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

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Thurmont hosts 5th Gateway to the cure

Thurmont is gearing up for the Fifth Annual Gateway to the Cure Campaign, which will be held throughout the entire month of October. In 2014, the town of Thurmont began the Gateway to the Cure Campaign to spread awareness about breast cancer to support the Patty Hurwitz Fund at Frederick Memorial Hospital (FMH).

Jeff and Patty Hurwitz established the Patty Hurwitz Fund in 1999 soon after Patty was diagnosed with breast cancer. The goal of the fund is to provide patients with the best options in early detection and treatment of breast cancer without having to travel long distances to receive treatment. Thus far, funds raised for the Patty Hurwitz Fund have made the new James M. Stockman Cancer Institute a reality for cancer patients in the community. Additionally, 3D and CAD Mammography Systems have been purchased to assist in the detection of breast cancer at an earlier stage and a healing space for patients and families at the Center for Breast Care at FMH Crestwood was created.

Since the beginning, the town's residents and businesses jumped into the campaign enthusiastically raising \$5,390 in 2014, \$10,000 in 2015, and \$14,400 in 2016. Last year, they were able to raise \$15,000, but this year, the community of Thurmont hopes to raise even more. In fact, in order to top last year's number, Thurmont staff decided to get a jump-start this year. A ZumbaThon was held at the Thurmont American Legion on May 6. Led by Zumba Instructor Kellie Bevard, this initial event raised \$700 in just two hours. Since its beginning in 2014, Thurmont has raised approximately \$46,000 for the Patty Hurwitz Fund.

As in prior years, pink light bulbs will be sold to allow residents to show their support by turning on their Pink every evening from 6-8 throughout the month to show support and awareness for breast cancer. Pink light bulbs will be available at the Ace Hardware, Hobbs Hardware and the town



Participants at last year's Gateway to the Cure, getting ready to set off. \$15,000 was raised by the community of Thurmont to help support breast cancer research and treatment.

office. In addition, the Town Office will be selling Gateway to the Cure tote bags, pink pinwheels, magnets, and T-shirts. New this year, the town will be selling Gateway to the Cure water bottles. Many businesses throughout the community will also have "pink" specials to help raise funds.

Due to the many events already going on in October, the fourth Gateway to the Cure 5K Run/Walk will be held earlier this year. Catoctin High School's Track & Field Coach, John Steiner, will be facilitating the event, which will take place on September 15, beginning at 8:30 a.m.. Online registration is live on RunSignUp.com.

The campaign has grown over the past four years, and will surely continue to grow as residents and businesses have continuously shown overwhelming support for the cause. Last year 40 businesses stepped up and showed their support through their "pink" specials and donations. Without their support, Thurmont's Gateway to the Cure campaign wouldn't be possible. So join Thurmont and "Turn Your Pink On!" this October.

Strawberry Hill celebrates land divestment

Lalong with The Conservation Fund, officially announced the transfer of 560 acres to the and focus on education. Pennsylvania Department of Conservation and Natural Resources (DCNR) Bureau of Forestry.

What started as just a possibility two years ago has now finally come to fruition; Strawberry Hill has donated 80 acres and sold an additional 480 acres to ensure founders Hans and Frances Froelicher's mission of habitat protection, recreational access, and stewardship of the Swamp Creek watershed, would be carried out. The Conservation Fund provided transactional support and Strawberry Hill will use the proceeds from the sale to support environmental education programming at its now 30-acre campus.

In 2008, Strawberry Hill's ability to subsidize its educational programs and maintain the Preserve was reduced with the onset of the "Great Recession." Significant losses to the Foundation's assets occurred and the Foundation's assets have never been recovered. Increased operational and facility management costs, coupled with financial pressures, put a strain on the resources the Foundation possesses to provide affordable quality education and protect the watershed. The land transfer will not only provide Strawberry Hill

June Strawberry Hill, with the financial resources it needs to continue to survive, it will provide an avenue for them to thrive

> This land transfer will now be part of and managed by the Michaux State Forest and could provide Strawberry Hill with the financial resources it needs to increase its assets and provide the funds necessary for the continuation of the educational programs and corresponding facilities that have been enriching the lives of people all over the area. Additionally, it will provide a connection between the forest's northern and southern sections and will provide a southern gateway to visitors.

The conservation effort was made possible with an \$837,000 grant from DCNR's Community Conservation Partnerships Program and funding from NRG Energy and the Foundation for Pennsylvania Watersheds. The Conservation Fund, is a national non-profit organization that aims to pursue environmental preservation and economic development and focuses on creating as many pathways possible for people and organizations to protect their natural resources and save properties with ecological, historic, and cultural significance.

A ribbon cutting celebration was held on August 27 at Straw-



A ribbon cutting celebration was held on August 27 at Strawberry Hill to commemorate the transfer of 560 acres from Strawberry Hill to the Michael State Forest.

berry Hill to officially commemorate the land transfer. Among the approximately 50 people in attendance was Cindy Dunn, PA State Secretary of DCNR; Kara Ferraro, Executive Director of Strawberry Hill; Kyle Shenk, PA State Director of the Conservation Fund; Mike Starck, Vice President and General Manager of NRG Retail East division; and R. John Dawes, Executive Director of The Foundation for Pennsylvania Watersheds. "This addition will enhance the Michaux State Forest's contiguous wildlife corridor that encompasses nearly 86,000 acres in south central Pennsylvania, and provides continued protection for the headwaters of the recently designated Exceptional Value stream, Swamp Creek," said Dunn. "The department intends to carry on the legacy of forest stewardship, watershed protection and environmental education on this land."

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EMMITSBURG NEWS

Flat Run Bridge timeline update

Emmitsburg's Board of Commissioners and town staff invited representatives from the State Highway Administration (SHA) to speak about the tentative timeline for the completion of the Flat Run Bridge. The completion date given during the meeting, unfortunately, was even further out than the date released in last month's edition of this paper.

SHA representatives confirmed to the Board that the bridge has in fact been delayed several times, but during the August town meeting, it was announced that the project completion date has now been pushed back even later than the April 2019 date to late fall of 2019.

In addition to the drainage issues which required a lengthy re-design phase, and the water line re-location issue which required negotiations with the town, contractor and state, Neil

Haines, SHA Assistant District Engineer for District 7, also explained that the initial project start date was delayed due in part to a delay in the preparation and signing of the documents and paperwork needed to proceed forward with the project. These issues combined together pushed the completion date back until April 2019.

More recently, concerns with the foundation of the existing bridge arose. The SHA had the foundation investigated by a special consultant to ensure it would be structurally sound while they were working on it. This caused the completion date to be pushed back, once again, to August 2019. Concurrently, the wet weather experienced particularly this spring and summer has hindered the contractor's ability to work efficiently and consistently on the bridge. This has caused work to be pushed back even further

with an end date, hopefully, sometime during the late fall 2019.

Ross Klingon, a SHA Engineer working with Haines, said that phase 1 of the new structure is intended to be complete by this fall, allowing traffic running in two lanes on the new structure while the second phase of the structure is torn down and the rest of the structure is completed. "There is a very good chance that we can get this [phase] done this year," stated Klingon. By the end of this fall the first phase of the new structure will hopefully be complete and accessible to motor traffic. By next fall, the entire bridge and roadway improvements should be complete. "We're trying to get these issues resolved as fast as we can," stated Haines. "but unfortunately, the extremely wet season weather hasn't helped the work either."

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sion I sports. Many Mount buildings have been remodeled, including Keelty Towers in the apartments, and improvements have also been made to the Coad Science Building and the Phillips Library. The Mount welcomes a new University Chaplain, Fr. Diego Ruiz, and, in her new administrative position, the Vice President for Equity and Success, Dr. Whetsel-Ribeau will be working to improve the Mount's inclusion of students from diverse backgrounds. President

sel-Ribeau are leading efforts to ensure that every student feels at home at the Mount this school year.

The Class of '22 will likely see big changes to the Mount in the future years as well, as the Mount Forward! Campaign progresses. One such change will be the addition of the new Delaplaine Academic Commons, a new academic and student lounge funded by the donations of the Delaplaine family. In addition, renovations are planned for Rooney and Horning Towers for the summer of 2019.

Mount welcomes class of 2022

Thile many new students had the opportunity to move into their new home early through pre-orientation programs such as the Mount Bridge program, Mountward Bound trips like Serve, Encounter, Unity, and Exploration, and the Mount Music Department pre-orientation retreat, Harmony, most freshman students started their Mount journeys with First-Year Orientation on August 17 and August 18. On August 17, the Mount hosted its first-ever New Student Welcoming Ceremony in the Knott Arena to welcome first-year and transfer students to the Mount before the returning students joined them on campus Sunday. The orientation meetings and ceremonies finished with a bang, as the freshman participated in the annual "Freshman Frenzy" party in the quad.

On August 20, Mount St. Mary's University rang in her 210th year with the opening Convocation ceremony. Students, faculty and administration filed into the Knott Arena to celebrate the beginning of a new year. During the ceremony, President Timothy Trainor welcomed the new Class of 2022 and announced their status as the second largest entering class in Mount history. His speech, along with those of Provost Dr. Creasman and Vice President for Student Life, reviewed the changes for the Mount this year, her successes in the last, and words of advice and inspiration to new and returning students.

Among those successes, is the university Honors Program. The Class of 2022 marks the Mount's largest-ever University Honors Program, as 105 honors students have joined the fresh-

Sarah Scott, is thrilled to welcome the new students, and has described her interactions with them so far as "inspiring." The program, under new leadership and with the influx of new students, has big things planned for the 2018-19 school year. With the launch of a new specialized student housing program, the Honors Integrated Living and Learning Community, and new programs to complement the Honors Symposium including a course in the Problems Facing Humanity, and a variety of lectures and trips led by university faculty. This year at the Mount, new and

man class. The Honors Director, Dr.

This year at the Mount, new and returning students alike will experience new additions and changes. Mount Athletics has added men's and women's golf, men's soccer, and women's bowling to its list of Divi-

We had great first and second clean-up days, thanks to all the volunteers who picked up well over 100 pounds of trash and litter, which has

Trainor, Dr. Franklin, and Dr. Whet-

since been disposed of properly. We deeply appreciate everyone's involvement in helping us clean up our Town

Emmitsburg news-briefs . . .

Community market garden proposal in the works

A proposal to create a community market garden was presented to the Board of Commissioners during the August Board of Supervisors meeting. Within the proposal, a full-sun plot of workable land 25ft x 25ft or ideally, 100ft x 100ft was recommended. The proposal also asked for access to a reliable water source, an area nearby for composting, a place to secure tools and materials, an indoor meeting area with refrigerator, access to restroom facilities, two gas powered walk behind rototillers, hand tools, self-propelled walk-behind lawn-

mower, and a four-foot grow light.

In response to the proposal at the Scott Road Farm location, Town Manager Cathy Willets informed Commissioners that due to several factors, including a lack of reasonable access to water, no electric access, the inhabitable nature of the building on site, and lack of vehicular access to the proposed garden location, the Board may need to consider looking into other locations if this is a proposal they wish to consider.

Commissioners seemed to be on board with the idea of having a community garden of this nature available to Emmitsburg residents, but agreed with Willets that the proposed location would not be suitable.

Emmitsburg volunteer clean-up day continues to be a success

Hello Emmitsburg residents, we need your help! Please join us for the Third Emmitsburg Volunteer Community Clean-Up Day, Saturday September 8th from 9 a.m. - noon. We are planning to pick up and dispose of loose trash and litter from the parks, roads, and alleys in the downtown area. We will meet at Memorial Park, which is located just behind the Post Office at 8:15 a.m. for a light breakfast and organize into teams; plastic bags, gloves, and garbage pokers will be provided.







FAIRFIELD/CARROLL VALLEY NEW

Mold costs school district over \$1.2 million

n August 10 Fairfield Area School District announced that the district is currently in the process of dealing with mold in all buildings and the beginning of the school year will be pushed back until September 4. "I apologize for the short notice but we have recently confirmed the need to delay the start of the school year in order to allow the district to bring in professionals to clean all buildings and ventilation systems prior to accepting staff and students," Superintendent Karen Kugler wrote in the letter.

According to Daniel Larson,

of CMI Environmental Health ing held on August 13, Larson and Safety Company, mold is pretty commonly found in homes and commercial buildings, but is especially tough to control in big buildings such as schools. "During the summertime, when we approach consistently high levels of humidity, along with record amounts of rainfall this summer, it's really difficult to keep an exact balance with the HVAC system so you don't get conditions where you get condensation and other conditions conducive to mold growth," wrote Kugler.

During a school board meet-

mentioned that the most heavily affected area was the Elementary School building, and a large amount of the mold was found in the upholstered furniture and underneath the desks. As part of the remediation process, the ventilation system will be cleaned, carpets, ceilings, curtains etc. will be cleaned, and approximately 300 pieces of furniture will be replaced. According to Kugler, the projected cost is \$1.2 million, which doesn't include the price of replacing the furniture, or Mr. Larson's fees. So the end price will well exceed the projected \$1.2 million.

As part of the remediation contract de-humidifier equipment will be rented by the school district and will continue to run until the buildings are switched over to the heating system. When spring arrives, and the air conditioning units are switched back on, the issue of mold will be re-addressed, according to Kugler.

The mold also affected the YWCA, which has two classrooms in the Fairfield Area School District that provide before and afterschool care for children up to 12

years old. According to a press release issued by the YWCA, since the discovery of mold in the Fairfield Area School District the YWCA was forced to destroy \$40,000 worth of supplies. Now the YWCA is asking for assistance and donations from the community to help recoup the supplies that were lost.

Due to the delayed start of the school year, graduation has also been pushed back until June 12, 2019. Parents are asked to continue monitoring the school's website, social media sites, One-Call alerts and mailings for updated information regarding the start of the school year.

Strawberry Hill constructs nature playground

Strawberry Hill, located on fect year-round activity for chil-Mount Hope Road Fairfield, is dren and visitors to the area. It currently undergoing a project to construct a unique playground for children and visitors to the center. The "nature playground," as it is called, will be almost entirely constructed out of natural materials, combining the idea of a traditional playground with nature and creativity.

The idea of a nature playground fits right into Strawberry Hill's mission statement, which is to "... connect the community with the natural world through environmental education...." This new installment will provide the per-

will also pair well with Strawberry Hill's summer camps, private school programs and all community events planned at the site year-round.

The inspiration behind adding a nature playground to Strawberry Hill's campus stemmed from an idea presented to the Board of Directors several years ago that unfortunately fell through the cracks. After seeing a nature playground in action at Irvine Nature Center, and seeing Strawberry Hill's Summer Adventure Campers interact so positively to it, Strawberry Hill summer intern and project spearhead, Lisa Lewars, decided to re-visit the idea of constructing a playground of similar fashion at Strawberry Hill's site.

The nature playground will consist of practically all natural materials, including a wooden obstacle course with log balance beams, a wooden log bridge, wooden climbing aspects, a play canoe, a paver hopscotch, and tic-tac toe on a stump. The idea to have a sound garden, which would be an area filled with a washboard with bucket of sticks, drums, pipes and a wooden xylophone, is also planned. Lewars also noted that a

shade area would be provided for visitors to the playground.

The projected cost for the nature playground is around \$1,500 dollars, and Lewars has already raised close to \$800 through a GoFundMe initiative. Donations from local businesses including Home Depot and Stauffer's were also sought to help fund this project. More recently, Atlas Roofing Company out of the Harrisburg donated \$500, bringing the total funds raised above \$1,300. Community support and generosity has been a key in raising funds for this project.

Lewars, with the help of volun-

teers, has already cleared the site where the nature playground will be constructed. The playground underwent the beginning stages of construction late in August, and Lewars hopes to have it complete in time for Strawberry Hill's Trailgating event, held on September 15. The Trailgating event, which will feature live music, games and plenty of food, will be a great event to unveil the new nature playground.

Any volunteers interested in helping with the construction of the playground or volunteering in another way at Strawberry Hill are encouraged to reach out to lisa@ strawberryhill.org. Any and all help is appreciated.

Prosecution of Township Secretary up in the air

uring the August 8 Liberty Township Board of Supervisors meeting, residents voiced their concerns over the latest news regarding the LeeEsta Shaffer investigation. Township Solicitor John Lisko announced that the District Attorney has refused to prosecute LeeEsta Shaffer. "In his opinion," stated Lisko "this is a civil matter. [Special Counsel] Mr. Zachary Mills presented the case in the best light that he was able to, but the District Attorney refused to prosecute."

Lisko continued on to state that any questions concerning this decision should be directed to the District Attorney's office. Lisko closed his comments by informing residents that they may file charges personally, but he assured residents that the township is aggressively pursuing the claims with the two bonding companies. When asked what Supervisors would do about this decision and the Shaffer investigation as a whole, Supervisor John Bostek responded by stating "We can only say so much at these public meetings." Resident Cindy Arentz spoke up to inform Supervisors that she was going to launch a campaign to reach out to the District Attorney's office. She, along with a few other residents in the township would spend the next few days attempting to contact the District Attorney to find answers. "If you aren't going to do your job, I'll do it for you," stated Arentz.

Later, in a phone conversation with District Attorney Brian Sinnett, it was discussed and emphasized that he has made no official decision not to file charges against Shaffer, nor did he refuse to prosecute Shaffer; he only made the decision not to file right now. In other words, it's not an ultimate decision. Contradictory to what was stated by Lisko in the early August meeting, Sinnett stated that he has not "refused" the case and never told Mills or Lisko such. Sinnett noted that the statute of limitations is not yet expired and can be viewed, in this case, as an ongoing investigation. As described, cases involving theft can be viewed as ongoing in many cases. If the money stolen has not yet been returned, which in the case of Liberty Township it has not, then the case is still considered open.

Sinnett also clarified that he never once stated that this case was to be viewed as a civil matter, not a criminal matter, as was discussed by Solicitors and Supervisors to residents. As described by Sinnett, some cases, however, can be filed as criminal and civil at the same time, certainly; this case may be an example of just that.

At the end of the conversation Sinnett stated that he needs additional information in order to continue this investigation and potentially pursue charges against Shaffer; at the present time he does not have sufficient evidence to file criminal charges. The specific information needed from the township was not disclosed during the conversation.

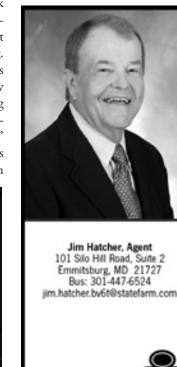
A week later, during the August 21 Board of Supervisors workshop meeting, Supervisor John Bostek read a letter received by the District Attorney's office stating that the investigation is still ongoing. Bostek noted that the discrepancies in information between the early August meeting and this meeting could "only be attributed to misunderstandings in communication." Lisko chimed in to thank citizens for launching the campaign to reach

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out to the Attorney in regards to the investigation status. "Sometimes citizens who vote hold more leverage than Supervisors," stated Lisko.

Bostek ended this portion of the meeting by stating that at the township level, they are open to any questions the state police wish to ask.





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THURMONT NEWS

Thurmont hosts first summer rec program

Por two weeks in July some children of Thurmont were lucky enough to attend the first annual "A Day in the Park" Summer Rec Program. This program offered children a chance to meet up with friends, make new friends, learn new things, and have fun. It was held from 8:30 a.m. until noon, Monday thru Thursday in the Town Park. Despite the gloomy weather that was forecasted for those last two weeks of July, the camp was lucky enough to have only one day that was moved to an inside location.

Activities included the Trolley Trail, Catoctin Furnace, baseball, basketball, tennis, and emergency services to name a few. Many local guests came out to share their experiences, and create interactive sessions with the children in the area

of guests' expertise.

One example of how the children spent their days at the summer rec program was "Famous For A Day." The day began with a presentation by Robert L. Eyler of the Thurmont Historical Society who brought many artifacts that the children thought were "cool." The item they were most fascinated with was some horsehair plaster, which generated lots of great conversation. That same day they were treated to a visit from local artist, Rebecca Pearl, who not only spoke to the children about her work and passion for art, but she also assisted them in their very own watercolor painting. There is a lot of up and coming talent in Thurmont! The day ended with a visit and entertainment from Frederick singer/ songwriter Doug Alan Wilcox who played his guitar, and spoke about becoming a musician and following your passion. The children were amazed when he played his guitar and harmonica at the same time! The children ended their day by making their own harmonicas and playing along with Doug.

Little did the children know that on that very day, they were all being interviewed for this article. As they sat following the program, our reporter sat and spoke to every single one of them, asking them what they thought about the camp.

So...the results are in! They all had so much fun they want to come back next year! Topping the list of favorite activities in order of votes were arts, crafts, sports, and of course the ever-so popular fire truck visit!

Special thanks go out to all of our guests, presenters, planners, and

THURMONIA

The Maryland Midland Railroad Bridge in Thurmont has successfully undergone the first step in its long overdue rehabilitation.

Last month, the Board approved a \$25,100 bid by Blackland Industries to clean and re-paint the bridge. The bridge now proudly dons the town's name in big, bold, white letters with a new coat of black paint on the remainder of the bridge.

volunteers who made this such a great success. And thank you to the following children for being there on "Famous for a Day!" Brayden Kelsey, Jacob, Melanie, Jadyn, Presley, Weston, Ella, Max, Chase,

Savannah, Radley, Keelin, Raina, Everett, Caroline, Olivia, Kamerin, Chasadie, Lauren, Patrick, Faith, Grace, Stacey, Reed, Cayleb, Logan, Ethan and Doug. See you next year!

Thurmont news-briefs...

Town reports \$555,471 grant funds received last year

CANS/BOTTLES

6 PAK

BOTTLES

During the August 14 Thurmont town meeting Commissioner Bill Buehrer informed the public about the total grant monies received last year. He was proud to announce that Thurmont was awarded \$555,471 in grant funds last year. "This is our tax dollars coming back

to the community," stated Buehrer, who credits the success to town staff who work diligently on acquiring the grant funds for the town, moving Thurmont to becoming the number one municipality in Frederick County.

Electric department receives new truck

Thurmont Commissioners approved a \$39,990 bid for a new truck, which will be used by the town's Electric Department. The new truck will replace the 2006 three quarter ton pickup truck, and will be a heavier duty, service body truck that will include an enclosed tool box on the

back for better security for the department's tools.

Change in recycling possible in Frederick County

Mayor Kinnaird briefed Thurmont's Board of Commissioners on possible changes in the near future to the recycling program in Frederick County during the August 14 town meeting.

As described by Kinnaird, the change stems, in part, from China's refusal of certain recyclable materials. This has caused some local recycling facilities to refuse particular recyclable materials such as glass and certain kinds of plastics that were accepted in the past.

Additionally, Kinnaird discussed the possible implementation of composting on a large, state regulated scale in Frederick County. If or when this is approved the County will start encouraging commercial composting in schools, restaurants and grocery stores. With the use of private contractors, there would be pick up services in the county to these commercial composting facilities. The initiative could also be seen as a possible "moneymaker" that could pay for itself, as eventually the compost created could be sold.

The goal of this initiative is to remove 25% - 30% of the weight of the trash stream and divert it to compost. Kinnaird mentioned that this is part of the "what's next" in Frederick County and he believes it is the intention of the county to move forward with this plan.

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6 PAK



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100 YEARS AGO THIS MONTH

September 1918

September 6

Aged Man Lost

A search party of 25 men from Blue Ridge Summit scoured the mountains last Saturday in the region of the Old Forge in an effort to locate Smith Flohr, who strayed away from the home of his son on Tuesday, August 20. Since then, members of his family have heard nothing of him. Mr. Flohr holds the opinion that his father has either been picked up or carried to some distant place by an automobile party, or else he's strayed away into the mountains and perished.

Pastor Leaves Amid Rumor Of Affair

Reverend L. B. Hensley of the Presbyterian Church of Emmitsburg has severed his connection with that church. Rumors are rampant in town that he was having an affair with one of his parishioners. Reverend Hensley has left Emmitsburg and has taken a position in Frederick not associated with the Presbyterian Church.

Thurmont Moravian Church Closes

On account of the decrease in membership, Rev. William Strohmeier, by the authority of the Provincial Elders Conference, has closed the Moravian Church in Thurmont. The members of that church will transfer their membership to the Graceham Moravian Church. The property of the Thurmont Moravian congregation will be sold.

Women Approved To Deliver Mail

The first woman letter carrier of the Post Office was appointed today in Frederick over the objection of male letter carriers. The appointment was the first evidence of the recently announced determination to put women letter carriers at work to meet war conditions. Several months ago the city Post Office put two women letter carriers to work, but after a two-week trial the women were withdrawn. According to the male carriers, the women were fired because they spent too

much time gabbing and not enough time doing real work.

September 13

Soldiers Steal Car To Visit Girlfriends

Two soldiers from Camp Colt in Gettysburg were arrested in Thurmont for the theft of a Dodge touring car. Charles Frey was the victim of the theft, instead of Guy Hollinger, because the soldiers could not start Hollinger's car, which was standing next to Frey's machine. Additional charges may grow out of the car theft as it is claimed that the soldiers also got away with gasoline at several garages as they frolicked around the county, including one such garage in Emmitsburg. The soldiers apparently would drive up for gas and would then order oil. While the attendant was getting the oil, the soldiers would drive away without paying for the gas. The soldiers, it is said, take the whole affair as a frolic, saying they were out of funds and took the car so they could visit their girlfriends.

William Florence Dies

William Florence, a well-known resident of Emmitsburg, died at his home Friday morning of Dropsy and Bight's disease. He had been ill for some months. Mr. Florence was a carpenter by trade and had spent his entire life in and near Emmitsburg. He had resided at his last home for 45 years. He had two sons, Andrew and George Florence, who are in the American Expeditionary Force in France. His youngest son, Vincent Florence is at Camp Greenleaf; George is awaiting his transfer to Europe.

Civil War Veteran Dies

Edward Reese, veteran of the Civil War, and one of the oldest residents of the western section of Adams County, died from infirmities at his home in Hamiltonban Township near Iron Springs. He was aged 88 years. Mr. Reese was born at Fountaindale and spent his entire life in Hamiltonban Township. He followed the occupation of farming until advancing years made it necessary for him to retire. For five years

he was a Supervisor of Hamiltonban. During the Civil War Mr. Reese served with the 165th and the 210th Pennsylvania Infantry regiments. He was a member of the James Dixon Post, Grand Army of the Republic, of Fairfield. Interment will be in the Union Cemetery, Fairfield.

Work Begun On **Emmitsburg Road**

Pennsylvania has begun work on the State Road between Emmitsburg and Gettysburg. The present surface is torn up to a depth of four inches. Crushed stones will be laid on the road and after it has been rolled, a top dressing will be added. When the road is finished it will receive a coating of oil.

Thrift Club Opening

A Thrift Club will open in Luther Creager's storeroom on Wednesday and Thursday afternoons for the purpose of accommodating the public in bringing the goods that they wish to sell. On Friday and Saturday nights, the goods will be sold. The Thrift Club will sell anything that has value, including household goods, clothing, jewelry, musical instruments, farm and garden implements, etc. Goods may be new or secondhand. The rules of the club are: everything must be clean and in good condition. The money is to be used to buy Thrift Stamps or Liberty Bonds, and thus help the government and, in turn, yourself.

September 20

Boozers Protest Women Mail Carriers

Members of the Former-Former Boozers Association protested outside the Emmitsburg Post Office to resist the plans by the Post Office to hire women mail carriers. John Shorb reflected the views of many when he said that the work was too complex for the feeble brains of women folk. "My wife can barely get my evening vittles right," Shorb said, "I can't imagine her trying to figure out how to sort mail and get it to the right person." Newly elected Boozer President Dr. Brokow pointed out that the job would require them to drive autocars, noting that over the past twelve months he "had to shoot fourteen cars because of inept women drivers." "How many more cars will I be



Driving the Emmitsburg to Gettysburg Road in the early 1900s was not for the faint hearted. Needless to say, there was no need in those days for speed bumps!

forced to shoot if we unleash female carriers on rural mail routes? Autocars deserve better," Brokow said to the roars of the drunks assembled.

Oldest Resident Of **Adams County Dies**

On Monday, Miss Barbara Kredy, one of the oldest inhabitants of Adams County died at her home in Fairfield. She was well known in the area, having moved to Fairfield with her parents nearly 100 years ago.

Big Fire At "Auburn"

Early Wednesday morning, "Auburn," the historic home of the late Dr. McPherson located near Catoctin Furnace was discovered to be on fire. The Blaze started at the north end of the building in the kitchen and gradually made its way to the main portion of the large dwelling. Help from Catoctin Furnace rushed to the fire, but since water was so scarce and too far to carry, very little could be done to reduce the flames. Word came to Thurmont for aid, and the chemical outfit of the fire department was sent out as quickly as possible. It is stated that the family arose from their slumber when the fire was discovered. All furniture, except that in the kitchen and dining room was saved. While the main part of the building was saved from destruction, the kitchen and adjoining section were destroyed.

September 27

Neely House To Be Auctioned

The J. U. Neely house, located on West Main Street in Fairfield, will be auctioned on Oct 5. The house sits on a double lot with a frontage of 120 feet and 240 feet in depth, improved with a house of 20 feet by 6 feet, containing a large hall, eight rooms, bath and toilet; also a large kitchen and pantry are attached. The house contains these conveniences: hot and cold water both upstairs and downstairs, a hot water heating system, and acetylene lights. On the rear is a new carriage house, all in good condition. The house will be sold to the highest bidder.

Army And Mount Team Up

About 75 men have already been enrolled at Mt. St. Mary's College for the student-training unit in line with the plan of free college education for a commitment to serve in the Army upon graduation. The unit, when filled, will consist of 200 men. Any person who is between 18 and 45 years of age is eligible to enter the unit. The only necessity is that the men have been in or completed their fourth year of high school and that they be physically fit. It's a wonderful opportunity for every man to get a college education without a cent of cost to himself. It was pointed out that those who enter the unit are liable to stay until their college courses are completed. Of course, if a man enters who is found to be good officer material, he will, in due time, be transferred to the Officer's Training School.

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





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County Council President Bud Otis

The first Labor Day occurred in ▲ 1882 in New York City. The landscape of the conditions at that time for laborers was in many ways dangerous and the average workweek was 70 hours, seven days a week. Workers united and many protested their poor wages, exhaustive hours and poor working conditions. Over time, the average workweek is what we normally have today, 40 hours and 5 days a week.

In 1894, it became a national holiday when President Grover Cleveland signed the Labor Day Bill into law. However, as you know, many still work that holiday as part of their jobs be they retail stores and their Labor Day Sales, or required shifts based on their positions.

In current times, many focus on higher education as a requisite for securing a good job with a livable salary and value the white-collar job over the blue-collar one. Many look down on those who use their hands to develop skills for a respectable living.

This is so far from my opinion of the millions of people who are employees in the various trades. They work with pride, dignity and a powerful ethic.

