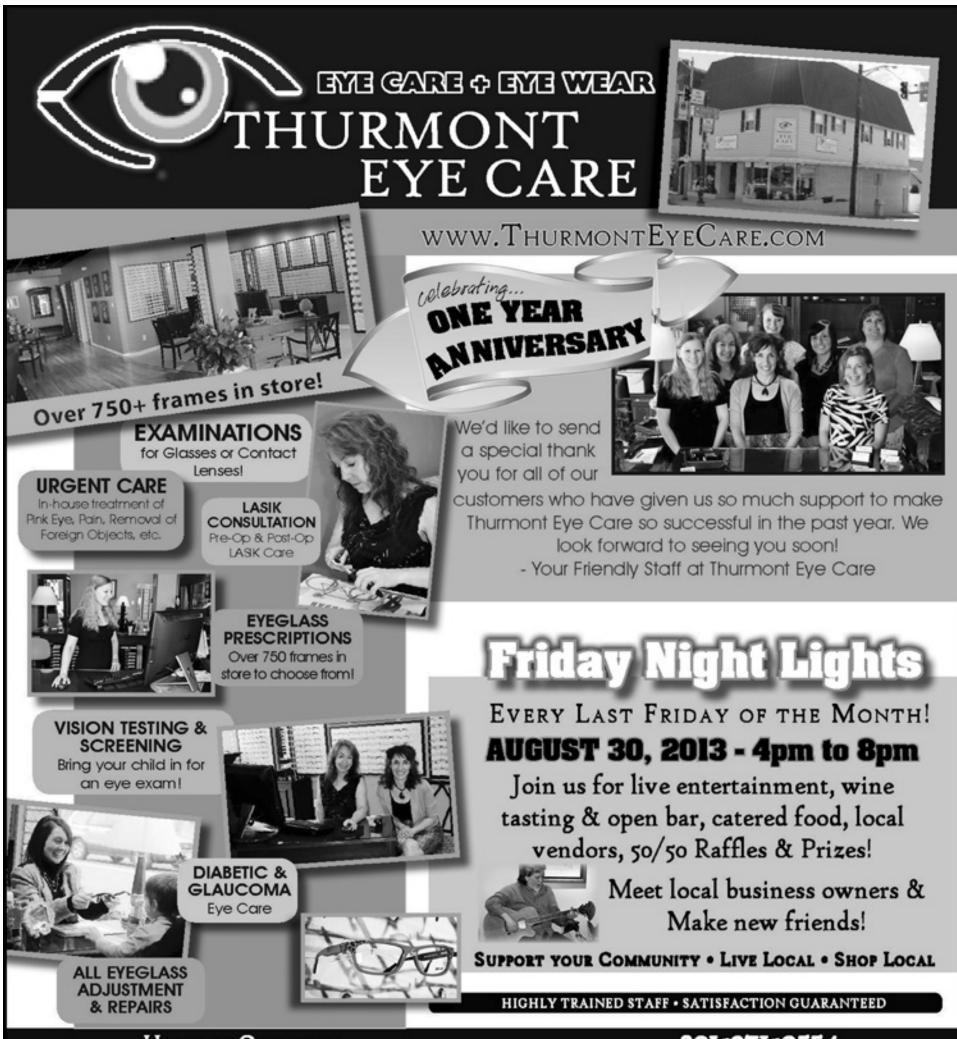
service eye care center," Carren stated. "We provide full eye exams for glasses and contacts, diabetic eye exams, LASIK pre- and post-op exams, as well as emergency care. We adjust and repair all eyeglasses freeof-charge, even if they were not purchased at our clinic."

"Our store manager, Andrea Manahan, came to us as an optometric technician and was quickly promoted to store manager after demonstrating exceptional skills," the doctor stated. "Andrea is born and raised in Thurmont and Thurmont Eye Care is very fortunate to have her."

Thurmont Eye Care sponsors "Friday Night Lights" on the last Friday of every month. This is an open house to all of the community for free food, drink, music, and to check out local vendors.

"The town has opened up Main Street, and attendees can walk up and down the block between Thurmont Eye Care and Timeless Trends, speak with the vendors and enjoy your neighbors," Carren stated.

For additional information, visit the Thurmont Eye Care web site at thurmonteyecare.com.



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SCHOOL & LIBRARY NEWS

Kudos, FCPS!

Kate Groth, Frederick County **Board of Education**

ugust provides an opportuni-Aty for us to take stock of the accomplishments of the past school year and to set a positive tone for the upcoming school year. Frederick County Public Schools will open for students on August 19 this year. The following are a collection of Kudos! for our school system and for our staff and students.

1. Education Week, national education news weekly, ranked Maryland #1 in its nationwide 2009-2013 Quality Counts reports. That is 5 years in a row!

- 2. Frederick County Schools achievement exceeds Maryland averages and nationwide average scores on tests such as the SAT.
- 3.2012 SAT results show FCPS has its highest participation rate ever on the SAT: 67% of FCPS seniors took the SAT.
- 4. FCPS students achieved an average combined mean SAT score of 1544, exceeding both state and national averages.
- 5. In January of this year, FCPS ranked first in the Maryland School Performance Index out of all 24 school districts in the state. The SPI is an accountability measure, and it includes

- student performance, closing of achievement gaps, student growth and college and career preparation.
- 6. FCPS has the lowest student dropout rate (5.05%) in Maryland. Our graduation rate is third highest (91.5%).
- 7. All* Frederick County high schools ranked in the top 10% in the 2012 Washington Post Challenge Index. Oakdale which did not have a graduating class until this year.)
- 8. All FCPS high schools made the Newsweek list of America's Best High Schools.
- 9. The "Achievement Gap" for historically underperforming students has continued to narrow in Frederick schools. Composite scores have narrowed by 47% in reading and

- 41% in math.
- 10. Urbana High School's Michelle Shearer was America's National Teacher 2011 of the Year.
- 11. 99% of more than 1000 employers surveyed in 2012 said that FCPS students were well prepared for the work expected of them at their place of business.
- 12. FCPS Career & Technology Center students placed in the top 8 in the 2013 Skills USA National Championships. One student, Alondra Herrera, earned a gold medal for first place in nurse assisting.
- 13. In 2012, FCPS won its 5th consecutive "Start Fit Friendly Company" award from the American Heart Association.
- 14. FCPS Financial Services Divi-

- sion earned its fourth consecutive award for Achievement in Excellence in Financial Reporting from the Government Finance Officers Association.
- 15. FCPS earned a record 8 national awards from the 2013 National School Public Relations Association (NSPRA).

As we prepare for another school year, please keep in mind that our public schools are truly YOUR public schools. The United States is unique in the world in public education because we still believe in local public school control, and the citizens of this county, as well as the citizens of so many other school districts across the nation, take seriously the role of our citizens in deciding what we teach our children and how we teach them.

Common core standards

Brad Brigler, Candidate for Fairfield Area School Board

ommon Core Standards are scheduled to begin being implemented in Pennsylvania this coming school year. C.C.S is a federal program that imposes a curriculum on school districts. In 2009 the federal government forced states to agree to implement Common Core Standards in order to receive education funding from

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the "Stimulus Package." Cash strapped states signed off on Common Core in order to get much needed federal money during the height of the financial crisis. Unfortunately, Com-

Standards couldn't be reviewed at that time, because it hadn't been written yet. Now that Common

Core Standards is available for review, opposition has been growing steadily.

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On its surface, Common Core behavioral issues, disciplinary ac-Standards may sound like a good idea. It makes sense to create a common standard for education in our country. However, Common Core Standards will prevent parental input on what's being taught in the classroom. For me, that's reason enough to oppose the program, but it's not the only reason.

At the core of Common Core Standards is a national database designed to track students. It will compile a record of every student's academic performance, perceived

tion, along with the students' socio-economic status and even their health records.

That information can be accessed by government agencies and private "researchers." According to

C.C.S, anyone with "an interest in education," can be considered a "researcher." This could allow any

government agency or even corporate interests to gain greater access and influence over our chil-

A few weeks ago, there may not have been as much concern over this sort of program. However, in light of the NSA data mining Americans, the IRS targeting and the DOJ "investigating" journalists; we owe it to our children to take a closer look at Common Core Standards.

Just because something is related to education, doesn't mean that it will have a positive impact children's' education. Teacher's raises don't equate to better math scores. A new gym doesn't guarantee healthier students. And a national database to track students won't keep students on the right track.

In fact, Common Core Standards actually lowers standards for students, particularly in math. Fairfield Area School District tests just below average in math. It's an area where we need to improve results, not lower standards. Common Core employs a system called "Everyday Math." This program emphasizes "showing your work." A student who shows their work as instructed, but gets the wrong answer could receive more credit than a student who arrived at the correct conclusion but did so in their own way.

Devaluing results won't bring about better results and penalizing creative thinking undermines the

American spirit, just as the database undermines our Bill of

Still, the Fairfield Area School District must search for ways to save money and the Commonwealth is providing districts with funding, textbooks and syllabi to implement C.C.S. However, we shouldn't sell our children's right to privacy and our control of our schools to achieve that goal.

As School Director, I will oppose Common Core, and I encourage the Fairfield community to do the same.

Brad Rigler, Candidate for Fairfield Area School Board.





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New Patients Welcome

SCHOOL & LIBRARY NEWS

What's new at the library

Erin Dingle **Emmitsburg Branch Library**

Emmitsburg non-profit organizations are invited to participate in a Volunteer Fair to be held Tuesday September 24 from 4-7 pm at the Thurmont Regional Library.

The purpose of the event is to bring local Emmitsburg and Thurmont citizens who would like to give back to their communities together with organizations who could use help and support.

Interested citizens will have a chance to talk to representatives from a variety of organizations to find out what type of help is need and where their talents and interests would be best served. The fair will be of interest to retirees, high school students needing community service hours and others who want to make a difference in their own hometown.

If you are a non-profit group who needs volunteer help, please email Erin Dingle at edingle@ frederickcountymd.gov or call 301-600-7212 reserve your space. Deadline to reserve is September

Is your child almost Two? This program is just for you!

Children's Library Associate, Julie Scott, is preparing an exciting fall program for Emmitsburg children who are no longer babies but not quite two years old. Transitioning to Two's will be held on Wednesday mornings at 11 am starting in September. This is an ideal learning opportunity for curious toddlers and a great way for parents to meet other parents. The half-hour program will provide a special time for your little one to develop their very earliest literacy skills. The program will include the librarian reading carefully selected books, leading the children in movement activities that include special music and rhymes. The program will help build skills such as how to wait turns, listen to stories, as well as dance, sing, laugh and have fun! If you are interested, go to the website to register or stop by the branch to sign up.

August Programs for Children & Teens

Aug 1,10:30 am - Catriona's Castle Children's Theatre presents Peter Pan, 10:30 am. Catriona, the Fairy Godmother, conducts a 45 minute program of Peter Pan. Thirty randomly selected children can be costumed to act out the story with the help of audience participation as the Fairy Godmother tells the story and whispers things for the children to say and do. Best for ages 2-12 with an

Aug 6, 10:30 am - Summer

in Bloom, the Silver Fancy Garden Club will teach you the art of flower arranging as you work with fresh blooms to create a lovely summer bouquet. Ages 8-14. Registration required.

Aug 6, 2pm - Teen Program -Owl Puke Program. Owl pellet detectives needed! By dissecting actual owl pellets you will be able to discover what was for dinner! Registration required.

Aug 10, 11 am - Get Rockin'!, Budding geologists will love learning about the world of rocks through fun facts and experiments. Make a treasure stone, create your own pet rock, and more! Best for ages 3 & up with an adult. Registration required.

Aug 17, 11am - Meet Pete the Cat. Join us for special stories and songs about this picture book character's feline adventures. Learn facts about cats and make a special cat mask of your own. Children all ages with adult. Registration required.

Plan for Fall Now! Free Meeting Room Available

Meeting Room Coordinator Sue Cardella recently sent a color flyer to non-profit groups in the Emmitsburg area showcasing the community meeting room that is available at no charge. If you did not receive this information and would like to know more about the room, stop by the library to talk to Sue or call her at 301-600-6329. Suggested uses would be for board meetings, sports sign-ups, book discussion groups, scout meetings, planning meetings. The room at the branch can seat up to 40 people. It includes a refrigerator, sink and counter so that food and beverages may be served. Chairs and tables are provided and there's always Wi-Fi available as well as a projection screen and podium. Businesses and profit organizations are also welcome to book the room for fee. Find our more on our website at www.fcpl.org/library-services/ meeting-rooms.

Being taken advantage of

Lynn Tayler Mother Seton School

y children have been tak-Ming advantage of me. I have a feeling I'm not the only parent with this issue; summer rolls around and everything becomes a little more lax, including some of the house rules. During the school year, they are only allowed to play their video games on weekends and school holidays. Since school let out, they've taken to playing them nearly every day, and I've been too lenient in allowing them. This past weekend, after nagging them for the 274th time to put the games away and go ride a bike, I have reinstated the limits. Video games are more complex and vibrant than they were when I was growing up (Space Invaders, anyone?), providing a rich interactive environment for children to improve their motor skills and hone their decision-making processes. Still, despite some evidence to the contrary, I can't help but sound like my grandmother when I admonish the kids: "Those games will rot your brains out!"

Probably not my most eloquent parenting moment.

The truth is, their brains will not rot out of their heads because they like to play Pokémon. All of them are avid readers, talented

athletes, and excellent students. They are also very proficient on the computer and savvy about technology. It took me years of trial and error to master Power-Point, while my 10- and 8-yearold experiment with movie-making. Technology changes rapidly, and our children are best at adapting to its fluid nature because it's all they know. The more they learn and the quicker they learn it will help give them a competitive edge in this digital

That's why most schools, such as Mother Seton School, are investing more time and money into S.T.E.M (Science, Technology, Engineering, and Mathematics) curricula than ever before. S.T.E.M goes beyond just giving students knowledge in these areas by showing them practical and creative ways to use that knowledge. You can have a child read about Newton's Laws of Motion and they'll probably get the gist of what they are. Show them those laws in action, and they'll gain an even deeper understanding. Teach them how to put those laws to use themselves and you're on the road to creating a rocket scientist or aerospace engineer.

That was one of the goals of the S.T.E.M Extended Learning Camp that we had at MSS shortly after school let out. Laura Folden had her campers designing and building roller coasters, as well as balloon-driven cars and other mechanical contraptions. (I won't even pretend to understand all the details; I majored in Politics and English.) I do know they all had a great time, proving video games aren't the only technological fun that can be had. Danielle and Kelsey Kuykendall led the Science camp, which explored science topics purely for the love of them. With hands-on experiments, including creating a solar oven, budding scientists got the chance to see how science plays a role in everyday life and isn't just for the Marie Curies or Albert Einsteins of the world.

tire focus is on S.T.E.M at MSS. The school takes more of a cal as S.T.E.M is, there are other equally critical concerns. Arts and humanities, language skills, and physical health are just a few of them. Thanks to technology, the globe seems to have gotten smaller, resulting in a need to improve our communications with our neighbors. I'm pretty sure that's what Sherri Wahlgren had in mind as she lead the Spanish Immersion camp for middle-schoolers. It's no longer sufficient to just know English; to succeed, our kids will have to be able to communicate across borders. And thanks to Danielle Kirby, the kids understand the imCouncil on Fitness-and it had nothing to do with their thumbstrength!