There is an inherent dignity in labor. You work hard, toil with seasonal elements and earn a living by the sweat of your brow and tremendous effort.

Just think of what happens when your engine light goes on. You depend on your car mechanic to diagnose and fix the problem. When your plumbing stops working, you don't hesitate to call a plumbing professional to repair it as soon as possible. How about when it

is 100 degrees outside and the air-conditioning unit stops functioning. I bet you are very happy to have a trained HVAC technician service the problem and hear the humming of the motor working again, reducing your indoor temperature from a humid 95 degrees to a cool 78 degrees! During a power outage is when most people appreciate the comforts provided by lights, use of the stove, refrigerator, freezer, water heater, televisions, cable and the internet – as all those are now off and we are in the dark. Thanks to the tireless work by the line operators and other power company employees, the electricity to power all the homes is usually restored in short order. Farmers! They devote their lives 24/7 to the care and nurturing of the land, animals and crops, which feed us daily. Working on a farm as a young boy, it was not often we took a day off. It was possible to take a vacation only if we had family or a friend come take care of the animals, as they need food and water daily. Just imagine not being able to take a vacation for years sometimes due to the responsibilities of care.

These are just a few examples of people whose work in the trades touch our lives. Others include welders, builders, tree removal experts, construction workers, carpenters, glass-makers, auto industry workers, house painters, railroad repair workers, brick masons, oil field and rig techs, manufacturing, sanitation, exterminators, inspectors, landscapers, snow removal, heavy equipment drivers and so many more.

Jobs in the labor industry require more than just strong hands and minds. Many now require more training and expertise than ever before in our history. For example, many farmers today not only have to know how to manage their crops, they need to understand and follow a myriad of federal, state and county laws and regulations. Farmers understand the science behind their craft and recognize when to make adjustments to the soils, nutrients, and chemicals. The machinery used daily needs repair and many are computerized, some extremely high tech. It is a difficult job bringing us our milk, bread, fruits, vegetables and meats, etc. These are more than jobs - they are labors of love. Love for the land, the animals and helping neighbors and communities.

All those in the labor trades help each one of us to enjoy life better than in any time in the history of our nation and the world.

Town Commissioner Glenn Blanchard

The end of August means the beginning of school is right around the corner. I hope that the 2018-2019 school year will be a good one for both students and teachers. At the last town meeting, Dale Haines, Assistant District Engineer of construction for the State Highway Administration spoke about the timeline for the work on Flat Run Bridge. If citizens would like to see the full discussion, the meeting minutes will be available shortly, along with a video. To sum up the basic details, Phase One of the bridge repair should be completed by this fall with traffic running in two lanes on the structure while the rest of the bridge is torn down. The temporary bridge for pedestrian traffic will stay in place until the project is complete. Mr. Haines explained that this project is continent upon weather because concrete cannot be poured in rainy or cold weather.

An electric vehicle parking ordinance was considered and passed by the town council. When this becomes operational, there will be four charging stations for people to use. The town plans to replace the current town car with an electric vehicle once the charging stations are installed. When the winter arrives and the Ski Liberty traffic returns, it is hoped that some of these individuals will stop in Emmitsburg to recharge their cars and our restaurants should see some new customers.

The possibility of a community market garden on the Scott Road Farm was discussed. After much debate, it was decided that liability issues should be discussed with the town attorney. There were a number of problems with the garden idea. There is no water/sewer nor electricity at the site. The house there is uninhabitable, there is no vehicle road access, no designated funding, and no security/protection for the property. It is hoped that the Council could find another location for the garden. Speaking of the community garden, three plots were unused this season. As a reminder, the plots are for rent for \$20, which is refundable at the end of the season upon the renter's clean-up of their plot.

The September 4 meeting will address the following: (1) Approval of the 2018 election judges, (2) Consideration of the recommendation of the Town's planning commission to rezone lots 10, 11, 15, and the western half of lot 12 (as shown on the revised plan of Emmit Gardens) from low density residential (R1) to

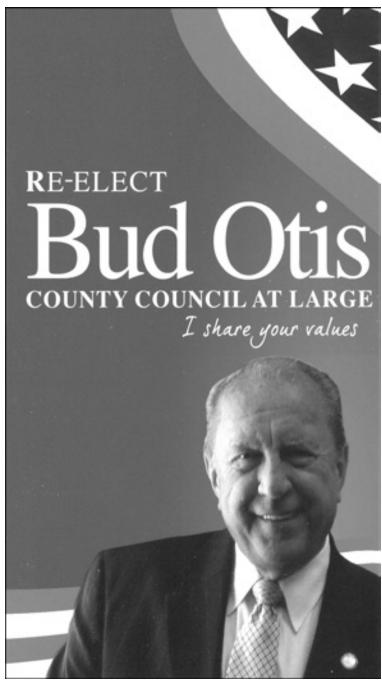
neighborhood commercial (B1); and (3) Consideration of a sewer relining project on East Main Street.

JOHN DANIE FOR JUDGE OF THE ORPHANS, COURT



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TOWN OF EMMITSBURG ELECTION DAY TUESDAY September 25, 2018

22 East Main Street 7:00 a.m. - 8:00 p.m.

The last day to register to vote with Frederick County is August 27th.

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

Candidates must file written application for candidacy and their Financial Disclosures with the Town Clerk no later than August 27th at 4:00 p.m.

> All candidates will be posted on the Town bulletin board in the order they are received.

The write-in deadline is September 18, 2018 at noon.

Two commissioner seats are up for election.

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



Maryann Fox, Treasurer

GOVERNMENT—SOUTH OF THE BORDER

County Executive Jan Gardner

T et's face it, everyone likes saving money. As County Executive, one of my top priorities is saving taxpayers' money and making sure that we squeeze a dime out of every nickel!

That's why I am incredibly proud to share that I have saved Frederick County taxpayers almost \$70 million during my administration. We saved money in three key ways. First, by renegotiating some of the bad deals of the past. Second, by ending privatization that was costing taxpayers more and often delivering less. And third, by refinancing county debt to lower interest rates made possible by the county earning three AAA bond ratings for the first time in 2016.

I am proud that my administration has ended taxpayer giveaways to developers and successfully renegotiated some of the bad deals of the past. You should know that we have repealed the law that allowed the county to enter into what are called Developer Rights and Responsibility Agreements (DRRAs). The prior administration entered into 14 of these agreements and they were all bad for Frederick County taxpayers. As long as I am County Executive, we will never enter into a bad deal again.

So what agreements have we re-negotiated and how much have we saved?

The biggest savings come from re-negotiating an agreement with the developer of Oakdale-Lake Linganore to fund ramps onto Interstate 70 between Frederick and New Market at Meadow Road. I am always looking for ways to protect taxpayers and get a better deal. The funding agreement approved by the prior administration would have cost the county \$77 million over 30 years. The new agreement, builds the needed interchange improvements but reduces the cost to \$29 million over 20 years, saving taxpayers \$48 million. Now that's some real money! These dollars can then be redirected to provide for education, public safety, and other essential services or be returned to taxpayers! That's good news.

County taxpayers saved money by retaining Citizens and Montevue as county owned facilities, since the prior

administration had agreed to sell them for less than the county owed on the mortgage! It was a bad deal. Now, we can all be proud that these facilities are operating in a financially self-sustaining manner, while at the same time providing assisted living for our seniors who could otherwise not afford it simply because they have out-lived their money. We can be proud to have kept our promise to our seniors, honored the deed on the property, and saved

Saving Citizens and Montevue and renegotiating the I-70 Meadow Road interchange agreement saved taxpayers a combined \$55.5 million. On top of that, we saved \$13 million with our AAA bond rating from all three New York bond rating agencies which allowed us to refinance county debt to lower interest rates.

The county received its first AAA from one the rating agencies in 2010 when I was President of the County Commissioner. A second rating agency awarded a AAA bond rating in 2014. In June of 2016, for the first time ever,

Frederick County earned AAA ratings from all three rating agencies. This put us among an elite group of counties in the nation. Fewer than 50 of over 3,000 counties have three AAA ratings. It is this trifecta that brought the county significantly lower interest rates. It is a big deal and demonstrates that the county is well managed and financially sound.

I look to save taxpayers money wherever I can. Even small savings can add up! By ending privatization that cost taxpayers more and often delivered less, my administration has saved more than \$2 million. For instance, by having county workers trim trees instead of using an outside contractor, the county saved \$500,000 every year. Our in-house renovation crew can design and build office space for substantially less than a contractor could do the work. The County saved \$45 a square foot by renovating county offices for the Division of Citizens Services on Sagner Avenue. That added up to half a million dollars in savings for a single project! We have saved money by ending a private contractor picking up deer carcasses along the side of the road; by fitting out Sheriff deputies' cruisers with in-house fleet staff; and doing some bridge and culver work in-house. These savings add up to big dollars!

The almost \$70 million in savings during my administration means we have been able to hold the line on taxes all four years. We have not raised property tax or income tax rates. We have lived within our means.

As County Executive, I have brought my years of business and management experience and my background in finance to county government. County Government consists of 17 divisions with over 2,100 employees who provide outstanding services and keep our community safe. We are fortunate to have great libraries, parks, and well- maintained roads and bridges.

I am proud to provide taxpayers with strong, conservative fiscal management and to deliver effective and efficient services to the citizens of Frederick County. The county is financially strong and we have delivered outstanding schools, a safe community, and a high quality of life. That's good government in action! Let's keep it going!

Shannon Bohrer, Candidate for County Council District 5 (D)

As a first time candidate running for public office, I have learned a lot. When we take on a new task or a new position, we have a mental model of what to expect. Sometimes we find what we expect; other times, not so

In the early days of my candidacy, I was advised that I needed a web page, a Facebook page, and campaign signs and that I should start canvassing (knocking on doors). Initially, I thought that buying campaign signs and knocking on doors would be the easy parts. The prospect of creating a campaign web page was a little scary, and a Facebook page was not something I ever expected to have. Moving forward, some very good people helped me with the campaign page and the Facebook page, so these tasks too were easy. At least they seemed easy, until people started messaging me. Just having Facebook and web pages does not automatically impart the wisdom or skills needed to use them. Hopefully, I will have better understanding of how they operate before the election is over. Canvassing, I thought, would be easy, and it has been fairly easy. However, it has also been the most educational of all the campaign tasks.

Listening to their concerns is an absolute requirement for representing citizens as an elected public official. So every weekend, I knock on doors, introduce myself, and listen to citizens. Hearing their concerns, as noted, has been educational, sometimes in ways that were unexpected. Canvass-

ing one weekend, I approached a home in an upper middle class community at which a man was sitting on his front porch. The gentleman was polite but seemed a little uncomfortable when he talked about his son who had died from an overdose. The man talked for a while about his son, and we discussed drug and addiction issues more generally too. A little later, I was several blocks away when I encountered a woman who was very concerned about the addiction and opioid crises. She told me that three young people in her neighborhood had died recently, two from overdoses and one from suicide. She even pointed to the home where one young man had lived. She expressed a lot of empathy for the families and seemed frustrated that more was not being done. Just a few

blocks away, I met another man whose son had committed suicide. The son had been in the military, served several combat missions, and suffered from PTSD. The father explained that the family knew his son was dealing with PTSD, but they thought he was getting better. All of these separate instances of canvassing occurred in fewer than 2 hours, all in the same town.

Meeting and listening to these people gave me a broader perspective on the issues. We are all capable of not seeing things - sometimes things that are right in front of us. Not seeing a family member or neighbor in distress probably makes us question ourselves. How did I not see any warning signs that my family member or neighbor was in distress? What I learned from talking to these peo-

ple that day was that they felt they should have been able to see and do something, but they were not sure what. I learned that a solution to the drug addiction crisis must include educating friends, family, and neighbors to recognize signs and find the right kinds of help.

As a candidate, I cannot overstate the importance of listening to citizens about the issues. To address the problems of drug addiction and suicide, we need the perspectives of victims and their families, the knowledge of experts, and the commitment from our government. While the county is addressing these issues and considerable resources have been allocated, a lot more needs to

Please visit my website, shannonbohrer.com for more information.

Jessica Douglass, Candidate for State Senate

As someone who hopes to work a face to these cuts in school personnel that our representative views school perwick as part of District 4, I have been following the controversy surrounding Brunswick High School's Head Baseball Coach, Roger Dawson's, possible job elimination with the phasing out of Support Staff positions in FCPS. Not only does Coach Dawson win state championships, he is an asset in the classroom.

Perhaps, at the request of State Senator Michael Hough in a letter he recently sent to the school system, FCPS will "hold off" on eliminating the position until he "can go and get more" funding. Waiting for that promise of more funding is cold comfort, though, from a representative who consistently votes against the capital budget and the operating budget, where public schools get state funding.

Senator Hough's eleventh-hour plea to FCPS rings hallow when he has had, over the past eight years, many opportunities to increase school funding for personnel and has voted against the best interests of students every time, except in the case of hiring more School Resource Officers in 2018. It is only when there is

sonnel funding as a priority. As a teacher, I know that every school staffing position has a face and a story and that every effort to hire and keep effective school staff must be made so that our kids are learning, cared for, and safe at school.

As a mother, I understand the community's worry over the prospect of losing Mr. Dawson's positive influence in the lives of kids during the school day. Schools need to do all they can to keep any staff member who kids describe as "a second father." Putting up roadblocks against people who are in the business of helping kids is never advisable, but FCPS has prioritized mental health staff and has been transparent in their intention to do so. Because of lack of funding, the system cannot hire new mental health staff and keep support staff. One way to avoid this kind of staffing cut is to elect a representative in Annapolis who will consistently fight to prioritize public school funding.

Hough consistently votes against the best interests of public schools. Some lowlights of his most recent session in Annapolis include his vote against the

21st Century Schools Act, which among other things, establishes an annual goal that at least \$400 million for public school construction be provided as soon as practicable and includes a requirement that \$10 million for school safety improvements be provided annually beginning in fiscal year 2019. Senator Hough also voted against the College Readiness Outreach Program, which establishes a Next Generation Scholars of Maryland Program Fund for school systems in which at least 50% of the students are eligible to receive a free lunch under the National School Lunch Program.

As a public-school teacher, I have witnessed caring and committed role models, regardless of credentials, safeguard children's futures, and indeed, save lives. I support increasing roles for steadfast adults, like Coach Dawson, in schools. If elected, I will fight to prioritize public-school funding always, not only when there is public outcry over the elimination of a beloved community member's job, because I know that every staff member who has a positive influence on kids is too valuable to lose.



FROM THE DESK OF CANDIDATE...

Phil Dacey, County Council At-large (R)

I am honored to be a Republican nominee for County Council At Large. I grew up in Frederick County, riding my bicycle to the Mountaindale Convenience Store and visiting the Cozy Restaurant for special occasions. My father was a teacher and my mother a nurse on the birthing unit at Frederick Memorial Hospital. Together with my two brothers and two sisters it seemed like we knew everybody in the county. Twenty plus years since

my graduation from TJ, I am raising my 2 daughters, my wife has a small business here, and the county sure has changed.

Since my high school graduation, believe it or not, we have many of the same politicians still in the same places. On the At- Large Ballot in fact, of the 5 candidates, only myself and Danny Farrar (the other Republican nominee) have not been on a county ballot before. It is time for a change in the leadership in Frederick

County, and that is why I am running for County Council At Large. I hear it at doors and at meetings, it is time that we have leadership that works for us.

I have a record of being able to work with everybody, regardless of ideology, to deliver lower taxes and better services. I was elected as the only Republican on the Frederick City Board of Aldermen in 2013. In four years, working together, we phased out the business personal

property tax, reduced taxes on the manufacturing sector, made record investments in roads, and increased the size of the police force. These are the tangible things that local government should be focused on delivering for citizens.

Additionally, I voted consistently against increased fees and voted consistently to protect individual private property rights. We also picked up the responsibility for helping those most in need by funding a year

round homeless shelter.

I pledge to reduce taxes and partner with Governor Hogan to bring the infrastructure and road investments we need to improve our quality of life. I pledge to work together to promote Frederick County across the state and region as a friendly place for business and jobs, so that fewer people who make Frederick County their home have to spend time commuting. I pledge to make sure that your tax dollars are spent delivering high quality services -police, schools, and parks.

Susan Reeder Jessee, County Council At-large (D)

Previously I have discussed my lifelong roots in Frederick County, and my broad knowledge and experience in many of the county issues that will be very beneficial if I am elected to the council. It's now time to look at the characteristics necessary to serve in public office.

Making the decision on which candidate to vote for is for some, simply a matter of party affiliation. Others cast their votes based on specific characteristics they look for in their candidate of choice. So what are these qualities or characteristics and how important are they in representing Frederick County as a member of the County Council?

Honesty - Honesty develops character and builds credibility and trust,

which is the foundation to evoke confidence and respect from those around you, and in the case of elected officials, teammates and constituents. Anyone that knows me can verify that when you first meet me, you know me, and is someone who can work with anyone to solve problems. I don't hide anything about who I am, where I have come from, and what I have accomplished in my life. I believe this characteristic is important when addressing the issues of open and transparent government, and ethical consideration which is necessary in gaining the confidence of the citizens. If elected I will continue to be who I am, and will serve all the citizens of Frederick County, with this same honesty.

Integrity - The word integrity is defined as "the adherence to moral and ethical principles; the soundness of moral character." This synonym for honesty and uprightness is vital for those that are elected. Elected officials who possess integrity can be trusted because he or she never veers from their inner values. In my 59+ years of life I have never veered from my values, done anything controversial that I have had to explain or apologize for, even when life has dealt me some pretty heavy blows. After the murder of my sister I could have gone down a very destructive path. Instead while searching for answers I found the strength and adhered to my values in fighting for her

rights and the rights of others who have been victims of serious crimes. I never turned to violence or hate and this is a measure of my own moral character and integrity, which is essential to anyone seeking elected office.

Compassion - Compassion is the humane quality of understanding that everyone suffers sometimes during their life and wanting to do something to alleviate that suffering. Some see compassion as a weakness, true compassion is a characteristic that converts knowledge to wisdom and then action. Good elected officials understand compassion as the needs of those they serve, and to determine the course of action that would be of greatest benefit to all

involved. I was blessed to take care of both of my parents at the end of their lives and leaned a great deal about their needs, and the need of our seniors in Frederick County, which is why I am such an advocate for Meals on Wheels and other services. The senior population is the fasted growing population in Frederick County and if elected I would make sure we show true compassion to our seniors and our children that need it the most.

Great elected officials have these qualities and more. If elected I will aspire to respect different views, analyze problems, and identify the best solutions – not based on loyalty to political party, but rather based on what is good and right and in the best interest of the citizens of Frederick County.

Megan LeRoux, Clerk of Court (D)

Tn this second article, I would like to Lintroduce myself to you as a candidate for Clerk of the Court, no politics, just who I am as a person. I began my career with the Judiciary in Montgomery County. I had seen an ad for a Family Clerk. I was very excited about the idea of working with families. When I appeared for the interview, I was told that I would not be working directly with families, rather inputting data into divorce and custody case files.

During the interview I expressed that I did not feel that the Family Clerk position would be the best use of my talents. You see, I am a people person. In fact, I was leaving an extensive career as a retail Floral Department Manager where interaction with the public was vast and rewarding. Luckily, at the end of the inter- lutely no notice, making it difficult to view, they asked me if I would like to make it to the daycare before closing.

tion. Like most of the general public, I had no idea what a courtroom clerk was or did. Despite that, I said yes to the interview, was hired, and began my career with the Judiciary fourteen

The Circuit Court is the only court in Maryland to have jury trials. A courtroom clerk sits next to the judge in court and is instrumental in the seating of a jury. The audio recording of trials and hearings are a large part of the record as is any evidence that needs to be marked for admission to the court. We process court orders, probation contracts, commitments and releases from detention. We are very instrumental in the efficient call of the docket.

I enjoyed my brief time in Montgomery County, but I had a toddler in daycare. Court can run late with abso-

everyday, prompted me to apply for and begin working at the District Court for Frederick County. I learned the fast pace of traffic dockets but it was not long before I moved back over to my true passion the Circuit Court for Frederick County. I have been happy for the past thirteen years. I enjoy every day; every docket and I enjoy jury trials the most. I love my job and that shows in my performance, ask anyone who works with me.

Remember I told you about my toddler, well not only was I fighting traffic up and down 270, but I was also getting my Bachelor's Degree in Legal Studies. I woke up before him every morning to study, and I stayed up late after he had gone to bed to study. I studied on every break while at work. After my toddler grew into a young man, I would finally graduate from University of Maryland interview for a Courtroom Clerk posi- The stress of fighting with 270 North University College with a 3.87 GPA.

Later I earned a Masters level certificate in court management through the Institute for Court Management. I have recently been accepted into their Fellows Program. But equally important, my son will be graduating from Frederick High School and then heading off to college. With my nest about to become empty, I thought that this was the right time to run for Clerk of the Court.

As you can see, I am highly qualified and have vast experience in the court system. On a personal note, I am

the mother to three sons, all of whom have (or will) graduate from Frederick High School. I have a very large extended family that remains close. My hobbies include traveling, reading, singing, and sewing. My true love is my garden. I enjoy vegetable and flower gardening. I love to share the spoils of my garden to include fresh flower arrangements, bouquets, fresh salsa, pickled beets, and herbs.

Look for my next article where I explain to you why I decided to run for Clerk of Court.



FIND THE WORDS

I'm asking you to please Re-Elect Me, "Sandra D"



Someone you can Trust Who has the Experience And a <u>Vision</u> for your Court

Find me on Facebook: Sandra K. Dalton Clerk of the Circuit Court

Always Here To Serve You! www.daltonclerkofcourt.com

Circle the 8 words listed below. Letters may be used more than once and in any direction. VOTE DALTON DEEDS DEFENDANT DOCKET PLAINTIFF JURY

MARRIAGE

AUTHORITY: JOANN M. HEVEY, CPA, PFS, TREASURER

GOVERNMENT—SOUTH OF THE BORDER

John Daniels, Judge of Orphan's Court (R)

What does a Judge of the ing property in their sole name.

Orphans' Court do? In An Orphans' Court Judge co. simple terms, the Orphans' Court is Maryland's Probate Court. The Judges supervise the management of estates of people who have died, with or without a will, while own-

An Orphans' Court Judge conducts formal hearings involving estate or guardianship disputes, and rules on petitions and administration accounts involved with estate and/or guardianship proceedings.

The judge may also appoint guardians for the person and property of minors. The Orphans' Court Judge is a lay judge and requires no specific legal experience; however, the judge can have a considerable impact on people's lives.

The Orphans' Court Judge must demonstrate fairness, equity and the ability to apply the law in an impartial manner. My military experience, small business experience, experience serving on municipal and county committees, training as a mediator, and past experience as a court-appointed personal representative all demonstrate my desire and ability to ensure fairness and equity.

I am asking for your support and your vote. Please vote John Daniels for Judge of the Orphans' Court on November 6th.

Karl Bickel, Frederick County Sheriff (D)

Why are you running for sheriff?

As I have traveled around our county, I have talked with many of our neighbors from all sides of the political spectrum and, most importantly, listened to the concerns and ideas they have shared. I have heard from many that the important issues facing our growing county demand a change in law enforcement leadership, and I've been encouraged to run for office with three clear priorities: confront the opioid epidemic, subject the ICE agreements to independent audit and public review, and focus attention on citizen service and resource development. I'm running for the office of sheriff because I believe Frederick County deserves strong leadership on these issues.

We are in the midst of an opioid epidemic that the current sheriff has stated publically "has to run its course," while insulting grieving and anguished parents with his comment that "the problem is in the home." While the epidemic has now been "running its course" for over a decade, it has cost hundreds of lives in our county, more than violent crime, industrial accidents and motor vehicle crashes combined.

I have a written plan to organize governmental and community-based stakeholders to work collaboratively in a data driven, evidence-based effort with specific tasks and goals set for the first 30, 60 and 100 days of my administration. We have resources and we have dedicated determined folks who want to help. What we have been lacking is leadership.

While the opioid epidemic has raged unabated during the current sheriff's tenure, his focus has been

on costly agreements with Immigration and Customs Enforcement (ICE). The value and costs of those agreements have been questioned by concerned citizens, with the current sheriff's claim of profiting from these agreements at odds with citizens' reviews indicating a loss to the county taxpayer of over \$1 million. I have called for an independent audit of the agreements to determine: (1) What problem in our community are we addressing through these agreements? (2) Is the effort being successful? (3) What are the economic and social costs of these agreements to Frederick County taxpayers?

The sheriff is touting the results of a limited review of one ICE agreement as evidence of the program's worth. I will open the books on the agreements with ICE to public view and initiate an independent, objective audit within 30 days of taking office, not an "internal" audit conducted by someone whose salary and budget are controlled by the county government.

I believe in financial transparency and in providing good stewardship of taxpayer funds. While the current sheriff has failed to publish financial information on his costly agreements with ICE on the Sheriff's Office website, he has also refused to take advantage of available funding streams that can save county taxpayers millions of dollars. When it comes to accessing federal funds, the current sheriff has said he "doesn't think an Iowa pig farmer should pay for Frederick County law enforcement services," despite the fact that our federal tax dollars help support the Iowa pig farmer through government subsidies.

Millions of dollars are being left on the table for other communities throughout the nation to use in combatting opioid addiction and trafficking, improving school security and fighting cybercrime, including fraud, domestic violence and child pornography.

As sheriff, I will bring 17 years of experience working with criminal justice grants and cooperative agreements in the Department of Justice to bear as we take every opportunity to leverage local taxpayer dollars by accessing federal, state and private foundation funds to protect and serve our community.

I will stop the current fear mongering over the gang issue, a problem centered in Frederick and being handled effectively by the city police that is being used by the current sheriff to distract attention from the opioid epidemic and other service needs throughout the county. Under my leadership, the sheriff's office will work with city police, state police and federal authorities to identify gang members and eliminate them from our community using all legal means at our disposal.

I will create a unit to specifically address crime prevention needs centered on Frederick County's fastest growing population, our senior citizens. As a board member for the Advocates for Aging of Frederick County, I have seen a number of areas where the sheriff's office can offer assistance in improving security and quality of life for our senior population.

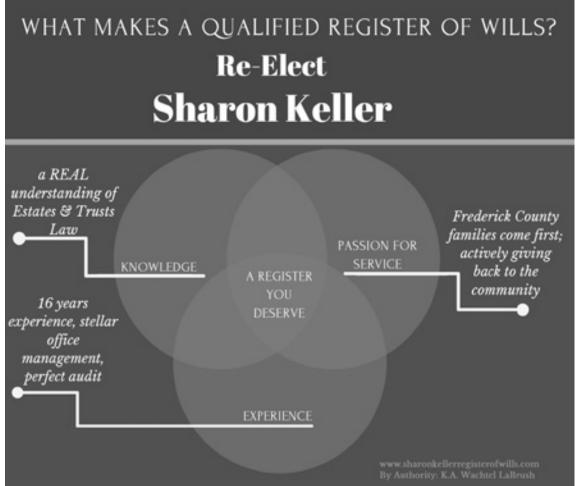
I am running for sheriff because I know that Frederick Countians deserve respectful, ethical, effective and proactive law enforcement that is rooted in community policing, and that our deputies deserve the training, tools and resources they need to do a complex job every day. I will bring to the office of sheriff over 40 years of experience that began with the Metropolitan Police Department in Washington, DC, and includes service as

second in command of our sheriff's office under a previous sheriff and 17 years with the U.S. Department of Justice providing oversight for training and technical assistance afforded to state and local law enforcement nationwide. I am ready to serve the citizens of Frederick County and to address the important issues that confront us.

Karl Bickel is the democratic candidate for sheriff of Frederick County. He can be reached at Karl@BickelforSher-







FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

On August 5th the National Night Out event was held at Carroll Valley Commons. The purpose was to strengthen the relationship between the citizens and police officers, and other first responders. Over 323 adults and children were in

Special thanks to our Carroll Valley Borough Police Admin Assistant, Jo Ann Myers, our Police Chief Richard L. Hileman II, and the Carroll Valley Municipal Services. I would like to thank the following who met with our residents: Representative Dan Moul, PA State Police, Adams County Constables Association, Adams County Sport Handgunners Association, Cub Scout Pack#76 who held the Bike Rodeo, Adams County Community Cats, Military & Veterans Affairs, Adams County Library, Gettysburg Young Marines, PA Counseling Service Collaborating for Youth, Children's Advocacy Center, Safe Kids, blood checks were performed by Fairfield EMS, Healthy Adams County, PA Game Commission and the Adams County Sheriff James Muller.

Carroll Valley, through the Boy Scouts, handed out approximately 60 free hot dogs to children. Adams County SPCA gave rabies shots to 20 dogs and 8 cats. Two dogs were microchipped and one cat. Also, special thanks go to our first responders: Fairfield Fire & EMS, Fountaindale Fire Department, and the police departments of Carroll Valley Borough, and Liberty Township. If you are interested in seeing the pictures of the event, go to www.ronspictures.net.

School will be starting which means school buses will be on the road again. Let us partner with the parents, teachers, administrators, and transportation personnel to keep our young residents safe when they are being transported to and from school. How do we do that? Follow the law. According to the Pennsylvania's School Bus Stopping Law, when you meet or overtake a stopped school bus with red signal lights flashing and stop arm extended you must stop. When you approach an intersection where a school bus is stopped with red signal lights flashing and stop arm extended, you must stop. You must stop at least 10 feet away from the school bus. You must wait until the red lights have stopped flashing and the stop arm has been withdrawn before moving. And most important, do not move until the children have reached a place of safety.

The second E-Waste recycling event for Southwestern Adams County was held from 8:00 a.m. until noon on Saturday, July 14th at the Highland Township office for residents of Carroll Valley and Fairfield Boroughs and Freedom, Hamiltonban, Highland, and Liberty Townships. A steady flow of residents was highly appreciative of the opportunity to dispose of long-held electronic devices, with the total volume (approximately 2.5 tons) filling two large containers. If you missed this opportunity, be sure to mark October 13th on your calendar for the last 2018 recycle event.

Child Passenger Safety week runs from September 23rd thru 29th. Under Pennsylvania's primary child passenger safety law, children under the age of 4 must be properly restrained in an approved child safety seat anywhere in the vehicle. Children under 2 must be secured in a rear-facing car seat until the child outgrows the maximum weight and height limits designated by the car seat manufacturer. Children from age 4 up to age 8 must be restrained in an appropriate booster seat. Children from age 8 up to age 18 must be in a seat belt. State and local Police Departments will be focusing on how children are restrained in vehicle from September 16 through September 29th. If you are interested in having a trained car seat technician to see if your car seat is properly installed, call the Carroll Valley Police Department for information.

Join fellow residents on Friday, September 15th for a great time at Carroll Valley's Movie Night In the Park! A "Cardboard Car Parade" and competition will start at 6:15 p.m.. Owners of cardboard car will receive free popcorn. The September movie will be a double feature. Lion King will be shown approximately at 6:30 p.m. followed by School of Rock at 8:15 p.m.. Please note, movie times may be adjusted based dusk time and lighting. Bring your blankets and chairs. Concessions will open at 5:30 p.m.. The Lion King movie is being sponsored by Jerry Holz, agent at Allstate Insurance. And, the School of Rock

movie is sponsored by Board & Brush Gettysburg Creative Studio. Thank you both! If you have any questions, contact Jessica Kraft at jessicaekraft@ gmail.com.

Carroll Valley Yard Sale is scheduled for September 29th from 8 a.m. to 2 p.m. in the Ski Liberty parking lot. Get ready for Fairfield's annual Pippinfest! Head to Fairfield on the September 29th and 30th to enjoy arts and crafts exhibitors, music, food, a kids's area, quilt show and drive-in car show.

Councilor Robert "Tyler" Pyles resigned from his council seat at the August Council Meeting. He and his lovely family will be leaving the area. He was presented a certificate of appreciation for his service to the community. Anyone interested in completing his term of office which ends December 31st, 2019 should submit a letter of interest to the Borough by September 7th. Carroll Valley Borough meetings to be held in September are: Joint Meeting of Council and the Planning Commission (Sept 4th), Borough Council (Sept 11th), Finance Committee (Sept 24th) and Parks/Recreation (Sept 26th). If you have any questions call me at 301-606-2021 or email me at MayorRonHarris@comcast.net.

State Senator Rich Alloway

Thances are, you know a relative or friend with Lyme disease. Sometimes, months or even years pass before you know you're infected with the tick-borne illness, and the effects of delayed treatment can be catastrophic.

Lyme disease latches onto a victim and does not release its grasp, similar to the deer ticks that transmit the ailment. Once an individual is infected, there is no known cure.

The most recent tick surveillance study found the presence of Lyme in

ticks in all 67 state counties. Unfortunately, Pennsylvania is considered the "bull's-eye" for Lyme disease, as we are the nation's leader in cases. It is a regrettable distinction that I would like to change.

Funding to prevent the spread of Lyme disease was a key part of a \$32.7 billion 2018-2019 spending plan approved in June by Pennsylvania lawmakers. The budget allocates \$2.5 million to support Lyme disease awareness, prevention and sur-

The funding will be used to hire staff to implement the Lyme disease task force's 18 recommendations; enhance and build a more robust Lyme disease prevention and education program; conduct statewide environmental surveys; and improve participation in tick-borne disease surveillance with providers and local health departments.

The funding allocated in the 2018-2019 spending plan is just a start, but it is my hope that this financing becomes a recurring part

of our budgeting process. I look forward to working with the Department of Health as this new program progresses, for the betterment of all Pennsylvanians.

As we work to better identify, prevent and treat Lyme disease, there are steps every state resident can take to minimize the risks posed by this terrible affliction.

If you discover a tick quickly, experts believe time is on your side, because the disease is transmitted only after many hours of feeding. After you identify the tick, removing it safely is essential. Tweezers are recommended, but sometimes it isn't that easy.

A first line of defense is recognizing Lyme disease indicators. Early symptoms include a rash, and some appear as a bull's-eye. Common symptoms include fever, chills, joint aches, swollen lymph nodes, headache, fatigue and rashes. Antibiot-

ics help with recovery, but when untreated, the infection can lead to arthritis and other severe problems.

Research has indicated that half the populace does not take proper steps to protect themselves against tick bites, especially during warm

For example, outdoor enthusiasts are encouraged to wear long clothing that covers the skin, and to use insect repellant. Walk in the middle of trails, avoid leaning against trees and sitting on logs, and think twice before going outside while barefoot. Long-sleeve shirts and pants - tucked into socks - are recommended. Clothes should be light-colored so ticks can be easily spotted.

For more information, a good resource is the American Lyme disease foundation website: www.aldf.com. Additionally, I have brochures available at my district offices in Gettysburg.





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GOVERNMENT—NORTH OF THE BORDER

County Commissioner Randy Phiel

The Board is very proud that the **▲** 2018 County Commissioners Association of Pennsylvania Annual Summer Conference was held in Adams County from August 4-8. The Pennsylvania County Commissioners last met in Adams County in 1909. There is an iconic photo of the county commissioners meeting in Adams County in the late 1890's and having their picture taken in front of Devils Den with their high collars and bowler hats. This was the largest attended summer conference in many years with over 530 registered – minus the bowler hats.

The conference was based at the Gettysburg Gateway complex and besides the general sessions and informational sessions, there were activities planned throughout Adams County. Featured speakers include Governor Tom Wolf, Gubernatorial Candidate Scott Wagner, Senator Bob Casey and Congressman Lou Barletta. As a member of the CCAP Board of Directors, I am somewhat cognizant of the amount of work it takes to put on a conference; but having it in your own backyard and being involved in the details illustrates just how much work goes into having a successful event. From all reports the attendees had a great experience in Adams County and have now

have returned home as ambassadors for Adams County!

Congratulations to all the folks in the Adams County Controllers Office for compiling and submitting the first ever Comprehensive Annual Financial Report (CAFR) to the Government Finance Officers Association (GFOA). This effort has been a multiple year work in progress and financial goal for Adams County to file for GFOA recognition of our financial procedures and condition. Also a shout out to the many other departments that contributed to this accomplishment with their partnering to provide information, details, statistics and general information for this document. The report is full of county information and qualifies the strong financial health of Adams County. The CAFR is a beneficial document when bond rating agencies review the county's financial health which relates to interest rates given to the county. The CAFR Report is located on the county website on the Controllers page under Financial

Speaking of finances, a well-deserved shout out to our Finance Department, Treasurer and Controllers Office for their collaboration in reaching out to various banks to receive enhanced terms and better rates of interest and return on

investments and other accounts. This initiative exemplifies great teamwork within and between our departments that benefits our organization and our

The PA Workman's Compensation Insurance Trust is Adams County's provider of workers compensation insurance through County Commissioners Association of Pennsylvania. At a recent PComp Board of Directors meeting, Commissioner Jim Martin as a PComp board representative, voted to distribute \$2.5 from reserve funds to pool members. As a pool member Adams County has been projected to receive \$226,115 in dividends based upon actuarial calculations. Of particular note is that Adams County received the largest distribution of all the pool members. The sizeable dividend is dependent upon a combination of factors such as timely and accurate processing of claims, claim types, level of occurrence, and the level of income received by investing our reserve funds. PComp is in a strong financial position due to excellent management of the pool, by only allowing pool members that meet the standards of a strict vetting process, and following the recommendation of an excellent financial advisor that has taken advantage of good market conditions.

We are all very much aware of the opioid crisis in our communities. Here is some very good news for Adams County. Last month the York/Adams Drug & Alcohol Commission opened a new assessment center for individuals seeking substance abuse treatment. The new Adams County Drug & Alcohol Assessment Center is housed within the Adams County Human Services Building. Pennsylvania residents seeking drug and alcohol treatment must undergo an assessment, which evaluates substance use and identifies treatment options.

Until now, Adams County residents could only get such assessments by going to individual treatment providers. The assessments are free of charge and individuals seeking assessments can call the Assessment Center at 717-398-0330 to schedule an appointment. Walk-ins are also welcome. Hours are from 8:00 -4:30. The new Adams County Human Services facility has made this service possible and the Adams County Board of Commissioners welcomes the staff of the Adams County Drug & Alcohol Assessment Center to Adams County.

Local Barlow dairy farmer Tom Clowney is synonymous with being a fine gentleman, community servant and a dedicated member of the Adams County farming community since the

1960's. This year Tom was designated by the American Agriculturist Magazine as one of four 2018 Mid-Atlantic Master Farmers. Tom was one of only two Pennsylvanians to receive the prestigious award. He and wife Joanne founded 220 acre Lagging Stream Farm in the 1960's. Lagging Stream Farm is located on Barlow Road, in Cumberland Township, where over 200 cows are milked daily. Chatting with Tom is always a delight and he is one of the few constituents that may still provide you with a personal handwritten note or letter. On behalf of the entire Board of Commissioners and the residents of Adams County - congratulations Tom! The Board had a surprise recognition for Tom's significant life-time achievement at the July 25 Commissioners

The intense rain this summer has caused the Adams County Emergency Operations Center to open three times because of flooding in the county. The EOC was activated again on Tuesday, August 21. Hopefully the record breaking precipitation will dissipate with fall quickly approaching.

I believe Fall is the best season in Adams County with great weather and a variety of activities. No matter what you do get out there and experience all the historical, recreational, agricultural, natural and cultural opportunities that beautiful Adams County has to offer.

State Representative Dan Moul

In the aftermath of the Pennsylva-Inia Attorney General's shocking and revealing grand jury report on child sexual abuse within the Catholic Church, the House Children and Youth Committee, of which I am vice chairman, and the entire Pennsylvania General Assembly continue our work to strengthen state laws to protect children from such abuse.

Following the Jerry Sandusky sex abuse scandal at Penn State a few years ago, the General Assembly established the Task Force on Child Protection, which produced recommendations resulting in more than two dozen new laws to protect children. The new laws, which were vetted through our committee, clarified and strengthened the definition of child abuse, improved child abuse reporting, investigations and information sharing, strengthened prevention efforts and the penalties for abuse, and criminalized the practice of "grooming."

Earlier this session, the House passed Act 67 of 2017, which eliminated the sunset provision in the Crimes Code regarding issuance of administrative subpoenas in investigations involving child sexual exploitation or abuse; and Act 54 of 2018, which requires public and nonpublic schools, as well as hospitals, to display a poster with the statewide toll-free telephone number for reporting suspected child abuse or neglect (Child-Line). The House also passed House Bill 1527, currently in the Senate, to clarify that mandated reporters must report suspected child abuse whenever they personally witness an abusive act to an identifiable child.

This fall, the House is expected to consider Senate Bill 261, which would eliminate the criminal statute of limitations for prosecutions of sexual abuse of minors, extend the civil statute of limitations for lawsuits alleging sexual abuse of minors until the victim reaches 50 years of age, waive sovereign and governmental immunity for claims and remove caps on damages against governmental parties sued for sexual abuse of minors. Currently, the statute of limitations for civil claims alleging sexual abuse of a minor is until the victim reaches age 30;

and the statute of limitations for criminal prosecutions alleging sexual offenses against a minor is until the victim reaches age 50. In its current form, the bill would apply to future crimes only.

I consider my work on the House Children and Youth Committee to be some of the most meaningful and rewarding work I do as a state legislator. Like many others, I am sickened by the actions of those who perpetrate crimes against innocent children, but I am grateful for the opportunity to do something about it. Child victims of Sandusky, pedophile priests and other trusted adults suffer unthinkable pain and betrayal and are left to carry a heavy burden of guilt and shame. They feel powerless as their innocence, dignity and faith are shattered by people they trusted. I will continue to stand up for

our most vulnerable citizens and support legislation that will give them a voice and the power to fight back.

Anyone who has been affected by abuse stemming from the grand jury report is urged to visit www.attorneygeneral.gov/report for additional resources. If you suspect a child may be abused or neglected, you are encouraged to call ChildLine at 1-800-932-0313. More information about child abuse is available at www.keepkidssafe.pa.gov.





COMMENTARY

Words From Winterbilt

Campaign promises?

Shannon Bohrer

Things that are obvious are not necessarily true, and many things that are true are not all obvious. — Dr. Joseph LeDoux,

Neuroscientist

The political campaigns and the upcoming elections make this a crazy time of year. This is when politicians and political parties promise to lower our taxes, create high paying jobs, take care of the poor and elderly, promise to improve our educational system, reduce our burdensome regulations, cut the fat and reduce the size of government. They also promise affordable housing, better infrastructure, reduced traffic congestion, and improved public safety.

While the campaign promises sound good, we must ask how often they are kept. Do we, or should we, keep a score card examining what promises were kept and which ones Maybe we should keep were not? score, but maybe we should also examine the promises themselves. The ideas of lower tax rates, fewer regulations, and having private industry take over government functions may seem obvious, but are they? We have been told this for so long, we don't question it. My perspective is that taxes, regulations, and the preference for private industry and small government resemble a three-legged stool. While each leg is somewhat independent, each affects the stability of the other two.

The first leg of the stool, lowering taxes, sounds good. It does take money to run a government, however, and that money comes from taxes. So when candidates for office promise to lower taxes, maybe we should ask if government services will be reduced or eliminated and if so, which ones. I like my Social Security and Medicare! If no such eliminations or reductions are contemplated, politicians often say they will find the needed funds elsewhere. Elsewhere, however, is a mythical place that so often, no one seems to find.

Similarly, it is normal for politicians to promise to "cut the fat" to make up for reduced taxes; however, once elected, they never seem to find the fat. Since they never define the fat, I wonder if the fat includes programs, efficiency or both. I am not advocating that we should never have a tax cut, but we must understand its consequences: cutting taxes means we must eliminate services, be more efficient, or spend more money to borrow money to run the government, or defer our bills.

The second leg of the stool is reduction of regulations. Just like

lowering taxes, it sounds good, but is it? The promise is always that business will flourish and produce more goods and services if we pare away regulations. While this sounds plausible, is it actually true? One example of the clear value of some regulations can be found in the environmental arena. I have heard politicians say that we should eliminate some clean air and water regulations, because our air and water are clean. But obviously, it is because of these regulations that our air and water are cleaner today than 40 years ago. The 1100 Superfund sites (places so polluted that one can't live there) in our country were created in those days, before environmental regulations were put on the books.

In the banking arena too, many argue in favor of fewer regulations. Consider the financial meltdown just ten years ago that almost caused another Great Depression. Many financial experts believe that crisis was related to a reduction in banking regulations. To assess this belief, we have to look back to 1933, during the Great Depression, when the federal government passed the Glass-Steagall Banking Act. Before the Depression, banks were allowed to combine banking and speculation. For example, subprime mortgages could be bundled in derivatives that became worthless. (Sound familiar?) This combination is thought to have been

a significant cause of the Depression. Glass-Steagall separated banking activity from speculation until 1999, when the government eliminated the banking/speculation provision. This paved the way for the reappearance of subprime mortgages and derivatives. Sure enough, just nine years later, in 2008, the banking industry went into freefall in the absence of the regulation provided by the Glass-Steagall Act.

So in fact, cutting or easing regulations is not always a good thing. It seems obvious that government usually creates regulations in an attempt to solve real problems. Yet I also understand that some regulations are extraneous and even unnecessary. My point is simply that it is incumbent upon us to examine the reasons for these regulations before we eliminate them.

The third leg of the stool is the belief that private industry is more efficient than government. I'm sure that is true – sometimes. However, there are instances when laws like Glass-Steagall are needed to ensure that private industry (the banks in that instance) does not bankrupt us all. The banking industry illustrates very well that sometimes private industry, especially in the absence of regulations, can do more harm than good.

Another example is health care. Many believe that private health care is superior to government- run programs. Private insurance companies are supposed to be more efficient than the government. The problem is that until the passage of the "Affordable Care Act," insurance companies

often dropped customers when they got sick, or when they just got old. It was a business decision, since the sick and elderly cost so much. In fact, the federal government created Medicare in 1965, because medical insurance companies dropped customers when they turned 65 years of age. The government was not just being generous when it created Medicare; rather, it stepped in when private industry refused to offer the service.

I think we should examine the promises that our politicians make, just to see what happens when they are kept. Tax cuts are nice, provided we can afford them. Similarly, some politicians say that tax cuts will spur the economy, but history tells another story. For example, when President Clinton raised taxes, the economy grew and we had a balanced budget for two years. Reducing burdensome regulations can be a good thing, provided the regulations are unnecessary. Private industry does play a major role in our country, as does our government. To think that private industry would always be better than government, however, is not logical. We know that some private industry without government oversight can cripple our country.

"Some things are too important to be left to the private sector."

George Galloway, former member of British Parliament

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

Common Cents

Tariffs - the tax little people pay

Ralph Murphy

rade tariffs as "taxes on imports or L exports between sovereign states" have been a focus of political debate this past year as the Trump administration has gone public with the issue. Initially linking the tax to steel and aluminum imports. The President claimed this past March the tax was necessary due to a high world trade deficit as well as "trade abuses and intellectual property theft" and would make America a " stronger richer country." Few economists agree and the additional fee as arbitrarily and now randomly applied on those vital commodities as well as countless others which has caused real damage to international relations and host markets they were projected to help.

Steel is a relatively low technology commodity common in a vast array of industrial goods that was outsourced to developing countries as China or India by the 1980 s as the American domestic industry found it cost effective to import it while concentrating on other production that used it. If it's taxed the price of the import increases and that cost is passed along to all the goods that need it for their own output. When prices increase without other change in demand that would justify consumer interest there's a decrease in output reflected by increased unemployment to all sectors

actually weakening the economy. Tariffs have that type impact.

Trade barriers are routinely needed to protect a valued domestic industry from foreign output. That tariff tax, however, leads a monetary exchange that seems to outweigh the protection aspect of the measure better ascribed simple blocks as quotas or bans on the troubling imports. With the Trump tax what started as the commodity issue quickly embroiled most any possible import from Europe, Asia, and the Americas in what now appears simple opportunism to make money for some faceless official link able to capitalize on that fault.

The tariffs themselves were variously applied to goods at services at between 10 and 25% depending on the nation and market. Europe was quick to threaten retaliation as was the China group which does appear the initial targeting objective since the March proclamation by Trump. The sanctions roiled very established trade understandings many taking years of negotiations by Executive departments as Commerce, State, and the Treasury to balance and afford the varied interests optimal yields.

There is a period of flux as the Europeans evaluate their best path forward amid the European Union downsizing to recent years. Canada and Mexico as well as the NAFTA open borders accord has all but collapsed to rational

trade concerns. That anomie or confusion doesn't justify the tax and seems more its symptom.

There's has been official flexibility since the March announcement as to where the tariffs would be needed. By May for example South Korea, Australia, Argentina and Brazil were largely exempted and told barriers would be quotas or bans of threatening goods by the US authority. The other nations seem victim to a new angle in bargains but reciprocal sanctions seem to have been heard by Washington authority as the the focus has shifted to the Far East.

In China's case the situation appear more causal, targeted and structured. and should be further explained to broader relations. In the 1980 s there was an economic reform push by the impoverished nation as it sought western inclusion and increased production. A policy of "one country, two systems" allowed that Hong Kong and Macau would or could remain capitalist when treaties granted Beijing sovereign controlled the islands by the late 1990 s. The honoring of those old accords wasn't a certainty and the new policy seemed to allay the fears of the West their investments would not be lost in the banking and gambling areas.

That 1980s series of accords were accompanied by others that granted selective mainland regions and their foreign partners control of what were described as Special Economic Zones (SEZs) virtual self-rule in establishing participation for production. China

was one of the poorest nations on earth to that era despite its higher profile diplomacy, and for whatever reason as self-regulation or cheap labor many western firms did establish a strong presence there.

Concentrated mostly on the nation's east coast these industrial cities became real production hubs after the British left Hong Kong in 1997. By an accounting quirk to national income analysis any production within a nations borders irregardless of its owner or sponsor is considered part of the nation's income. In China's case that included the SEZ earnings and they appeared backed by very suspect foreign sourcing as bank ties facilitated loss makers retention there.

When the press discusses China earnings it really seems to imply that foreign SEZ group as the time frame for other mainland regions to reach the parity to education and resource movement of the west is just too short. The SEZs and the foreign industrial presence amount to autonomous corporate colonialism, and need extensive political support from their home nations. Over the last twenty years it was afforded, now there seems a reverse trend as the associations have proven too costly.

That SEZ group, American lead but drawing in varied European and Japanese investment could easily account themselves as a top ten player to world income, but again if they were producing at home there would be immediate benefit and the current penalties seem to encourage repatriation. It's really a stretch to count the team as the number two economy in the world without including rotational money as earnings, which no one else does, so the projection of its competence is again a distortion.

Meanwhile the tariff issue simmers. To China's case the US trade representative seems to have relative structure as it was announced a 10% duty would be leveled on \$200 billion worth of predictable imports from that nation, economists call it inelastic demand as steel or aluminum. Someone will get that \$20 billion and they seem to aspire for more but might think they can settle with it. That money could be easily traced and should be for propriety by legal authority, as it doesn't seem destined for the Treasury. In the meantime serious damage has been done by the errant tax. Agriculture markets as soy have simply been dropped by China and the American domestic lobby is demanding \$12 billion in new subsidies to offset the loss as one example.

If a protection need exists for a struggling domestic concern it has to be done through non financial quotas, bans or cultural blocks not that type tax. It seldom ends or achieves its initial objective, is arbitrary to market ascription and distorts trade patterns both foreign and domestic. Almost no one benefits except the controlling official, but It's harder to levy that type social cost with awareness that it's happening and the Trump tariff should be reviewed as an example where the policy has gone astray.

To read past editions of Common Cents, visit the Authors section of Emmits-

COMMENTARY

The American Mind

Traditional American conservatism

William Hillman

The classification of political hate groups as either right wing or left wing has become a political hot potato.

Here is a quick refresher.

The American right is used as a synonym for American Conservatism. And what are American conservatives conserving? Traditional liberalism, liberty, as defined by Edmond Burke and debated by John Adams, Thomas Jefferson and James Madison, John Jay and the rest of the Federalists.

The American Left is the offspring of the French Revolution. Their current political ideology is taken from the pages of Saul Alinsky, Howard Zinn and to a lesser extent these days, Marx. They are heavily funded by progressive radicals like George Soros.

The political term "Progressive" describes a movement away from Republican and Democratic forms of government based on a constitution and the rule of law, to a government of intellectuals whose power is unchecked. Progressivism is the "nice", "digestible", word for Totalitarianism.

The Left wants power over others. It knows what is best for you.

The Right wants Liberty and the ability of people to live their own

The Democratic Party is the party of identity politics.

The Republican Party, (actually I don't know what the Republican party is anymore).

The media and the left have suc-

cessfully worked the narrative that hate groups like the KKK, neo Nazis, and the neo confederates are right wing groups. Nothing could be further from the truth. The KKK and white supremacists are the siblings to groups like the Black Panthers, Nation of Islam, and Antifa. The KKK was rebirthed by Woodrow Wilson and the Progressives of the 1920's for the purpose of voter intimidation in the south. Antifa is the left's current voter intimidation strong arm.

Bill Clinton actually admits that joining the KKK was part of what Democrats did to get elected. While hooded Democrats reigned terror on the South, Republicans were the ones fighting against slavery, segregation, and lynching policies.

The Neo-Nazis are the American Socialist Workers Party. They are racists and Socialists who want to destroy the Constitution. There is no ideological connection between this group and those of us whose most valuable book is the Federalist papers.

The neo-confederates are - well - confederates and by definition are not in favor of preserving the constitution, bill of rights or the Union. They are defiantly not conservative.

What is called the Alt-right is neither conservative nor "right". From doing a little Google search, this group is anti-Semitic, white socialists who have no affinity for the Repub-

All these groups belong in the same philosophical room as the democratic socialists, the Black Panthers, Nation of Islam, Antifa, SJP, SDS, and The New Underground.

From the 1920's through 1950's, the progressives and communists tried to fuel class warfare in the US. It had worked in Italy, Germany, Russia, China and was on the move in other European countries. But Americans do not have strong class ties, there is far too much class mobility. Saul Alinsky understood the failings of igniting class struggle but saw the possibilities of fueling race struggles. It was a brilliant plan since America was in the middle of a struggle to purge itself of the evil institutional racism of segregation and discrimination.

In the 1960's and 1970's a fight for control of the democratic party came to a head. The democratic party bet its future on creating and controlling a permanent Black underclass. The progressives' plan was to create a permanent underclass of voters who were financially dependent on the welfare state, with the democrat party being the champions of that state.

One important thing to remember about Progressives and the left is, violence and intimidation have always been their tools of choice. This was the case in the 20's with the KKK, the 50's with voter intimidation and segregation laws, and the 60' and 70's with groups like SDS, The Underground, and Black Panthers, etc. Today, the Progressives have Antifa, which uses violence and beats people who disagree with them. The Progressives protect professors calling for the extermination of white middle class America but use weapons to assault anyone who does not follow



their party line.

Freedom of Speech does not exist on the left. Violence and intimidation do.

White hate group membership had been on a steady decline since the seventies. It wasn't until Saul Alinsky's master plan of dividing the country by race was put into action that membership leveled off. All of middle America was tied to these hate groups, and middle America was classified as obsolete and unworthy. Remember the steady stream of comments like, "clutching guns and bibles?

In parts of the south there was removal of confederate symbols done solely to ignite racial confrontation and start violence. (A personal note here I don't get the obsession with the confederacy and it is my personal experience that people outside of the south, who fly the confederate flag are, more times than not, racists.) All this came to a political head when Hillary called Middle America "Deplorable".

This is textbook radicalization. You destroy people's history, belief system, and their grounding. You demoralize and guilt them with a media and messaging that they are worthless and bad. You impoverish them by signing trade deals that transfer their jobs to foreign countries.

All this, mixed with the radicalization and racial tension enflamed by media using police violence against blacks. George Soros spent millions of dollars on the Black Lives Matter movement, paying protesters and funding riots. I cannot find evidence of any money from Soros, et.al. spent on trying to solve the problems in these communities ravaged by violence. Again, to Progressives, the African Americans are nothing but tools for their own power.

Freedom of expression and speech are two of the core values of the Conservative right. In fact, freedom of speech and personal liberty are exactly what Conservatives are conserving. There was once a popular saying in this country, "I might not agree with what you say, but I'll defend your right to say it." Children today are taught in schools that allowing someone to express non-politically correct ideas is the same as expressing those ideas yourself.

The actions of these violent, anti-liberty groups like the KKK, Neo-Nazis, neo-confederates, Antifa, etc. need to be laid at the feet of the progressive movement that gave them birth.

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

Down Under

Make believe

Submitted by Lindsay! Melbourne, Australia

Plark Kent, mild mannered reporter for a great metropolitan newspaper – fights a never ending battler for truth, justice and the American way!

The rise of President Donald Trump was inevitable. It had been in preparation for more than a hundred years, ever since the philosophy of Karl Marx was used by such people as Wallace Wattles and Mary Lincoln. They propounded that by merely thinking you could begin your journey to a rich life. As well, such power would flow out from you to others who would also benefit. And not just others, for it would extend to the community and the nation. It was Marx on LSD, a spiritual make believe that fitted right into the beliefs of the day. Wattles was a fiery Quaker and reformer, unknown in other circles, but one who's message finished up packing such a punch that it has become the basis of today's greed.

Sure, he was wrong to combine it with religion, but such was the fervor with which the messages were given that it was absolutely sure to be

true. Wattles published a book titled 'The Science of Getting Rich' around 1910, and it became a best seller, as noted by Bloomberg business week. And it combined well with the works of another force, Ayn Rand. It's doubtful if she had ever heard of Wattles, but the impulse was the same: you succeed through your own efforts. Others are less important, because it all starts with you. The rewards are material, and if

to do the same. Unfortunately, that has lead to the growth of me before you; that, in turn, has produced a disdain for the wellbeing of others and to a disregard for those who do not make it. It proves, say the followers of this antisocial way, that such people are not only unworthy, but crass and lazy.

you become rich you influence others

Very few of us are like that, but there was, and is, another force at work that has taken most of us into its lair: Capitalism. This has been around for as long as money, and has proved to be by far the best way to run an economy. The idea of the state running everything, which was the ideal that Marx proposed, could never succeed because everyone is to some extent greedy, many also having a driving need to run things for their own ends. It breeds dictators who cannot help showing the worst of human nature.

So doesn't that show that private enterprise is far better when it is in running things?

No, not really. To control some things, yes, but to put the control of nearly everything into the hands of corporations is the opposite to communism, and just as deadly. The same base motivations are at work, and after a while more is never enough, the only differences to communism being that it's deleterious effects are felt more slowly while remaining at the pinnacle of good practice and the American way.

The outcome is the development of 'Super Capitalism', where some 90% of all business is in private hands. This in turn brings about a society that is dependant on having money which for the great majority means having a job and being able to do it. When things are buoyant and production is high this is reasonable, but as soon as they are not it spells disaster. Which is where you are right now. This is when the depleted education system joins rundown infrastructure and the growth in employment is in high tech and specialties. Robotics and automation remove manual jobs, welfare is not part of super-capitalism, and the stage is set for someone like Mr. Trump.

His promises are just that, because

although he has positioned himself as being not part of the old system, a reformer who will make things great again, he is in fact very much part of the new capitalistic regime. He believes he is part of the 1% who reside, godlike, at the top of the heap. The 70% who were once working and middle class are the serfs – the new slaves - who can be treated disdainful cynicism. Such is the power of this slightof-hand that many of them still believe he can do no wrong even as suicides mental illness, gangs, domestic violence and incarceration grow alarmingly in that group.

This trend began around 1980 as wealth and power became consolidated in fewer and fewer hands. The top !% held about 10% of the wealth back then. Today it is 63%. The bottom 50% held 21% of the wealth then, and now has less than 10%. This imbalance is wreaking havoc across much of the nation, but practically nowhere else, especially in Western Europe and where the British systems were adopted.

In Europe the figures are almost the opposite. In 1980 the top 1% held about 9% Of the wealth, the bottom 50% had 21%. Now the top has 16%, the bottom 50%. That means the middle class has suffered a bit, but there is overall satisfaction and stability. The reasons will not appeal to you.

Public ownership of essential services, health and infrastructure has remind in government hands. Conglomerates have been kept under strict scrutiny and small business, especially in the service and retail sectors are prevented from becoming dominant in their area. A Walmart or a coca cola could never happen.

Social structures, education, public transport and most infrastructure are funded by the state by means of taxation. This varies, but amounts to an effective rate, (including payroll tax), of round 50%. That's not much different to the equivalent rate in America, but where the top rate kicks in is. Denmark's, for instance, comes in at 1.2 times the average wage. In America, it is 8.5 times. This means most Danes are in the top bracket but in America only those earning more than about \$400,000 are, which is a small percentage of the population and the overall take is quite small by comparison.

The result is the poor in America bear greater burdens. They feel the system sucks their blood and they get nothing in return. An equitable social structure has always been the aim of democracy, something that is now writhing in its death throws. Not even Clark Kent could save it.

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

Recently, newspapers and journalists were called to respond to recent attacks on the press in calling them an "enemy of the people." We would like to join the more than 300 newspapers that have responded to the Boston Globes' coordinated effort.