There is still plenty to keep them busy in these last few weeks-many more days at the lake to be had, library visits, the start of sports season, battlefields to explore, and a million more fireflies to catch and release. There's a time and place for electronic entertainment to be sure, but I'm going to take my cue from their school and make sure to nurture the whole child. I'll congratulate them when they make it through Castelia City, but then I'm going to hand them a copy of R.J. Palacio's Wonder to read on the way to Fort Frederick. Summer isn't only a time for fun and carefreeness, but an opportunity to help the kids grow their mind, body, and spirit. An opportunity I'm going to

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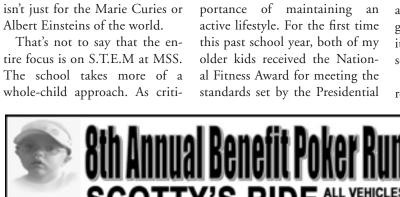
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FOUR YEARS AT THE MOUNT

August is filled with dates recognizing exciting events and people, from Christopher Columbus setting sail and the completion of the Transcontinental Railroad to Neil Armstrong's birthday and the discovery of Alaska. All of these events share a common theme: travel and discovery. We used this to inspire our Four Years at the Mount writers and encouraged them to tell one of their own tales of adventure.

Sophomore Year

A pirate's life for me

Lydia Olsen MSM Class of 2016

Most children grow up entranced by the idea of pirates. Even as we grow up, pirates still enthrall us. They live lives full of adventure and make their own rules. We cheer for them in movies, dress like them for Halloween, and even name our mascots after them. Yet, we all know that pirates were and are very violent and brutal people who didn't exactly earn our admiration. So why are we so memorized by them? Maybe it's for the treasure. That is the reason for pirates after all, isn't it? They fight to the death over a treasure chest once they find where "X" marks the spot. They can't get there without their treasure maps though. What if I presented you with a treasure map right now? How would you react? I would predict that you would have a desire to travel to that "X" and uncover the treasure it promises. Well, what if I told you that instead of one treasure map I was

Mature's Cosmetic % Discount **TANNING PACKAGES** ith Coupon - Expires 8/31/13 Cash Payment Only 101 Silo Hill Road Emmitsburg, MD 301-447-6882 going to present you with 2,140,316 treasure maps? Granted they aren't all in this country. In fact, they are in every country and on every continent. Yes, that includes Antarctica. There are even some in outer space. Naturally, those ones are pretty difficult to get to. However, if I presented you with these maps would you be up for the challenge of finding the ones within your location? I guess I cannot physically give you these maps but I can tell you a single word that will provide you with all the information you need to know: geocaching.

Geocaching is a game played around the world. It is an outdoor adventure where participants seek to uncover hidden containers and the treasures within them. In a sense, it is a worldwide game of hide-and-seek. A geocache is a hidden container which includes, at minimum, a logbook which is signed and dated by everyone who finds it. What is inside a geocache varies from container to container and is, of course, determined by the container's size. Containers can be any size the hider wants, and any container can be cleaned out to become a geocache as long as it is watertight.

Each geocache has GPS coordinates that allow the seeker to get within the general location of the cache, and the smallest containers, called "nanos," are often magnetic to make them easier to find. The caches are never buried underground and are usually visible depending on one's angle. Once you find a geocache, it's exciting to see what's inside. If there are treasures within the cache, each seeker is allowed to take an item to keep as long as they put an item into the cache in return. After a treasure is selected, a replacement is made, the log is signed, and the geocache is returned to its spot, allowing the game to continue.

Anyone can hide a geocache, but it is hidden for a more specific reason than the cache alone. Geocachers are usually trying to share something with other geocachers. The hider may want to show off the local park, a scenic location, or even their favorite stores.

Caches are sought for the fun in finding but also for the purpose of discovering even more about one's surround-

The first time I went geocaching I had no idea what I was looking for. The GPS had told me the general location of the cache, but I was still having a rather difficult time finding it. Finally, I found the cache hidden in the trunk of a broken tree. When I first laid eyes on it I was thrilled. I remember jumping up and down with excitement and refraining myself from screaming, "Thar' she blows!" I opened the container and found a few small items. There was a toy racecar, a few coins, a necklace, a button and, of course, a log. I unfolded the log and was shocked at the length of it. There had to have been at least 50 logs already on it! I signed my name and returned the cache to its previous location without even knowing that I had just set loose the geocaching bug within me. I was hooked. After that first experience, I went geocaching every day for a few weeks. I was quickly on nearly every cache's log within 15 miles in every direction.

I have been truly shocked and amazed in the number of caches that I have found throughout my town. Multiple caches are in areas that I have passed by almost daily without even realizing there was a cache to be found. The geocache that surprised me the most was a middle-sized container attached to the fence of a restaurant only a few miles away from my neighborhood. When I found it I was completely stunned that I had driven past and seen it so many times, yet had never thought anything of it. Now I cannot drive past it without acknowledging it. I often witness people casually walking past it as they approach the restaurant without even realizing the treasure that lies feet from them.

The most difficult geocache I have found to date was actually underwater. Yes, underwater! I convinced my sister, Kelsey, to help me search for it knowing that a team effort was needed. We took a boat out to a sandbar and jumped into the bay. The water was a little less than five feet deep, and at some places we couldn't touch below us, but we kept trying to find the geocache. We used



our hands and feet and waved them all around. After nearly an hour of searching I felt something floating near me. I quickly called Kelsey over and told her to feel around for it. By this time I had drifted away from whatever I had felt, but within a few minutes Kelsey found it and grabbed on. Grabbing ahold as well, I realized that I was going to have to dive under the water and detach the container. Seeing through the bay, even with goggles, is rather unreasonable so I had to rely only on my sense of touch. The geocache was a reusable water bottle carabined to rope, which was tied to a rock. Luckily I was able to retrieve the geocache and it floated up to the surface. I swam over to our boat, geocache in hand, and climbed aboard to sign both Kelsey's name and my own to the log. As a treasure, I took a pin that had been aboard the space shuttle. I thought it was so neat that I had found a treasure that had been into space and underwater! In its place I left a rubber toy fish that I thought was fitting for the location. I resealed the container and jumped back into the water to return

it to its original place. Kelsey had been waiting in the spot the geocache was located so that we would be able to return it exactly where it came from. Kelsey and I returned to the boat overjoyed with our find.

Travel doesn't have to be far away. It is merely defined by movement from one place to another. My favorite type of traveling is on the hunt for geocaches. It always promises adventure, surprise, and a sense of accomplishment. I guess everyone can live pirate lives after all. I invite you all to become part of the geocaching community that is over five million strong. There are multiple online databases and apps that provide you with the coordinates of caches in your areas. If you haven't traveled recently, what are you waiting for? There are over 10,000 caches only miles from you, just begging to be discovered. Now the only question is, can you log them before I do?

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

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DISCOVERING THE WORLD AROUND US

Junior Year

The land of 10,000 lakes

MSM Class of 2015

R egardless of where you go, the journey that you take, or how far you manage to make it in this world, as the old and often cliché saying goes, it's not about the destination; it's about the journey. Throughout human history we've been shown that these words of sage advice go beyond mere adage and stretch into fact. Christopher Columbus, the man who discovered America, was looking for China when he and his merry band stumbled onto land. Little did he know that he was a few oceans and several continents off from where he wanted to be, but at that point it did not matter. He had made history, discovered a whole new world, and changed the course of human experience for the next 200 years. Yet if we took his journey based solely on its beginning and ending points, Columbus would be considered a failure on par with hydrogen blimps.

All failures of aviation and discovery aside, the truth is that even the most far flung and exotic locations and the longest quests really are just about what you make them. This is a lesson that I learned early on in my life. When I was a child, my family and I would make the trip to upstate New York to

see my grandparents. My first memories of seeing my family were not those of days spent playing or having dinners with my grandparents (although there are certainly many of those), but rather of the massive van that we travelled in as a family, driving to and from our scattered relatives. Maybe it's weird to associate our vehicles with the people who I know and love, but for me the place that we're going to and the way that we got there are linked. In the passenger seat of our van I had some of the greatest adventures of my life, with the people that I completely adore.

One of the greatest moments occurred while en route to see members of our eclectic clan. We were traveling to my mom's birthplace in Minnesota for our aunt's wedding. While we were making our way to the Land of 10,000 Lakes, my parents decided that it would be a great opportunity to see some of the gems of the Midwest while we drove. Thus, we took a twisting, curving path through the country and managed to see and do a million things while we journeyed. It was during this trip that I finally came face-to-face with the stony expressions of several beloved presidents at Mount Rushmore. In the middle of the night we decided to stop at White Castle for the sole reason that my younger brother and I were absolutely fascinated with this strange building that looked like a medieval fortress but served delicious fried meat rather than hefty servings of arrows and armor clad thugs. However, there was one incident during this journey that I will never forget, a moment that stood head and shoulders above all the others: our tour of Teddy Roosevelt National Park.

There we were, a family of four rolling slowly through the wasteland in our giant burgundy monster of a van, like a mixture of the Addams Family and the folks from the Little House on the Prairie. Everywhere we looked there was something amazing to stare at in awe. Strange desert shrubs dotted the landscape, rustling in the rare breeze that blessed the ground. Red earth stretched as far as the eye could see, casting the surrounding area in a warm glow that seemed both pleasant and strange under the hot midday sun. Eventually, the red ground gave way to massive plateaus of stone that jutted out of the park, dominating the sky and the surrounding area with a kind of silent majesty by which I still find myself impressed. Occasionally, the tiny head of a prairie dog would pop out of one of the thousand holes in the ground and look around quietly, trying to see whether or not they wanted to come up. Most of the time they seemed either scared of the people that scurried around or uninterested in going up into the heat when they could simply remain in their miniature underground mansions.

While this was all amazing and breathtaking on a level that I had never experienced before, all of this paled in comparison to what was about to befall my family. While we were leaving the park after a long day of experiencing everything that the wilderness could throw at us (or so I thought), I turned my attention away from the windows and down the collection of action figures that I had brought with me to alleviate the boredom. While in the middle of making the Red Power Ranger uppercut Donatello from the Ninja Turtles I noticed the car had stopped. This fact alone did not perturb eight-year-old Kyle; we had stopped several times that day to allow tourists to cross the road or watch some of the aforementioned prairie dogs scurry from one side to the other. Not really caring about the path we took, I continued to act out the most vicious fight in superhero history, complete with sound effects. It wasn't until I heard my mom utter the words, "Kyle look up now!" that I put my toys down and stared out the window.

We were completely surrounded by a massive herd of buffalo. I remember gasping, dropping the toys and pressing my face to the glass as hard as I possibly could to get a look at the colossal, furry beasts that swarmed around our car, not seeming to care that a chunk of moving metal was suddenly parked in the middle of their domain. Hundreds of these creatures milled about, passing over the road as if nothing had changed about their environment. They munched absentmindedly on grass, occasionally bumped their

haunches against the side of our van, and even turned their great heads to look in at the scared and thrilled people inside the vehicle. The strangest thing about the entire experience was that these behemoths were incredibly quiet and gentle. There had been no massive stampede with the thunderous sound of hooves like in the movies. There had only been the quiet clopping of sturdy, quiet animals merely passing through. We sat there for a solid 15 minutes, treated to a show of nature's amazing and unstoppable creation, before the last of the bison finally made its way from one side of the road to the other and continued to meander off toward more grass and better horizons.

We wound up going to the wedding and spending some quality time with family members who I hardly ever have the chance to see. We sailed the Great Lakes, visited Paul Bunyan National Park, and had an amazing time being with people we loved. But, as that old adage suggests, those weren't the things that I remember the most about my time at the wedding. Instead, I remember the best pre-party ever, with just my close family and several hundred large mammals. Just remember, the next time you have to go somewhere, anywhere, whether it's across the country or to the grocery store, stay on the lookout for the adventures that you could have, and the adventures that you one day will have.

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

Senior Year

It's all in how you get there

Nicole Jones MSM Class of 2014

We pulled into the parking lot of the Baltimore port. My family - my mother, father, brother, and myself - as well as two of our friends poured out of the stuffed Chevy Suburban and onto the hot asphalt. My father wrenched open the tailgate and started unloading the carefully packed trunk that only he could have organized in expert Tetris fashion. Everyone claimed their pieces of luggage as they appeared, and away we went.

The security building was a stuffy place. Bodies crammed through the doorway in hopes of finding air conditioning, only to be disappointed by the hum of fans. Bags, belts, and shoes disappeared through the X-ray scanner. One-by-one we marched through the metal detector and claimed our certifiably safe goodies on the other side. The line itself was a living thing, twisting around corners, and wiggling closer and closer to its goal. Anticipation grew. A stern face took my passport and looked me in the eyes. The loud clunk of the stamp told me I looked enough like my picture to get on board. Walking out of the building, we stepped into the shadow of our mighty cruise liner, Enchantment of the Sea. I looked up in awe as a white wall of glistening windows greeted me. I felt so small but so excited by the possibility of adventure that this ship symbolized.

I was practically jumping out of my skin with the thrill of stepping on board. My friend Amanda and I twittered away enthusiastically as staff greeted and guided us. I wished the elevators would move faster so that we could find our rooms. Once on the eighth floor, we practically ran down the hallway to our rooms, threw our bags inside and immediately made it our mission to explore the ship. Our mood was dampened only slightly by the fact that we had to meet for a quick information session teaching us about our safety options – life boats and vests – and their location if, God forbid, we pulled a Titanic. But after that, the ship was

Our hallway led out into a sitting area filled with board games and a small library, but more of interest was the balcony overlooking the very heart of the ship. Leaning over the shiny railings, we could see our reflections in the glossy black of the grand piano and we watched people bustling across the polished marble floors. Grinning like kids in a candy store, Amanda and I slid into the glass elevator and made our descent to the glamorous ground floor.

Everywhere I looked, there was something to see and do. A singer danced on the shiny piano while balloons fell from the ceiling into the gathering crowd. A fancy concession stand sold ice cream to customers waiting to have their caricature drawn by the quiet artist in the corner. A soft shhh sound came from the tools of the spray-on temporary tattoo artists. Shops lined the hallways, selling everything from Tshirts to Rolexes. A barbershop was filled with men getting the royal treatment, a close shave and a warm towel to prepare for the formal dinner held that night.

We had to prepare for dinner as well, and unfortunately, that meant postponing further exploration. After primping and polishing and running into each other in the closet-sized bathroom, Amanda and I were finally ready for dinner. Adorned in floorlength gowns, we entered the dining room. The ceiling glistened with dozens of chandeliers and large windows that allowed a breathtaking view of the sunset over the Atlantic. Taking our assigned table (conveniently located just inside the doorway), my family was introduced to a friendly young man who was to be our waiter for the duration of the trip.

The next day we took our Willy Wonka inspired glass elevator to an exciting place we hadn't seen yet the upper deck. The doors opened to another beautiful dining room. This one was much less formal, but with high ceilings and glass construction, no adornment was needed. The sparkling ocean and bright morning sun were more than enough to replace the fancy chandeliers. The smell of breakfast teased my nose. A vast fruit bar was spread before us. We will definitely visit this room at least once daily, but right now our goals lay elsewhere.

We opened the door to the upper deck only to guard our eyes from the shimmering of two pools and a hot tub - all pleasantly filled with families and smiling faces. We found our way to a staircase that led us to an even higher perch. Leaning against the railing, I was able to look out over nothing but deep blue Atlantic waters. I felt again just how small I was.

The upper deck was an entirely new world from the heart of the ship, with more physical activity and a relaxed atmosphere. There was rock climbing and surfing, a gym, a running track, and a game room. People were swimming, jogging, tanning, and reading. It was a place where the people were being active instead of entertained by the glitzy distractions the floating city provided. The oncoming night was not enough to shut it down either. Lights lit up the deck like a beacon. Tables of food decorated with ice sculptures and carved watermelons were rolled out, music was played, and an ice sculpting demonstration was shown. Chunks of ice sprayed into the audience as guesses were shouted out as to what the artist would create. I watched in amazement as a block of shapeless ice transformed into a swan within five minutes.

Inside the ship, the casino came alive as we reached international waters. While I wasn't about to gamble -I wasn't old enough anyway – I had to cross through the casino to reach the ship's movie theater. As I crossed the threshold, something caught my eye. I looked down to see an aquarium beneath my feet. They weren't real fish or plants, but the colors and designs

were beautiful and convincing nonetheless. A few more steps and my ears were assaulted with the tinkling of coins, the dings of slot machines, and the hum of hundreds of voices talking simultaneously. My eyes blinked against the bright lights and flashing colors. I crossed the floor quickly and found solace in the dim lights and soft whispers of the theater.

This wasn't your typical movie theater, however. From what I had already seen of the ship, I should not have been surprised by the extravagant opera seating, the heavy red velvet curtain, or the beautiful gold painted trimming, but I was. The ships endless glamour made this little farm girl feel like royalty.

The third day of the cruise was the most exciting. From our room's balcony, we watched as a tiny speck on the horizon became larger and larger until buildings rose from the morning fog. The ship pulled slowly into port, and I looked down to wave at the specks that I knew were people. My time so far had been spent exploring a ship all of which I still probably hadn't seen yet, but now I was ready for something new. Jet skiing, snorkeling, Segway tours, shopping, and pink sand beaches all waited for me on the island of Bermuda. Would I go missing in the island's mysterious Triangle? Perhaps, but that was a risk I was willing to take in exchange for the unique sights, sounds, and experiences the island had to offer. With sunglasses in hand, I disembarked, ready for another adventure.

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

THE GRADUATE

Providential "coincidences"

Megan Kinsella MSM Class of 2013

In May I graduated from the Mount and accepted a full-time missionary position with Varsity Catholic, a division of the Fellowship of Catholic University Students (FOCUS). FOCUS is the largest Catholic outreach program in the United States, reaching out to students on 83 college campuses across the country. FOCUS takes recent college graduates, trains us, and puts us right back onto college campuses, where we work with local pastors as their presence in the heart of campus. We reach out to students and invite them to examine the meaning and purpose of their lives through bible studies and one-on-one men-

I spent the month of June in Florida at Ave Maria University, where I trained with almost 400 other new and returning missionaries. FOCUS missionaries fundraise 100% of our salaries, so during July I was at home in Allentown sending out letters, making phone calls, and setting up meetings to invite people to join my financial support team (tiny sales pitch: please find my contact information at the end of this article!). On August 10th, I will be moving down to the University of Louisiana at Lafayette to begin my work there. I am so excited for this next step in my life and am learning more and more every day to trust in the plan that God has for my life.

One day during the last week of training at Ave Maria, all 400 missionaries piled onto buses that took us to 7 different beaches in and around Naples. The game plan for the day was to talk to people on the beach about Jesus Christ and his Gospel. Initially, the thought terrified me. I didn't want to be that weirdo Christian chick stalking beachgoers and handing out pamphlets. I had a lot of fears and doubts-fear

of rejection, embarrassment, and even malicious reactions. It turned into one of those "good-angel-badangel" struggles, with the little demon on my shoulder whispering doubts into my mind. Maybe I really wasn't cut out for this whole missionary thing? What if this all was a huge mistake and I'm going to make a complete fool of myself this year?

The bus I was on took my University of Louisiana teammates and I to a beach that, I was delighted to see, had only two cars in the parking lot. Maybe there won't even been anyone here for us to talk to, I thought. Problem solved! But we got off the bus, and started walking down the beach. For about an hour we walked down the shore without seeing a single person, and there were a few times that we stopped and talked about turning around. But, we decided we had to keep walkingthere had to be people around the next bend in the beach!

We eventually turned on to a nature path that led us to another beach, but still with not a soul on it. But we looked across the small bay in front of us, and lo and behold, the beach on the other side was full of life! There was only one small problem: we had no way of getting to the other side of the water. As we once again contemplated turning back, I looked down to my right and saw a family sitting off the shore on their boat. They waved and I nodded back, smiling. We began to turn around to leave when the boat came up beside us.

"Need a lift?" the man called out to us. Excitedly, my team climbed into the boat, which took us to the other side in a few short minutes. We hopped out, thanked the man profusely, said a quick team prayer on the beach, and split up into pairs to begin our evangelization. By this time my stomach was in my throat, so I told my teammate John (who is a third-year missionary and way



To learn more information about FOCUS or to join Megan's support team, contact her at 610-417-6546 or visit her webpage at www.focusonline.org/goto/megankinsella.

more experienced than I am), to do all the talking and I would just listen at first.

The first person we came upon, a man in his late-80s, was sitting peacefully under a blue beach umbrella. We walked up to him, introduced ourselves, and immediately noticed he was wearing an LSU baseball cap. John asked him if he went to LSU, to which he replied, "Oh yes, and then I lived in Lafayette for 30 years!"

My jaw dropped to the ground. What are the chances? To be talking to the one person on the beach who lived in the same place I am going to be working this year! We continued to talk to him, and it turns out that he teaches at the St. John Vianney Catholic seminary in Miami. We had a great conversation about our lives, faith, today's culture and so much more. Leaving the conversation, I couldn't wipe the smile off my face—I was meant to talk with that man.

As we continued to walk down the beach, we came upon a wom-

an who was playing in the sand with her seven children. We didn't plan on stopping to talk with her (since she was obviously busy), but as we walked past she noticed my Ave Maria hat and asked if we were students there. We explained that we were training at Ave Maria to be missionaries, and she immediately stood up to talk with us. She told us that she was a missionary for many years after college, and we talked for twenty minutes about our faith and the importance of living out lifelong mission. As it turns out, she got her undergraduate degree from a school in Philadelphia (near my house), her graduate degree in Lafayette (not joking), and her doctorate from the University of Florida (where John went to school). Yet again, was this a simple coincidence or something bigger? I argue for the latter. She ended the conversation by asking us if we would like to pray with her. We excitedly agreed and what came out of her mouth next took my breath

"Lord, thank you for Megan and

John. Please eliminate any doubts they have in their minds about this mission you have given them. Hold them in your hands and let them know that they are so dearly loved. Amen."

It was exactly what I needed to hear. We said goodbye to her, met up with the rest of the team, and began the trek back to the bus. I was speechless for the majority of the

And here's the real kicker: I got a text from John two weeks later, saying that he had been in the Miami airport for five hours and just before he boarded his plane, guess who walked past him? Yep, the woman we talked to on the beach! I just couldn't make this stuff up.

I can't say that those two conversations made me completely and 100% comfortable with evangelizing strangers on beaches. However I do know now more than ever that God is with us always and has a very specific and detailed plan for our lives. We just have to trust in Him, that He is in control, even when we are scared or confused. And when we begin to doubt, He gives us reminders. He gives us a boat to get to the other side of the water. He takes us on journeys that lead us to perfect strangers who help us to remember that we are loved.

So, a very long story short: there are no such things as coincidences! God bless you this month, Emmitsburg, and see you next month!

To learn more information about FO-CUS or to join her support team, contact Megan at 610-417-6546 or visit her webpage at www.focusonline.org/ goto/megankinsella.





THE VILLAGE IDIO

Before you go to war...

...know your enemy

Jack Deatherage, Jr.

o you know another teenager died of heroin overdose in Emmitsburg?"

Memories are triggered.

A friend sobbing, he can't feel his legs. Some drug he'd ingested temporarily paralyzing him from the waist down. Anger consuming me as I storm from his parents' house, intent on laying waste to the people who sold him the drug. His younger brother pushing me back, hissing, "He knew what he was swallowing. They'll kill you. You aren't going to die for that fool."

"Jack, I had to know. They stuck the needle in my arm. Fire flowed to my fingertips, up my arm to my chest and into my head. God, it was the greatest thing. I sat and drooled on myself for hours. Best time I ever had at a party."

A young woman crushes white pills in a spoon and adds a bit of water to them. Using a lighter she heats the spoon, the pills dissolve. I held the spoon as she carefully sucked the syrup into a syringe. She went to her boyfriend who had a vein popped, ready for his amphetamine fix. He'd been twitchy for hours as his cravings grew to the point we were afraid we'd have to restrain him. (He was a big, strong man. Some of us would

get hurt.) The needle went in, the plunger depressed, relief settled over him. He became the guy we enjoyed hanging out with, the first "speed freak" and needle junkie I would meet, but not the last.

A cousin quietly told me he'd tried heroin because the guys at work were using it. He said it was like going to heaven, only he hadn't died. He liked it so much he knew he couldn't use it a second time or he'd die a junkie. "But, oh God, it was so good."

I sat all night on the end of a couch a cousin had curled up on after eating pills she thought would keep her awake. They caused her stomach cramps. All she could do was lie there in pain until she passed out from the alcohol she'd consumed earlier. Twelve hours I sat watching that she continued to draw breath. Twelve hours I sipped beer and thought about whether anything made sense.

"Dad, I have a soaking wet girl (a pajama clad 14 year old) in my apartment. (I hear thunder and rain.) She's crying. I don't know what to do." Not something I want to hear from my son an hour after midnight. The girl's mother had mixed drugs and was freaking out. I didn't want the girl seeing her mother raving as they took her to the hospital. I sure as hell didn't want my son witnessing it. As bad as that night was the next day was worse when the released mother accused the daughter of embarrassing her and ruining her reputation by calling 911.

I stood next to a young man in an ER as his wife, of just a couple years, lay twitching, sobbing, laughing, gasping, trembling as some "legal" drug worked it's way through her system, eventually leaving her susceptible to returning panic attacks that left her helpless until they

They buried a young cousin I'd held as a baby. He died from a heroin overdose.

I'm pretty much tapped out of compassion, but I can't help but wonder how we've gotten to this

I know potheads who can make damned near anything from wood, or stone, or metal. They repair vehicles from roller-skates to tractortrailers. They plow grain fields and build houses. I don't know any heroin users who do more than sponge off their families, collect welfare, deal dope to other fools or acquire monev through burglary. (The latest heroin ODer to die in Emmitsburg had recently broken into our factory and robbed the business we share the building with, making it difficult for me to feel much besides contempt.)

I stand listening to two elders argue about who is old. One turns 80 in a week, the other in five months. (I'll be 60 in a year.) The pecking order established, the elders begin telling stories of their youths. They've a puppy to instruct.

As I listen, it occurs to me I'd heard similar stories from older cousins, uncles and acquaintances all my life. People who'd strayed, fallen, gotten back up and gone on to build decent lives. They are my mentors. I wonder, who is mentoring the heroin users?

As my kidlet was growing to full size, I filled his head with stories of my youth. Not only the things I'd done, but the stories I'd heard growing up. I was advised (by experts) not to do this, as he'd think it was okay to do the things I had done. (He was growing up in this place! He'd hear the stories anyhow, so he was going to hear them from me as I remember them, not as others' exaggerations have twisted them.) As he approaches his 25th year, he still thinks I was/am an idiot, even though he has confirmed some of what I told him by repeating my stupidities, as I knew he would. What he hasn't done is stick a needle in his arm.

"We have to do something..."

Like what? A teen club? It was tried almost 40 years ago. The drug dealers showed up in a pack. It was hilarious. Throw money at the problem? That was tried more recently. Ted Brennan attempted to get \$100,000 in federal grant money for an Emmitsburg youth program designed to distract kids from readily available drugs. As I understood the situation, the grant was lost when the town refused to admit it had a drug problem. It was more important to sell the houses, still being built, than it was to get control of the kids. Besides, only a couple of youths had died from overdoses. (Evidently, the houses have been sold as I hear the town now admits to having a drug problem. Must be grant money in the air?)

In the late 1960s and early '70s, illegal drugs slammed the north end of this county in a tidal wave. Generational alcoholism, dating back to the town's founding, had prepped a generation of kids for the drug trade. Many of us embraced it willingly while others were bullied into it. Few of us died, fewer still became useless users and addicts. Most of us "outgrew" it and went on to have normal (as normal as the heirs of this burg can be), productive lives.

So why are kids dying from their drug usage now? It isn't the drug they've chosen to use. No. It's much worse than that. If this town is going to war, it had better get a clue as to what it's going to be fighting. As it stands, the town's already lost, again.

I'd rather be writing about my gardening triumphs (okay, this year's disasters) but the war's begun and I've been asked to engage. Don't know which side I'll join. I see nothing but losers to choose from. Maybe I'll side with the kids. I'll have to think on it. (Damn it. I hate thinking.)



ATRIZZO

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	U1L	4U1L	BB	6		150			\$33.47
	U1L	7U1L	BB	6	235	195			\$35.23
	U1L	8U1L	BB	6	275	230			\$37.42
	U1L	10U1L	BB	6	365	300			\$45.15
	U1L	11U1L	BB	6	410	350			\$50.99
	U1R	7U1R	BB	6	235	195			\$35.23
	U1R	8U1R	BB	6	275	230			\$37.42
	U1R	10U1R	BB	6	365	300			\$45.15
	22F	522FMF	BB	6	540	425	65		\$79.77
	22NF	322NF	BB	6	430	360	58		\$71.30
	MARINE	ARINE STARTING BATTERY							
	24	24M4	BB	12	575	460	70 90		\$72.40
	24	24M5	BB	12	650	550			\$77.69
	24	24M6	BB	12	820	675	115		\$90.38
	24	24M7	BB	12	1000	800	130 182		\$100.39
	27	27M6	BB	12	1050	840			\$123.69
ı	GROUP NO.	PART NO.	COLOR CODE	WARR. FREE MONTHS	CA@ 32° F	CCA@	MINS@ 23 A	MINS@ 25 A	WHOLESALE
	MARINE DUAL PURPOSE BATTERY								
	24	DP24	BB	12	685	550	140	120	\$89.31
-	27	DP27	BB	12	810	650	175	150	\$101.54
	31	DP31DT	BB	12	875	700	205	185	\$132.76
	MARINE	DEEP CYC	LE BAT	TERY					
	24	DC24	ВВ	12	625	500	150	130	\$104.60
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ARTS

Thespians announce 16th season of plays

Spencer Watson

rtistic Director and President **A**of the Thurmont Thespians, Beth Royer Watson plans to take us back in time for their new 2013-2014 theatre season.