Democracy and the free press

Shea Rowell MSMU Class of 2019 Managing Editor 2018-2019

ne sure way to provoke an argument in the United States today, in either liberal or conservative company, is to utter these two inflammatory words: fake news. The American people have been traumatized, victimized, by the suspicion that has come to permeate our culture. Fake news, as controversial as it is, does exist, and is largely created by automated computer programs, and disseminated through social media sites. The president, however, has used this social media scandal to demonize the free press itself – the words of real Americans (not robots) who attempt each day to give the people a news source they can trust.

Therefore, Americans are not only suspicious of social media, but of real journalists, working for our nation's oldest newspapers and broadcast sources. According to President Trump, these sources fulfill a personal vendetta against the public and (conveniently) against himself, spreading lies and fabricating the news, instead of reporting it. This has undermined Americans' trust in the press, especially in more conservative circles, and instead invited them to

put their trust in the government and its executive. It has even provoked a small percentage of liberals, and a larger minority of conservatives – who historically have been defenders of the free enterprise system and limited government interference – to believe that the president should have the power to dismantle news sources that display "bad behavior" (Boston Globe). In essence, it has caused Americans to distrust the first amendment freedom of the press.

This distrust is an attempt, whether intentional or not, to undermine the independence of the American democracy. America's greatest asset as a governing body is its constant efforts to protect the people's sovereignty over the government. The people have no power if they have no access to knowledge from independent sources. Government censorship of the free press means disenfranchisement of the American people.

In preparation for an ethics class assignment (I wrote my final research paper on the unethicality of sensationalism and celebrity journalism), I spent some time studying journalistic codes of ethics – yes, they exist, and are fairly universal. In an article about the ethics of professional journalism, Stephanie Craft summarizes the Society of Professional Journalists' code of ethics

as the following: "seek truth and report it, minimize harm, act independently," and, "be transparent and accountable" (272). Journalists, by their very essence, must be independent of the government to seek and report the truth. They are the nation's most fervent critics of political figures and policies, and they enable the American people to discern their own opinions about government actions; an uninformed public cannot have a free opinion. Journalists must operate beyond the realm of government censorship. Under government surveillance, they spread, not truth, but propaganda.

Because of this, we need the free press to preserve our democracy. We need to know the truths about our world that may not be pleasant, and may not always be flattering to the officials we entrust with governing. Even the fake news crisis needs the free press. If fake news is to be defeated, the solution must come from journalists themselves, not from the government. Even Pope Francis weighs in on the issue; in his World Communication Day statement, entitled, "The Truth Will Set You Free: Fake News and Journalism for Peace," Pope Francis states that it is the responsibility of journalists, "the protectors of news," to "discern the truth...

that encourages communion and promotes goodness from whatever instead tends to isolate, divide, and oppose." He clarifies that this does not mean journalists should avoid reporting conflicts and unpleasant realities when they arise, but that when they do so, they do it in a way that "is truthful and opposed to falsehoods, rhetorical slogans, and sensational headlines." He advocates "A journalism created by people for people, one that is at the service of all, especially those — and they are the majority in our world — who have no voice."

The truth unifies; falsehoods divide. The truth promotes peace; falsehoods promote violence. Preserving the free press guarantees that there will be somebody in the world seeking the authentic truth, because the world deserves to hear it. The free press enables all to have a voice, not only those whose views align with those of powerful figures. As ironic as it may seem, the free press enables its own attack, by giving voice to those who demonize it. That is the beauty of the free press — it is a service to the people who, otherwise, would be powerless, voiceless, unheard.

In a world ridden with confusion and suspicion, journalists seek truth. In a world full of corruption and deceit, journalists seek transparency. They



"Our liberty depends on the freedom of the Press." -Thomas Jefferson

raise their voices to oppose the wrongs they see, and even publish the views of those who disagree. Yes, journalists are human, and sometimes make mistakes; no person is completely without bias. Regardless of imperfection, the free press must be protected. When journalists hold themselves and government officials accountable for truth, they empower readers to think, to know and to act. Journalists accept this as their mission. Their aim is to provide news that the people need to know, and they refuse to be the senseless yes-men of whoever happens to be in charge. They give the people power over the government, and that is what democracy is all about. Because of this, the free press is not America's enemy, but her greatest and most loyal ally.

Cornerstone of a free society

Sarah Muir MSMU Class 2018 Managing Editor 2017-2018

Te seem to have everything at V our fingertips. We have grown into a culture fixated on the search for knowledge and information. The world has sped forward and the ways in which we share information has changed at an equally fast pace. Social media seemed like the answer to that desire to know and connect with the world around us; to share the news in our own corners of the world--how the world, and all in it, has affected our lives and the lives of those that touch us. And we have. Today we have access to more knowledge of the world than ever before and are learning that such an expansive capability has severe drawbacks. Since anyone can report their news to the captive audience that lies in the palm of their hands, the world has become a loud place, full of uncertainty and distrust.

It seems that in the recent months the blame has fallen on reputable journalist and to a greater degree, the free press itself. Free press is the cornerstone of a free society. The press has a responsibility as gatekeeper and observer to inform and educate the public in matters on local, state, national and international platforms. However, we the people are told by those that apparently know more than us, that the press cannot be trusted. The discussion has risen in volume, to the point in which the free press is being villainized. This should give everyone pause, make everyone feel uncomfortable because press is the voice of the people. If we are told that we cannot trust our own voices, then who are we being asked to trust.

I do not think it would be radical of me to say that the major broadcasters of the news are polarized. The society we are building in voice and action is not black and white. It is red and blue. These two labels are used in both descriptions of praise and in deep derision. Even now, I am keeping the lines I am drawing unclear. I am hesitant to write in a way that can be construed as being too "red" or too "blue", because we have become sensitive to this bias. We trust the voices that agree with us, that shade the world in the color we like while personally labeling the others as "false", "fake" and detrimental. I do it all the time. As much as I try to keep my news sources as variegated as possible, I roll my eyes at headlines that do not fit within my perception of what I think to be true. I know others do the same, however, I also know that free press is a privilege not to be overlooked. The only person to censor my words, is me; now, I am responsible for them, of course, but I have the right to implement the free press to share both what is right and what is wrong in the society in which I live. Free press is not an enemy, it is a tool in the hands of the people. Free press cannot not be limited. It can, though, be charged with the responsibility to truth and the public interest.

Currently, I do not consider myself to be a journalist, that is not my business. Although, I have written for an excellent local newspaper for the past four years; small articles about my time in college, with a few opinion pieces thrown in the mix. However, in working for a newspaper I have seen what free press can do and how it provides a necessary and invaluable arena for a community. In our paper we provide a platform for discussion and awareness for the surrounding community. We give space for all local politicians to campaign and information on the concerns that are facing the community. We are a voice, and that

46 SNOW BIRD TR., FAIRFIELD, PA - 0.52 Ac., great

Erosion & Sediment (E&S) plans.

locale, completed Storm Water Management (SWM) and

35 BLUE SPRUCE TR., FAIRFIELD, PA - Attractive 0.5 Ac.

10 FLENNER TR., LIBERTY TWP, PA - Private wooded lot,

lot in Ranch Section of Carrol Valley, Perc failed.

close to Liberty Ski & golf, perc failed in 1993.

is something that cannot be muzzled or made into something to fear.

Journalism is a vocation and a noble one and though I do not consider myself to be one, I do admire journalist. It is a way of being that strives for the clarity of truth and honesty in the murky waters of a world that tends to be deceptive. The good ones see the

best and worst in humanity and relay it back with an even voice and cool head. Members of the free press are not, nor should ever be, the makers of news, nor are they teacher or brainwashers. They are informants. They serve the public as the nerve endings to a society, noting both the pain of our failings and the pleasure of our triumphs. Free press cannot be an enemy to the people. It is an impossibility, because the free press is the people.

64 Meadowlark Tr., Carroll Valley, PA - 0.92 Ac., low

6 Shirley Tr., Fairfield, PA - 0.52 Ac., nice wooded lot,

4 Fernwood Tr., Fairfield, PA - 0.86 Ac., perc approved for

per rate means smaller sandmound, septic design

done, near skiing and golf courses...

drip irrigation septic system, close to skiing.

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THE PASTOR'S DESK

To whom shall we go?

Father Ted Trinko, IVE
National Shrines of the Our Lady
of Lourdes Grotto and St. Elizabeth Ann Seton

This summer a good number of people have understandably had their faith shaken by accusations of terrible crimes committed by members both low and high of the Catholic hierarchy throughout the world. It has been referred to as a "crisis," a "moral catastrophe," and a "sign of the collapse of the episcopal establishment in the United States."

The abuse of trust by the very men who are appointed to lead us closer to God is a difficult subject to talk or write about. In many ways, it is as sickening as it is tragic. But it necessary to bring it to light in order to respond to it in an appropriate manner.

What are we to make of all this? How should a Catholic respond to the priest abuse scandal? Perhaps Peter put it best: "Lord, to whom shall we go? You have the words of eternal life."

In chapter six of John's Gospel, we see Our Lord giving His followers that magnificent promise of the Eucharist and eternal life. However, many of His listeners had trouble understanding and accepting His message. In fact, we read that: "as a result of this [teaching], many of his disciples returned to their former way of life and no longer accompanied Him."

Now we find ourselves faced by a similar test of faith due to the acts committed or omitted by many of those who are called to be shepherds of the flock of Christ. As a result, there are people who are questioning their faith in the Church which Jesus built upon Peter. It's at this moment when Christ will turn to us, His followers, and repeat that question which he made 2000 years ago to His apostles: "Do you also wish to go away?"

It was this question from our Lord which prompted Peter's magnificent reply "Lord, to whom shall we go? You have the words of eternal life."

"Well," one could say, "that's what I say also. I wouldn't ever consider leaving Christ, but this Catholic Church is just intolerable." The problem with that thought is that we cannot separate Jesus from the Church any more than we can separate a head from its body. The Church is His mystical body (cf. Rom 12:5) and you can't have the one without the other.

At least, that's what Jesus tells us in Sacred Scriptures: "Whoever listens to you, listens to me; whoever rejects you, rejects me": "If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven"; and when Saul was thundering to Damascus to arrest the followers of the Way, Our Lord appeared to Him and asked "Saul, Saul, why do you persecute me?" Note that Our Lord did not ask Saul why he was persecuting "My Church," but rather, why he was persecuting "Me."

Where Peter said, "Lord, to whom shall we go? You have the words of eternal life," we need to add, "You and Your Church have the words of eternal life." Jesus and His Church are a package deal.

It is through the Church that Jesus continues to speak and sanctify believers. That is why the Church is holy; not because it is full of holy people, but because in the Church is the power of God which can make people holy regardless of the sinfulness of the ministers in it.

A practical consequence of this connection between Christ and the Church is that if we profess to love one (Christ) we must also love the other (the Church). But let's face it, the Church is not always very lovable. In fact, in times like these, it's difficult to even consider how we even tolerate it. After all, Jesus wouldn't have done what some of these ministers are accused of doing.

Unfortunately, this is hardly the first time the Bride of Christ has made herself tough to love by the sins of its members.

All of the Church's members on earth still suffer from the effects of original sin. This means that each and every last one of them (of us) has stained the Church with sins. Sometimes they are hidden sins which will only become known on the Last Day. Other times, they are made manifest to the horror of all the world as they have been of late. It can be very difficult to bear the human aspect of the Church which is imperfect, messy, corrupt, and sinful.

Recognition of this led Pope St. John Paul II to make a solemn apology for the sins of its members at the turn of the millennium.

My sister introduced me to a Catholic novelist from the South by the name of Flannery O'Connor who clearly saw this human side of the Church and wrote, "It's not suffering for the Church that bothers me; it's suffering from her." Mary Settle, another southern Catholic author, wrote some sobering lines to a friend who had just converted to Catholicism: "Congratulations, but get ready. It's a rather untidy outfit you're joining up with."

This is why Pope John Paul II asked the Catholic youth of the world to "be patient" with the Church because "the Church is always a community of weak and imperfect individuals."

Recognizing its sinfulness, the Church is working to reform itself. In the last two weeks, we have seen many statements addressing the scandal. Pope Francis released a powerful "Letter to the People of God" on August 20. Several bishops gave very strong and candid declarations which outlines the first steps to addressing the crisis. And there have been scores of spot-on articles by priests and lay faithful, addressing the situation with the brutal candor and incisive proposals for the reform that the Church needs.

This is all well and good and indicates a step in the right direction, but are we just supposed to wait around patiently twiddling our thumbs? Not at all. Without



It's important to remember that for every bad actor, the Catholic Church is filled with tens upon tens of thousands who strive daily to fulfill the words of Jesus to 'feed and protect their flocks.'

pretending to be an exhaustive list, there are three things we can do:

First of all, as Pope Francis pointed out in his letter, we need to make reparation by fasting and prayer.

Secondly, we need to demand to get to the bottom of the scandal which will prevent its recurrence. This is not merely a case of "abuse of power" or "clericalism," but more essentially it is a lack of chastity among the clergy.

Thirdly, we need to focus on living our faith. Jesus told the parable about allowing the weeds to grow amidst the wheat until the harvest time to remind us that we need to fundamentally focus not on the evil which is always present among the people of God, but

on the building up of the good wheat. Evil should not be tolerated, but nor should annihilating it be our primary concern.

As this "moral catastrophe" continues to unfold, let us remember and take comfort in the words of St. Paul: "where sin abounds, grace abounds all the more" (Rom 5:20). Just as God used the betrayal of one of His first ministers, Judas, as an occasion for his salvific Passion and Death, so too will God use the betrayal of his ministers from the 20th and 21st centuries as an occasion to bring about some good as only He can.

For now, we say with St. Peter, "Lord, to whom shall we go? You and Your Church have the words of eternal life."



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THE BOOK OF DAYS

Michaelmas Day



September 29

Michaelmas Day, the 29th of September, properly named the day of St. Michael and All Angels, is a great festival of the Church of Rome, and also observed as a feast by the Church of England.

Michael is regarded in the Christian world as the chief of angels, or archangel. His history is obscure. In Scripture, he is mentioned five times, and always in a warlike character - namely, thrice by Daniel as fighting for the Jewish church against Persia; once by St. Jude as fighting With the devil about the body of Moses; and once by St. John as fighting at the head of his angelic troops against the dragon and his host. Probably, on the hint thus given by St. John the Roman church taught at an early period that Michael was employed, in command of the loyal angels of God, to overthrow and consign Lucifer and his rebellious associates to the pit of perdition.

Sometimes Michael is represented as the sole arch-angel, sometimes as only the head of a fraternity of archangels, which includes likewise Gabriel, Raphael, and some others. He is usually represented in coat-armour, with a glory round his head, and a dart in his hand, trampling on the fallen Lucifer. He has even been furnished, like the human warriors of the middle ages, with a heraldic ensign—namely, a banner hanging from a cross.

Angels are held by the Church of Rome as capable of interceding for men; therefore prayers are addressed to them and a festival appointed in their honour. Wheatley, an expositor of the Book of Common Prayer, probably expresses the limited view of the subject which is entertained in the Church of England, when he says, that 'I the feast of St. Michael and All Angels is observed that the people may know what blessings are derived from the ministry of

Amongst Catholics, Michael, or, as he has been named, St. Michael, is invoked as 'a most glorious and warlike prince,' chief officer of paradise,' A captain of God's hosts,' receiver of souls,' 'the vanquisher of evil spirits,' and 'the admirable general.' It may also be remarked,

that in the Sarum missal, there is a mass to St. Raphael, as the protector of pilgrims and travelers, and a skillful worker with medicin: likewise an office for the continual intercession of St. Gabriel and all the heavenly militia.

As to the soundness of this view we do not give any opinion, but it seems certain that in early ages there was a prevalent notion that the affairs of men were much under the direction of angels, good and bad, and men prayed to angels both to obtain good and to avoid evil. Every human being was supposed to have one of these spiritual existences watching over him, aiming at his good, and ready to hear his call when he was in affliction. And, however we may judge this to be a delusion, we must certainly own that, as establishing a connection between the children of earth and something above and beyond the earth, as leading men's minds away from the grossness of worldly pursuits and feelings into the regions of the beautiful and the infinite, it is one by no means of the worst tendency.

In time, the sainted spirits of pious persons came to stand in the place of the generally name-less angels, and each place and person had one of these as a special guardian and protector. Not only had each country its particular patron or tutelar saint, but there was one for almost every town and church. Even trades and corporations had their special saints. And there was one more specially to be invoked for each particular ail that could afflict humanity. It will be curious here to descend a little into particulars.

First, as to countries, England had St. George; Scotland, St. Andrew; Ireland, St. Patrick; Wales, St. David; France, St. Dennis and (in a less degree) St. Michael; Spain, St. James (Jago); Portugal, St. Sebastian; Italy, St. Anthony; Sardinia, St. Mary; Switzerland, St. Gall and the Virgin Mary; Germany, St. Martin, St. Boniface, and St. George Cataphractus; Hungary, St. Mary of Aquisgrana and St. Lewis; Bohemia, St. Winceslaus; Austria, St. Colman and St. Leopold; Flanders, St. Peter; Holland, St. Mary; Denmark, St. Anscharius and St. Canute; Sweden, St. Anscharius, St. Eric, and St. John; Norway, St. Olaus and St. Anscharius; Poland, St. Stanislaus and St. Hederiga; Prussia, St. Andrew and St. Albert; Russia, St. Nicholas, St. Mary, and St. Andrew.

St. Agatha presides over nurses. St. Catherine and St. Gregory are the patrons of literati and studious persons; St. Catherine also presides over the arts. St. Christopher and St. Nicholas preside over mariners. St. Cecilia is the patroness of musicians. St. Cosmas and St. Damian are the patrons of physicians, surgeons, and also of philosophers. St. Dismas and St. Nicholas preside over thieves; St. Felicitas over young children. St. Julian is the patron of pilgrims. St. Leonard and St. Barbara protect captives. St. Luke is the patron of painters. St. Martin and St. Urban preside over tipsy people, to save them from falling into the kennel.

Generally, the patron-saints of trades were, on similar grounds, persons who had themselves exercised them, or were supposed to have done so. Thus, St. Joseph naturally presided over carpenters, St. Peter over fishmongers, and St. Crispin over shoemakers. St. Arnold was the patron of millers, St. Clement of tanners, St. Eloy of smiths, St. Goodman of tailors, St. Florian of mercers, St. John Port-Latin of booksellers, St. Louis of periwig-makers, St. Severus of fullers, St. Wilfred of bakers, St. William of hatters, St. Windeline of shepherds, and St. Anthony necessarily was adopted by swine-herds, in consequence of the legend about his pigs.

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



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THE (retired) ECOLOGIST

Little-noticed things

Bill Meredith

"The world will little note, nor long remember... –Abraham Lincoln

ne day last month I came into the house covered with sweat and told my wife, "I cannot tell a lie. I cut down the cherry tree." I was not just imitating the story of George Washington's youth (well, maybe just a little bit)... I really had just cut down the tree. I didn't want to, but it had to be done. It was dead.

The tree, a Weeping Cherry, was a gift from my "Aunt Icky" in 1992, the last time she visited us before she died. It started as a spindly little sprout, less than an inch in girth, and grew over the next 26 years to a diameter of 14 inches and a height of over 30 feet, and it was beautiful. It bloomed every spring, and when our grandchildren were growing up, each year they would come to be photographed under the "Icky Tree" in their Easter outfits; they were growing and blooming too. I wrote about it in these pages several times, most recently

last year, when I noticed several dead branches on it; I attributed the damage to allelopathic chemicals produced by a Bradford Pear tree that I had unwitting planted too close to it. Had I known earlier, I gladly would have cut down the pear tree; but it was too late. The damage was done, and in June the cherry tree gave up the ghost and dropped the last of its leaves.

I haven't done a survey, but I suspect if a tree died in yard of the average octogenarian, he would call The Tree Guy and pay him to cut it down, haul it away and clean up the mess. That would make sense... but I couldn't do it that way. Trees are in my blood. My great-great grandfather bought a quarter-section of land in West Virginia in 1840 (it was just Virginia then); he built a sawmill, built a dam on a nearby creek to provide water power for it, and spent the rest of his life sawing lumber from the forest around it. He died after the Civil War and left the sawmill to his son, who continued clearing the forest. That son was old but still vigorous in 1902 when his grandson was born.

The grandson, who was to become my father, spent his youth around the sawmill, first playing and then working with his grandpa to cut trees and haul them to the mill with horses. My earliest memories are stories of those times, told by my father at bedtime when I was two or three; and before I was a teenager, he had taught me how to cut trees... and how to respect and appreciate them.

I have a chainsaw, which in chainsaw years is about my age, and I used it last spring on a fallen tree; but this time it did not wish to start. So, since my son, Fred, happened to be visiting, I got out an old 2-man crosscut saw that may have belonged to my great grandfather. Fred was intrigued by the idea, but he had never used such a tool, and it was a laborious task to learn about it on a tree of that size. It took us nearly an hour to cut the tree, with many reststops for aching shoulders, backs and knees. During the rests I told him the stories my father told me as a child, of cutting big trees with his grandfather and hauling them to the sawmill; and I recalled Aldo Leopold's essay in A Sand County Almanac, where he described how a crosscut saw sings when you get it going in the proper rhythm. We actually got the old saw to sing a few times, but Fred was unable to maintain the rhythm very long... it does take practice. Eventually the tree fell, in the general direction that I had intended.

When we looked at the stump, the cut was as smooth as if it had been done in a shop and sanded.

The bark was dead on one side of the trunk, and there it was infested with ants. Even before we began to saw, they knew something was afoot. When I pulled a few weeds near the area the guards at the tun-



We humans might learn a lesson from ants, we instinctually understand that they need to cooperate to survive - but that would require us to be smarter than we are.

nels in the bark gave the alarm, and within seconds the whole area was swarming with workers carrying eggs and pupae out of the tree and down toward the underground colony. We hadn't touched the tree yet, so I've no idea how they knew something was going on, or even whether they knew; but by the time the tree fell, they were all away from the stump. It was an admirable response. If I had just been weeding the area, they would have done the same thing, and then all of their work would have been wasted; they'd have had to carry the eggs back. But their ancestors learned millions of years ago that foresight is a more valuable trait for survival than avoiding extra work; that's why ants are so abundant and successful. We humans might learn a lesson from them, if we were smarter.

The first thing you are supposed to do after you cut a tree is to count the growth rings, and we could see them clearly. They recited the history of the good and bad growing seasons of the last 28 years, and the onset of the fatal disease. The next thing you're supposed to do is to sit down in the shade and contemplate the state of the world with a container of liquid in your hand. In Leopold's case, he counted the rings and reflected backward. His tree had grown from an acorn that

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fell around the time of the Mexican War. It grew slowly at first, nibbled by deer and crowded among other seedlings in the forest; but eventually a nearby tree fell in a storm and allowed light to reach the ground, and it spurted upward. It crowded out its neighbors and laid down rings, marking the Gold Rush, the Civil War, the Union Pacific Railroad, the first radio, electric light, telephone, automobile, airplane, World War, Dust Bowl, Depression... Leopold marked the dates on the stump.

In my case, a can of root beer had to suffice, and my mind drifted back. When we planted the tree in 1992, the Gulf War had just ended; I was still teaching, and our third grandchild was still in diapers. Our cherry tree started slowly; it took a couple of years to establish a set of roots that could keep it upright when the wind blew, but then it shot upward. As it grew, three more grandchildren arrived. Then came the Clinton scandal, along with 9-11, the Iraq and Afghanistan wars, an economic crash and recovery, and... well, you know. By the time I retired, the limbs that had started as erect sprouts had curved outward and drooped like willows, blowing gracefully in the wind. Early on, I stumbled upon Housman's poem, which I read each year until I knew it by heart:

"Loveliest of trees, the cherry Is hung with blooms along the And stands along the woodland ride, Wearing white for Easter-

The tree is gone now, but the stump is still there, and I will leave it as long as either of us lasts. From the trunk and larger branches there is wood that may be turned into mementos to remind the family of Icky. If great grandchildren ever come, I will sit on the stump and hold them on my lap, and I will tell them stories about the days "when I and all the world were young," as my father told me and as every father since Sir Walter Raleigh has done. And next Easter I will stand by the stump and recite Housman's poem. And remember.

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





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REAL SCIENCE

Lead

Michael Rosenthal

In last month's discussion of **▲**Emmitsburg drinking water, the point was made that lead was not a contaminant of our local water, a very good thing. Lead is a very toxic material to animals and people, element # 82 on the Periodic Table of Elements. Lead does occur naturally in the earth and has many uses. In 2014 global production was about ten million tons. Among its uses have been plumbing, batteries, bullets, solders, pewters, paint, radiation shielding, and gasoline. Uses of lead have been reducing, due to the recognition of its toxicity. Lead accumulates in soft tissues and bones, and it acts as a neurotoxin, damaging the nervous system and the brain, and interfering with the function of biological enzymes. It is particularly dangerous to children and to those not yet born, both of whom often have life-long health problems from lead exposure.

In nature it rarely is found in elemental form. It is primarily found as lead sulfide, PbS, known as galena. World lead resources are large, exceeding 2 billion tons, and lead is found in many parts of the world, including the United States. Natural concentrations are generally low.

As the world moved toward industrialization, lead demand grew worldwide, and by 1900, the United States led the world in lead production. Major industrial demand was for the use of lead in plumbing and painting. Lead paint was particularly popular. Factory workers in lead production were, however, particularly affected in the late 19th century and early 20th century, enduring physical disorders, including gout and blindness, and also suffering from mental disorders.

In the United States lead was added to gasoline in 1921 in the form of tetraethyl lead, an organometallic compound in which four ethyl groups were bonded to a central lead atom. The purpose of the addition of lead to gasoline was its function as an antiknock agent, allowing automobiles and other motor vehicles to function smoother and quieter. I remember well seeing the notice, contains tetraethyl lead (TEL), on gas pumps as I grew up and continuing until about 2000 when the additive was phased out of gasoline in the United States and the European Union.

Lead paint was common in construction because it had opacity and water resistance. Lead paint was eventually phased out as well. Lead is still used in lead-acid batteries, and aside from disposal concerns, this use poses low threat. However, since lead still has many other industrial applications, care must be taken to protect workers and there must be safe disposal of industrial waste. It would not be a good idea to live next door to a lead battery disposal landfill or near a factory that utilized lead.

Even knowing how dangerous lead can be, lead is still a global issue, since mining, smelting, and battery manufacturing, are common in many countries of the world, and regulation is uneven. Lead enters the human body through inhalation, ingestion, and skin absorption. The most common sources for lead poisoning are through the ingestion of contaminated food or drinking water (remember Flint!), and less commonly by accidental ingestion via soil, dust, or lead-based paint. Leaded gasoline was a major source of lead contamination in soil. You will recall that the Flint, Michigan, lead contamination issue came via water pipes when the water source was changed.

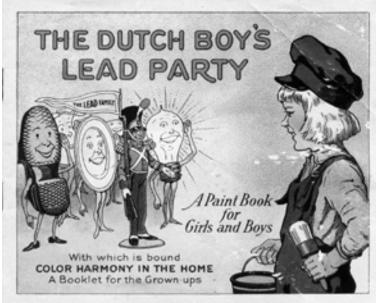
An excellent documentary on the Flint water crisis was shown on Public Television. Its title is "Poisoned Water". If the water is acidic, the lead in the pipes can dissolve into a soluble lead compound, which ends up in household water uses. Hard water forms insoluble layers in the pipes, but soft water and acidic water dissolves lead from the pipes into the water, forming lead bicarbonate, and thus delivers it to the user. Drinking this water over time increases the concentration of toxic lead in the body.

The most dangerous source of lead for children is lead-based paint. Not only does this lead enter a child's body from day-today children's household activity,

but as the paint ages, lead-containing dust enters the environment, and eventually into the human body. Inhalation and smoking also contribute to the body's increase in lead. The United States banned the use of lead-based paint in residential structures and environments in 1971 and the manufacture of lead-based house paint in 1978. In 1991 the Secretary of the Department of Health and Human Services called lead the "number one environmental threat to the health of children in the United States."

Old lead-based paint is the most significant source of lead exposure in the United States. Lead poisoning can be treated when detected with compounds that react with lead and form new soluble compounds which are then excreted in urine. The mental disorder effect is illustrated by the fact that a statistically significant correlation has been found by researchers between the usage rate of leaded gasoline and violent crime.

Why did it take as long as it did to discontinue to the use of tetraethyl lead? The discovery that TEL improved engine performance made it harder to ban it. At least 17 workers died in 1924, in refineries in New Jersey, but the improvement of fuel effectiveness kept the inclusion of TEL in gasoline. The New York Times editorialized in 1924 that the deaths should not interfere with the production of the more powerful fuel. In 1926 a Surgeon General committee issued a report that concluded there was no real evidence that the sale of TEL was hazardous to human health. The con-



troversy continued for many years, with much evidence being ignored due to the pressures of the lead industry. As Mel Brooks said, "Everything is Show Biz," and the pressures of the lead industry dominated.

A turning point came in the late 1940s and early 1950s when Dr. Clair Cameron Patterson's studies revealed that lead contamination in the environment dated from the time that TEL became a fuel additive, and he became one of the earliest opponents of its use. The first clinical studies of the toxicity of TEL in humans were published in the 1960s. In the 1970s a researcher found that high lead levels in children correlated with lower school performance. Though the lead industry accused Dr. Patterson of scientific misconduct, he was eventually cleared by a scientific advisory council.

In 1973, the EPA issued regulations to reduce the lead content in leaded gasoline in phases as part of the Clean Air Act, and was supported in court. By 1995 leaded fuel accounted for only 0.6% of United States gasoline sales, and in early 1996 the EPA banned the use of lead in gasoline entirely. Similar bans since implemented in other countries have resulted in the lowering of lead in people's bloodstreams worldwide.

There is always bound to be a controversy between financial profit and scientifically-based good sense. The good news here is that following the United States decision, many countries have phased out the use of lead in gasoline, including the European Union in 2000. As of 2013, a few countries still sold leaded gasoline, but some of them are in announced phase-outs.

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





This is really what it's all about

Cumberland Valley Animal Shelter

Tt's heartwarming how many Ltimes I experience those powerful moments in life – the one's where you stop for a second and think, "This is really what it's all about." I've had two such instances recently that I'd like to

A few weeks ago, I visited a local radio station that lets me talk about our animals and our shelter and one of the employees came up to me in the hall and said, "Jen, I have to show you a puppy."

Naturally, I agreed.

The puppy I was shown was a husky/border collie mix. At first I said, "Yikes. That must be a lot

To a poor and lonely stray I'd give:

- The lap, which I loved so much.

This is the only thing I can

-- Author Unknown

My happy home.
 My bowl & cozy bed, soft pillows and all my toys.

I'd Will to the sad, scared shelter dog, the place I had in my

human's loving heart, of which there seemed no bounds.

pet again, for the loss and pain is more than I can stand."

So, when I die, please do not say, "I will never have a

Instead, go find an unloved dog, one whose life has

held no joy or hope and give MY place to HIM.

The love I left behind

The hand that stroked my fur & the sweet voice which spoke my name.

he would have the endurance of a husky (they're bred to run a LONG distance) and the stamina and smarts of a border collie. Talk about a combination that could get in a lot of trouble!

She told me he wasn't too bad until she got down on the floor and really started to play with him and he realized she was one of the humans who would act like a fellow puppy and then he got all kinds of wound up.

I figured it was pretty much par for the course with a puppy, husky and border collie all thrown into one package.

Then she showed me a picture of the granddaughter that he really watched out for. This little girl was a toddler - maybe a year she would wander all around the house and the photos showed the dog following her as she did this.

Now, keep in mind, with the combination of border collie and husky, even as a puppy, this dog was fairly big. He was easily as tall as the baby - his face was in her face when they both stood up.

The lady who was showing me the pictures said, "There's just something about this dog. It's like he knows not to play too rough with the baby. He has an understanding of that line he can't cross."

Then she scrolled to another photo where the baby had a ball in her hands and the pup was right there, but obviously not grabbing it and I'm telling you there was

said he knew this was a little one and he shouldn't act all crazy and run the risk of hurting her.

You could actually SEE the dog thinking. It was amazing.

I always find it fascinating when I'm presented with moments where animals prove how caring and solicitous and understanding they can be. It's really profound to witness a creature that doesn't share our language but can still show us compassion and consideration.

Powerful.

Shortly after this experience, I met a little boy named Xander. Xander set up a lemonade stand and decided to donate the proceeds to CVAS. We found out about this when he called to ask about bringing in almost \$140 that he had made.

We have a lot of kids who want to help our animals and they do so through donations or getting supplies for the shelter instead of birthday presents or having a bake sale or any number of events. A few years ago, we had two wonderful kids go door to door collecting donations for our Christmas Open House in memory of their beloved dog, Bella.

It's so incredibly heartwarming. Well, Xander was quite the entrepreneur. He had a special recipe for his lemonade which he thought really helped boost sales (this kid is seriously 10 going on 40) and his sure-fire method to get people to have a cup was to just say hello and ask if they would like some lemonade. "I explained to them that I am not charging for the lemonade, but I was collecting donations for the Cumberland Valley Animal Shelter," he told me. "Some people gave a lot when they heard that."

Xander particularly loves cats. He had a cat who was his best friend, but unfortunately, River got sick suddenly and passed away. Since then, Xander has worn one of his trademark "cat shirts" every day.

were looking to adopt a cat. When he brought in his lemonade money, he met a few of the felines at the shelter and allowed them to take their time in warming up to him. He said, "Oh, I understand. I know I have to be patient and the cat has to come to me."

His mom explained that this

of energy in one pup." I mean, or two old – and you could tell something in the pup's eyes that is what Xander does. He doesn't force himself on cats, even the ones in their neighborhood. He just sits quietly and lets the cats come to him.

He's like a little, blond Yoda!

Then he met an older cat named Sammy. The two hit it off right away. At one point, Xander picked Sammy up and the cat just snuggled in his lap. Xander and mom shared a knowing look and she said, "That was one of your tests wasn't it?" and Xander nodded.

It turns out Xander had said to his mom he would know which cat was for him if he could pick him up.

Then Sammy sealed the deal. He glanced up at Xander and licked his cheek. Xander said, "We just received confirmation. Sammy is the one."

That's a direct quote. I was in the room when it happened. Can you even imagine? He's 10!

Needless to say, Xander and his mom adopted Sammy and this story has circulated through the staff at the shelter. It seems to have come right when we needed a boost, you know?

I'm always interested to talk to people - either ones who have an animal store to share, like my friend at the radio, or a little boy who took it upon himself to have a lemonade stand to help homeless animals - because I think life really is about those moments when you take a minute to realize, 'Wow. That's neat."

It's important in our face-paced world of drive-thrus and zapping our food in the microwave and rushing to work to watch for those times in life and enjoy them when they come. It gives all of us - the two-legged and four-legged souls – a second to remember that we're not really taking this journey

Jennifer Vanderau is the Director of Communications for the Cumberland Valley Animal Shelter and can It turns out he and his mom 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 a thrift store in Chambersburg. Help support the animals at the shelter by donating to or shopping at the store.





Wasps and bees

Kimberly Brokaw DVM Walkersville Vet Clinic

In addition to heat and humid-Lity, summer also brings bees and wasps. While anaphylactic allergic reactions to bee stings are uncommon in animals, local swelling and pain at the sting site is fairly typical. The location of the sting is also

pretty consistent within a species. Cats tend to get stings on their paws and legs from batting at the bee. Dogs are usually stung on their nose or mouth from trying to sniff or bite the bee. Horses seem to get stung on their body and neck as they'll inadvertently antagonize the bee by accidentally bumping the nest. For this reason it is also fairly common to see

multiple stings on a horse since there is an entire nests worth of angry bees trying to get them.

While horses will usually get multiple stings, being flight animals, they run away from the swarm pretty quickly. Typically they don't get stung more than a handful of times. The exceptions to this are when they have been confined. I've seen several cases where owners haven't used a stall, a run-in shed, or a horse trailer in months and fail to thoroughly inspect the structure for nests before putting their horse inside. Owners forget that different species of bees and wasps tend to select different types of locations for their nests. If you only look up and check for wasp nests along the building roof line, you may miss the nest of aggressive yellow jackets in the ground just outside the stall door. A nest can appear in days.

Horse trailers are a frequent location for bee and wasp nests. Luckily when the nest is in a horse trailer, the owner is often present when the horse gets stung and starts to panic. Usually the owner is then able to get the horse off the trailer before he gets stung too many times, and injures himself and the trailer. Of course this frequently creates a future trailer loading challenge for the horse that the owner will have to retrain.

Some of the worst bee sting reactions I have seen have been when the owner puts the horse in a stall that hasn't been used for awhile and there is a nest in it. The owner may not notice for hours that their horse is being stung. While numerous stings are not frequently fatal to the horse, they can seriously hurt themselves when they panic and try to break out of the stall. I did a laceration repair on one horse and as I was suturing the horse back together the owner kept telling me that she had no clue why the horse went crazy and broke out of the stall. She told me that he was normally very well behaved in the stall. She was suspicious that perhaps one of her neighbors or someone had been setting off fireworks too close to the barn and if that was what had spooked him. It wasn't until after I had finished treating all of the horse's wounds and the owner went to put the horse back in the stall, that she was stung and saw the nest. Obviously a different stall was found for the horse until the nest was removed.

While I have been very fortunate

to have not had a patient die from a bee sting, it does happen. One of my colleagues had to euthanize a horse that had been stung multiple times and had so much facial swelling that the horse was practically blind, causing it to run through a fence and fatally injure itself.

While you can't always prevent your dog or cat from getting stung when they encounter a bee in the yard, a large proportion of the bee

and wasp sting injuries to horses are often preventable. In the warmer months make sure you check stabling and trailers for bees and wasps before enclosing your horse. Hopefully by inspecting stalls and trailers for bees ahead of time your horse can avoid injury and expensive vet bills.

To read other articles by Dr. Brokaw, visit the Authors section of Emmits-



Caterpillar and Cicada came into the shelter as strays and were put into "foster care" in one of the shelter's back offices. When choosing who to put in the paper as Pets of the Week, the "foster mom" asked, "Can we do Cicada and Caterpillar?" Since these boys were strays, we don't have a lot of information about them, but they are the sweetest little dudes. Caterpillar is the all

black boy and he's quite adventurous - his favorite spot was looking out the window and keeping an eye on what was happening. Cicada is the gray guy and he is definitely the cuddle bug - more interested in laps than anything else. While these two boys don't have to go home together, we sure would love to see them stick together, if possible. If you want a sweet friend, come meet Cicada and Caterpillar!

For more information about Caterpillar and Cicada contact the Cumberland Valley Animal Shelter at 717-263-5791 or visit their website at www.cvas-pets.org.



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THE MASTER GARDENER

Plan Bee - native pollinators

Cathy Olson
Penn State Master Gardener
of Lebanon County

Julia Cubit Frederick County Master Gardener

It has been calculated that one of every three or four mouthfuls of food that we eat and beverages we drink is dependent on pollination by animals. That includes crops such as most legumes, vegetables, fruits, nuts, berries, herbs & spices, oils, seeds and grains.

That's why we all need to be alarmed by the decrease in native pollinators. Human activities are the biggest reason for this decline, especially habitat loss and pesticides.

Pollination is a part of life that has evolved over eons to benefit both flowering plants and pollinators. When pollinators visit flowers, pollen rubs or drops onto their bodies. The pollen then is transferred to another flower or a different part of the same flower. This process is a vital stage in the life cycle of all flowering plants and is necessary to start seed and fruit production in flowers.

Some plants rely on wind to transfer pollen, but 90% of all plant species need the help of animals. There are more than 200,000 species of animals around the world that act as pollinators. A small number of these are vertebrates, such as birds, bats and small mammals. The vast majority of them are invertebrates, including bees, beetles,

butterflies, moths and flies.

We need to become more aware of the value of native pollinators and create habitats to attract them to our yards. Native pollinators are adapted to local climate conditions and soils and thus require less maintenance.

In the United States, honeybees and thousands of species of native bees are responsible for pollinating crops. The great majority of native bees are solitary nesting bees. Bees visit flowers to get pollen and/or nectar, which they use to feed themselves and their offspring. Solitary bees nest in a variety of places including dead trees, dirt mounds and termite holes.

Many of you have heard of Colony Collapse Disorder, the condition that was found in the early spring of 2007. Thousands of honeybee hives that seemed healthy in 2006 were found empty or full of dead bees after the winter. This is a problem, mostly for commercial bee-keepers who truck their thousands of hives from Texas to New Mexico, Nevada, California, Oregon and Idaho following successive crops that need the help of bees for pollination. Colony Collapse Disorder is still not fully understood, but some theories include bee exhaustion from the stress of traveling far distances and poor diet from gathering pollen and nectar from only one plant crop at a time, rather than getting nutrients from a wide variety of plants every day.

Honeybees have long gotten most of the credit for polli-

nating in your vegetable garden, but native bees have always been important for pollinating tomatoes, eggplant, melons, zucchini, winter squash, strawberries, raspberries and blueberries. Honeybees are not native to the United States, arriving in the 1600's with English and Dutch settlers, and later with Spanish priests in Mexico and the Southwest. Farmers love honeybees because they live in hives which are easily portable, and contain thousands of eager workers. Native bees are the under-appreciated local talent.

There are various ways to attract native pollinators wherever you live:

Offer a flower buffet. Planting a variety of flower types and colors attracts and supports the biggest variety of native pollinators. Include native wildflowers. Go to a local garden center where many flowers are in bloom. Buy the plants that have the most bees on them.

Concentrate on perennials. Many annuals are hybrids, bred for show, not for nectar and pollen.

Plan a continuous, three-season bloom. Different bees have different life cycles and need food at different times of the year.

Plant large clumps of each flower type. One here and one there does not attract bees as well.

Add water if you don't have a natural source in your yard. A bird bath or drip irrigation hose provides clean water for bees.

Leave bare ground. Most native bees live alone in the ground and need to dig their own nest tunnel. Plastic weed barriers and



Did you know that one of every three or four mouthfuls of food we eat and beverages we drink is dependent on pollination by animals, including bees such as the one pictured above?

heavy mulch are habitat destroyers for them.

The demise of the population of the honeybee is awakening an interest in and an appreciation of other pollinators that are native to this continent. Most gardeners are familiar with a few of the plant pollinators such as butterflies, hummingbirds and bumblebees. Yet there are thousands of other largely unrecognized creatures that pollinate. Among the insects are included many types of flies, beetles, wasps, and native bees.

If you spend much time outdoors, you are probably familiar with bumblebees, carpenter bees and sweat bees. Yet there are about 4,000 species of bees native to North America, and more than 400 of these are found in Maryland and

PA. They vary in size from a couple of centimeters to around an inch. The smallest of these bees are rarely noticed since they frequently forage for pollen and nectar on the many smaller flowering plants found growing just about everywhere - including in many lawns.

Community Bees and Lone Nesters

Among the native bees found in this area, only a few aggressively sting and these are the bees that form social communities such as the bumblebees. The rest are non-aggressive loners who reproduce in nests they construct in holes found in the ground, and in holes found in trees and in other structures. Frequently it is the female of the species who has the ability to sting when threatened - many male native bees have no stinger.

Generalists and Specialists

Most pollinators can be divided into two categories by flower preference - generalists and specialists. Pollinators that are generalists, such as the bumblebee, will visit any flower in search of pollen and nectar; while specialists have a preference for a specific type of flower. The orchard mason bee (a shiny, dark blue bee slightly smaller than the honeybee), which pollinates flowers of fruit trees, is an example of a specialist.

Supporting a Healthy Population of Native Bees

Since many native bees nest in abandoned holes in the ground or in trees, making these habitats available will help to encourage an increase in bee populations. Sparsely vegetated patches under trees and along the sides of walkways, roads and fences will attract ground nesters.

Frequently old logs and tree stumps contain abandoned insect holes which will attract bees that nest above the ground.

Another way to provide nesting sites for wood nesting bees is to hang a nesting board. These can be as simple to make as drilling 1/4" to 1/2" holes about 3" deep







THE MASTER GARDENER

into an untreated piece of wood such as a section of a "4 x 4". The type of bee this nesting board attracts is determined by the diameter of the hole. For example, the orchard mason bees will use a board with ½" holes. Secure the board to the south side of a tree or building where it will get sun. One bee enthusiast drilled holes in the porch columns of his home. This is not recommended if other occupants of your abode do not share your ardor for native bees.

Avoid using pesticides. Learn about the interactions among insects, and between insects and animals. There are many insects that are beneficial to have in the garden. Wasps, ladybird beetles, assassin bugs, ground beetles, and centipedes are predators that help keep populations of destructive insects in check. Spraying will destroy this natural balance.

Whatever is written in the final chapter on the honeybee in North America - whether the species survives the present threats to its population or falls victim - one positive outcome will be that more people will have been made aware of the fragility and complexity of the cycle that produces food for the world. Each of us can have an impact on this cycle by how we manage our environment. From flower to food, the cycle depends on the many pollinators - bees, flies, butterflies, beetles, bats, and birds. The survival of these creatures, to a large degree, depends on how well we are aware of their relationship to the environment, and how we work to encourage and support their presence.

Websites

An excellent source of information about native pollinators can be found at www.pollinator.org. Detailed guides are available for regions throughout North America. Maryland is included in the brochure covering the Eastern Broadleaf Forest, Oceanic Province. This brochure also provides a list of native plants for each region.

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







Small Town Gardener

Planning now for manageable gardens later

Marianne Willburn

any believe wholeheartedly that the time M to plan your garden is in the depths of winter. Perhaps this is true in terms of the minutiae; but after years of implementing the overreach that winter weather inspires in the bedraggled, I cannot recommend it. No, the time to plan next year's garden is now, before the current garden has left us and while the gardener remains firmly chained to its demands.

It is all well and good to plan a new bed while the seeds of crabgrass and plantain lie perfectly dormant in dead looking sod. You are being reasonable, you think. Till it, edge it, plant it, enjoy it. What could possibly go wrong? The soil will smell so good - so life-giving after a winter cooped up with scale-infested ficus.

Come March the deed is joyfully done (along with three deeds more) and then, everything unravels as beds of the previous year's wise winter thoughts call for immediate assistance. Chaos reigns. The chastising begins. It's only June 10th.

No, I say again. Plan now. Only now do you still feel the true weight of your workload, and only now can you make sensible decisions that involve adding to it.

For example, for over five weeks now I have kept a weeping nootka cypress sitting balled and burlapped in a seven gallon pot - all for lack of a decently dug hole. Each morning I throw yet another bucket of water on it, mumble embarrassed, empty words of promise and apology, and skulk away to easier jobs. The woman who performs this ritual every morning is not the same woman who will consider ordering sixteen chionanthus to line the drive next year. I have thus made a stern note in my journal to be read in

A friend writes me yesterday to remind me of the plant swap next weekend. I reply asking if I can bring my entire garden and let the woodland and meadow take back what is rightfully theirs. Are these the words of a woman on top of her

And I could go on.

This is the mind and body you want planning next year's horticultural feats. There is little point in creation if the maintenance is beyond your ability to cope. I liken it to preparing for a



Christmas party with three little children underfoot. By the time you have artfully arranged the cocktail area, they have gnawed on the buffet candles and grabbed white tablecloths with grubby hands. Mother Nature is just as cruel and she never takes a nap during the growing season.

There are also practical reasons for beginning the planning process now. For the most part herbaceous perennials and deciduous shrubs are in leaf, and spacing considerations cannot be ignored or glossed over. You have a good feel for the walkability and flow of the garden (particularly in the early evening with a recreational beverage in hand), and see where a specimen shrub might make a strong impact, or where the limbing up of a small tree might create a new space for a bistro table and chairs.

Additionally, we are at the end of our struggles with the vegetable garden and our processing of the harvest, which gives us immediate, relevant insight as to our needs for next year. Perhaps it is obvious now that you only need four tomato plants instead of sixteen. In February you will dream of fresh salsa and start sixteen if you haven't given it thought in September. With the bed space you can plant a cutting garden instead, or leave it as a nursery bed for new plants and ten-

Who knows? Next year may also be the year for an ambitious building project: a greenhouse, a potting shed, a retaining wall or raised beds. Figuring out where they might fit in the landscape to enhance, not dominate - are thoughts for the autumn gardener.

> All this to say, it's time to have a pre-season meeting between yourself and your garden and make notes of the discussion. If you have time you can take advantage of the weather and implement some planting projects now, and then shift neatly into auto-pilot next January.

Take a walk.

Bring your journal.

Be stern with yourself.

The delights of the new season are only delightful until they tarnish the delights of the old. Creativity by all means, but creativity with reality in mind. Don't let winter sway your feelings on the matter.

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





YOUR Frederick County Team



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Outstanding Public Schools
Slow Residential Growth
Protect Taxpayers
Create Local Jobs
Seniors First







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JAN GARDNER, FREDERICK COUNTY EXECUTIVE

Emmitsburg NEWS-JOURNAL

156th Great Frederick Fair

Livery year the Great Frederick Fair theme is rolled out (literally) on a Frederick City TransIT bus! This year's 156th Great Frederick Fair theme is: Mooo-ving Forward, Fun For The Whole Herd!

Welcoming Our Guests! - Affordable Signs & Neon installed the first 3M digitally printed and heat-molded signage in Frederick last year over our existing sign structures creating a beautiful entrance! In 2018, ASN will be refacing the wheat logo on the Null Building, thanks to a grant from East Frederick Rising.

Souvenirs - The 2018 Collectable Wooden "Cat's Meow" Cutout will feature the Equine Barn! A half-gallon belly crock will be added to our GFF pottery collection. 2018 cowthemed items include: cow bells, pens, "Moooving Forward, Fun For The Whole Herd t-shirts and cowfaced flip flops that leave a Mooooo print when you walk.

Entertaining our guests in the grandstand

- 9/14 @ 7:30 p.m. Gary Allan presented by A&B Luck Plumbing & Heating and Smokin' Joe's BBQ
- 9/15 @ 7:30 p.m. John Kay & Steppenwolf, part of the Bud Light Concert Series
- 9/16 @ 7:30 p.m. Brett Young with special Guest Riley Green, presented by DARCARS Toyota of Frederick
- 9/17 @ 6:30 p.m. Lucas Oil Truck & Tractor Pull presented by Krietz Auto

- 9/18 @ 7 p.m. -Demolition Derby-Cars presented by Marks Equipment Service and McHenry Small Engines
- 9/19 @ 7 p.m. Demolition Derby-Trucks, Vans & Figure 8 presented by Marks Equipment Service and Middletown Valley Heating & Cooling
- 9/20 @ 7:30 p.m. Scotty McCreery presented by Hawkins Landscaping and South Side Tire & Auto
- 9/21 @ 7:30 p.m. Darci Lynne & Friends Live, part of Playground Specialists Fair Friday
- 9/22 @ 7:30 p.m. Matthew West & Jordan Feliz, presented by South Side Tire & Auto and Eddie Mercer Agri-Services

Great seats are still available at www. thegreatfrederickfair.com Box Office is open Tuesdays & Thursdays from 10 a.m. to 2 p.m. – 301-695-3928

What's new at The Great Frederick Fair?

South Mountain Creamery Large Livestock Arena (Bldg. 32) - South Mountain Creamery is adding three 6' x 16' mesh shade panels to provide exhibitor's relief from the intense afternoon sun in the show ring! They are also creating a backdrop on the Milking Parlor side with Dairy Facts: 'From the Cow to the Bottle to the Table!'

South Side Tire & Auto Beef Barn (Bldg. 18) - Jeff & Onna Keeney, owners of South Side Tire & Auto, are extraordinary partners in our agriculture community. They want the

Beef Barn to have a second-home feel for exhibitors and want our 4-H children to keep the future of Agriculture in Frederick County strong. The new signage on the South Side Tire Beef Barn will display each years' 4-H Grand Champion and Reserve Grand Champion Market Steer.

Woodsboro Bank - A huge thank you to Woodsboro Bank who will be providing seven 96" "Big Air" fans for our exhibitor's comfort in the show buildings. Two in the South Side Tire Beef Barn (Arena), three in the South Mountain Creamery Large Livestock Show Arena and two in the Small Livestock Show Arena.

Beachy Companies Milking Parlor (Bldg. 42) - Chris & Jordyn Beachy, owners of Beachy Companies are making enhancements to the Parlor picnic area, installing sitting walls and a firm paved surface making the area more accessible for strollers and wheelchairs. They are also installing a 4ft retaining wall and paver patio to expand the Fair's usable ground space and a small deck and pergola to complete the space. On the deck and new at the Milking Parlor for 2018 is the "Cow-to-Cup" video provided by Beachy Companies in partnership with the National Dairy Association. This short film, broadcast throughout the week, focuses on dairy production in the northeast and features local manufacturer, Dairy Maid Dairy. Fairgoers can expect another Text-to-Win event this year, where they can enter to "Win Free Milk for a Year!"

McHenry Pressure Cleaning Systems Milky Way (Bldg, 35) - Danny



Black, McHenry Pressure Cleaning System's owner, and his wife have recently purchased a farm. They want to help promote agriculture and the Fair as the new presenting sponsor of the Milky Way.

Middletown Valley Bank Swine Barn (Bldg. 26) - Improvements to ventilation included: wooden pen centers were cut out & replaced with hog wire Additionally, ridge vents were installed in the roof.

"Middletown Valley Bank is proud to be a sponsor of the Great Frederick Fair and all that it represents in the community We truly appreciate the opportunity to partner with such an historic organization in Frederick" — Brian Ropp, Executive Vice President, CEO

McGriff Insurance Services - New presenting sponsor of two Agricultural Education Exhibits; the Sukup Agri-Theatre and It's Fiber.

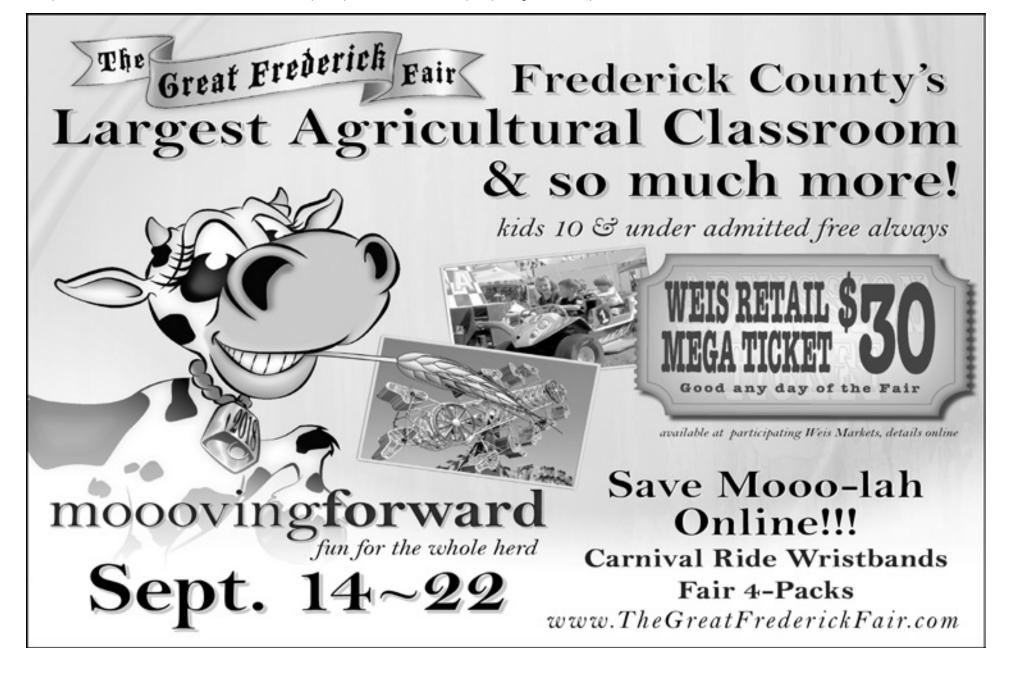
Playground Specialists - Owner Jeff Barber is committed to providing quality equipment for playgrounds, parks, schools and commercial business purposes. Playground Specialists is providing the Frederick Fairgrounds with a significant amount of quality, branded steel benches located around the Fairgrounds.

Ruppert Landscaping - Acquired Classic Landscaping and is continuing to support the Landscaping Contest, 2018's theme is: Planting Beauty: Tomorrow's Landscapes Today.

U.S. Bulk Mail/WhipSmart Marketing - U S Bulk Mail/WhipSmart Marketing produced and printed 20,000 copies of the 2018 schedule of events which are available at the Fair Office now and will be available at the pedestrian gates and Guest Relations Center's during the Fair. They can be viewed and printed online or you can find them at various sponsor's businesses around town

The Maryland Racing Commission - The Great Frederick Fair will be hosting the September meeting of the Maryland Racing Commission at the Frederick Fairgrounds during the 156th Great Frederick Fair!

On Thursday, September 20th, join the Maryland Racing Commissioners in the Grandstand to watch the first two Standardbred Harness Races! At 12:30 p.m. the (open) meeting will be held in the Administration Building #3. Every day the Fair offers free admission from 11 a.m. to 2 p.m. for anyone wishing to come to the Fairgrounds for lunch bunch to be admitted free.



WWI NEWS REPORTS FROM THE FRONT

The beginning of the end



With the war on the western front reaching a fevered end, the U.S. found itself struggling to meet its recruitment goals, so it expanded the draft to all men between 18 and 45.

September 6

Germans Retreat On 150-Mile Line

Continuing their pressure along the front from Rheims to Ypres, Allied forces are pushing back the Germans on nearly the entire 150-mile line. Telling progress has been made in particular from the French and the Americans along the southern part of the front. The French are before the old Hindenburg Line along a considerable stretch in the sector where they are closing in upon the bastion of St. Gobain, the key of the German defensive system in the West.

Further north the enemy armies are still retreating before the French and the British, who are capturing town after town as they make rapid strides towards a line from which the Germans attacked in their offensive last March.

The Americans have moved up along the Aisne Line, reaching the ground immediately south of the river. The Germans north of the stream appear inclined to hold there, but there seems to be no question that they will speedily be forced to resume their rearward march and not halt it again until their old line of March is reached.

German People Resistant Under Setbacks In War

Public opinion in Germany is starting to become resistant because of the Allies' increasing successes. There are plenty of signs that Germany is rapidly losing confidence as she sees her armies hurled from their former apparently impregnable positions and asked to accept a never-ending list of disastrous defeats.

The Pan-German newspapers seem to think it is their duty to shame German slackers and publish fiery articles under such headlines as "Let us thrash our enemies," and, "Are we downhearted? No." The Cologne Gazette says that the judgment of future generations will condemn the country's fainthearted sons.

Other papers remind the Germans that the Allies will turn them into slaves if they lose the war. Yet, in spite of all this forcible feeling of heroism, Germany is so deeply dejected that it is questionable whether a sudden military victory would cheer her for any length of time.

Public opinion is also easy on account of the war in which the government is treating the Spanish ultimatum as a sign of weakness. It is realized that should Spain side with the allies it

would naturally result in the other seafaring neutral nations of Europe sooner or later getting into line with the Allies. Germany, it is felt, cannot now afford the quadruple threat of Dutch, Danish, Norwegian and Swedish Armies on her northern and northwestern frontiers.

Look For Allied Victory In 1919

All military authorities agree that the Germans will take a stand for the winter far back of their present lines, but the exact line will depend upon the fortunes of war for the next two or three weeks.

A military decision for the Allied cause is believed to be reasonably certain in 1919, when the United States swings fully into the battle. By that time the Germans will be outnumbered in men, the morale of the new allied troops will be superior to that of the worn German fighters, supplies will be inexhaustible for the allies and scarce for the Germans, and every practical military asset will be possessed in excess by the Allies over the Germans.

It is expected that the Germans, realizing all these facts, will devote their attention to making their last line of defense so strong that they will claim a military decision for either side seems improbable; therefore, in the interest of humanity, a negotiated peace should be entered into. Of course, it must be entered into at once, before the Allies strengthen their arm for the final crushing blow.

The coming winter will be utilized for the spread of propaganda while the Germans are frantically strengthening their line of defense, wherever it may be located after the battles of the next few weeks.

September 13

Decisive Struggle Of War Underway

With French and American troops striking on a wide front South and East of Verdun the greatest battle - perhaps the decisive struggle of the war - may have begun.

Early reports show that this first employment of Gen. Pershing's new Army is on a wide front covering twenty miles. Apparently the initial effort is to force the enemy out of the St. Mithiel salient, which he has held since 1914.

There is no doubt that the Allies have struck a blow that they have had in preparation ever since they determined to withhold the bulk of the American Army from the fighting until the stage was set for decisive action.

Gen. Pershing has been concentrating his Army for some weeks in this region. To the west, all long the front line south of Verdun, where the French line stands parallel to the Meuse, the French are driving ahead to pinch the enemy out of the salient. The French operation forms one claw of the greater pincer movement of which the Americans are evidently the cutting edge. Success for the Americans would mean

abandonment by the Germans of all territory in the salient.

It is strongly believed that this battle is only the prelude to a greater effort to turn the whole German line and possibly to cut so deeply into his position along the Verdun front that he might be compelled to abandon much territory including Alsace and Lorraine.

Allied Offensive Enters Hardest Phase

The Allied offensive is now to undergo its hardest phase. In July the Allies seized the initiative from the Germans. In August and the first week of September they exploited local successes with the result that the Germans were compelled to fall back to the positions from which they emerged to make their great attack on March 21.