Starting with "Musical Comedy Murders of 1940", directed by MSM graduate Mike Brown, we travel to Chappaqua, NY where a musical comedy writing team is assembling at the home of a wealthy patron to pitch their latest show idea. Unfortunately, this same team that has a tragic history of losing three young chorus girls to the "Backstage Slasher" in Boston, New Haven and Baltimore. There is mys-

terious goings on in the mansion with undercover detectives, maids that magically disappear and reappear and a comic that has a "killer" routine. You won't want to miss all the action in this wonderful mystery-spoof comedy written by John Bishop when it opens at the American Legion Auditorium on 8 Park Lane in Thurmont November 1, 2013 for two full weekends, including Sunday matinees Nov 3 and 10 and a dinner theatre catered by Mountain Gate Restaurant Saturday evening, November 9 at 6:30PM with a cash bar.

Auditions for the show are Sun-Mon, August 18-19 at the St. John's Lutheran Church Social Hall, 15 North Church Street in Thurmont. The play has roles for 5 women and 5 men of all ages. For more information and advance script copies, contact Mike Brown, Director at 443-841-9064.

To begin the 2014 year, we take a trip back to the period between 1812-1826 for the world premiere of "The Adams-Jefferson Letters" conceived and written by Spencer Watson. It is a play based on the personal correspondence between ex-President John Adams and ex-President Thomas Jefferson over those 14 years until they both died on July 4, 1826. Mr. Watson will co-star as John Adams together with Max Beaver as Thomas Jefferson. The play will be presented for one weekend, January 10-11, 2014 in the St. John's Lutheran Church Social Hall at 8PM.

Then we travel forward again to 1938 in rural North Carolina for "Smoke On The Mountain", when the Sanders Family Band has agreed to stage a gospel concert/sing-along in a small Baptist Church. The five family members play guitar, piano, upright bass, drums and an assortment of old-time percussion instruments to celebrate their love of the Lord in word and song. They perform 21 gospel favorites before Rev. Oglethorpe can finally get them to finish up, before there is a church lady walk-out when they start dancing!

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Thurmont Thespians President and Artistic Director Beth Royer Watson

Come see this warm and funny recreation of innocence and passionate witnessing that was prevalent in the 1930's but continues to this day in many backwoods churches. Auditions for three women and five men of various ages, some of whom should be able to play a musical instrument as well as memorize lines will be held at the St. John's Lutheran

YELLOW CAB CO

Church Social Hall on Sunday and Monday evening, January 5 and 6 starting at 7PM. For more information contact Beth Watson, Director at 301-416-0864 or email: beth.watson@myactv.net. Performances open after Easter for two weekends at the American Legion Auditorium on 8 Park Lane in Thurmont, April 4-6 and April 11-13 with Sunday matinees Sundays April 6 and 13 at 2PM and a dinner theatre production catered by Mountain Gate Restaurant Saturday evening April 12, 2014 at 6:30PM with a cash bar.

To bring our 2013-2014 season to a close, we travel back to the early 1900's on Prince Edward Island in the Maritime Provinces of Canada for a story of a young orphaned girl who is sent to a rural dairy farm instead of a young man to help with the duties. Her name is Anne Shirley but we know and love her as "Anne of Green Gables" from the book by Lucy Maud Montgomery. Now made into a wonderful musical by Janet Yates Vogt and Mark Friedman, this charming story continues to enchant audiences through the ages. This will be the Thespians' 17th Annual Summer Teen Theatre show with a full cast of 23 teens and young adults. Auditions for all 23 roles will be held Saturday morning May 17, 2014 at 9AM and again on Monday evening, May 19 at 7PM at the St. John's Lutheran Church Social Hall. Teens 13 and up are invited to audition for director Beth Royer Watson. For more information call 301-416-0864 or email: beth.watson@myactv.net. It's easy and it's fun.

This next 2013-1014 Thurmont Thespians Season is made possible in part by a grant from the Frederick Arts Council, our corporate and private donors, and our loyal season subscribers. Thank you all!



thurmont thespians

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Musical Comedy - Murders of 1940

A mystery spoof about the perils of producing a Broadway musical with a killer loose in the house! Directed by Michael Brown.

Friday & Saturday Evenings: Nov. 1-2 & Nov. 8-9, 2013 - 8:00 PM Sunday Matinee: Nov. 3 & 10 - 2:00 PM

Dinner Theatre: Saturday Nov. 9 Only - 6:30 PM



Smoke On The Mountain

An all-gospel musical comedy about the Sanders family troupe giving a concert at a rural North Carolina Baptist church. Directed by Beth Watson.

Fri. & Sat. Evenings: April 4-5 & April 11-12, 2014 - 8:00 PM Sunday Matinee: April 6 & 13 - 2:00 PM Dinner Theatre: Saturday April 12 - 6:30 PM

Royer's Restaurant

World Premiere! A musical comedy retelling of an iconic Thurmont family enterprise in the 1950's and 60's. Conceived and directed by Beth Royer Watson with original music and lyrics by Kurt Johnson.

Thursday & Saturday Evenings: July 17 & 19 and July 24 & 26, 2014 - 7:30 PM Sunday Matinee: July 20 & 27 - 2:00 PM

Auditions Saturday & Monday May 18 & 20 for teens 13 years & up.



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MOUNT ARTS

An artist starving for worth

MSM Class of 2015

uring my short time as a college student, I have faced several choices and, as with every choice, the challenges that accompany them. Some were bigger than others, like deciding what classes to take and if any class, no matter how interesting, was worth waking up at 8am. Some were smaller, like the day-to-day decisions of what to eat for dinner or what to wear, or if it seems socially acceptable to throw on sweatpants to go to class (in college it always is). But by far one of the most excruciating, self-esteem dropping, panic inducing decisions I have ever made was deciding to add Art to my English major and become a double major. Now, the hard part of it wasn't the double major in itself, the doubled amount of classwork, or the struggling to graduate on time with all my credits. No, what really was the kicker was the art in itself. Not choosing the classes, but actually making the artwork.

If you have ever tried to create a piece of art, or even do something as simple as paint your back door, the frustration of art is well known to you. Whether it's frantically trying to wipe the paint off the window glass of your back door, having accidently painted over the blue tape, or trying to focus your camera and not getting it the way you want, or even having your pencil break and ruin a sketch you were trying to make, the grueling process of trying to form the image in your head into a reality produces tears, frustrations, and the eventual, "I just can't do it." Any sort of artistic project can boil down to that idea of ineptitude. It's a difficult process! And after several self-esteem shattering attempts in my art classes (made all the worse by comparing yourself to the people in the class around you), I was seriously contemplating why I had ever thought about taking this as a major, and wondering if art should even be in my future. At one point I decided to just let go and try understand that art is sometimes subjective—things will turn out well some days and poorly others. It just depends on what you can get your hands to do. I would create a piece I could be pleased with about once every month or two and tried to be okay with that. Art was hard.

Given this factor, it's no surprise that artists like Picasso went through blue periods. It was draining! I was beginning to think that the term "starving artist" should be less to do with the money aspect and more to do with actually creating things, starving for a piece to come out the way they want it to, wanting it to be perfect. As more time passed, I contemplated giving up, for as much as I loved creating art, drawing, and painting, and how peaceful I usually found painting, well, art can be extremely draining. No matter what the benefits, you'll have at least one project that makes you want to pull your hair out. I was about two, maybe three days away from going bald last December, around Christmas break.

Frustrated, but unwilling to give up art, I had been given art assignments to work on over the break to

semester. No matter what I did I couldn't get my pencil to create something that I thought was worth drawing; my hand refused to draw what I wanted it to create! Every line came out just slightly wrong, and in defeat I decided to postpone all artwork, and do it all the night before heading back to school. I figured it would be okay, since everything I was creating was completely awful anyway. It being rushed wouldn't make a difference. In this spirit of complete procrastination and, rolling my eyes that my fifteen-page Shakespeare paper was so much easier than any art homework I've ever had, I left to go to a family Christmas party. It was there I learned the sin-

most valuable lesson in art, and possibly just in life. I have a large family; on my mom's side alone I have 27 cousins, only three being older than 10. So it comes as no surprise that at one point during the Christmas party I was with three of my little cousins coloring and drawing pictures with them down in the basement. They were all little girls, ages ranging from three to seven, and we were doing the traditional little girl pictures: butterflies, flowers, all the colorful and pink decorations they loved. I remember at some point deciding to do a semi-serious cartoon doodle of the four of us, just to see if maybe I'd come back into being able to draw. It turned out the crayon was a harder medium than I thought it would be, and I went to crumple up my paper before showing it to anyone, even these little girls, determined to make something better. But before I could, one of them casually looked over my arm to see what I was drawing and said with admiration and surprise, "Oh wow! That's really good!"

The way she said it made the difference. It wasn't the false, slightly highpitched voice that older relatives use, trying to compliment you for a piece of art that they didn't quite understand. No, she stated it as if it were a simple

continue with my art classes next unavoidable fact. The sky was blue, she had blonde hair, and I had drawn a really good piece of artwork. Her eyebrows were raised in mild shock before she turned around to finish scribbling in her rainbow made entirely in shades of pink. Her praise made the other two little girls turn around and look at what I had drawn as well. I got enthusiastic nods, smiles, and phrases like "Yeah! Wow that is really good!" I had never felt more genuinely complimented in my life. Sitting there, in a too tiny child's chair, holding a broken crayon, I learned a lesson. No matter how bad I thought my art was, there would be someone out there who appreciated it, someone who could see what I thought were flaws as something deliberate and beautiful.

No matter how much you believe you've marred a canvas or piece of paper with what you've put down, don't be discouraged. What you think is horrible, is amazing for another person. I imagine it's a bit like playing an instrument. The person playing it might miss a few notes and think they've done horribly or disgraced their very instrument. But to the audience, they hear a melodious tune and think the performer has done an amazing job. It's much harder to see the worth of what you're doing as the one doing it, than it is for someone observing you.

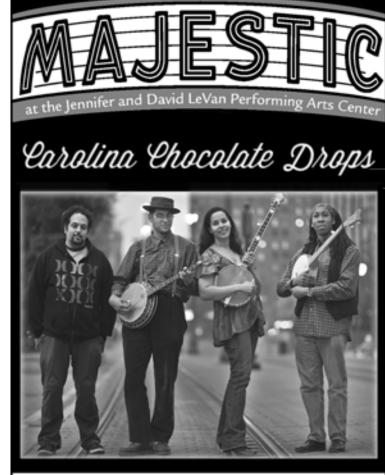
As an artist, no matter how much you're struggling to get the image in your head onto paper and feeling like you're failing, remember that people looking at your art never saw that picture in your head. They have no idea how much you might be deviating from your original intent. All they see is what you've created. And there will always be someone out there who appreciates that, even if it is just your three younger cousins. I've always said draw art for yourself; create something purely because you want to do it. But when you're getting discouraged, it's good to keep in mind that people will appreciate your art in ways you cannot. We're always our own harshest critics and that sometimes blinds us to see only the imperfections of what we've created: the brushstroke that's just slight-



ly outside the line you wanted it to be, that tiny speck of paint that you couldn't wipe off the door's glass. The mistakes no one else ever sees become the only thing we can see when we look at what we've created.

It certainly makes staying positive about your art hard when your eyes immediately zoom into the one problem area and focus on the tiny flaw instead of the actual work as a whole. Sometimes your pencil or brush won't work for you, and your hand will not draw what you want it to draw, but that doesn't mean what you create instead is worthless. It's important to stay confident, push through your frustration, and know that in the end you're going to create something that, even if you're not sure is very good, will please someone else very much. Draw things you like, keep trying, and know that no art is worthless. And hey, if you are a struggling artist, and ever get a chance, be sure to draw with children. There's no experience to rival the amount of confidence it will give you as an artist. It's a good reminder that everything you draw will speak to someone out there, and you can be a great role model at the same time. You are better at creating than you think. Isn't that a reminder we could all use from time to time?

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



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CREATIVE WRITING

Road to freedom

Alexandra Tyminski MSM Class of 2015

adddddyyy," Kyla exclaimed as she hopped on her first pink bicycle.

"I'm scared to fall," she said. Her big bright green eyes, pale skin, and cute tiny freckles stared back at me, and I couldn't help but admit to myself that I didn't want her to fall either. But, she didn't need to know

"You're fine buddy, that's why you have training wheels. Just hop on and pedal! The bike will do the rest," I reassured her.

"Okay, Daddy," she said. She threw herself over the bike seat and sat down. Her helmet was pink and purple and she reminded me of when I first started to ride a bike.

"Watch me Daddy, here I gooooo," she said with a big smile on her face.

"I'm right here Ky! Let's see that speed!"

She headed down the one hill in our neighborhood very cautiously and took her time learning how to stop and go on her own. I wondered if this would be her new favorite outdoor activity to do. I figured it was when she turned back at the bottom of the hill and yelled, "Daddy let's do that again!"

Beep, Beep, Beep, Beep. "Ughhh," I groaned. Is it really 5:30 in the morning already?

Knock, knock. "Good morning Ky! Wake up buddy! You have a long training day today. Brian will be here to pick you up in a half hour."

"Yes Dad, I know. I'll be ready soon," I said.

It is day twenty-nine of my training and I'm still feeling sore. Brian is an old friend of my dad's and when he found out I loved biking so much, he suggested a duathlon. I had no idea what that was. I had done a few single bike races throughout my younger high school days, but this type of race was where most elite athletes came to compete. A 2-mile run, 26-mile bike ride, and a 4-mile run to finish the race. After some strong convincing from my dad and Brian, I thought to myself, how hard could it be?

I jumped out of bed and grabbed my biking singlet, shorts, watch, and biking shoes. Biking was always so easy. All you really needed was yourself, what you're wearing, a working bike, and of course a helmet.

"Dad, have you seen my biking

gloves?" I asked, rushing around filling up my water bottle while attempting to also eat a granola bar.

"Yes, they are in your helmet, on the third shelf in the garage," he said. "Okay, thanks. I wonder how long Brian is going to have us ride

today," I said curiously.

"Well, hopefully long enough that you will feel used to it by the time of the race! But, you don't mind going extra-long distances do you?"

"No, not really at all actually," I

"There is something about biking that is different than any other sport I've ever done. It seems like the only sport that makes me feel, well, ful-

My dad laughed and with the biggest smirk on his face he said, "Yeah, I remember when you rode your first pink bike for the very first time. I knew that you would love biking."

I got the feeling that he was going to start walking down father-daughter memory lane. I have a hard time remembering most of the memories because I was so young anyways.

"Yeah, yeah Dad, well that's nice, but I have to go. Brian is going to be here soon. I'll see you later, Pops!" I quickly made my escape to the garage where I was once again reunited with my bike. Her name was Claire. That was the name of my mom. She passed away when I was three in a tragic car accident, and a few years later, I learned how to ride my bike. It was also around the same time that I learned how to cope with my mom's death. I feel as if every rider has something special they carry with him or her while they ride. Mine just so happens to be my mom's loving spirit and her joy of riding. I decided it might be nice to keep the family tradition.

Brian pulled up into the driveway and began to get his bike off of the bike rack. He was a shorter man, most definitely shorter than my dad. Probably only about five feet and six inches tall. He was a fast rider though, in good shape, and well into his 40's. That's one thing I learned through riding is that really anyone can ride a bike: big, small, short, tall, young, or old. Although, Brian would laugh if he knew I called him old!