This is an amazing achievement, but a wholly limited achievement, as Ludendorff's main army has not been broken. Victory in this war, as in all wars, can only come when the enemy armies are broken. Local successes like those that have been won in recent weeks are useful, as they permit the victors to gain valuable communications and occupy important positions. They also depress the spirit of the enemy and they raise the spirits of the Army's whining.

We may be sure that the allies will now make every possible effort to prevent Ludendorff from stabilizing his front, even momentarily, on the old Hindenburg Line. He has been preparing for the present emergency for at least a month, and we must expect the climax of all the fighting of the offensive to come in the next ten days. The Allies' larger purposes have been blocked and the Allies suffer a strategic check if Ludendorff is able to pin down Allied advances on the present front.

The Germans must accept this defensive battle under adverse conditions or continue their retreat. If they accept battle they may be beaten completely and we may have the decisive military success of the war. But if they retreat, declining battle, then what the Allies gain will be merely territorial and the decisive engagement will be postponed - probably until next year.

But the Allies should do well to recognize that on the military side they are only at the end of the first stage of a great operation. The Germans have made a successful retirement from a vicious situation. Their retirement has been expensive. We do not know whether the Germans have obtained the main object of their retreat, which was to regain freedom of action, but we believe that he has not, judging from the circumstances of his retreat.

If we are wrong and Ludendorff has retrained freedom of action, he will now endeavor, by local counter offensives, to regain the initiative and compel the Allies to abandon their plans to protect his Armies from the Allied offensive.

On the other hand, if he has not regained freedom of action, and it is difficult to believe that he has, Ludendorff will continue his retreat to the Belgian frontier. This will entail the surrender of much French territory and it will involve losses of prisoners and guns, but it will postpone a decision until Ludendorff feels that he has positioned his troops to take action.

We are not to be confused by territorial gains, because the sacrifice by the Germans of the region between the Hindenburg Line and the Belgian frontier will not gravely weaken German capacity for resistance either on the military or economic side. All that counts on this side of the Rhine is the German military power plus the morale of the Army. We may win the war without a great military victory if we destroy the German morale because a decisive battle is fought, but failing this, we must have the victory, and up to the present hour, Ludendorff retains the liberty of action necessary to enable him to retreat, and postpone a decisive battle if he chooses.

September 20

American Victory Is Masterstroke

The American Armies' maiden effort as an independent force in the World War is regarded by the French press as nothing less than a master-stroke.

The St. Mihiel salient was of great importance as a base for the enemy drive and in losing that position it was a sign that the general military situation forced upon the Germans is getting worse and will cost the Germans dearly.



The American Army's resounding victory in the St. Mihiel salient was a wakeup call to the Germans that they had grossly underestimated the fighting capability of the Americans.



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SEPTEMBER 1918

It is the first time the American Army alone has launched an offensive on a great scale, though it won't be the last. From the showing it has made the Germans are able to see that they have to reckon with ardent, enthusiastic and capable troops.

French newspapers are printing battlefront dispatches in the largest type and accompanying them with maps and explanations regarding the ground fought over. No one doubts that the effort was crowned with full success. It may be said at once that Gen. Pershing's shocked Army has given fresh proof of the very high value of the American troops.

Speaking of the German boast, they are executing an orderly retreat from the American attacks at the St. Mihiel salient. General March, Chief of Staff of the U.S. Army, said that the German communiqué failed to note that the Germans had left 14,000 men behind. Referring to the military value of the elimination of the St. Mihiel salient, Gen. March said that it would shorten the battle line by 22 miles and give the Allies a better railway base.

Along the battle line American attention is directed chiefly at the front in Lorraine, where the Americans are under fire from the fortress of Metz, to which the Germans withdrew their units from the St. Mihiel salient. Along this front American forces are on the threshold of Germany.

The victory of Gen. Pershing's men has had more than a merely local effect. German lines to the southeast have been weakened by the terrific blow dealt along the heights of the Meuse, while to the northwest the Germans are forced to adopt themselves to the new menace which has taken from them the cornerstone of their positions to the east of Verdun.

Pressure against the Germans on the Western front shows no sign of abating. In the region of Metz the enemy is reported to be burning towns in the valleys, probably in preparation for retirement to the Hindenburg Line.

As a result of Gen. Pershing's victory in the St. Mihiel salient, all eyes are fixed upon Metz. If the fort should fall, Alsace-Lorraine would fall as well. The work is not to be undertaken lightly.

A direct attack upon Metz is unthinkable, not merely because of the forts, which are far more modern and infinitely stronger than those ever done, but because of the lines of defense which the Germans have newly constructed upon the circle of hills surrounding the old French city since the war began.

We must recognize that Metz is the foundation of the German defense, not merely of the old frontier, but of all the country between the Rhine and the Belgian and French frontiers. If Metz should fall, a permanent stay of the German Armies west of the Belgian frontier would be impossible, a defense of Alsace-Lorraine could not be maintained and the Germans would have to retire to the line of the Rhine.

More than this, Metz defends the great iron district on the Luxembourg frontier. To lose this iron district would be to lose the main source of indispensable war material; it would be tantamount to the loss of the war itself.

Allied Offensive In Macedonia

The Allied offensive in Macedo-

nia, which began on September 15, is being pursued with every success. Reorganized Serbian forces, aided by French units, are attacking Bulgarian positions in the mountains of the Serbo-Greek border. The early success of the Allied troops may lead to a general offensive in this area, with the purpose of cutting off Turkey.

A movement of this character carried to completion would crush Bulgaria and free Serbia and a large part of the oppressed nationalities of the Balkans. The front where the fighting is going on is almost shut off from the world, and, except for official reports, there are few details known as to the progress of the Allied forces.

Latest reports from the Macedonian front would seem to indicate that the rather restricted front over which the first assault was launched is now being lengthened, especially to the east. Maps of the region where the battle is being fought showed that the Allies have carried valuable positions on high ground, and that it is possible that they have passed through the zone where the heart of resistance may be expected.

Allied progress is so rapid that they have not been able to count the prisoners and war material taken. New regiments thrown in by the Bulgarians have been forced to retreat with the others. The Bulgarians have been defeated completely, and the Serbian troops are pursuing them day and night.

September 27

Bulgaria Asks For Armistice

Allied successes in Macedonia have resulted in a breach driven between the eastern and western flank of the German Bulgarian forces, whose main line of communications has been cut. The Bulgarians are in full retreat. German and Bulgarian reinforcements thrown in to check the Allied advance have been forced to join the retreat of their comrades who have been forced to retreat 40 miles since September 15.

The Bulgarian front has proved itself impenetrable so often that the first news of the attack could arouse no eager expectations. The topographical difficulties have been so repeatedly explained - mountain ranges twisting and doubling of one another in the little green fashion, the lack of roads in the existence of deep ravines - that the people here had come to regard the possibilities of this front as limited.

On Wednesday, Premier Malinoff of Bulgaria asked for an armistice with the Allies. The Germans are demanding that Malinoff be dismissed immediately, court-martialed and shot for high treason. It is believed that the Premier's action was the result of Germany's refusal to send sufficient reinforcements to Bulgaria.

News from Bulgaria is the first indication of any move made by the Bulgaria area to approach her enemies with consolatory proposals. The messages in their outlines would seem to indicate that the Premier has taken matters into his own hands and attempted to initiate a peace move for Bulgaria's independence from the dynasty. A move so made may ordinarily be considered in a broad way to amount to a revolutionary act, and possibly points to the execution of a coup d'état in Sofia.

With widespread discontent over the prolongation of the war, news from Bulgaria states that the country was in a somewhat disorganized state, and the further prosecution of which the Bulgarian people were able to see little advantage to them. There can be no doubt that the successful offensive of the Allies is now in progress and Macedonia has accentuated this tendency.

It is known that the Premier, who took power in June, was friendly to the Allies in the early stages of the war, before Bulgaria's entrance, and there had not been predictions that he might, in some way, seek to use his influence towards extracting Bulgaria from the unenviable position which she would occupy in the event of a German defeat in the war, which doubtlessly appears to be impending.

Meanwhile, rumors are again spreading that the Ottoman government will seek a separate peace. The Sultan himself says he would favor a separate peace if he could



With Turkey reeling from losses in Mesopotamia, Austria on the verge of civil war, and Germany's losses on the western front, the allied surprise attack on Bulgaria was the straw that finally broke the back of the Central Powers.

obtain favorable conditions from the Allied powers.

The situation in Romania has become alarming for the Central Powers. The Romanian peasants made enthusiastic by the victories of the Allied countries, are beginning to openly resist the German and Austrian military. Local revolts have occurred at a number of places and the Romanian government has sent agents to Berlin and Vienna to obtain a mitigation of Austrian rule. The Romanian government pointed out that if its request is rejected they will be unable to guarantee the maintenance of order and avoid the eventualities of a crisis.

Allies Advance In Palestine

In Palestine, Gen. Allenby has virtually wiped out enemy forces opposing him. He has captured more than 25,000 prisoners and 250 guns and continues to push forward between the Jordan and the Mediterranean coast.

On the Mediterranean coast of Palestine, British cavalry has occupied the ports of Haifa and Acre, marking an advance from just north of Jaffa of more than 60 miles. Since the present operation began the route of the Turks in the area west of the Jordan has compelled the Turks to retreat. Allied forces are pursuing them closely.

Americans Smash Forward

American forces between the Argonne and the Meuse continue to press

northward through the hilly wooded country northwest of Verdun. The Americans are well beyond the original German lines of March and hold important observation points along the front.

In the Argonne Forest itself, the Allies are apparently making little effort to move northward. The Allied command seemingly believes that the forest will be cleared automatically as the Americans and French progress on either side. Already the Germans facing the French in the forest have been outflanked on the east.

The new British attack, launched Friday morning, is north of the scene of operations that occurred on the last fortnight looking to the encirclement of St. Quentin and threatens the German defenses north and west of Cambral. South of the Sensee River the British are well within the Hindenburg Line and are on ground untouched previously by heavy fighting. They are just west of the German line and the new operation is probably planned to outflank the Hindenburg position. The French and American thrust further south is aimed to pivot the north, resulting in the complete encirclement of all Germans within the Hindenburg Line.

To read past editions of News Reports From the Front visit the Historical Society section of Emmitbsurg.net.





HISTORY

Helman's History of Emmitsburg

James Helman Edited by the Emmitsburg **Historical Society**

Part 15

Mt. St. Mary's College

This institution has a history justly entitled to be told. Whilst it does not date back as far in the past as some others, it can justly be proud of its work and speak in excellent terms of some of its pupils. Rev. John Dubois bought the first land for the seminary April 28th, 1807, of Arnold Elder; also the plantation of same August, 1808, possession 1809. The seminary of Pigeon Hills begun by Mr. Nugent in 1806 was transferred to Mt. St. Mary's after Easter, 1809. Seventeen young men were sent to the care of Mr. Dubois, and lodged first at the home of Mr. Arnold Elder.

From the beginning of this enterprise until he was made bishop of New York, Rev. John Dubois was president. Rev. Simon Gabriel Brutea who in 1834 was made bishop of Vincennes, Ind., assisted Fr. Dubois in his labors, as did Revs. Duhamel and Hickey. From the establishment of Mt. St. Mary's College until the fall of 1894, the president of the College was acting pastor of the mountain church. The parish priests were Rev. Michael Egan, Rev. John McGerry and Rev. John Purcell until 1832, between which time and 1838 Rev. Francis B. Jamison and Thomas R. Butler presided.

In this year Rev. John McCaffery, a native of Emmitsburg and a pupil of Rev. Dubois, succeeded to the presidency, an office which he held with great success until 1871 when he was succeeded by

Rev. John McClosky, who in 1877 gave place to Rev. John A. Watersan; after him again in 1880 Rev. John McClosky until his death on December 24th, 1880. Rev. Wm. Hill was called to the presidency, which for a short time looked after the interests of the College, until Rev. Wm. Byrne, D. D., vicar general of Boston, took charge. This office was later placed in the hands of Rev. Allen, who served as president until made bishop of Mobile, when Rev. Wm. O'Hara was elected president; the present president is Rev. D. J. Flynn. Many of the strong men in the Roman Catholic Church are among the graduates of this institution. Amongst them we name Bishop Hughes, Benton Purcell and Bishop Rider.

The following was kindly furnished by Rev. McSweeney, for which we accept thanks:

Mt. St. Mary's College is about fifty miles from Baltimore and is reached by the Western Maryland Railroad and the Emmitsburg branch that leaves the main line at Rocky Ridge; the College is situated at the foot of the eastern spur of Catoctin, the Blue Ridge Mountains, which separate the valley of Hagerstown from the plain through which flows the Monocacy River. The spires of Gettysburg and the hills of the famous battlefield are visible from Indian Lookout and Carrick's Knob, the highest points of the mountain that shelters the College in the winter and overshadows it so gracefully on summer evenings.

The celebrated motherhouse of the Sisters of Charity, founded by Madame Seton, is in the vicinity. The macadamized road running from Emmitsburg about two



One of the two original roadside tablets installed to honor Emmitsburg's role in the Battle of Gettysburg is visible to the left of the fountain. The other tablet is on the east side of the fountain. The circular set of bricks in the newly redesigned town square marks the location of the original fountain of Emmitsburg. For those interested in seeing what the fountain looked like, visit its still working sibling at 7th and Market Sts. in Frederick.

miles away to Frederick passes by the College. The quiet seclusion of the College, its freedom from the distractions of the cities and the reputation it enjoys from the great number of its distinguished graduates have turned towards it the attention of parents who are more than usually solicitous for the moral welfare and intellectual development of their children.

The College was founded in 1808 by Rev. John Dubois as a preparatory school for St. Mary's Seminary, Baltimore, lay students being afterward admitted, and the teaching partly done by the seminarians. Father Dubois enlarged the scope of the institution and established classes of philosophy and theology, so as to retain his assistant teachers as long as possible; this finally led to the organization of the College and Seminary on a basis of entire

independence, to be conducted by an association of priests under the jurisdiction and protection of the Archbishop of Baltimore; Cardinal Gibbons is one of the most zealous promoters of the welfare of the College, and has proved himself on more than one critical occasion its most prudent counselor and practical friend.

The College has a charter from the State of Maryland, dating back to A.D. 1830, so that, after Georgetown, it is the oldest Catholic college in the United States. The College buildings were burned clown on June 6th, 1824, but were immediately rebuilt; not, however, without incurring a very heavy debt, which was carried with comparative ease until the disastrous period of the Civil War, when the patrons of the College in the Southern States, were forced to discontinue their aid. This soon brought on a crisis that was successfully met by the timely donations of the alumni, so that today its financial standing is second to that of no similar institution in the country. Many improvements have been made during the

last quarter of a century; the old buildings enlarged and brought up to date, a splendid gymnasium with swimming pool, and what is perhaps the most beautiful athletic field in the Union. At present a new and vast edifice is rising, which is intended for theological students. The roll for 1905 and 1906 is the largest known in the history of the College, there having been 250 lay students and 45 seminarians, while the graduates of 1906 were fifteen in number.

Wrapper Factory

Spangler, the hotel man, and Albert Maxell were the two men who solicited subscriptions for stock to start a factory. The object was to rent a room and buy a gasoline engine and offer this inducement to get an enterprise started. The businessmen subscribed and the project was started over Zimmerman's warehouse, Albert Maxell putting in 50 machines; he continued successfully from 1900 until 1904, when he sold out and moved to Charlestown, W. Va.

Samuel Rowe put in machines and removed the



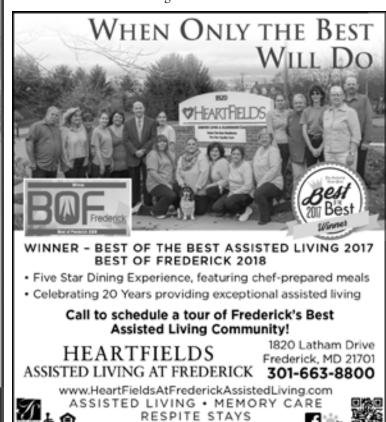
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HISTORY / OBITUARIES

engine to Gelwicks Hall, where he continued the manufacture of wrappers to date.

Pop Factory

In the spring of 1906 A. Stonesifer, of Harney, Md., opened a pop bottling establishment in the brick house on an alley in Shields' Addition, supplying his goods to the town and hauling his pop to other places; an enterprise of profit to the town.

Broom Factory

Carried on by Winegardner, west of town, buying broomcorn by the carload in the West has made a success of that; in former days, was conducted by a few men, on a very small scale. The early broom makers usually making up the stock for the farmers for personal use, whilst the brooms sold in the stores were purchased in the cities from dealers.

Soldiers Buried in Cemeteries

- Revolutionary Capt. Benjamin Ogle, Capt. Henry Williams, Capt. William Blair, 1st Lieut. John Farris, Presbyterian; 2nd Lieut. Michael Hockensmith, 2nd Lieut. George Hockensmith, Ensign Jacob Hockensmith, Sergeant John Smith, Corporal John Crabbs, Corporal Arthur Row, Toms Creek; Corporal William Elder of Guy, College.
- War 1812 Michael C. Adelsberger, James Storm, Catholic; Felix B. Taney, Jesse Nusseur, College; Capt. Michael Sluss, Toms Creek; Capt. Jacob Row, John Wetzel, Lutheran; Peter Remby, Methodist; ? Paxton, Presbyterian.
- Mexican War H. Jefferson Favourite. Rebellion, 1861 -Major 0. A. Horner, Lieut. John M. Annan, Enos McDannells, Presbyterian; Isaac Heagey, Noah Koontz, Thadeus Maxell, Benjamin Gehrhart, Joseph Wills, John Shields, James Peoples, James Mclihenny, Jeremiah Stranesbaugh, Lutheran; G. W. McPherson, Jacob Settlemyer, James Arnold, Peter Cool, Augustus Little, John Murphy, Theodore Cook, Jacob I. Topper, Nicholas Seltzer, Catho-

lic; John Constant, Nathaniel Millsbury, John Rosensteel, Joseph Shorb, Henry Taylor, George Seiss, College; Jacob Reeves, John Spence, Philip Long, Mountain View; John Kipe, George Kipe, Sabillasville; Frederick Nindle. Fairfield; John Hunter, Gettysburg; Joseph Davidson, Rocky Ridge; Peter Glasser, Mt. Joy; Joseph Zech, Henry Gelwicks, Joseph Coombs, Andersonville; Emory Gilson, died in prison; Newton Gilson, killed in battle.

Huckle's Fields

In the year 1810 or 1812 Mr. Prances Gillmyer, a German importer, purchased Cedar Grove farm (the Gilson farm), bringing with him a family of three boys and two girls. One son studied for the church, but ere he took the vows he concluded to spend his days as a recluse. He purchased Huckle's fields in the twenties and built a rustic cabin on it, planting cherry trees as an acquisition he thought to the chestnut grove that surrounded the field; here he dwelt for some time, carrying his meals from the College or walking there to eat them as best suited him. Whether he died there or was taken in at the College before that solemn moment came I am not prepared to say; he is buried in the cemetery on the hill, and no man at this day knows the place of his burial.

There scattered around the foundation lie the stones upon which rested the structure that sheltered Rev. Gillmyer; a chimney stood as a monument to his strange ways; for fifty years after his death the cherry trees had grown to immense proportions, and the people gathered the fruit. Fifty years after, the planter changed his habitation from the mortal to the immortal; the land was inherited by Mr. James Storm's wife who was a sister of the hermit priest. Later it passed into other hands, yet never changing its name, like his neighbor, Samuel Carrick, after whom the knob was called. Huckle's fields will remain as the name for this spot until realities shall fade away, and there will be neither objects nor time to speak of or reckon.

Is there nothing in a name? How about Carrick's Knob and Huckle's fields. Yes, and Emmitsburg.

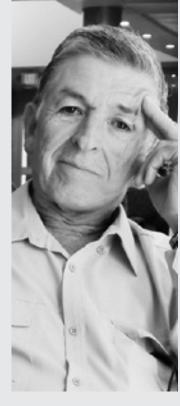
Erected by the Army Association on east and west side of Fountain, an iron tablet marked Army of Potomac, July 1st, 1863: First Corps marched from Marsh Creek Run, Eleventh corps from Emmitsburg to Gettysburg, Second Corps from Uniontown via Taneytown to near Gettysburg, third Corps from Bridgeport via Emmitsburg to the field at Gettysburg, Fifth Corps from Union Mills to Gettysburg, Twelfth Corps via Hanover and McSherrystown to Bonoughton, Sixth Corps from Manchester en route to Gettysburg, Twelfth Corps from Littlestown via Two Taverns to field at Gettysburg, Second Cavalry Division marched from Washington to Hanover Junction, from whence the First and Third Brigade proceeded to Hanover Junction, while the Second Brigade returned to Manchester; Third Cavalry Division moved from Hanover via Abbotstown to Berlin, and the artillery reserve, First Regulars and Fourth Volunteer Brigades from Taneytown to near Gettysburg, the Vermont Brigade from the defense of Washington, joined the First Corps on the field at Gettysburg. Battle of Gettysburg, first day, and skirmishes at Carlisle, Pa.

Army of Potomac, July 4, 1863

First and Second Brigade, First Cavalry Division, marched from Westminster, and the Reserve Brigade, First Cavalry Division, from Gettysburg en route to Frederick 7 Second Brigade, Second Cavalry Division from Washington, from Emmitsburg to Monterey; the Third Brigade, Second Cavalry, from Gettysburg to Hunterstown, and Third Cavalry Division from Emmitsburg to Monterey Gap, Pa., and skirmish at Fairfield, Pa., and near Emmits-

Correction: The troop of horsemen was commanded by Capt. D Andrew Annan; 1st lieutenant, Dr. Win. Patterson; 2nd lieutenant, John Picking. J. W. Baugher made an effort to organize a second company and be its captain, in which he failed.

Patrick Topper Shorb



Patrick Topper Shorb, 65, of 4114 Wilsontown Road, Laurens, SC passed away on August 5, 2018, at his home.

Born in Gettysburg, he was raised in Emmitsburg, and was a son of the late Charles "Toss" and Kathleen Topper Shorb. A U.S. Army veteran, Patrick was the transportation safety manager for Wal-Mart Distribution. He was a member of Chestnut Ridge Baptist Church and enjoyed cooking, gardening, hunting, golfing, and was a master "tinkerer."

Surviving are: his fianceé Deborah Jones of Jackson, OH; daughter, Stacy Shorb Myers Sechrist (David) and their children Matthew, Alexander, and Chloe of Fleming Island, FL; son, Patrick Charles Shorb and fiancée Nicole Hoenig and her son Caleb of Middle River, MD; siblings, Lynn Kay (Charlie) of Titusville, FL, Michael Shorb (Alice), Karen Leppo and Kerry Shorb (Valerie Kemp) all of Emmitsburg; and numerous nieces and nephews.

Memorial services were held August 18, at Chestnut Ridge Baptist Church In Laurens.. A memorial service will be held in Emmitsburg at a later date.

Memorials may be made to the Neuroendocrine Tumor Research Foundation. Condolences may be expressed to the family at www.thekennedymortuary.com.



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A new school year begins

Mary Angel

Tt is that time of year again, sum-Imer is ending and the school year is beginning. I am having awful guilt over the excitement I am feeling this year. I have one child in college, two in high school, and one homeschooled. If you saw me right now you might think I won the lottery or at least a grocery store shopping spree. There is a little pep in my step and an extra-large grin on my face. You see this year encompasses many firsts and I am giddy at the prospects while also feeling a little apprehensive as well.

I will start with the oldest, this is his first full time semester back home going to community college. He is working at our local grocery store, going to (much more affordable) community college, acting with a local theater

group, and finding a little time to I am overwhelmed by his ambijump back into the dating scene. I am so excited for this new chapter in his life and all of the promising opportunities that are before him. It is amazing, as a mom, to remember that little tiny baby you brought home from the hospital while staring into the face of an adult!

My next oldest is a senior in high school this year. His time will be spent on school work, marching band, maybe a sport or two, SAT practice and test taking, and a few more college visits. He will most likely follow in his brother's footsteps straight to community college to get his general education credits out of the way before transferring to a four year school. He is so excited for his senior year in the marching band and taking extra music classes that he is about to burst from anticipation. tion and focus to become a high school teacher. This is a child who did only what needed to be done to get by in school until he found his direction. Now he isn't letting anything stop him!

My third child is where most of the worry and apprehension come in. This will be my first girl going into high school and I am pretty sure I am neither ready nor prepared. She is excited one moment and extremely nervous the next. The roller coaster of emotions this transition is causing has the entire house in an uproar. Since she has been mostly homeschool for years there is an extra component of nerves to be dealt with; that being a lack of connections with her classmates. She can't wait to see her best friend at school and to make some new friends, but can certainly wait to run into a frenemy for as long as possible.

There is definitely a comfort level when we talk about how much people have probably changed over the years. I guess I am just hoping and praying that all goes well for her, she makes good solid friends who will have her best interest at heart, classes are successful, and she can avoid high school heartaches. I am also a little sad because I have had her at home for so long it is like the ending of an era. She asked the other day if I would cry on her first day of high school and I told her I



wasn't sure but maybe not since I am so excited for this opportunity for her. I am pretty sure as the day grows closer that I was wrong in my assumption and I will, in fact, cry (like a blubbering idiot).

This sad, albeit wonderful, transition is why I have guilt and bring me to the baby and fourth child. I am so excited for this new chapter of homeschooling. The chapter where I am homeschooling only one middle schooler and all of my

attention can be devoted solely to her; a school year where I am not constantly being interrupted by one child needing my attention "immediately" and then the other one also needing my attention just as urgently. A school year where I can gear all of my field trips around a specific curriculum and therefore make them so much more relevant seems simply magical and up till now unattainable. So where does the guilt come in? I am in essence excited that my 14-year-old daughter is going back to school so that I can focus more time and energy on my 11 year old daughter's education.

I have mommy guilt about being excited, about not having focused more on the 14 year old, about any number of other self-perceived failures as a mom. If you can't tell mommy guilt can have a bit of a snowball effect. Still, I am excited and I hope it is going to be a wonderful year. Not to overlook the 11 year old, she is a little nervous about being homeschooled without her sister. She has been homeschooling with her sister almost entirely since she started first grade. When school is over each day they go and play together. She is a little sad at the thought of not having anyone to spend time with and talk with (apparently I don't count).

So, a lot of excitement and a lot of changes are making this year start off with a bang. I know everyone has these transitional years full of anxiety and adventure but this definitely seems to be a big one for this family. I hope everyone has a great beginning, middle, and end to another wonderful school year. Remember, be kind, be supportive, and be a mom! You Got This!

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





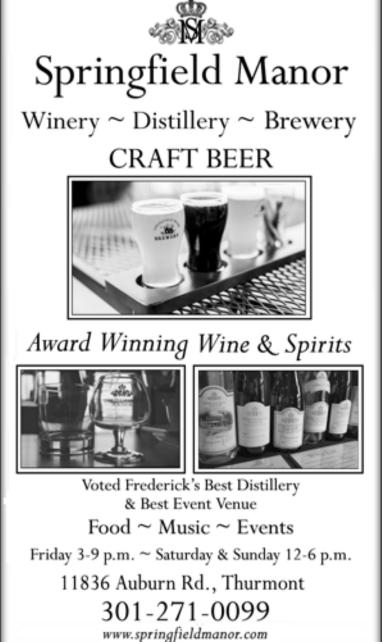
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COOKING

It's Peach Season

Kay E. Hollabaugh Hollabaugh Bros., Inc.

 M_a^y article for August focused a lot on the weather – and what the wet conditions were doing to us as producers. I was so very hopeful that this month's article could talk about positive things - and NOT about continued wet weather. Sadly, that is not the case. The rain and wet conditions just continue - complete with a robust additional 2 inches on August 21 - just as we were ready to harvest our Gala apples. Although we knew the forecast and wanted to get into the orchards prior to the 21st to begin picking, the weather didn't allow it. We woke on Wednesday morning, August 22 to Gala that were cracked – and in some cases - split wide open on the trees. What was a light crop to begin with, became a much lighter crop.

We've also been struggling with a lot of mold spores in our peach crop. Mold grows - as the reader likely knows - in damp, humid conditions. And it spreads like crazy! So a microscopic speck of a mold spore – unseen by the naked eye - can quickly grow and spread on its own skin – as well as to the skin of peaches nearby. It truly has been a growing and marketing disaster this year. We are encouraged in that our customers, friends and neighbors are experiencing the very same weather that we are and are largely very understanding. I've had more than one conversation with backyard gardeners who voice their frustrations in the fact that weeds are growing just fine! Sadly, their produce is not! My oh my, what a year. We will all talk about 2018 for a long, long time! I remain grateful that I am not experiencing the wildfires ravaging the western part of our country!

Now for some good news! The rainy season has put some real size on our pear and apple crops, and we are hopeful that things will dry out a bit, such that we can harvest a pretty amazing crop of Honeycrisp, Fuji, Nittany - and so many more varieties. Our u-pick orchard just behind our market is set to open this weekend with MacIntosh - and will go straight through till we end with Goldrush! So it's time to start thinking about fall apples.

For now, however, I'll leave you with a few peach facts - since we do still have a solid 3 weeks of summer remaining! On our farm alone, we grow over 60 acres of peaches and have 25 different varieties in production. We typically begin picking peaches in late June - and in a good year will pick through early September. There are varieties (often the early ones) that like to stick to the pit. We refer to these as "cling" varieties. Although many customers don't like to fight a peach off the pit, they are just as sweet and wonderful as the later varieties that are "free-stone" - that tend to pop off the pit when ripe. For me? After an entire season of NOT having a fresh, juicy, delicious peach to eat? I don't mind digging those first ones off the pit. However, when I'm canning a half bushel, I don't want to add extra work by fighting a peach off the seed. I often wait until Bellaire or Bounty or Salem arrive on the scene. Now any of those are GREAT peaches to can!

And finally - before summer slips away completely - enjoy some of my favorite peach recipes!

Marshmallow Grilled Peaches

Peaches

Large Marshmallows Brown Sugar

Coconut and/or pecans (Opt.)

Directions: Cut peaches in half and remove the pit. Place a marshmallow in the cavity of each half. Sprinkle with brown sugar and coconut and/or pecans. Grill until lightly browned. Delicious served as a side or as a dessert. A scoop of vanilla ice cream tastes great on this hot treat!

Peachy Pecan Chicken Wrapper

Chicken Tenders Tortillas

Mixed Greens Pecan Pieces

Goat Cheese Peach Salsa

Directions: Toast pecans in a skillet on medium heat. Drain peach salsa into a dish. Cook the chicken strips in a skillet until no longer pink. Add salsa juice. Heat until juice cooks off and chicken is hot. Place greens, cheese, chicken and peach salsa on a tortilla. Roll up and enjoy!