"Hey there Kyla! You ready for today's ride?" His grin stretched ear to ear, and I figured today's ride was going to be difficult and long.

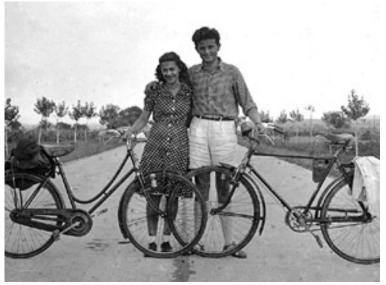
"Well, by the look of your devious smile, I'm not so sure if I should be excited or not! But, I'm usually excited. So, I'm going to go with yes. I'm ready!" I replied.

He got onto his bike and looked

"What are you waiting for? Let's go!" He motioned to me with his head to get onto my bike.

Here goes nothing, I thought. Day 29 was going to hold some long miles, a challenge, and pure freedom.

Come on, just a few more miles. Push through for her. You can do it.



I have seen it all. Well, not all of it. I wasn't her first bike, and I wasn't the second, or even the third. But, I'm her race bike. Everyone knows that the race bike is one of the highest bikes. It is really close to the rider. I know why I'm named Claire, and I've carried my rider not just to overcome physical challenges, but emotional ones as well. I am her friend.

The friend that was with her through her first flat tire, first race, second race, third race, and her grueling training days. I've seen her smile, cry, and feel pain. Sometimes, I think she doesn't see me as her friend. But most of the time, she

"All athletes report to the starting line please. The race will begin in 4 minutes."

I had the pre-race nerves. I warmed up, my bike was properly set up on the bike rack, my shoes were tied, and everything I could think of was in place. It was just me, myself, and I.

"Second and final call. All athletes report to the starting line."

I approached the starting line. It was early, 6:58 A.M. The race officially started at 7 A.M. and then I would be off and on my way, attempting to finish my first duathlon. I took the next 2 minutes to really clear my head. I looked around me at all the other athletes. I seemed like one of the youngest people there. I mean I was only 20 years old, but I figured there would be more people my age there. The elite athletes pushed toward the front while some of the more relaxed athletes scattered toward the back. I remained in the middle. I felt the humidity rest heavily on my shoulders as sweat began to form on my top lip. The fog rolled over the trees and the crowds were making a lot of noise. Some athletes looked serious and some looked happy. I felt like two minutes was going by really slowly. I checked the clock and with 30 seconds to go, I spotted my dad on the left-hand side of the starting line. He smiled and waved, and I suddenly felt ready to complete this new challenge.

"MEEEEEHHHH" the starting horn chimed. This was it. I was starting.

I began to run the race. My heart rate started to pick up, and I could feel my feet below me moving at a fast race pace. I couldn't focus on anything else except the tall blonde woman in front of me wearing a bright blue shirt. Each stride was strategically placed. In, out, in, out. I kept saying this in my head as I gradually started to approach the woman in front of me. The pack was huge, and everyone was budging to get ahead of his or her neighbor. I came upon the bike transition area quicker than I had imagined. Was 2 miles over already?

Spectators were cheering for their friends and family who were competing. The announcer stated our names and numbers as we approached our bikes. After running Claire out of the transition zone and passing the mount/dismount line, I slipped my feet into my race shoes and clipped them into my bike.

Through the first few miles, I noticed I was flying. I could feel my training paying off during the race. I passed quite a few people and soon enough my confidence was extremely high. I was pretty sure I was even in front of Brian.

Mile 17 passed and now I was on mile 18. Only 7 more miles to go; Claire was pulling me through this race. I could sense both of us feeling strong. I took a turn behind me and saw no one. I figured the race was pretty spread out at this point. I turned back to the front of my bike, and I was gliding on a flat country road, going about 20 miles per hour. It was hot, but there was a breeze, and I saw the true beauty of the world around me. The country road in front of me went for miles, and the sun beat down on the cows in the field on my right. I examined the scenery around me while my thighs felt like they were going to explode. I noticed beauty when my calves were shaking, and I was out of breath. Sweat was dripping onto my eyebrows, just shy of touching my eyelashes. I was competing in this race, and I felt like that little girl my dad remembered from years

I felt as if I knew what biking really meant to me for the first time. I ride for adventure. I ride because a bike can take you anywhere. I ride to feel free. In mile 18, I realized that I would finish this race, and I would finish well. But, it's not even about finishing. It's about riding. It's about feeling free. Through these hills of my hometown to the hills of a new place, I can only wonder where my bike and this road to freedom will take me next.

To read other articles by Alexandra Tyminski visit the authors section of emmitsburg.net.



<u>AUGUST BANDS</u>

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- DJ Soularize Aug. 9

- TBA Aug. 10

Aug. 16-17 - Redline

Aug. 23-24 - Phipps the 3rd

Aug. 30-31 - TBA

CATOCTIN VOICES

Poetry near and far

L. Claire Cantwell

 $R_{
m 40\ years.}$ I had the pleasure to visit Paris again after girl taking in such eye- pleasing sites as The Louvre, Montmartre, Versailles and the imposing Notre Dame cathedral. However, this time was very different. Being in the city of lights still tempted me with sightseeing desires, but there was a stronger yearning to just move easily about the streets, sip espresso in colorful cafés, stroll the lush lawns of Parisian parks and rest quietly within the massive expanse of a 1,-000 year old church.

While there, I accompanied my husband to a conference on humanitarian issues. We had an amazing opportunity to encourage a foreign people who hope to restore democratic government to their homeland. We were also able to visit a dear friend and his family that had been our guests the summer before. I'd met them on a social networking site. The husband and father, Dan Ar Wern, is a writer of fiction and his poetry is being featured in the column this month.

I might add that while social networking has its drawbacks, for purposes of this column at least, it has been a precious resource. Another poet I met on a professional networking site, Scott Hastie, hails from the Hertfordshire countryside of England. He was more than enthusiastic about submitting his musings on relationships and landscape to this newspaper devoted to not only news, but the literary arts. Lastly, Christin Taylor, shared her poetry one Sunday back in December at the church I attend. Her piece was so moving. I was thrilled to hear poetry spoken in the sanctuary, like some holy verse, but from her inspired heart. She graciously consented to sending in two poems.

So this month's poetry is from Paris, England and nearby Pennsylvania. I hope this column's readers will agree all of these voices have a way with words that speak directly to hearts, mind and souls with familiar ease. As the Brits would say, this poetry is "spot on"!

My Love Scott Hastie

Whatever joys come our way, The road ahead will be a hard one. Your kinship is precious, Like sweet molasses, Fuel for my journey.

Sometimes returning, Battered and bruised I admit, My basket is full of Fresh hewn promises, Chiseled out and polished in hope.

And with all my dreams too Of what could come true, Of what my labours long to proffer

You know I give you my love, as best

Together we live to the point of tears, I wouldn't want it any other way.

Bulstrode

Scott Hastie

Soft shapes and slips in the landscape Speak of times long gone by.

All the footsteps before you Discern a definite line, a course to follow.

And, witness to the power and patronage of the past, This way leads up and over, across the hillside, To a close kept garden, ages old.

A garden of faith, a garden of trust freely given That shelters its carefully tended secrets well.

Here, edged by the big bushy bright colours Of tumbling exotic flora, Or bathed beneath the trained canopies Of handsome foreign trees, Patches and eddies of personal presence Reverberate and linger still.

Ripples in time and across the centuries, Cast in both sunlit and shadowed vistas, Reveal a visible spiritual tapestry. An intricate lattice work of all energies, Whether selfless or not, spent and given here.

A redolent memory, a lesson.

A bequest from the countless ambitious souls Some iridescent now, Others so dark and lost still,

That have passed through this charmed place On their timeless journey before us.

(Scott Hastie is a British born poet who has seven titles in print, including a novel and three collections of poetry. In recent years, the spiritual tone in his maturing poetic voice is starting to draw increasing acclaim and attention from a worldwide audience. www.scotthastie.com)

Where Dreams Have Gone Dan Ar Wern (Translated from French)

To Saint Elizabeth Ann Seton (1774-1821)



In memory of a visit to Emmitsburg, MD (USA) "The Lord is my Shepherd, I shall not be in want. . . He leads me beside still waters. . . "

Psalm 23

How does it feel to be alone in the land of Mary Lost by someone Who won't come anymore?

Don't tell me it's not worth a doctor. . .

Thus were the colors on her umbrella, Wild silk flowers in a holy garden Memory graven Our sweet conversations Fallen silent Smile of a child, flags all around Fifteen stars upon She's gone. . .*

And it's an angel who suddenly woke me, As a solitary bird flyin' so blithely, If not for you, my dear, what should be all the rest? If not for you, where is my nest?

I'd rather sing it quite more simply, Like all the sails that ever went to sea, Many stars upon, Where my dreams have gone.

(*Mother Seton lost her daughter, Anna, on March 12, 1812) (Dan Ar Wern is a teacher, novelist and poet living in France. He visited Emmitsburg and the Seton Shrine during the summer of 2011. http://danarwern.over-blog.net/)



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COOKING WITH LOVE

Summer salads

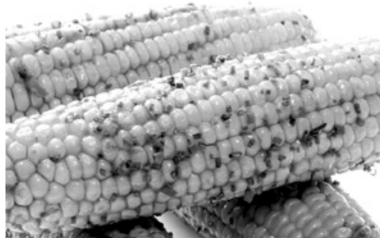
Brooke Hagerty Chef/Owner Gunner's Grille at Taneytown

The dog days of August are upon L us so that means that cooking in a hot kitchen is definitely not high on anyone's priority list. Summer salads, no cook dinners and outdoor grilling become staples for most everyone. I am always amazed by the summer and the different items that we turn into a meal. For example, my lunch today, Watermelon Salad with local honey and mint. (Recipe to follow)

Living in what I like to call God's

country we are fortunate to have not only local produce but local beef and chicken farms on just about every corner. The farms in both Carroll and Frederick counties offer a plethora of choices in that many farms sell direct from the farm or at area Farmer's Markets. This month we will focus on items that are readily available at most markets in the area.

First and foremost in the area right now is corn. This summer has been a great season for corn with all of the rain and shall we say slightly steamy temperatures. Corn is such a diverse dish and can be served in so many different ways. For me the ideal corn is on the cob and grilled. Simply pull back the husk (leaving attached), remove the silk and return the husk back up over the corn. Soak the corn in water (completely submerged) for a minimum of 15 minutes or a maximum of 3 days. Place on a hot grill and let the fire do the rest of the work for you. You will need to turn 1/4 way about every 3-4 minutes, just until you get the steam rolling completely through the husk. The sugars from the corn accompanied by the open flame scream HELLO SUM-MER! Sprinkle with lemon pepper for a great side dish. Most folks like butter on their corn, so why not kick your butter up a notch....melt some butter and add your favorite fresh herb to it. Just rough chop your herb choice and whisk it right in with the butter and either dip your corn in or use a baster to spread it on. You can also brush with butter before you put the corn on the grill; this will add a rich golden flavor and color to the corn. Let's just say you have some leftover corn and are looking for something to do with it. Why not make sautéed corn with peppers and basil. Using a knife or a corn cobber, cut the kernels off your raw or previously grilled corn.



Rough chop some peppers (any color you like) and chiffonade some basil (roll a couple of leaves like a cigar and slice into thin strips. Heat a sauté pan and add a bit of butter or extra virgin olive oil. Once heated add corn and peppers and lightly toss. Allow to crisp up for about 3 minutes, turn off heat and add basil, salt and pepper to taste. And if you have been reading my previous articles you know that I use lemon pepper and truffle salt. This is a great side dish and oh so easy to prepare!

Watermelons are also coming into season and while they might not be grown in abundance around here, our friends on the Eastern shore are more than happy to send them to our local farmer's to sell at the markets. While most of love a nice slice of watermelon sometimes you just

want to kick it up a notch! This Watermelon salad will definitely do that for you! It is very simple. Cut up a watermelon into bite size cubes and place in a bowl large enough for you to get your hands into. Drizzle honey (preferably local honey to aid your allergies) over top of melon and toss in some fresh mint leaves. Hand mix so as to not bruise the melon or mint. Refrigerate for 15 minutes and serve. This recipe works well with cantaloupe as well or you can even mix the two to add an extra dimension to the dish. Another watermelon salad that I served at the restaurant earlier this summer was made of both red and yellow watermelons. It also included jalapeno peppers, just to add a little twist to the dish. Cube the melons (or you can use a melon baller) and place in a large bowl. Fine dice your jalapeno, with seeds removed for less heat, and toss with melon. Thinly slice a red onion and toss again. Add Swiss chard (a leafy green readily available at the Taneytown Farmers Market) and season to taste with lemon pepper and truffle salt. Refrigerate for 15 minutes and serve. You can also make this recipe without the jalapeno and it tastes great as well. Just like all food, spice is subjective...use what you like in the increments you like.

Next month the kids are back in school. We will focus on healthy brown bag lunches that will leave your kids begging for more!

As always, if you have an idea for an article or have any questions do not hesitate to contact me anytime at brooke@gunnersgrille.com or 410.756.1080.

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COMMUNITY NOTES

Emmitsburg Heritage Days celebration recap

Jennifer Joy

Tf you were on vacation on June 129th, then you missed a great festival in Emmitsburg. This year Emmitsburg's "hometown" annual celebration was quite a change from the usual event it has been for the past 32 years by making the Civil War a centerpiece for the whole event. Emmitsburg's Community Heritage Day was a truly collaborative event with the involvement of many of the town's civic organizations and institutions coming together to provide visitors and residence alike with historic exhibits and tours of the town and area museums.

The day wasn't only about history. Many family friendly activities were provided. The Emmitsburg Lions club provided old-time field games (greased pig chase, sack races, watermelon eating contest), organized the annual parade through town, and of course sold their famous barbeque chicken dinners; The Vigilant Hose Auxiliary hosted its annual fund raising breakfast; the Emmitsburg Baseball & Softball League hosted a Car, Truck, and Motorcycle show; the Knights of Columbus Bruté Council hosted a day of entertainment at the bandstand; the Frederick County Sheriff's Office sponsored its annual Deputy Bike Ride; The EBPA provided the Fireworks; and, there were over 60 vendors/crafters, craftsmen, and re-enactors to visit.

The old-time field games were particularly well attended and the competitors were very determined to show their best game-face. Always a favorite, the greased pig chase had many competitors. The greased pig chase winners were: (age up to 6) Jack Scaczello, (age 7-11) Jacob Wilson, (age 12-16) Jacob Daywalt, and, (age 17 and up) Carey Welch.