Peach Bread

2 ½ C. Peach Puree

6 T. Sugar

2 C. Flour

1 Tsp. Baking Soda

1 Tsp. Baking Powder

1 Tsp. Cinnamon

1 C. Pecans , Finely Chopped (Opt)

1 Tsp. Vanilla

1 ½ C. Sugar

½ C. Margarine

2 Eggs

Directions: Preheat oven to 325. Grease and flour two 9x5x3 loaf pans.

Whirl fresh peaches in a blender to make puree; add 6 T. of sugar and blend to mix. Set aside.

Sift dry ingredients together and set aside. Cream the 1 and ½ cups of sugar and margarine. Add eggs and beat well. Add peaches, then dry ingredients, stirring gen-



There is no better way to mark the end of summer than with a peach cream pie - a sure hit at any gathering of friends or family.

tly until well moistened. Stir in nuts and vanilla and pour batter into two prepared loaf pans. Bake for 55 to 60 minutes. Cool 10 minutes in pan then turn out on rack and cool completely.

Creamy Peach Pie

4 C. Fresh Peaches, Peeled & Sliced

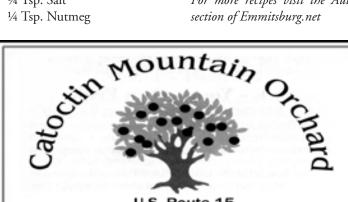
34 C. Sugar

1/4 C. Flour

1/4 Tsp. Salt 1/4 Tsp. Nutmeg 1 C. Heavy Whipping Cream 1 9" Unbaked Pie Crust

Directions: Preheat oven to 400°. Peel and slice fresh peaches. Combine sugar, flour, salt and nutmeg. Add peaches to mixture and lightly toss. Turn into pastry shell. Pour 1 C. Heavy Whipping Cream over the top. Bake for 35 to 40 minutes. Cool well before serving.

For more recipes visit the Authors



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LIBRARY NEWS & EVENTS

Blue Ridge Summit Free Library

Standing Events

Monday - Our newly added Summer Story Hour starts tonight at 4:30 p.m., it will be immediately followed by Legos and Wee Build Imagineering.

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

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

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

Upcoming Special Events

Scherenschnitte class returns on Sep 4th from 6 - 7 p.m. with Bill Hammann. All ages welcome, children must be accompanied by an adult. If you have participated previously, please bring your knives and boards.

Welcome to Colin Firth month! In honor of the very versatile actor we are featuring him in our Monday Movie Magic nights for September. First up on Sep. 10th is an adults only movie, "The King's Speech", rated R for language. The movie starts at 6 p.m..

"The story of King George VI of the United Kingdom of Great Britain and Northern Ireland, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch become worthy of it."

On Sep. 11th Zero, our wonder therapy dog, will return from his travels and will grace us with his presence from 5:30 - 6:30 p.m., for the ever popular "doghouse sessions" at the library. Bask in the glow of this canine guru of tranquility.

Join us on Sep. 13th for a night of nostalgia! We will be viewing the movie "Won't You Be My Neighbor?" rated PG-13, at 6 p.m.. "An exploration of the life, lessons, and legacy of iconic children's television host, Fred Rogers."

The family friendly movie "Nanny McPhee" will be featured on Sep. 17th for the second round of Monday Movie Magic with Colin Firth. The movie starts at 6 p.m. and is rated PG. "A governess uses magic to rein in the behavior of seven ne'er-do-well children in her charge."

The Summit Stitchers Quilt Club is meeting at 5:30 p.m. on Sep. 18th. New members and new projects are always welcome and any skill level may attend. These ladies love a challenge so if you are stuck on a project stop by and see what they can do. If you have not seen it yet, come check out this year's beautiful raffle quilt! Tickets are on sale now at the library.

On Thursday Sep. 20th at 6 p.m. the Dining Car Food Club will be meeting

with food to sample from the country of Thailand. New members are welcome any time. Please come bearing food to share.

Our last night of Colin Firth month, September 24th we will be featuring the adults only feature "Tinker, Tailor, Soldier, Spy", rated R, at 6 p.m. for Monday Movie Magic. "In the bleak days of the Cold War, espionage veteran George Smiley is forced from semi-retirement to uncover a Soviet Agent within MI6."

The Train of Thought Book Club will meet at 6 p.m. on Sep. 27th. This month's topic is "American Military History". We will have book suggestions at the library on our book club shelf or you can read or listen to your own book choice.

Frederick County Library

Emmitsburg Library Programs

School's Out: LEGO Build, September 10, 11 a.m. - 1 p.m., school is closed, so spend some time building cool creations with LEGO enthusiasts.

R.E.A.D. with Wags for Hope (Grades K-5), September 20, 5 - 6 p.m., children read to Reading Education Assistance Dogs.

Curious Minds: Preserving Your Harvest, September 20, 6:30 - 7:45 p.m., Frederick County Master Gardener Don Ludke shares tips to preserve herbs, make butter and rubs, and fill the larder during a long winter.

Abstract Needle Punch (Grades

6-12), September 29, 1 - 3 p.m., discover how to make Modern Abstract Art using needle punch techniques.

Thurmont Regional Library

On-site at the Lion's Club Pit Beef Sale: Pop-up Library, September 1, 11 a.m. – 1 p.m., it's National Library Card Sign-Up Month! Stop by the Lion's Club Pit Beef Sale and talk with library staff who are there to help you sign up for a library card. Located at 15202 Catoctin Mountain Hwy, Thurmont.

Living Well with Chronic Conditions, September 5, 12, 19, & 26, 10 a.m. - 12:30 p.m., learn how to manage and improve your health, focusing on pain management, nutrition, exercise, medication, emotions, and communicating with doctors. Sponsored by Frederick Regional Health System.

Couch to 5K Training with Cunningham Falls State Park, September 6, 13, 20, & 27; 5:30-6:30 p.m., from beginner to 5K finisher in just eight weeks! Meet at the library for a training run on the Trolley Trail led by a Cunningham Falls Ranger.

On-site at Catoctin Mountain Park: Storytime and Hike, September 7, 11 - noon, storytime followed by a short hike. Meet at Visitor Center, 14707 Park Central Rd, Thurmont.

On-site at Thurmont & Emmitsburg Community Show: Pop-up Library (All Ages), September 7, 6-8 p.m., It's National Library Card Sign-Up Month! Stop by the Community Show and talk with library staff who are there to help you sign up for a library card. Located at Catoctin High School gym, 14745 Sabillasville Rd, Thurmont.

Bookbinding 101, September 8, 1-3 p.m., earn to make a book using simple materials. Presented by Fountain Rock Park and Nature Center.

Escape from the Library (Grades 6-12), September 8, 1:30 - 2:30 p.m., gather clues and solve mysteries to unlock your escape.

ILR: Queen Victoria's Little Wars, September 10, 17, 24, October 1, & 8, 10 - noon, course spans entire reign of Queen Victoria. Each week focuses on a different conflict involving the armed forces of the Queen's empire. Week 1: First and Second Afghan War. Week 2: Sikh Wars. Week 3: Crimean War. Week 4: Zulu War. Week 5: Conquest of Sudan. Week 6: Boer Wars. This course is presented at no charge courtesy of an FCPL Partnership with Frederick Community College's Institute for Learning in Retirement. Course is funded by the Shirley Cruikshank Wolfe Fund which provides program support to the ILR Program at FCC.

School's Out: LEGO September 10, 11 a.m. - 1 p.m., school is closed, so spend some time building cool creations with LEGO(R) enthusiasts.

Thurmont Friends Book Club, September 10, 7 - 8:30 p.m., hosted by the Friends of the Thurmont Regional Library and open to adult readers in the community who are interested in discussing books. Contact the Thurmont Regional Library at 301-600-7212 for information.

A Shadowy Scavenger Hunt (Ages 3-11), September 10, 11, 12, 13, 14, 15, 16, 17, & 18; 10:15 a.m. - 5 p.m., search the library for book characters identified only by their shadows!

School Skills for Preschoolers, September 4, 11, 18, 25, 2 - 2:30 p.m., practice school-readiness skills with cutting, tracing, play, and other literacy activities.

Bad Art Party (Grades 5-12), September 12, 6 - 7 p.m., create art that is bad! The stranger and uglier the artwork, the better.

Fall Planting for Spring Glory, September 15, 10:30 - noon, discover the secret to a frugal and glorious Spring Garden: autumn rain, sun, mild temps and plants ready to lie dormant and take root.

Friends of the Thurmont Regional Library, September 18, 6:30 - 7:30 p.m., everyone is invited to be a Friend to help support library activities.

School's Out: LEGO Build, September 19, 11 a.m. - 1 p.m., school is closed, so spend some time building cool creations with LEGO enthusiasts.

Catoctin Forrest Alliance Speaker Series, September 20, 7 - 9 p.m., this preservation program series focuses on topics related to natural resources and history in the local area. It features a new topic each month and is presented in partnership with the Catoctin Forest Alliance.

Knights of the Round Table Family Scavenger Hunt, September 22, 10:30 a.m. - 12:30 p.m., Et ludos inciperel Wear period clothes and brush up on your Latin; first four families to snatch the final clue win!

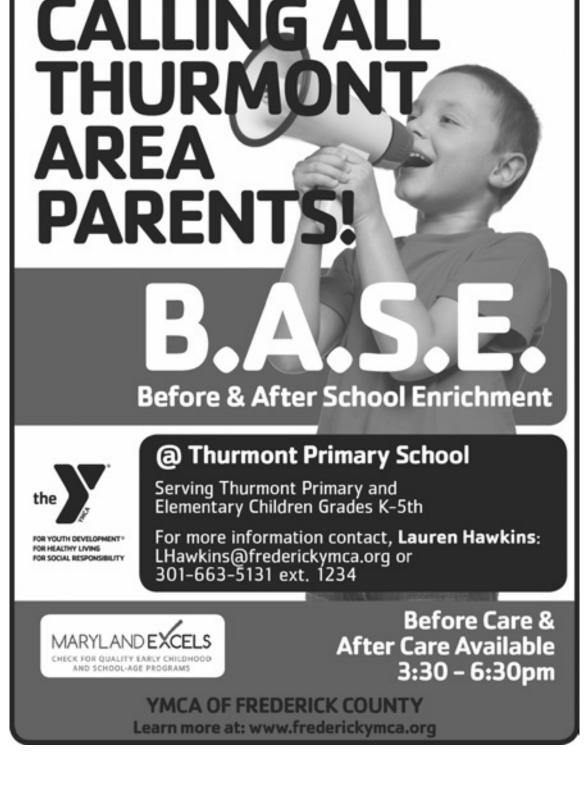
Chess Club, September 22, 11 - noon, stop in to learn, play, or sharpen your skills.

R.E.A.D. with Wags for Hope (Grades K-5), September 22, 11 - noon, children read to Reading Education Assistance Dogs.

Curious Minds: Preserving Your Harvest, September 24, 2 - 3 p.m., Frederick County Master Gardener Don Ludke shares tips to preserve herbs, make butter and rubs, and fill the larder during a long winter.

Teen Advisory Board, September 26, 6 - 7 p.m., let your voice be heard and influence the library! Gain leadership experience and discuss what the library can do for you.

Drama Club (Grades 6-12), September 27, 5 - 6 p.m., are you interested in theater and building your confidence? Bring your talents to a community drama club.





SCHOOL NEWS

Six tips for a healthy school year

Kelsey Shupe Frederick Memoral Hospital

s summer comes to a close, school Abuses will be out in full force as the kids make their way back to the classroom.

1. Transition Your Child to a New Sleep Routine

After a summer of late nights, sleeping in, and sleepovers with friends, your child may have trouble adjusting to earlier bedtimes and wake-up calls. A general rule of thumb: kids ages 6-12 need nine to12 hours of sleep each night, while older children need eight to 10 hours. Remove any blue light emitting devices (phone, tablet, laptop, etc.) from your child's room one hour before bed and replace with calming activities like taking a bath or reading a book. Reading together each night helps to build your child's vocabulary.

2. Get Organized, Get Ready

Before the busy school year sets in, use the week ahead to your advan-

by your child's school, update their emergency contact information, and mark important dates like holidays and parent-teacher conferences on your calendar. Stock up early on necessary school supplies, like pencils, notebooks, folders, and backpacks. Before you shop for new fall clothes for your child, take inventory of what's in their closet.

3. Set Your Child Up for Success

While a new school year is often met with a lot of excitement, it can also be filled with anxiety and uncertainty..

To set your child up for a productive, stress-free school year, consider the skills they need to succeed. If your child struggles to juggle deadlines or manage their time, for example, teach them how to organize their activities and study materials using calendars, personal planners, and notebook dividers.

Children thrive with structure, so set up a schedule that balances school-related activities with those

tage. Fill out all paperwork provided they enjoy doing with friends and family. Relaxation and playtime are just as important as school time in your child's day. Most importantly, offer a helping hand and gentle shoulder to cry on when they need it.

4. Prepare Lunch Box Essentials

A study by the Baylor College of Medicine reports that packed lunches from home are often less nutritious than those served at school. Researchers found that homemade lunches had less produce and dairy, more sodium, and fewer whole grains than lunches in the National School Lunch Program. The worst part? The study also found that 90% of homemade lunches had sweetened drinks, snacks/chips, and desserts.

So, how can you make sure your child is eating healthy at school and getting the important nutrients they need to learn and grow? Start with these lunch box essentials:

- A fruit and/or veggies
- A low-fat dairy like milk, yogurt, or

• A source of protein like almond butter or lean meat

- A whole grain serving
- Water

Stock up on healthy after school snacks too. Instead of junk food, think fruit, dairy, whole grains, or veggies. Apple slices with peanut butter, fresh veggies with hummus, or low-fat cheese with whole grain crackers are all smart snack alternatives.

5. Stay Safe

Teach your child to use extra caution when school is in session. Remember that you're sharing the roads with more school buses, pedestrians, and bicyclists during the school year. Your child should use lap and shoulder belts in school buses, and stay away from oncoming traffic while waiting for the school bus.

Younger children should always be accompanied by an adult and should be reminded to never get in a car with or talk to strangers. If your child uses a cell phone, remind them never to walk while texting or talking on the phone and always be

aware of their surroundings. Never text and drive.

6. Schedule Doctor Appointments & Check-Ups

Don't underestimate the impact your child's health plays on their school performance. Healthy students are better learners.

To keep your child's health on track this year, make sure their immunization record is up to date. Schedule your child's shots, as advised by the American Academy of Pediatrics (AAP) and your child's school district. Schedule a vision test with your pediatrician or an optometrist.

Provide your child's school nurse and/or school secretary with a list of your child's current medications, plus instructions and drug interactions. Your child's school should be aware of all health problems, including allergies and physical restrictions for conditions like asthma, diabetes, or heart murmurs.

Whether your child is starting their first year of school or they are a returning student, a new school year is the perfect time to make a fresh start and create healthy new habits.

Brad Young, Board of Education (R)

Starting on the first day of school, visitors to our Frederick County Public Schools will notice a new security enhancement. Part of keeping everyone safe in a school is knowing who is in our buildings at all times. Because of that, Frederick County Public Schools has installed a new visitor management system in all of its school buildings. The new system will allow schools to better track school visitors, guests, and volunteers and provide a safer environment for all students.

When visitors and guests enter any school or FCPS building, they will be asked to present an ID (like a driver's license, for example), which will be scanned by a card reader or manually entered by a school staff member into our new visitor-management system. If someone does not have a US government-issued ID, the person can show another form of identification.

The system checks the visitor's name and date of birth for comparison with a national database of registered sex offenders, who are not permitted on school property. No other data from the ID is gathered or recorded. It is important to note that out of respect to the privacy of our visitors and guests, the system is not connected to any other database such as the Department of Motor Vehicles, and information is not shared with any outside agency.

Once the ID scan is done and entry is approved, the system will issue a badge that identifies the visitor, the date, and the purpose of the visit. Persons without identification will only have access to the building while escorted by a school system employee. A visitor's badge will not be necessary for those who visit simply to drop off an item in the office or pick up paperwork.

This is a great enhancement to school security for several reasons. First, there will be clear and consistent visitor procedures from school to school. This will make things easier for parents and guests. The system also "remembers" visitors after their first check-in, which will make subsequent check-ins faster and more

convenient for parents. The system also allows school administrators to know who is the building at any given time.

The new visitor management system strengthens campus safety at all of our schools. It is an important and valuable innovation for the new school year. I wish everyone a great and safe 2018-2019 school year!





Putting Students First

"Every decision that is made by the Board of Education should always be in the best interest of the students."

With over 30 years of professional experience in financial planning and investing, Brad brings a wealth of knowledge that will be an asset as the Board of Education faces increasing budgetary challenges.

"We need to make sure that every dollar is spent to help our students and eliminate unproductive programs that take the focus away from the classroom."

www.YoungforBOE.com

Authority of Friends of Brad Young; Cheryl A. Young, Treasurer





FOUR YEARS AT THE MOUNT

This month, as the academic year has finally begun, we asked our writers to reflect on how the decisions they have made in the past have impacted their lives, and how those they make today will impact their futures.

Sophomore Year

Embracing change

MSMU Class of 2021

Toming to the realization that my path has shifted has been one of the most trying and challenging periods in my life. I have recently made the decision to transfer from Mount St. Mary's University, and although there are many reasons for this choice, perhaps the clearest reason is that I cannot grow as much as I need to at the Mount. After tumultuous issues with scheduling, difficulties with administration, and a host of other factors, I was left confused, upset, and most of all, fearful. What could my future hold? Along with most of my friends, I like to have a plan. I like to know where I am going and how to get there. But sometimes, life throws curves at you. Sometimes, we grow into people who need new things, people and places. Sometimes, we figure out that to become who we are, to follow God's plan for us, we must accept the whirling periods of change that shake up our lives but leave us better off in the long run.

I came into college thinking I would stay at the same place for four years before moving on to the

next chapter. My freshman year was a good one. I absolutely have no regrets coming to this beautiful place and meeting such amazing people, especially the friends who were willing to go on midnight hikes with me, study until all hours of the night for tough exams, and be there for both celebrations and challenges. Throughout the course of my freshman year, I changed immensely. I grew to be much more confident in myself, and I embraced my passions particularly for writing. Writing for The Emmitsburg News-Journal was one of the highlights of my freshman year, and I will miss it beyond words.

At the Mount, I became much more outgoing and craved to be involved. While this is a good thing, it also made me crave things that aren't offered at the Mount. In regards to my English classes, the professors at the Mount (both in the English department and in other departments across the University) are outstanding. They are kind, brilliant, and willing to work individually with you to help you achieve both in and out of the classroom. Academically, I am hoping to find more variety in the courses

offered, and also to pursue English classes more focused on different aspects of writing.

As my freshman year came to a close, I knew one thing for sure: I wanted to become the best writer for myself. I want classes that will teach me how to fight for my dreams, and how to be successful in any path I end up on. This summer, I spent a week volunteering with the most amazing organization called PALS. This organization hosts week-long summer camps for young adults with Down Syndrome and their peers. Volunteering at PALS encouraged me to be bold in the pursuit of my dreams, to seek out spaces and places where I can be my authentic self and discover what I love about the world. This simultaneously introduced me to another world I might be interested in majoring in and exploring.

While I haven't made the concrete decision yet for where I'll be transferring, I am hoping to add a second major focused on human services, family studies, and nonprofit leadership. The opportunity to study and immerse myself in both of my passions is one that would be completely invaluable for my future. Aside from helping me with future career aspirations, this path will allow me to grow into the person I am meant to be.

During the decision process, there was the question of returning to the Mount for the fall or not. I'll be honest. I was so stressed and fearful about the future. Knowing that I need to go somewhere else, but not being set in stone on a path yet is frightening. I have the most supportive family and friends, though, who believed in the choice I was making and encouraged me to open myself up to opportunities as they arise. Ultimately, since one of my classes was cancelled and my schedule could not really be fixed in a way that would benefit me or help me grow academically or personally, I made the choice to not return to the Mount this fall, and transfer for the spring semester. Thankfully this has opened up opportunities in its own way.

I was hired at a local bakery near my home that I really enjoy. I absolutely love working at the bakery and can't imagine working anywhere else now that I've started. Being home for this semester will give me the chance to visit my internship from my senior year of high school, and more importantly visit those in that same internship who changed my life for the better. On a similar note, I will be able to become more involved with PALS as an organization and to stay connected with the campers I became close friends with. This time of change will provide me with an opportunity to focus on growing my own blog, one

of my passions and something that constantly pushes me to learn and adapt, and discovering where I want to take it in the future. Growth is all around, and the choices I am making right now are all geared towards helping me embrace the present and solidify my future.

I want to say a quick thank you to the Emmitsburg News-Journal and its wonderful staff for welcoming me into this community and fostering so much growth in me and within my writing. I hope I can still be connected to this paper in the future—it's really a special organization, town, and community. If any of my friends from the Mount read this, thank you for being who you are and helping me to find myself last year. I think for a while, I had lost the spark of joy that makes me who I am, and as soon as I started to be myself on the Mount's campus, I found it again. To my professors, thank you for being the most amazing. I learned so much from you and will be staying in touch! Here's to new chapters, being patient, and accepting our paths and the changes that accompany them. If you would like to keep reading my work and following my story, please visit my blog at www.thecuriouslemon.com

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

Junior Year

Decisions make me

Morgan Rooney MSMU Class of 2020

Every decision we make through our lives contributes to our future. We learn, experience, and grow. Some decisions seem easy, and some we put off for ages because we can't make up our mind about what's

The difficult part about making decisions, is that we are often afraid of how it will affect our future. Nobody wants to make things more difficult for themselves later. Nobody wants to feel the pain of regret, or unhappiness because what they thought they wanted didn't turn to be what they really wanted at all.

I struggle to make decisions just as much as everyone else in the world. I would even say that making the wrong decision is a fear of mine. Opportunities come and go, but I don't know which ones to take, and which ones to let pass me by. I only do my best to try to create a future that will make me happiest.

When we are young, we "know" what we want to be. It is usually a career that is quite difficult (sometimes nearly impossible) to achieve. When we get to high school and have to begin thinking about what we'd like to study or what other paths we may take, we become a bit more realistic. When I was 12, I was so sure of becoming a doctor but as

I reached high school, I knew that I just wasn't cut out for medical school. The career sounded interesting and fulfilling, but chemistry and biology just weren't areas of study that I had any interest in. That dream had died out (with good reason).

Senior year of high school, I began applying to different colleges, which was a difficult decision in and of itself. I applied to six different universities, three being in my home state of Texas, and three elsewhere. I was about to begin my studies, but I still had no idea of my future career or what I wanted to study in college. All I knew was that I didn't want to be stationary. I wanted to be able to relocate, internationally if I could. It was a dream of mine (and still is). Because of that, I decided to take my first years as a young adult to the east coast. It would turn out to be just a small taste of what it would be like to move away from home.

Like many others, I didn't go into college knowing exactly what I wanted to do or who I wanted to be. After spending my first year as an International Studies major, I decided that I wanted to be studying communication. Communication would take my love of writing and creativity, and bring it into real world situations. Even when writing a journalistic article, you use your creativity to portray the topic you are writing about, with the hope that the person on the other

end will take interest. I have my own sense of control (to a certain extent) as well. A piece of writing doesn't have to be written in a specific or particular way. Everything you write has a taste of your own voice in it, which is very appealing to me. I want to incorporate my career with my passions for the rest of my life.

It wasn't soon later that I had come to conclusion that my dream job was to become an author. Of course, we all need a plan B in addition to our dream job, as our dream job is often farfetched and more difficult to achieve. You don't just decide one day that you are going to quit everything to become a pop star. You must take baby steps to reach your goals. The most important one of mine is to always make time to write. If I don't spend time writing in my free time, I will never come close to my goal. I can't just "follow" my dream; I must live it.

I do think it's important to be realistic. You can't dive headfirst into just any body of water without testing its depth first. You could get lucky, but chances are that you won't be successful the first time. I know that I won't become an author overnight, just as no one has become a musician or athlete over night. It takes time and dedication to get the results you desire.

One of the best (if not the best) decisions I've made in my college career so far was applying as a writer for the Four Years at the Mount section of this paper. I feel lucky every time I write an article knowing that someone else in the world is taking their time to read my thoughts. I feel like I'm constantly making progress.

My growing understanding of the structure and organization of a newspaper is just a step into what I hope to learn as a Communication major to help boost me into my career in just a few short years.

It's happened to me many times before that I've thought something bad happened, but it had more positive effects than negative. An example I use often is the time I was in seventh grade and didn't get a commendable score on my state reading test (by one point), resulting in me having to take an additional semester of reading instead of beginning at the basic level of Spanish. Although I was left disappointed, if I hadn't taken that reading class, I never would have met my best friend, who sat across the table from me. If I hadn't had to take reading, I would have taken Spanish and probably never would have taken French in high school. If I never took French in high school, I likely wouldn't be working towards a French Studies major

and wouldn't have spent the summer studying abroad in Europe. The chain goes on and on. Today, I would gladly take the disappointment of having to take a reading class in seventh grade than missing out on the amazing experiences I've had with my knowledge and experience with the French language and with my best friend. The same thing goes for decisions, if you feel like you made a poor decision long ago, remember that decisions that are bad on the surface may not be so bad after all.

I won't end up exactly where I think I want to be, but I know it will be exactly where I'm supposed to be. Despite my fear of making the wrong decisions, I have the overwhelming feeling that everything will be okay in the long run. Life is a chain of events, dependent on what came previously. It is out of my control, but that's okay.

To read other articles by Morgan, visit the Author's section of Emmitsburg.net.



DECISIONS IMPACT LIVES

Senior Year

Here's the plan: there is no plan

Shea Rowell MSMU Class of 2019

As I begin my last year of college, I am forced to answer the question every soon-to-begraduate must face: what are you going to do after you graduate? These well-wishers are only curious to see how I-and all of the others in my situation—are going to make the last four years of work, studying, and tuition payments worth their while. They are looking, I assume, for a very specific answer. Some will be attending graduate school, others joining volunteer corps, most taking their first steps into the workforce, preferably in a job that relates somehow to their degrees.

Having a plan, specific goals, and a destination in mind is important when going through college. However, if I have learned anything about life in my four years here, it is that the world likes to throw curveballs. Even the best-laid plans of a 22-year-old college student, believe it or not, guarantee nothing in the end. The finest efforts and the most thorough preparation cannot, and indeed should not, narrow one's life into only one path. The best paths, I have found, are the ones we stumble upon somewhat accidentally.

I am not advocating aimless wandering or laziness of any sort in fact, quite the opposite. Living

life with an open-minded perspective doesn't lead to apathy, but adventure. One of the main reasons I chose Mount St. Mary's University three years ago was that the Mount understands the importance of developing a person in his or her fullness, building the intellectual, social, emotional, spiritual, and physical wellbeing of each student, instead of treating each like a commodity whose only value is its economic contribution. Such programs exist, and students cannot stray far from their chosen paths: setting and achieving goals is paramount, and speed and efficiency are vital. At the Mount, unlike many schools my peers have found themselves attending, the ultimate challenge is not to earn the highest GPA or to achieve prestigious postgraduate career placement (although the Mount excels at this, too!), but to become the best version of yourself.

This is, and has always been, my personal goal throughout college, and this perspective impacts each decision I make. When I chose my majors -English and music-I decided to follow my heart. I chose two majors, neither of which have a direct career path ahead of them. Nevertheless, I have found great fulfillment and growth through each. In my English classes, we study the fine art of communication, the mechanics of writing, and, most importantly, the common expe-

riences of humanity. We read the stories of those whose lives are nothing like our own, whose thoughts stretch the boundaries of our own minds, and draw us out of the limitations of our own experiences. We discuss, and often disagree, about the significance of details in each text, and learn to appreciate the perspectives of others, even if they conflict with our own. We learn about human history through the intimate lens of a human writer, and inevitably imagine where we belong in the narrative.

In music classes, I have struggled to identify the components of sonatas and fugues, learned the favorite techniques of Mozart and Beethoven and Stravinsky, memorized common chord progressions and the notes in an E natural minor scale. Believe me when I say that music theory is complicated and challenges the mind to analyze on paper what was meant to be heard, not seen. But despite all the difficult memorization, complex analysis, and carefully-constructed musical timelines, the most fruitful musical experience for me has been performing.

At the Mount, I play in the Wind Ensemble, I take private lessons with a professional instructor, and, whenever possible, I play with regional ensembles in Frederick. These experiences have taught me, more than anything, accountability. In private lessons, I am the only member of the Mount's "trumpet studio." Therefore, I have no one with whom to compete, no one to keep me accountable for putting in practice hours outside of

class. I have to be my own source of motivation. Occasionally, I have failed to put forth the effort necessary to progress. But these failures, as well as the successes, have taught me that if I want to succeed I have to fight for it—for myself. In the ensemble setting, I have learned accountability because there are others depending on me, as I depend on others, to produce the musical product we aim for. Each member, especially in a group as small as ours, is vitally important. If I don't put forth the effort required to perform well, I insult the efforts of my classmates, and ultimately let them down.

There are many other college decisions that will impact my life, even if I don't yet know exactly how. As a student worker at the Mount's Career Center, I have learned how to represent myself and the school in a professional manner, and have met wonderful mentors who will guide me as I enter the workforce. The Mount has given me ample opportunity to practice leadership, as a section leader in the Wind Ensemble, the president of Mount Music Society, the Editor-in-Chief of Moorings Liberal Arts Journal, and even as the Managing Editor of this newspaper! If I continue, as I have endeavored to do for the past three years, to use these opportunities to make a better person of myself - a better writer, a better leader, a better friend – I am sure I will find myself on the right path, even if I cannot see it yet.

My goal, then, for my senior year, is to make the most of everything that comes my way, and to take the opportunities that will help me to improve myself. Sorry to disappoint, but these choices are not aimed at any specific career or post-graduate plan. With my faith to guide me, and a whole lot of work ahead of me, I look forward to seeing how each element of my past converges into a present and a future. In the meantime, all I can do is my best.

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









An important month in fashion

Valerie McPhail MSMU Class of 2015

The month of September ■ beckons a new season for fashion in more ways than one. Calling the fashion world into new beginnings, fresh designs and creative works, fashion magazines filled with fall advertisement campaigns, and a fashion week of new collections also brings new appointments, collaborations and appearances.

When I was in college, such catalysts of September fashion month were the agents of my daydreams. In my senior year at The Mount I remember sitting on the rug laid across my apartment's living room floor, scrolling on my MacBook through my favorite website: Style. com, the current VogueRunway. com. Squeezing time in for runway recaps and reviews before classes I read from my favorite writers: Nicole Phelps and Tim Blanks then clicked through photos of magical runway collections. From New York, to London, Paris and Milan, I was transported to new lands. In these worlds of fashion, clothing dominated communication and their reviews made sense of a love for fashion design and clothing, an interest I previously

and anticipation, September fashion month beckons ambition and creativity, enough to spark hope for a new season in fashion.