The fun did not stop there as the sack races were extremely competitive this year as well. The first place and second place winners this year are as follows: Sack





Races Single: (Age up to 4) Payton Myles (1st) and Erin Smith (2nd); (Age 5-8) Wesley Hahn(1st) and Joshua Hahn(2nd); (Age 9-12) Kyle Buchheister (1st) and Jacob Wilson(2nd); (Age 13- 16) David Sheilds (1st) & Matt Benjamin(2nd); and (Age 17 and up) Bobby Knox(1st) and Jared Suit(2nd). Sack Races Doubles: (Age 5-8) Deondre & Adrian Febus (1st) Wesley & Joshua Hahn (2nd); (Age 9-12) Josh Maze & Mason Joy (1st) Maksanna Stambaugh & Madison Flohr (2nd); (Age 13-16) David Shields & Matt Benjamin (1st) Michael Donahue & Jack McCarthy (2nd); (Age 17 and up) Alexis Love & Bridget McCarthy (1st) Mary & Bobby Knox (2nd)

Other competitive games like

the pie-eating contest and watermelon eating contest had winners as well. Pie eating winners were: (Age up to 4) Charlie Scarzello (1st) and Lacie Hughes (2nd); (Age 5-8) Matthew Knox (1st) and Adrian Febus (2nd); (Age 9-12) Madison Flohr (1st) and Kylie Younkins (2nd); (Age 12-16) Jack McCarthy (1st) and Jacob Daywalt (2nd); (Age 17 and up) Bobby Knox (1st) and Elizabeth Hoover (2nd). Watermelon eating winners were: (Age up to 4) Brooke Shriner (1st) and Charlie Scarzello (2nd); (Age 5 -8) Jack Scarzello (1st) and Matthew Knox (2nd); (Age 9 - 12) Madison Flohr (1st) and McKenzie Kales (2nd); (Age 13-16) Jack McCarthy (1st) and Lucy Crampton (2nd); (Age 17 and up) Justin Dawson (1st)

and April Stockman (2nd).

Finally, we saw winners in the Casting Contest as follows: (Age up to 4) Charlie Scarzello (1st); (Age 5 -8) Matthew Knox (1st); (Age 9 - 12) Jacob Smith (1st) and Cheyene Moser (2nd); (age 13-16) Austin Staley (1st); and, (17 and up) Matt Knox (1st).

The bandstand, sponsored by the Knights of Columbus Bruté Council, was busy all day with entertainment from the Home Comfort Band, the Frederick School of Rock, the Silver Lining Band, and As of Tuesday. The Catoctin Mountain players cast of "Into the Woods" (see story on page 35) also performed. These entertainers all volunteer their talents on behalf of the festival and we can't thank them enough for their efforts. The Heritage Day committee and the Knights thank 'As of Tuesday' for the use of their quality sound equipment as it made the bandstand sound better than ever!

The memorial program was well attended and featured a presentation on the Great Fire of Emmitsburg. During the memorial program the winners of the Emmitsburg Lions Club three college scholarships were announced. This year's recipients were Steven Swanson, Parker Rohrbaugh, and Robin Wivell. Each received \$1,000 for college of their chocie. All proceeds and donations from this year's community festival will go to fund next year's awards.

The day's weather was perfect until later in the evening. As the town parade and memorial program went as planned, clouds threatened to the west and east of town but remained clear over Emmitsburg.

Around 8:30pm a major thunderstorm brought torrential rain, which delayed the fireworks until about 10pm when a brief break in the rain allowed them to take place. Residents and visitors enjoyed the fireworks display and applause was heard all over town as people viewed the spectacle from under umbrellas or in their garages. Almost as soon as the fireworks ended heavy rains began again. "It was almost like the weather waited for our fireworks to finish before it started up again," commented Rianna Joy.

The Community Heritage Day committee has already met again in anticipation for next year. "We hope that this year was a good start on a festival we plan to continue to expand upon and improve," added Jennifer Joy, "We need more participation from the Emmitsburg residents for this event to be a success and welcome anyone who wants to help us with preparing for next year." To be a part of planning next year's Community Heritage Day please contact Jennifer Joy at eburgheritagedays@ gmail.com or call 301-447-6467.



COMPLEMENTARY CORNER

Cooling summer recipes

Feeling hot, hot hot? The Summer season in Traditional Chinese Medicine (TCM) is associated with the Fire Element, one of the Five Elements (see previous articles on the Five Elements within TCM). The climate associated with the Fire Element and the Summer season is HEAT. How are you staying cool during these warm summer months? Eating ice cream, drinking cold drinks, and staying inside with the air conditioning? Consider eating some foods based on the TCM perspective of how to cool the body.

In TCM, foods are classified according to its energetic essences (or energetic qualities of temperature, taste, and ability to moisten and strengthen the body), and are supporting to us in many ways. For example, some foods are warming. Have you ever eaten a dish that had cayenne pepper as an ingredient? You might have become warm, and may have even sweated. In TCM, cayenne has a warming essence. It can be used to help warm the body when it is cold. Foods that are cooling can clear heat and help to generate body fluids.

What foods can help to keep you cool all summer long? There are plenty of seasonal fruits and vegetables that are light and cooling. The following fruits and veg-



etables will help your body stay cool and protect you during the long, hot summer days: Watermelon, Apricots, Peaches, Pears, Asparagus, Bamboo, Broccoli, Cabbage, Corn, Cucumber, White mushroom, Spinach, Summer squash, Watercress, Cilantro, Mint, and Dill (to name a few).

It is no accident that Watermelon is the first fruit on the list. This favorite summertime fruit has a cool essence that can help decrease internal heat and relieve thirst. There are many ways to eat Watermelon! Try juicing Watermelon - be sure to include some of the white and green parts of the rind. Just cut up the pieces into small chunks and put them in the blender. This is a wonderful cooling beverage on a hot day. Here are two more wonderful Watermelon Recipes and other recipes to help cool you during the summer heat (from Nan Lu, OMD of the TCM World Foundation, at www.tcmworld.org).

1. Watermelon Delight Ingredients

- Watermelon, bite-sized chunks cut close to the rind
- Scallion
- Salt
- Mushroom seasoning
- 1 teaspoon of sugar
- 1 tablespoon of dark soy sauce
- Grapeseed oil for cooking Preparation:

For this recipe you will be cutting close to the rind of the melon. Cut the dark green skin off the watermelon, keeping some of the white and some of the red fruit. Heat the oil in a wok or skillet. Add a dash of salt and the white part of a scallion, and the watermelon chunks. Stir these ingredients for a minute or so, and then add the sugar and the mushroom seasoning. Stir another minute and add the dark soy sauce. Stir-fry until the watermelon is translucent. Serve warm on a platter.

2. Cooked Watermelon Rind Ingredients:

- 2 teaspoons safflower oil
- 3-4 chopped scallions, separate the white and green parts
- 2 cups of the white part of the watermelon rind, cut into 1-inch cubes
- ½ teaspoon fresh ginger root, sliced
- 1 teaspoon soy sauce Preparation:

Heat the wok or skillet until very hot, and then add oil. Add the white part of the scallions and cook until tender. Add the watermelon cubes and ginger. Stirfry until the watermelon begins to sweat heavily. Add soy sauce and green part of scallions. Stir-fry for another minute, and then serve.

3. Nan Lu's Cucumber Salad Ingredients:

- Cucumbers Carrot
- Garlic
- 1 teaspoon of sugar
- Mushroom extract
- Vinegar
- A drizzle of sesame oil

Preparation:

Peel and cut the cucumbers lengthwise in quarters, remove the seeds, and

then cut in diagonal slices. Add to the serving bowl a julienne carrot (for color) or substitute a thinly sliced red pepper. Add the salt, sugar and chopped garlic. Shake to mix. Add the vinegar, mushroom extract, and shake to mix. Taste for added salt or vinegar. Refrigerate for 20 minutes. Add a drizzle of toasted sesame oil just prior to serving.

4. Delicious Baked Pears

Ingredients:

- 4 pears, cut in half and cored
- 1 tablespoon of butter
- 2 tablespoons of honey
- 1 tablespoon of maple syrup (optional)
- 2 to 3 teaspoons of cinnamon
- A handful of raisins

Preparation:

Preheat the oven to 375 degrees. Coat a baking dish with butter and arrange the cut pears skin side down. Sprinkle the honey, maple syrup, cinnamon and raisins on top of pears. Bake the pears in a 375-degree oven for 30 to 40 minutes, or until the pears

Finally, what can you do if you have sunburn? Watermelon is not JUST FOR EATING! Watermelon is an important healing food in TCM, and can be used topically on the skin for overexposure to the sun!

5. Watermelon Sunburn Cooler Ingredients:

Half a dozen large-sized slices of fresh watermelon (or more)

Preparation:

Simply juice the watermelon and wash it over the burned skin, providing cooling relief and promoting healing. Make extra juice and drink a glass or two as well!

Renee Lehman is a licensed acupuncturist and physical therapist with over 25 years of health care experience. Her office is located at 249B York Street in Gettysburg, PA. She can be reached at 717-752-5728.



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Keep Moving

Exercise vs. Medication

Linda Stultz **Certified Fitness Trainer Therapist**

Sometimes you know you should go for a walk but a nagging headache changes your mind. Well, think again before you decide not to go. Depending on the type of headache you have, walking could be just the answer. A stress or tension headache can actually be eased and may even disappear completely during a walk. Getting your blood pumping will do one of two things. It will either take the headache away or make it noticeably worse. The problem is not knowing which will happen this time. Most of the time exercise will help because you are concentrating on your walk and what you are seeing or talking about with your walking partner and you tend to forget about your headache. Suddenly, when you do remember it, it's gone.

If you have frequent headaches and can't determine what is causing them, contact your doctor. Headaches can be caused by many different stimuli. One cause of frequent headaches is allergies to food. Many people can not use artificial sweeteners. I used them for years and my headaches slowly got worse and worse. Trying to determine what was causing my headaches, I decreased my variety of foods. Since my body was cleansed of different food types, I slowly incorporated back what I normally ate and to my surprise discovered that the sweetener was the cause of my headaches. A very, very big problem solved by cutting out one thing. Foods, odors, sounds and even colors can cause headaches for some people. Try to solve your headache problem by conducting some simple tests yourself, but if that doesn't work, call your doctor. I now have my life back and it makes such a difference living headache free.

Sharing your personal experience or solution to headaches or other ailments can help someone else. That's why I felt it was so important to write this article. If I had only known years ago, I would not have suffered with headaches for so long. The answer to your headache or other ailment may also be the answer for someone else. Tell your friends and family if you have discovered something like I did. It may be just what somebody needs to get their life back and feel good again. Once they do feel like themselves again, they can concentrate on their family and a long, healthy life with them. Exercise is a drug free way to improve your aches and pains and you may be pleasantly surprised that it may prevent some problems as well as take them away for good. Everyone is bound to have some pain in their life but if exercise and activity can improve how you feel it is so much safer than using a medication. Try the natural way of relieving pain but remember that sometimes you do need to talk with your doctor and possibly take some type of medicine. Hopefully, if you do need medication you can combine exercise with it to im-



prove your lifestyle and overall health.

There can be many other causes for headaches or other body pain but exercise can help with many of them. Getting your body moving and helping your muscles relax and become more flexible is a really big help. Tight muscles can cause tension headaches, neck or back pain, leg and even foot problems. Getting the blood flowing and acids moving through your muscles can get the toxic build up out of your body and give you a better quality of life. One of my clients told me that since she started exercising regularly she hardly ever has a headache. I am pleased that the exercise helped and that she shared this information with me so I can hopefully help others suffering from headaches or other pain. I

know exercise is hard to work into your busy schedule but once you do you wouldn't know how you lived without it. Talk to a friend or family member and set a date to get started. Talk to your doctor first if you have health problems. If you do not have any apparent problems, start slowly and in a short time you will look forward to your walks and sharing your day with your walking partner.

If you have any questions, please call 717-334-6009. Fitness means your total wellness. Sometimes fitness trainers can help you or we can direct you to someone who can help. That's what we are here for. Remember Keep Moving!!

If you have any questions, please call me at 717-334-6009.

Fitness Matters

Expert answers to your health and wellness questions

George Puvel Anytime Fitness Owner

Question: I'm curious what dietary changes I should make in order to stave off heart disease? Just trying to be proactive rather than reactive!

Answer: First of all, kudos for focusing on prevention! As far as diet is concerned, there are definitely some modifications you can make, but to be honest, they aren't all that new. For starters, you could try following the DASH diet, which stands for Dietary Approaches to Stop Hypertension. This diet focuses on specific amounts of fruits, vegetables, whole grains, low-fat dairy products, and lean proteins. Sounds pretty healthy, right? In fact, the diet has been shown to reduce hypertension, and can also decrease the risk of heart disease and stroke over time. But even if you don't follow a comprehensive diet, you should still try to limit your sodium intake, reduce your intake of saturated and trans fats, moderate your alcohol consumption (no more than 2 drinks per day for men and 1 drink per day for women), and increase your intake of omega-3 fatty acids. All of these changes will go a long way in helping to protect your heart, and the rest of your cardiovascular system. If you want additional information, check out the American Heart Association website, www.americanheart. org, or consult with a registered dietitian.

Question: I lift 5 days per week consistently, but my strength gains have flat-lined. How do I continue to get stronger? I don't think I can lift any more than I am right now. Help!

Answer: I don't really have much information to go on here, but let's see if I can provide some insight. First of all, there's the distinct possibility that you're working out too much. Maybe your volume (the combination of sets and reps) is too high—a common problem for those looking to gain strength as quickly as possible. And how long has it been since you've taken some time off to allow your body to fully recuperate from the stress of exercise? Some much-needed rest may do the trick, and amazingly, people often come back even stronger. I also wonder if you're changing up your workouts enough. Many people get into the habit of using machines or free weights, but then never gravitate toward other forms of exercise. Cables, tubing, bands, kettlebells, medicine balls, and even bodyweight exercises can all increase strength, so you should try to change up your routine regularly. Lastly, you have to remember that strength doesn't just increase exponentially on a continual basis. There is a threshold that you'll reach at some point, and you could be there already. If you feel like you need help with your current program, talk to a certified personal trainer.

Ouestion: I see quite a few advertisements for multivitamins these days, but I've never really thought about taking one. Now that I'm the big 4-0, I'm focusing more on my health. Do you think taking a multi is a good idea?

Answer: In a word...yes! Nobody follows a "perfect" diet, so taking one makes sense. There are actually a number of health organizations that currently recommend multivitamin/ mineral (MVI) supplements for all individuals. I like to think of an MVI as insurance. You pay insurance for your house and your car, so why not take a multi to ensure that you're getting all the nutrients you need to function and feel well? After all, there's really no downside to taking one. In most cases, your body will use what it needs, and will eliminate what it doesn't. The hard part is finding the right supplement. You should look for an MVI that is broad-spectrum, meaning it has a comprehensive list of essential nutrients that your body needs on a daily basis. You also want to make sure that the one you take includes these nutrients at functional dosages, which means that the ingredient levels actually affect your health in a beneficial way. Unfortunately, many of the

most popular MVI's only contain the Recommended Dietary Allowances, which are nutrient levels designed to prevent deficiency diseases, not necessarily enhance health. You should also look for products that are manufactured by reputable companies that follow good manufacturing practices and FDA regulations. There are plenty of wellformulated products on the mar-

one that's right for you, contact a registered dietitian.

About the author: George Puvel is the Club Owner. To submit a question for future articles, please contact the author at ThurmontMD@anytimefitness.com.

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ASTRONOMY

The night sky of August

Professor Wayne Wooten

Cor August 2013, the waning crescent moon passes four degrees south of Jupiter in the dawn skies on August 3rd, and then five degrees south of Mars on August 4th. The thin crescent sits 4 degrees south of Mercury on August 5th, and the moon is new on August 6th. The waxing crescent moon passes 5 degrees south of Venus in the evening twilight on August 9th, and will be setting well before midnight on August 12th, when the Perseid meteor shower peaks with about a meteor a minute out of the NE from midnight until dawn. The waxing crescent moon passes three degrees south of Saturn on August 13th, and is first quarter the following evening. The moon is full, the Green Corn Moon in American Indian tradition, on August 21st. The last quarter moon rises about midnight on August 28th, and passes five degrees south of Jupiter in the dawn sky on August 31st.

Mercury will be briefly visible in the morning sky in the first week of August, but vanishes behind the sun by mid August. Venus continues to dominate the evening sky, but is still on the far side of the sun, appearing as a bright, featureless gibbous disk in the telescope this month. Saturn is higher in the



The Lagoon Nebula, M-8, in Scorpions tail, is a stellar nursery ablaze with new stars and streamers of gas and dust blown about in their energetic births

SW sky, just east of bright Spica in Virgo. Enjoy the rings, now 17 degree open and tilted toward earth and sun; the most beautiful planet falls closer to the western horizon each evening, to be lost in the sun's glare in September. Jupiter is now in the morning sky in Gemini, rising about 3 AM at midmonth, and Mars is even farther east in Cancer in the dawn sky.

The Big Dipper rides high in

the NW at sunset, but falls lower each evening. Good scouts know to take its leading pointers north to Polaris, the famed Pole Star. For us, it sits 30 degrees (our latitude) high in the north, while the rotating earth beneath makes all the other celestial bodies spin around it from east to west.

Taking the arc in the Dipper's handle, we "arc" SE to bright orange Arcturus, the brightest star of Spring. Cooler than our yellow Sun, and much poorer in heavy elements, some believe its strange motion reveals it to be an invading star from another smaller galaxy, now colliding with the Milky Way in Sagittarius in the summer sky. Moving almost perpendicular to the plane of our Milky Way, Arcturus was the first star in the sky where its proper motion across the historic sky was noted, by Edmund Halley.

Spike south to Spica, the hot blue star in Virgo. Look for Saturn to the upper right of Spica, and drawing closer to it night by night as Saturn revolves around the sun in its slow 30 year orbit. From Spica curve to Corvus the Crow, a four sided grouping. It is above Corvus, in the arms of Virgo, where our large scopes will show members of the Virgo Supercluster, a swarm of over a thousand galaxies about 50 million light years away from us.

Hercules is overhead, with the nice globular cluster M-13 marked on your sky map and visible in binocs. It is faintly visible with the naked eye under dark sky conditions, and among the best binoc objects on the map back page when you download the SkyMap pdf file.

The brightest star of the northern hemisphere, Vega dominates the NE sky. Binoculars reveal the small star just to the NE of Vega, epsilon Lyrae, as a nice double. Larger telescopes at 150X reveal each of this pair is another close double, hence its nickname, the "double double"...a fine sight under steady sky conditions.

Below Vega are the two bright

stars of the Summer Triangle; Deneb is at the top of the Northern Cross, known as Cygnus the Swan to the Romans. It is one of the most luminous stars in our Galaxy, about 50,000 times brighter than our Sun. To the south is Altair, the brightest star of Aquila the Eagle. If you scan the Milky Way with binocs or a small spotting scope between Altair and Deneb, you will find many nice open star clusters and also a lot of dark nebulae, the dust clouds from which new stars will be born in the future

To the south, Antares rises about the same time in Scorpius. It appears reddish (its Greek name means rival of Ares or Mars to the Latins) because it is half as hot as our yellow Sun; it is bright because it is a bloated red supergiant, big enough to swallow up our solar system all the way out to Saturn's orbit! Just above the tail of the Scorpion are two fine naked eye star clusters, M-7 (discovered by Ptolemy and included in his catalog about 200 AD) and M-6, making one of the best binocular views in the sky. Your binoculars are ideally suited to reveal many fine open star clusters and nebulae in this region of our Galaxy.

East of the Scorpion's tail is the teapot shape of Sagittarius, which marks the heart of our Milky Way galaxy. Looking like a cloud of steam coming out of the teapot's spout is the fine Lagoon Nebula, M-8, easily visible with the naked eye. This stellar nursery is ablaze with new stars and steamers of gas and dust blown about in their energetic births. Our image this month reveals the beauty and turbulence associated with the birth of new stars. In the same binocular field just north of the Lagoon is M-20, the Trifid Nebula. Just east of the pair is the fine globular cluster M-22, faintly visible to the naked eye and spectacularly resolved in scopes of 8" or larger aperture. It lies just to the upper left of the star that marks the lip of the teapot shape of Sagittarius, so it is easy to spot in binocs as well.

offer that guarantees delivery of The Almanack with no shipping charges for the next 3 years for only \$21. A great deal for a great almanac!

Holidays: Summer is great but it goes by way too quickly! Labor Day (Monday, September 2nd) will be here soon and that signals back to school for many. A great many parents will be relieved.....!

The Garden: To encourage more flowers, azaleas should be trimmed after they bloom in the spring and before the end of August. Schedule grass mowing in the morning or mid-day hours to avoid late afternoon thundershowers (and The Almanack does see some storms in August!). Stop feeding trees and shrubs after mid-August. You don't want to promote new growth that will not have time to fully mature before winter sets in.



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Farmers' Almanac Mid-Atlantic Weather Watch: of Summer" which end on Sun-hot and humid (1,2,3,4) day, August 11th. It has also been

with showers, Storms (5,6). Hazy, hot, and humid (7,8,9,10,11,12) turning cooler with some Storms (13,14). Fair and very warm (15,16) with scattered Storms across the region (17,18). Fair and warm again (19,20,21,22) with more showers and Storms (23,24). Fair and hot (25,26) with still more Storms but much cooler (27,28). Cloudy and humid (29,30) with tropical rains (31).

Tornado Watch: The Almanack sees some possible tornado activity in the Mid-Atlantic Region from August 27th to the 31st.

Full Moon: August's Full Moon will occur on August 31st. It has been most famously referred to as Dog Moon for 'The Dog Days

called Sturgeon Moon because sturgeon season begins in many parts of the world. It has also called Full Ripe Moon or Fruit Moon because of the many summer vegetables and fruits that come ripe at this time and are getting ready to harvest.

Special Notes: The 2014 J. Gruber's Hagerstown Town and Country Almanack will be on newsstands and at popular retailers throughout the Mid-Atlantic Region very soon but you can order your copy right now! Simply go to www.almanack.com and order your 2014 copy on-line and you will get it delivered right to your door after September 1st. And consider taking advantage of our popular 3-year subscription

COMPUTER Q&A

Getting more bang for your buck!

Ayse Stenabaugh

oday technology can be quite the investment! No one ever buys something with the intentions of it failing, but these days it might be a good idea to start thinking that way. Technology is being developed and produced so quickly that manufacturers seem to be placing less emphasis on durability. Printers for example use to be something that lasted 10 years but many of the new printers you buy today will last a few years at best! Unfortunately it is becoming more and more difficult to buy a product that does everything that you want it to be and affordable, and isn't low quality. Read on to learn how you can be tech savvy and get the most value for your dollar!

Research before you buy!

Now before you run to the internet and start looking up reviews let me provide a few tips that will make the process much more valuable. First, you can't just look at the total number of reviews and the rating and expect it to be accurate and here's why! When I look at reviews I immediately look at the lowest ratings first. The majority of the time the reviews tend include people who are reviewing the companies service rather than the products, reviews for products that were broken or not working right out of the box, or people complaining that they don't know how to set-up or use the product because it is too technical for them. Now common sense tells us that the review for a product should be about the product, not the person shipping them, their customer service or anything else along those lines. Technology is not perfect so you can't expect for there not to be a few products that ship from time to time that are not working right out of the box, this happens to businesses too, not just to consumers. In my experience I have read many reviews where the person clearly did not read the instructions or seek any additional help like calling customer service for the product and simply leaves a bad review because THEY can't understand how the product works

or is to be setup! So if you look at reviews look at more than just the obvious when researching a product. Another big tip is to make sure your product is going to do everything you want it to do! For example many people have asked me if a tablet is a good replacement for their PC and the simple answer is always no, a tablet is NOT a PC and if tablets have any plans on replacing PC's, we are still a long way from that kind of drastic change!

What you should know about warranties!

I almost never spend over \$100 on something without purchasing

a warranty because most things I buy these days end up broken way before I feel like I have gotten my money back out of them. Warranties are available through most big retailers including places like Best Buy, Wal-Mart, and Target! I strongly recommend buying a warranty that covers accidental damage for things like Laptops, Televisions, and Cell Phones. In the past I had a Toshiba laptop and had purchased an additional 2 year warranty on it. I did not go with the accidental damage warranty because I felt like I would take good care of it, which I did! A few months after I got the laptop the battery clip broke and the warranty would not cover it even though it was not "damage" done by me. The cost to fix the laptop was more than the accidental warranty would have been!

Whether or not you buy an extended warranty your new product will likely come with a one year warranty. Ensure that you fill out registration and warranty cards and retain your original receipt. Many receipts will fade over time so it is a great idea to scan your receipt into your computer or make a copy for your records. Several times I went to get assistance for a product that came with a warranty and they could not locate any records for my product. Because I had not sent in my warranty card I was unable to receive further assistance.

Authorized Resellers

Just a year and a few months ago I purchased a top of the line 3D plasma television made by Samsung from an online website since they had the best deal available. A month and a half ago the TV went out on me. I contacted Samsung and was surprised that although it was out of warranty they were going to pay for parts and labor this one time for me. To make a long story short they sent the wrong parts twice and were going to refund me for my purchase because they were unable to obtain the correct parts. When I sent in my receipt they found that the place I purchased my TV was not an authorized reseller. I had no clue what this meant except for the fact that Samsung would now do NOTH-ING for me or my TV.

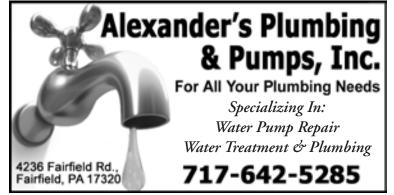
Up until this point I had no clue that there were authorized resellers which meant that they were able to verify that they were selling new TV's and is providing accurate products. Much like buying a knockoff Gucci bag or Rolex watch, counterfeiter same doing the same with technology products. Another downfall of buying through an unauthorized dealer is that the products are already sold once meaning you may not have a valid warranty at all when you buy the products! Additionally, many

authorized dealers have good relationships with the providers which make them much more knowledgeable resulting in a better explanation of the products.

Need Help?

Jester's Computer Tutor provides technology support services in the local Pennsylvania and Maryland area. JCT provides consultations as well as one-on-one technology classes, networking services, and general service calls. Contact Jester's Computer Tutor by phone at (717)435-7563 or via email at help@thecomputertutor.info For more information check the JCT website at www. thecomputertutor.info Feel free to submit a suggestion for next month's article!





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UPCOMING EVENTS

Garden design classes

As a gardener, there is nothing more exciting than to see a garden design that started on paper develop into a living expression of color, texture and space. It's incredible to think about the expanse of knowledge we are exercising when gardening: from the arts to the sciences, to research and physical activity. Gardening is truly all inclusive.

As we enter the fall of the year, we often reflect on our garden - what we did right, and what didn't go so well. For me, August is usually the month that I start to figure out what changes I can make when I can plant again, in September and October. I don't know of a gardener that doesn't tweak their work to make it better, more beautiful, more maintenance free, or whatever the goal. Plants come and go. If we make the right decisions in advance by planning before implementing, our plant selections will thrive longer, and we will enjoy our gardens longer with less frustrations.

This fall we will be offering a Weekend Gardener Series, focusing on specific plant groups and design. We will begin the series on Thursday, September 5 with Basic Garden Design. As with many great gardens, design begins on paper. Thoughts and ideas can be sketched to make the outdoor space flow so the use of the space is enhanced. This basic design class will cover design elements, from conceptual drawings to the finished plan. We will go through the steps of design so you will have the tools you need to create your own garden haven.

Our next class on Thursday, September 12 we will discuss plant selection focusing on shrubs and trees. As with most garden designs, the structure is the most important part, and trees and shrubs become our outdoor structure. We

will talk about different plants, what soil, sun and moisture they need, making your choices a bit easier when plugging the plants into your design. We will talk about specific plant's assets as well as some of the problems that may occur when using specific plant species.

Perennials are the focus on Thursday, September 19. These herbaceous plants become the accents of most gardens, and, although may not be the most important when it comes to structure, they become the plant group we focus on when viewing or living in an outdoor space. You will learn information about specific plants, where they grow, and how to care for them.

We will finish up the series with a class on Specialty Gardens. After use and structure of a garden are determined, we often find niches to fill that require a special touch. Whether it's a water garden, a courtyard, or any other micro-climate that may be created, sometimes insight on the special needs of a site are necessary. We will touch on water gardening and container gardening in this class, along with information on wildlife gardening.

All the classes will be from 6:30pm to 8pm. The fee for each class is \$8.00. You can pick and choose which classes you would like to take or participate in the entire series for a complete overview of ornamental gardening. The classes will be located at the Agricultural and Natural Resource Center, 670 Old Harrisburg Road, Gettysburg. Pre-registration is required; deadline for registration is August 26. For more information call Penn State Extension, Adams County at 334-6271 or email Mary Ann Ryan, mar35@psu.edu.

Rocky Ridge carnival

As summer begins to wind down, there are still plenty of events scheduled in the region to provide activities to entertain the young and

One of those is the annual Rocky Ridge Volunteer Fire Company carnival, which was established around 1957. The carnival will be held at Mount Tabor Park from August 12 to August 17th. The carnival's popular parade, featuring fire trucks from fire companies far and wide, will take place on Wednesday night.

Entertainment for the week will be: Monday-Cake Auction; Tuesday-Catoctin Promise Band; Wednesday-Parade at 7 p.m., Paul Ledford Band; Thursday-Roll the Dice; Friday-Rivers Bend Band; Saturday-CB Pickers.

Rocky Ridge's carnival is a different kind of carnival; it is mostly for good food and fellowship. The only ride they have is a hayride and of course the BIG Slide. They have games, good food and live entertainment. But the carnival is famous for its food offerings.

Events like the firemen's carnival provide an web site at rockyridgevfc.com.



important portion of the Rocky Ridge Fire Company's annual budget. Like other rural communities, Rocky Ridge's firemen's carnival serve as a social gathering place in which to reconnect with area friends, family members and schoolmates.

For additional information visit the Fire Company's

Hollabaugh's Peach Festival

Tollabaugh Bros., a family-farm corpo- college careers at PSU, it was determined that in Tration, sits nestled just south of Bear Mountain in Adams County, Pennsylvania. The farm had its start back in 1955 when identical twin brothers purchased about 200 acres and tried their luck with growing apple trees. Today, the 2^{nd} and 3^{rd} generations work together and farm on nearly 500 acres. They still grow apples, but they now raise a lot more!

When members of the 3rd generation returned to the family farm upon completion of

order to survive and support more family members, the farm needed to diversify. Today the harvest begins with asparagus toward the end of April and ends with Pink Lady apple harvest in November. The months in between are busy with production and harvest of blueberries, raspberries, tomatoes, sweet corn, beans, apricots, plums, peaches – and much more!

To celebrate peaches and the 75 acres grown on the farm, the family now hosts a

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> Website: www.southmountainfair.com



DAILY ACTIVITIES:

Tuesday, August 20, 2013 - **4-H Day**

3:00 p.m. Open Sheep Judging, Show Arena

4:00 p.m. Fair Opens 4:00 p.m. Exhibit Buildings Open

5:30 p.m. 4-H/FFA Market Sheep Judging, Show Arena 6:00 p.m. - 10:00 p.m. Ride Night Special \$16 Armband 7:00 p.m. 4-H/FFA Market Swine Judging, Show Arena

7:30 p.m. Food Auction in the Auditorium to benefit an Adams County Charity

10:00 p.m. Exhibit Buildings Close

Wednesday, August 21, 2013

3:00 p.m. Open Goat Judging, Show Arena

4:00 p.m. Fair Opens 4:00 Exhibit Buildings Open

5:00 p.m. Open Swine Judging, Swine Barn

5:30 p.m. 4-H/FFA Market Goat Judging, Show Arena 6:00 p.m. - 10:00 p.m. Ride Night Special \$16 Armband

6:30 p.m. Horse Pulling Contest, Rear Arena

7:00 p.m. Open Beef Judging, Show Arena

7:30 p.m. Peak 98, Battle of the Bands - Auditorium - FREE

Thursday, August 22, 2013

4:00 p.m. 4-H/FFA Dairy Beef Feeder Calf Judging, Show Arena 4:30 p.m. 4-H/FFA Dairy Beef Finished Steer Judging, Show Arena

4:00 p.m. Fair Opens

4:00 p.m. Exhibit Buildings Open

5:00 p.m. 4-H/FFA Steer Judging, Show Arena

5:00 p.m. - 10:00 p.m. Ride Night Special \$16 Armband

7:30 p.m. Richie Fields - Auditorium - FREE 10:00 p.m. Fireworks Display visible from entire fairgrounds

Friday, August 23, 2013

4:00 p.m. Fair Opens

4:00 p.m. Exhibit Buildings Open

4:00 p.m. South Mountain Tennessee Goat Show

4:00 p.m. - 10:00 p.m. Antique Small Gas Engine Demonstrations Fairgrounds Open To Remove Entries For All Remaining Depts.

4:00 p.m. 4-H/FFA Dairy Judging, Show Arena 5:00 p.m. Dairy Showmanship Judging, Show Arena

6:00 p.m. - 10:00 p.m. Rides Open NO SPECIAL

5:30 p.m. Holstein Dairy Cattle Judging, (Color Breeds), Show Arena

7:30 p.m. Grand Ole Opry Star John Conlee - Auditorium - FREE

Saturday, August 24, 2013

10:00 a.m. South Mountain Myotonic Goat Show 10:00 a.m. Fair Opens

10:00 a.m. - 10:00 p.m. Antique Small Gas Engine Demonstrations

11:00 a.m. Exhibit Buildings Open

1:00 p.m. Chain Saw Carving Show

2:00 p.m. Sheep Shearing/Spinning/Weaving Demonstration 3:00 p.m. South Mountain Falling Fainters Goat Show

3:00 p.m. Chainsaw Carving Show

4:00 p.m. 4-H/FFA Livestock Sale (Steer/Dairy Beef/Goat/Sheep/Swine)

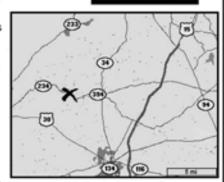
4:30 p.m. Parade Of Antique Farm Equipment

4:00 p.m. - 10:00 p.m. Ride Night Special \$16 Armband 5:30 p.m. Texaco Country Showdown - Auditorium - FREE

7:00 p.m. Pat Garrett - Auditorium - FREE

10:00 p.m. Exhibit Buildings Close - Only Livestock May Be Removed

Sunday, August 25, 2013 - 2:00 p.m. - 4:00 p.m.



Route 234, Adams County, 1 Mile West of Arendtsville, 8 Miles West of Gettysburg

UPCOMING EVENTS

in August. This year the event is slated for August 10 and 11 and boasts all kinds of fun on a non-profit organization is named by Hollabaugh Bros. and portions of the proceeds go toward the organization. This year Bendersville Fire Company has been named as the benefactor. "I believe local volunteer fire companies are one of our communities' best-kept secrets," stated Kay Hollabaugh, one of the owners. These local fire departments work tirelessly for no pay – to keep us all safe and healthy. "It

weekend event – always the 2nd full weekend seems like a small thing we can do – to give and an educational room where they hold conback to them."

The event is held rain or shine and there is the farm for young and old alike! Each year no gate fee. On hand is a food stand, peach ice cream sundaes, wagon rides, a kids' play area and of course - peaches galore! Donations for the Bendersville Fire Company can be mailed to Hollabaugh Bros., or provided the days of the event.

The Hollabaugh family built a new farm market and moved in just one year ago - in mid-June. The farm market boasts a scratch bakery - where they utilize their home-grown fruits and vegetables in final products, an ice cream window,

tinuing education courses and educational farm tours. The market is now open 7 days a week from April through December, with abbreviated hours during the winter months. The Hollabaugh family has chosen as their tag-line - "Generations Growing for You". And indeed they are, as the 4th generation (although still a bit young) have started to play a role in the continuation of the business. For nearly 60 years, the Hollabaugh family has grown high quality fruits and vegetables - just 9 miles north of Gettysburg on Route 34. It's worth the drive – from wherever you are!



August Events

Wednesdays - Mount St. Mary's Jazz at the Fountain. Visit www.msmary. edu for more information

August 2

Community Back to School Party in the Emmitsburg Community Park. Join us for food, games, a moon bounce, and free school supplies. Sponsored by Christ's Community Church in partnership with the Knights of Columbus Brute' Council and the Emmitsburg Council of Churches.

August 4

St. Mary's Church's all you can eat spaghetti dinner, St. Mary's Church, 256 Tract Road, Fairfield. For more information call 717-642-8815

August 6

Mother Seton School Take-a-Tour Tuesday. Call to schedule a personal

visit and receive school information. 301-447-3161 or visit www. mothersetonschool.org.

Carroll Valley National Night Out. See article on page 3 for details.

August 8

Strawberry Hill's Natural Arts & Crafts Summer Series: Pressed Flowers. Nature can be seen in the materials of which many of our possessions are made as well as in many of the arts that we enjoy. If you are interested in learning more about art and its connection to nature, come spend a few hours with us as we teach how to create works of art that are directly connected to, and inspired by, nature. All materials will be provided for one take-home piece per class. For more information call 717-642-5840 or visit www. strawberryhill.org

August 10

Hollabaught Brother's Annual Peach Festival. See article on page 46 for more details

Mt. Tabor Annual Big Picnic at Mt. Tabor Park, Rocky Ridge. Golden Gears Car Show, Baby Show, Soup/ Sandwiches, JR Country Band.

Taneytown's "Concert in the Park" at Taneytown Memorial Park. An evening of great music with an island vive. Wear your tropical shirt and bring a lawn chair! For more information call 410-751-1100 or visit www.taneytown.org

August 12 - 17

The Rocky Ridge Carnival and County Fair. See ad on page 46 for more details.

August 15

a demonstration and talk on floral

design. The meeting will be held at Taneytown Trinity Evangelical Lutheran Church.

August 17

The Emmitsburg Council of Churches' car wash at Seton Center to benefit a drug rehabilitation fund for the Emmitsburg/Thurmont community. Evening service at Seton Center featuring testimony, devotion and music from local bands.

August 20 - 24

The Great South Mountain Fair - see story on page 1 for more details.

August 21

Mount students return to campus!

August 22

Strawberry Hill's Edible Wild Plants. Imagine being stranded in Silver Fancy Garden Club to present the woods with no food. Could you survive? What would you eat and how would you obtain it? This program will teach you how to properly cook and store wild plants for present or future use. For more information call 717-642-5840 or visit www.strawberryhill.org

August 24

St. Anthony Shrine's Cruz-In. \$10 fee to show your car. Top 2 Vehicles will split 1/2 of the gate money. Also available: 50/50 Raffle and door prizes, food, drinks, music. Stop in look at the cars and enjoy the evening with friends. For more information call 240-539-2737.

August 30

Thurmont's Eye Care's Friday Night Lights Main Street Open House. Live music, open bar, local vendors, clowns, moon bounce, 50/50 raffle to support a local group, door prizes and free massage. For more information visit www.thurmonteyecare.com.



MOUNT ST. MARY'S UNIVERSITY

Mount St. Mary's has no strength greater than its people. In the best tradition of DuBois, Bruté, and all of those who have followed in their footsteps, the faculty, administration, and staff of the Mount today exhibit levels of devotion, caring and expertise that are reflected positively in every area of its operations.

TO OUR SERVICE AWARD HONOREES AND **OUR DISTINGUISHED RETIREES, THE REST** OF US SAY WITH GREATEST SINCERITY, "THANKS FOR A JOB WELL DONE."

RETIREES

Samuel C. Eyler, Physical Plant Sarah E. Gebhart, ARAMARK

Thomas W. Ferrebee, Athletics

Gloria J. Krietz, Physical Plant

Nancy A. Ridenour, Physical Plant

Dr. Carmen B. Schmersahl, Communication

Diane M. Shockey, Physical Plant

James D. Stultz, Physical Plant

Dr. Byron L. Stay, Communication Studies Shirley V. Wantz, Physical Plant

SERVICE AWARD HONOREES: THIRTY YEARS OF SERVICE

Douglas S. White, Athletics

TWENTY-FIVE YEARS OF SERVICE

Dr. William G. Forgang, Business/Accounting/ **Economics**

Dr. James S. Krysiek, History

Dr. Danny G. Miles, Science

Rev. John D. Mindling, Seminary

Dr. Teresa P. Rupp, History

Dr. Michael G. Sollenberger, Language Philip B. Valentine, ARAMARK

TWENTY YEARS OF SERVICE

Julie A. Kerr, ARAMARK

Susan D. Willard, ARAMARK

FIFTEEN YEARS OF SERVICE

Mary S. Bender, Provost's Office

Dr. Karl W. Einolf, Richard J. Bolte, Sr. School of Business

Mary Catherine G. James, Admissions David W. Joy, ARAMARK

Dr. David M. McCarthy, Theology

TEN YEARS OF SERVICE

Dr. William A. Bales, Seminary

Dr. Rosina H. Bolen, Science

Brenda L. Curtis, Health Services

Dr. Michael S. Epstein, Science

Ronald D. Franck, Sr., ARAMARK

Mary C. Graubner, Student Affairs

Deborah L. Guzinski, Institutional Research

Cynthia M. Kokoski, College of Liberal Arts

Marvin E. (Buzz) Miller, ARAMARK

Dr. Michael R. Miller, Philosophy

Fawn R. O'Hara, Communications

Dr. Marco D. Roman, Language

Professor Roxanne S. Roman, Language

Karon L. Shorb, Math & Computer Science and Psychology

Lois A. Short, ARAMARK

Dr. Andrea Solis, Science

Judy A. Strike, Athletics

Ana D. Ulrich, Library

Mark D. Vandergrift, Athletics

Michelle E. Venzin, Visual & Performing Arts

WELCOME TO OUR NEW EMPLOYEES

Dr. Emil Berendt, Business/Accounting/ Economics, Assistant Professor

Erika Butts, Communications Office, Administrative Assistant

William Davies, Business & Finance, Vice President for Business & Finance

Frank Diaz, Public Safety, Patrol Officer/ Dispatcher

Jeffrey Diritto, Athletics, Strength and Conditioning Coach

Dr. Karen Lurkhur, English, Lecturer Professor Caitlin Fass, Psychology, Lecturer Kathy Fissel, Accounting and Finance, Senior

Accounting Manager Milton Frech, Public Safety, Patrol Officer/ Dispatcher

Naomi Frederick-Ruth, Career Center, Administrative Assistant

Professor Jamie Gianoutsos, History, Lecturer Clare Glaulin, Education, Administrative Assistant

Jonathon Hager, Campus Recreation, Assistant Director of Campus Recreation/Intramural/

Joseph Hallinan, Campus Recreation, Campus Recreational Facility Supervisor, Part-Time

Dr. John Hersey, Philosophy, Assistant Professor

Kimberly Hess, Campus Ministry, Director of Music Ministry, Part-Time

John Hoffman, Athletics, Head Athletic

Brendan Johnson, Campus Ministry, Campus Ministry Associate

Caroline Kenwell, Admissions, Admissions

Christy Keys, Registrar, Assistant Registrar Joshua Keys, Athletics, Assistant Women's Basketball Coach

Justin King, Public Safety, Patrol Officer/ Dispatcher

Christopher Lewis, Information Technology, Programmer/Analyst

Donald Lind, Athletics, Assistant Men's Basketball Coach

Matthew Marlowe, Campus Activities,

Assistant Director of Campus Activities Rev. Anthony Mastroeni, Seminary, Assistant

Professor

Matthew Mastromatteo, Admissions, Admissions Counselor

Aaron Murphy, Library, Special Collection/ **Evening Services Manager**

Professor Robert Nickey III, Business/ Accounting/ Economics, Lecturer

Veronica Nieves, Public Safety, Patrol Officer/ Dispatcher

Brody Norman, Public Safety, Patrol Officer/ Dispatcher

Professor Gabrielle Parkin, English, Lecturer Rev. William Prospero, Seminary, Assistant Spiritual Director

Michael Rath, Annual Giving, Assistant Director of Annual Giving

Justin Roderick, Campus Recreation, Recreational Facilities Supervisor, Part-time

Dr. Jennifer Rosato, Philosophy, Assistant Professor

Joy Shaw, Public Safety, Patrol Officer/ Dispatcher

Dr. Jonathan Slezak, Psychology, Assistant Professor

Lori Stewart, Grotto, Director of the Grotto Dr. Charles Strauss, History, Assistant

Dr. Michael Turner, Science, Visiting Assistant Professor

Tricia Walmsley, Residence Life, Assistant Director of Residence Life

Professor Morgan Wilson, Business/ Accounting/ Economics, Assistant Professor

Courtney Zingle, Athletics, Assistant Softball Coach, Part-Time

CALENDAR OF EVENTS

GRADUATE BUSINESS PROGRAMS INFORMATION SESSION

Tuesday, Aug. 13 4-6 p.m.

Mount St. Mary's Frederick Campus, 5350 Spectrum Drive, Frederick

Learn more about our graduatelevel business degree and certificate

programs. You can even get your MBA in one year in our Emerging Leaders Program! Classes are held at both the Emmitsburg and Frederick campuses.

OPENING DAY PICNIC (EMPLOYEES)

Thursday, Aug. 15

NEW STUDENT ORIENTATION BEGINS Sunday, Aug. 18

OPENING CONVOCATION AND FIRST DAY OF CLASSES

Wednesday, Aug. 21

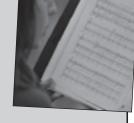
NIGHT AT THE DELAPLAINE

Tuesday, Aug. 27 7:30-9 p.m.

Admission is free.

Horning Theater, Delaplaine Fine Arts Center The Department of Visual &

Performing Arts will showcase the Mount's musical and theatrical performances during an open house.





Throughout the summer, Mount Athletics is recapping the top 20 moments of the 2012-13 season. Follow along on

MOUNTATHLETICS.COM

or on Facebook & Twitter.

#MountTop20