In the wake of recent not-so-glamorous industry activity — crazy scary lay offs, magazine folds and industry leads leaving their traditional status jobs to retreat to unconventional contributions — I too jumped ship. Now more than ever fashion needs its September Fashion Week: its Bible thick magazine issue, fresh perspectives on styling presented at the runway and haste for the next show, as they run back to back in different venues across the city. The hustle keeps momentum in an age of turbulent change. Novel creative expression debuted on the front covers of the September issues and in advertisement — all independent from the excitement of the runway builds September to become the most important month on the fashion calendar.

The September Issue

The infamous September Issue, not to be mistaken with the documentary that followed Vogue's Editor-in-Chief around her New York office to experience the work accomplished behind the largest magazine issue of the year, covers are exclamations less about clothing, but rather declarations that have been achieved in the culture of fashion: women of color boldly shine in appearances within the issues of the industry's top influential companies. Beyonce covers Vogue, Rhianna for British Vogue, and her muse, Slick Woods delights the cover of Elle and Lupita Nyong' enchants Porter Magazine.

Each cover shows opportunity for fashion to become an industry focused on female empowerment. This month the magazine shows its value in feminism and diversity in a world drowned in criticism, strife and disrespect. The covers highlight the impact each woman carries, while allowing an opportunity for transparency in sharing their stories. Beyonce announces the worth of every voice, Rhianna: a model of self-assurance and individuality, Slick Woods shares her perspective on sexuality and pregnancy, while Lupita captivates the cover with her power and influence. With full force the industry is setting a tone for a strong fashion week season.

Read through the September Issues and find a host of high-budget fashion advertisements. These campaigns fuel the revenue of each magazine, while lending ambiance for the popular styles predicted to dictate the trends for the season. This year, denim brands such as Frame, AG, and J Brand campaign their labels, traditionally stylish jean brands with fashion statements made without attention towards denim. The exception to the trend is Current/Elliot, who dressed model Stella Maxwell in a Canadian Tuxedo, a fashionable suit. In such advertisements, these brands capture our attention through classically styled fashionable outfits, leading us to wonder all the new styles the denim industry will present this season.

Fashion week

Current/Elliot Fall/Winter 2018 Ad features Canadian Jumpsuit. world like a circus, entertaining the culture of its host city as people of all backgrounds visit with wild outfits and extreme expression, presenting novel ideas on the presentation of clothing and advancing fashion design. As an individual that loves clothing and fashion, now with less engagement, as I no longer work among the chaos of fashion, I continue to write to share my passion and optimism for more vegan, sustainable and transparent ventures. Such projects present new considerations to the fashion world. There are more stories to be shared, honored and valued, more experiments and expressions yet to be. When fashion accom-

all the flashy dresses, price tags and Gucci logos, fashion is, in the same way, a personal expression and response to culture.

In my last year of school I interned my first fashion week. Coming back to Mount St. Mary's, after a week of working alongside my sister for a boutique casting agency, I felt my exhaustion physically, but kept my attention on the week back to school. Texts back and forth with my best friend bottled with anticipation, as our class schedules didn't allow for a reunion

until school ended for the day. At 2 p.m. she stormed through the door to our basement level apartment, with equal excitement and all the grace she carries, she said "Oh my gosh you look exhausted." My afterthoughts drifted south: after spending a full day in classes why didn't anyone else tell me the expression of my hard work shown from the bags under my eyes, a gauntly and ghostly appearance of fatigue? In my world of excitement, eagerness and passion for fashion, the diligent and tireless work was worth the experience. Such is the feeling September fashion week brings: new opportunities, new expressions and advancements to the industry, presented to share with the world encompassing. For these reasons September is the most important month to the fashion calendar. The September issues, advertisements and fashion week events not only fuels, but refreshes the industry forward with contemporary achievements and creative statements for the season ahead.

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







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COMMUNITY NOTES

Adams County Road rally for land conservancy

The 20th annual running of the Land Conservancy of Adams County's fall classic Road Rally is set for Saturday, Oct. 20 and will celebrate the best Rally stops of its two decades of giving participants the opportunity to explore the county's unparalleled beauty.

Rally participants will motor along Adams County's scenic back roads at the peak of fall colors, learning about the importance of land preservation in the county as well as experiencing some of the most fun and creative Rally stops of the last 20 years.

The Rally theme this year is "Super Stops for Super Heroes."

Not a race, the Land Conservancy Road Rally invites contestants to vie instead for the prestigious Conservancy Cup, adorned with its coveted fuzzy dice. Rally teams travel Adams County's public roads, traversing its beautiful landscape while following numbered route instructions, which include clues to answer questions relating to land conservation in the county, and participating in activities at stops along the route.

This year's Rally route revisits favorite stops and activities that will excite and engage teams in various contests. No experience is necessary to participate, and speed is not a factor. Participants are judged on their ability to follow directions, answer questions, and compete in activities.

Those who prefer not to drive the route may participate aboard the Rally bus. The Rally concludes with a Finish Line party featuring food, entertainment, door prizes, sponsor recognition, and awards for

top-performing teams. Rally teams must preregister, and early registration is encouraged for this popular community event. A maximum of 60 teams may compete, and team registration closes Oct. 7. The Rally is held rain or shine.

Corporate sponsorships for the Rally are available to interested organizations and businesses. Sponsorships start at \$300 (\$200 for nonprofits) and include free Road Rally registration and Finish Line party tickets for up to four people as well as recogni-

tion at various Rally stops and in the Rally's full-color program and website, among other benefits.

The Land Conservancy is an accredited, member-supported nonprofit organization committed to helping landowners preserve farms, orchards, stream valleys, and outdoor recreational resources for our children and generations to come. For more information about the Land Conservancy-and sponsoring and/or participating in its 20th annual Road Rally—visit LCACnet.org.

Pippinfest Festival 2018

The 38th Annual Pippinfest is on L its way once again, as dates this year are set for the last weekend in September, the 29 and 30 from 9 a.m. to 4 p.m., along Main Street in Fairfield.

Dating back to 1980, the Pippinfest festival holds its roots firmly in community togetherness. The festival was started as a way to promote local non-profits; a tradition that has continued ever since. As a way to bring townspeople together, David Thomas, owner of the Fairfield Inn in 1980, invited local clubs and school groups to participate in a community-wide celebration of the apple harvest. As a small town with a strong sense of community, the citizens of Fairfield were eager to support the idea and an allday street festival was planned.

Pippinfest allows local non-profits to fund raise for their causes. Local Boy Scout troops, high school groups, churches and many others are able to sell food, drinks and other goods in order to help raise money for their organization. The festival brings people into the community, fosters an environment of fun for everyone, and brings community members together. Since the Pippinfest is classified as a Borough of Fairfield event, it falls under the jurisdiction of the Borough Council. If additional funds are made, the funds go into a reserve and can be used by the Borough for community enhancement. Recently, funds from this reserve were used to purchase display cases for the Historical Society, new conference tables for the Borough office and a donation was made to the Fairfield/Hamiltonban Joint Parks and Recreation Committee for the new park.

Community and local business' support contributes significantly to the success of the festival every year. At this time, in addition to numerous craft and food vendors, the Pippinfest Committee has nine bands scheduled for Sunday's event including, Donnie Leaman, the Bluegrass Chapel Band, Rich Fehle, Austin Poulson and many others. As usual, Pippinfest will be a two-day event.

Pippinfest 2018 has many other events in store this year. As always, yard sales and craft and food vendors from all over the region will be happening on Saturday. Additionally, there will be a quilt show with demonstrations by Stitch 'N Peace from 10 a.m. - 4 p.m. Sunday is recognized as the big day at Pippinfest with entertainment from several musical groups, children's games, pony rides, and inflatable rides by Phantom Shadow. Antique autos, hot rods, vintage race and muscle cars, street rods, motorcycles and trucks will be on display for all to admire during the "Cruise-In Car Show and Swap Meet." Take in a bit of local culture and visit the beautiful display of Pippinfest Pottery. With close to 100 craft and food vendors, no one will go home without having a treat!

For over three decades, Pippinfest, which literally means "apple festival," is still going strong. The festival has grown and offered attendees a memorable weekend full of fun and entertainment for all ages. Volunteers from the local community work year round to bring this amazing event to people near and far. From school and musical groups, to local charities, Boy Scouts,

and church groups, Pippinfest has been a town-wide celebration of community, the harvest, and tradition. For activity, event times and locations, visit www.pippinfest.com or www.facebook.com/pippinfest.







ARTS

Gettysburg Wine & Music Festival

Jennifer McCleaf Gettysburg Chamber of Commerce

Tine and music enthusiasts are invited to enjoy central Pennsylvania's premier wine event, the 14th annual Gettysburg Wine & Music Festival, Sept. 8-9 at the Gateway Gettysburg Complex, 95 Presidential Circle, just outside historic Gettysburg.

Sample and purchase wine from 27 Pennsylvania wineries, take in offerings from more than 50 food and craft vendors and dance to the region's best live music. The event annually draws more than 7,000 attendees.

We invite you to enjoy a fall weekend in historic Gettysburg at the Gettysburg Wine & Music Festival," said Jennifer McCleaf, event director. "This is your chance to taste some of the best wines from every corner of the state - all at one fun, festive and relaxed event. Where North meets South, let's drink wine!"

Accommodations with packages tailored to wine festival attendees start at \$165 per night and include tickets to the event, overnight accommodations and breakfast. Partners include 1863 Inn of Gettysburg, Courtyard by Marriott Gettysburg, Eisenhower Hotel & Conference Center, Hampton Inn, Hilton Garden Inn-Gettysburg, Holiday Inn Express & Suites Gettysburg and Wyndham Gettysburg. Free shuttle service is provided from 1863 Inn of Gettysburg and Holiday Inn Express & Suites Get-

Save 20% by purchasing tickets in advance at \$20 each. Tickets bought at the gate are \$25. Two-day advance tickets are available for \$30. All tickets include a free wine glass, unlimited wine sampling and access to live music. Youth/Designated Driver tickets are \$12 and children 12 and under are free. Special pricing is available for groups of more than 15 people. Parking is free.

Attendees can pay \$19 to rent space for a pop-up tent. Tents may not exceed 12 feet in length or width. Tent tickets must be reserved online in advance of the event. No unticketed tents will be permitted. Space is limited.

Hosted by the Gettysburg Adams Chamber of Commerce and supported by area businesses and hundreds of volunteers, the festival promotes Pennsylvania wine, boosts the area economy and strengthens the local quality of life. In addition to supporting programs of the Gettysburg Adams Chamber of Commerce, the festival benefits school groups and community organizations.

For more information or to buy tickets, visit www.gettysburgwine. com or call 717-334-8151.

Music Gettyburg's 2018-2019 season

Music, Gettysburg! announces much more. its 2018-2019 season, fea- Music, Go turing the Gettysburg Chamber Orchestra, Schola Cantorum of Gettysburg, Felix Hell, Wayne Hill and the Essence of Joy (Penn State Gospel Alumni Choir) among the highlights of the upcoming season announced this week.

The Music, Gettysburg! steering committee, led by Dr. Mark Oldenburg, will officially announce its 39th season schedule by mail this month to nearly 1500 Central Pennsylvania households featuring its fall "opening" concert by the Gettysburg Chamber Orchestra September 9th at 4 p.m. in the chapel on the Gettysburg campus of United Lutheran Seminary.

The musical series plans 16 concerts in the coming season, including regular performers such as Felix Hell, baritone Wayne Hill, the 30-voice Schola Cantorum of Gettysburg directed by Stephen Folkemer and Sunderman Conservatory musicians. The season also includes Opera Susquehanna Winners, the Boston Shawm and Sackbut Ensemble, Gettysburg Children's Choir, Burns Night, the Brass festival in June, and

Music, Gettysburg! will enter its 39th season offering these and more concerts free and open to the public thanks to the generosity of individuals and corporate partners who join with the United Lutheran Seminary to make fine music possible.

Concerts of the 2018-2019 season, September through May, will take place in the chapel of the United Lutheran Seminary, 147 Seminary Ridge, Gettysburg as follows:

Gettysburg Chamber Orchestra, September 9 - Blank Blednarz, the new concertmaster of the Orchestra is joined by her husband for the Brahms Double concerto, with Haydn's Drumroll Symphony filling out the performance!

Marilyn Keiser, organist, October 5 - "She represents to the organ world what the late Jacqueline Kennedy Onassis did to America: the epitome of taste, dignity, and elegance." (The American Organist)

Opera Susquehanna Winners, October 28 - Three rising stars from around the country present works by Bernstein, Milhaud, and Richard

Jeffrey Fahnestock, tenor, November 11 - An audience favorite returns on Armistice Day with heart-rending settings of poetry from the Great

Advent Vespers, December 2 -The Schola Cantorum of Gettysburg opens the holiday season with music of expectation, hope, and joy from the last four centuries.

Christmas Offering, December 16 - A sampler of holiday music from our favorite performers, including the Gettysburg Children's Choir and Wayne L. Wold.

Essence of Joy (Penn State Gospel Alumni Choir), January 12 -A soul-stirring evening of Gospel music from these young, energetic and spirited Nittany Lions.

Robert Burns Night, January 18 - Our annual celebration of the Scottish national poet, featuring Jeff Greenawalt reading his poetry and Cormorant's Fancy performing music he inspired.

Felix Hell, organist, January 27 -The toast of four continents returns to his favorite venue for his annual visit!

Grace Kim, pianist, February 24 - The Washington Post raves: "Rich with emotional contrasts." And Die Rheinpfalz agrees: "Hypnotic from the first to the last note."

Songs of Garth Baxter and Hollis Thoms, March 17 - Two Baltimore composers present their compelling settings of glorious texts.

Baroque Brilliante, March 31 - Faculty of the Sunderman Conservatory present some of the liveliest, most moving music of the 18th

Boston Shawm and Sackbut Ensemble, April 28 - The world's Renaissance including Gettysburg's own Marilyn Boenau, returns to Gettysburg. Special guests: the Schola Cantorum of Gettysburg!

Gettysburg Children's Choir and Chamber Chorale, May 4 - Once more, these amazing groups of young performers cap their season with Music, Gettysburg! Always a packed house! Always a delight!

Gettysburg Chamber Orchestra, May 12 - A Mothers Day tradition! Peter Sirotin and Ya Ting join the Orchestra for a concert of Mozart, Saint Saens, Ravel, and Mendels-

Wayne Hill and Friends, May 19 - The area's favorite baritone gathers some of his closest friends for a lively and varied evening from the American Songbook: Rodgers, Hammerstein, and Hart.

Gettysburg Brass Band Festival, June 8 - From noon to 8 PM in the outdoor performance platform: a different, world-renowned band

Dearest Home, June 30 - Kick off the celebration of Independence Day with music from the home front of the Civil War! Weather permitting, at the outdoor performance platform.

Music, Gettysburg! is a premier concert series featuring international, national, regional and local musical artists for the greater south central Pennsylvania region. The United Lutheran Seminary Chapel is at 147 Seminary Ridge in Gettysburg. For more information about this and other concerts in the Music, Gettysburg! schedule, please call 717-339-1334 or visit the Music, Gettysburg! web site: www.musicgettysburg.org or email to info@musicgettysburg.org.

Annual Salsa on the Square in Gettysburg

will observe the 33 years of Gettysburg's Sister City relationship with Leon, Nicaragua. Salsa on the Square is also a Fiesta to celebrate the contributions of Latino people to the economy and culture of Adams County.

According to Karl Mattson, co-president of PGL, Salsa on the Square is a local centerpiece of Hispanic Heritage Month which honors the history and contributions of the 55 million Latino people in the United States, and also celebrates the independence day (September 15) of the five Central American countries: Honduras, Costa Rica, Guatamala, El Salvador and Nicaragua.

The Dance will take place on the first block of Carlisle Street, which will be closed from Lincoln Square to the railroad tracks. For the eigth

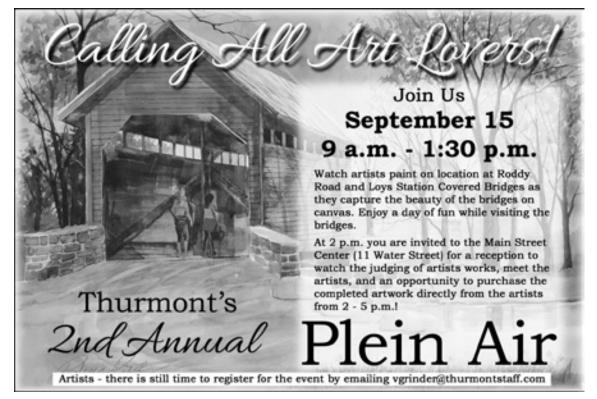
ponsored by Project Gettys- consecutive year, the Salsa Dance Service at Gettysburg College is a burg-Leon (PGL), the event will feature the Latino music of major contributor. Hector Rosado and his Orquesta A-CHE. DJ Solalinda will be on hand to play dance music between the sets and before the band begins.

Local food vendors will include the Gettysburg College Servo Express and local mexican restaurants. Gettysburg College students will organize children's games and activities. The Gigantona, a large Nicaraguan folk doll will again make her appearance. Gettysburg Mayor Ted Streeter will make a proclamation declaring September 16 Hispanic Heritage Day in Gettysburg.

The event is partially funded through grants from the Adams County Fruit Growers Association, Rice Fruit Company, the Nancy Cushing-Daniels Fund and the Young Growers Alliance of Adams County. The Center for Public

tysburg-Leon and its projects in

To learn more about Project Get- Nicaragua and its student and community delegations, visit us online.



Mount Arts kicks off new season

Chloe Corwin MSMU Class of 2021

The Mount St. Mary's Univer-■ sity Visual and Performing Arts Department is anticipating an event-filled semester and invites the residents of Emmitsburg to follow along and get involved with celebrating the works students create from each subject area this upcoming school year.

This means the students and professors of the department are prepared for another year of creativity, fun, and hard work. Now that the summer break has officially come to a close, students have jumped into their classes and extra-curricular groups to bring the department into the full swing of its fall semester in 2018.

The three subject areas of the Mount's Arts Department, music, theatre, and art, are anticipating an exciting semester that allows an opportunity for arts lovers of all sorts to enjoy.

To kick off the year, students are encouraged to attend this year's "Meet the Department" event outside of the Delaplaine Fine Arts Center on August 30 from 6:30 to 8:30 p.m. Here, new students have the opportunity to introduce themselves and become familiar with professors and fellow students.

For one area of the department in particular, the fun started a few weeks before the semester at the very first "Harmony" retreat. The Chorale and Wind Ensemble spent the week before classes on a retreat from August 14 to 17 to welcome and start working with new members starting their first school year here at the Mount. The program was led by our talented music professors, Dr. Andrew Rosenfeld and Dr. Mark Carlson, and many returning members of the Chorale and Wind Ensemble were in attendance as mentors for the incoming

The "Harmony" group worked for three days, culminating in a performance entitled the Mount St. Mary's Ensemble Showcase at 8 p.m. on August 16 at the Sky Stage in Frederick, Maryland.

Students gave their all, especially given their short timeline, and had a very impressive performance. Participants had another chance to display their hard work in a prelude concert for the Welcoming Ceremony at the Mount for new students on August 17, as well as on August 20 at the Mount's annual Opening Convocation in the ARCC arena.

This experience not only offered students a chance to perform, it also provided opportunities to make memories with new and old friends with common interests and similar talents. Specific time slots were carefully planned to allow growth and discovery for students and to allow them to become more comfortable and confident in themselves and others. This built an important sense of teamwork amongst the

young musicians.

This program is to become an annual event and will possibly become integrated in the Mountward Bound program. The Mountward Bound program allows incoming freshmen an opportunity to experience campus life with various on-campus clubs before the big move in day. "Harmony" granted an exciting future for the arts department. It offered opportunities for students to get involved, as well as welcomed incoming students with a fun and fulfilling event that allowed them to express their passions.

These events are just the beginning of what is to come from the music program here at Mount St. Mary's University. Several exciting chorale concerts are in the works and will have dates released at a later time. Additionally, be on the lookout for the new student-led A Capella group "Pitch, Please" and their future performances as well. Also, the lab bands and wind and string ensembles will hold events later on the semester, ensuring an entertaining time for any audience member, dates to be determined as well. In addition, the annual musical review is to be in the works soon.

Finally, voice and instrumental lessons taught by professionals from the area are offered to students for one to three credits. Lessons are offered at the basic, intermediate, and advanced levels. At the end of the semester, a recital is to be held for intermediate and advanced students on campus.

A busy semester is definitely on its way for the music program, but it does not end here! The theatre department is working on several events, one just as exciting as

First up are the auditions for the annual fall mainstage production. This year, the production is Completely Hollywood (abridged) by Reed Martin and Austin Tichenor. Auditions are to be held this month.

According to theatre Professor Dr. Kurt Blaugher, this show is "a fast paced slapstick romp through one hundred and eighty six of the greatest American films. Using comic techniques as old as commedia dell'arte and as contemporary as Saturday Night Live!, the show skewers Hollywood, the movie industry, performers, and lots of others with reckless abandon."

The main stage production is a great opportunity for students who like to follow their theatrical passions, but are not majors or minors in theatre. The mainstage production will open on Thursday, Nov. 8 and run until that Saturday, Nov. 10 in the Lynne and Joseph Horning Theatre. Emmitsburg residents are encouraged to attend this hilarious comedy and support the Mount's student actors.

The theatre program is also offering two one-day master classes this semester. The first to be offered is a Jazz Workshop on Saturday, Sept. 22 at 1 p.m. taught by Kelsy Rupp, a dance teacher from the area. Ms. Rupp previously taught a dance class at the Mount last spring that had a great turn out, so she is back for another exciting opportunity that is open to all students.

The next is a movement theatre master class with Professor and Technical Director Benjamin Buhrman, date to be determined. Professor Buhrman is teaching a three-credit movement theatre class this semester, and theater students are particularly encouraged to attend the master class.

Several other "spotlight" events are in the works for this semester as well, but are not yet finalized.

Finally, the theatre department is hosting directing performances for this semester's directing class. Performances are to be held November 29, 30, and December 1 in Horning Theatre. Show selections have not yet been determined, but are to be released soon. Directing performances are student directed under the guidance of Dr. Blaugher. This



Mount Chorale and Wind Ensemble students watch 17th century music performance by Professor Billy Simms and colleagues while on "Harmony" retreat.

year, there are two new directors ready to release their debut shows.

Last, but not least, the art program has two art shows lined up for this semester. The art subject area's art gallery selection this semester features the works of our very own professors Elizabeth Holtry and Nick Hutchings!

opened August 30, reception held at 5-6:30 p.m. that day. Her artwork will be up for viewing from August 30 to October 4.

The reception for Professor Nick Hutchings' show, What We Know in Part, will be held October 25 from 5-6:30 p.m. The exhibit will run from October 25 to December 7.

These fall shows are a particularly exciting opportunity for students to be able to experience the work of their mentors in an interesting and special way. The art gallery is open on weekdays under the supervision of a work study student or staff.

The Mount St. Mary's University Professor Holtry's exhibit, Salt, Department of Visual and Performing Arts is located in The Delaplaine Fine Arts Center and can be contacted by phone at 301-447-5308. Like our Facebook page @msmuvpa for more updates, photos, and videos. For more information about the department in general, search for Visual and Performing Arts on the Mount St. Mary's University official website www. msmary.edu.







composer/lyricist Neil Berg pays tribute to the facinating stories and groundbreaking music of everyone's favorite genre.

Tickets: \$52; \$47; \$42

25 Carlisle Street, Gettysburg

Athletes prepare for fall season

Grace Kovalcik Catoctin High School Class of 2021

As the summer concludes and the days progressively become shorter, both the Catoctin Cougars and the Fairfield Knights prepare for their fall seasons. These small-town athletes prove time and time again that they have what it takes to compete with larger schools.

The Catoctin girls' varsity soccer team has been hard at work all summer preparing for the new season. With a new head and assistant coach, Megan Olson and Kiyana Meredith, the team is looking forward to building up from last season. Last year, with only two seniors and ten freshmen, the cougars spent the season growing and learning, as they experienced what the prior head coach Mark Olson called "growing pains." Although the girls were not able to secure any victories during the previous season, current head coach Megan Olson thinks this year will be a different story. "I'm very excited for the season," Olson commented, "unfortunately we didn't

have a lot of numbers this year, but the numbers that did come out I am very pleased with. The intensity, the work ethic, and the focus have been outstanding just within the first week." She is certain the girls' hard work will pay off.

This year, the team will be led by seniors Gracie Baker, Rachel Burns, Emmalynn May, and Tara Willhide, who have all participated in the program since freshman year. The girls look forward to their final year with "friends who became family," and are eager to start playing.

With four incoming freshmen, most of whom are very offensively minded, one of the team's main goals is to redeem themselves from last season's record. All of the newcomers, Keola Evans, Isabella Lagana, Emily Williams, and Jenna Zentz, have shown promising efforts in gamelike situations.

In addition to the girls, the boys' soccer team has also been spending time developing their young team. After losing a total of twelve players, nine of whom graduated, the team gained seven players, putting them in a situation similar to the girls last year. Head coach Robert Phelan feels that despite having a young team, their heart and determination will result in a good season. He expressed that the team is always a "hardworking group of individuals" with "a good sense of community within them." Not only do they push themselves, but they push each other to get better and stronger. Phelan believes that these characteristics will lead to a successful season.

Nick Miller and Ryan Felichko, both freshmen who have been playing soccer for about a decade, have a similar outlook on the season. The boys are looking forward to the beginning of the season as the team continues to gain experience. In an unofficial scrimmage between the two varsity soccer teams, both Miller and Felichko proved themselves ready for what is to come on a varsity level team. The pair showed excellent technical and communication skills, regardless of the limited amount of time they have had to prepare as a team. Aside from this, both players consistently maintain positive attitudes on the field. Overall, the overwhelming optimism on both soccer teams is what makes the program most enjoyable.

While the Cougars are hard at work preparing for the fall season, the Fairfield Knights have also been continuously practicing in the summer sun. Fairfield, despite being another notoriously small town, has had tremendous success in multiple athletic programs throughout the past few years, one example being the cross-country team. The head cross-country coach, Marcia Roan, has been with the program for eight years. Out of those eight years, the team has gone to districts every year and has made it to states five years. With fifteen keen runners, the boys' main goal for the 2018 season is to go to, and hopefully win, states. The girls on the other hand, as a smaller team of five people, plan to beat as many personal records as possible and go to districts.

It is clear to see how dedicated both the boys and girls are to cross-country, attested to by the time and effort they put into summer training. In total, the team has twenty runners, all of whom have spent most of their sumer vacation preparing for the season. Their vigorous workouts range from have high hopes for the 2018 season, cheerleader for Catoctin athletics.



Fairfield's cross-country team takes a much deserved break after running the trails of Ski Liberty Mountain in preparation for their upcoming season. Photo Credit: Marcia Roan

upper body and core training to running the trails of Ski Liberty Mountain. Not only do they run as a team, but they also spend time on their own. As individuals, many members of the team have run between 150-200 miles throughout the past couple of months. Seniors Emma Burgess, Noah Hazlett, and Jason Yeager are all particularly enthusiastic for the season. Burgess, whose senior year will be her first year competing for the team, commented, "As long as you put one hundred percent into the practices, you're going to get just as much out of it." The three are eager for the season to begin and have high expectations

for both returning and new runners. Much like the cross-country program, the Fairfield girls' soccer team has been incredibly successful within the past few years. The varsity team has won districts two years in a row, and even won a state championship title in 2016. In addition to the regular season, the team has been exceptionally victorious, both recently and in past years, during the summer in the 5 Angels Tournament. The Knights have taken first place in the annual tournament for three consecutive years, and have played in the championship game for six. Amelia Heinbaugh, a junior on the girls' team, believes that part of the team's success comes from the bond that has grown over time, and girls' ability to communicate with each other. Additionally, she has observed how the girls have learned from each other and their playing style. Not only does this team but they have every intention of performing better than before.

In other news, Keith Bruck has been promoted to the high school's new athletic director. After sixteen years of teaching at Catoctin, Bruck is proud to have earned his way to a long-awaited position. "I'm really excited about this opportunity." says Bruck. "I've waited a long time to do this job, so I'm going to do my absolute best for Catoctin and our student athletes." Throughout the years he has worked at Catoctin, Bruck has most enjoyed teaching and getting to know the community, and now looks forward to learning more about his position as the athletic director. He described his role as the "compass of the athletic department," and loves the idea of being able to lead, and watch the students grow "not just as athletes, but as people."

Since his first year at Catoctin, Bruck has always admired the "tightknit community" that the small town of Thurmont has always seemed to have. One of his first experiences with this was the simple task of selling tickets to a junior varsity football game, which later sparked the ambition to pursue the role of athletic director. Bruck says that being able to witness the community feel at that football game firsthand was amazing, and he hopes becoming athletic director is just another stepping stone in his career at the high school. Above all, Keith Bruck's pride for the school shows his true passion for his job, as he says he will always be "the biggest







September 15, 2018

Sign up now for Thurmont's Annual Gateway to the Cure

5K Run/Walk! 8:30 a.m.

Eyler Road Park 15 Eyler Road, Thurmont

2 Ways to Register:

- Register at <u>RunSignUp.com</u> and enter Gateway to the Cure 5K.
- Sign up in person at the Municipal Offices at 615 Main St. Monday - Friday, 8 a.m. - 4 p.m.

Cost: **\$35**

Pre-registered participants get an event shirt

All proceeds benefit the Patty Hurwitz Fund at FMH/James Stockman Cancer Institute.

MOUNT SPORTS

Fall sports preview

Collin Riviello MSMU Class of 2020

ugust 20 marks the first day of Aclasses for Mount students, but for the Division I athletes, their seasons began weeks before. With the start of the fall semester, the Mount officially welcomes back three programs that were cut in 2013 due to budget restrictions: men's soccer, men's golf and women's golf. In addition, the debut of the Mount women's bowling team brings the number of varsity sports to 22. A preview of each fall team's season is below.

Men's soccer head coach Bryan Cunningham has mapped out a challenging schedule for his rookie team. Despite that, the Mount was picked to finish just eighth out of nine teams in NEC play in the annual coach's pre-season poll.

The men will play their first home game of the season against Big Ten member Rutgers on August 31. The team will then travel to American and George Mason for matches on September 7 and September 9 respectively. After playing the Patriots, the Mount will return home for a three-game home stand against Howard (September 12), Army (September 15) and VMI (September 22). The match against Army will also coincide with the Mount's annual Family Weekend, and military appreciation night.

The Mount will end their non-conference schedule at St. John's (New York) on September 25 and will then play their first NEC team of the season at home against Fairleigh Dickinson on September 28. The Pioneers of Sacred Heart will arrive in Emmitsburg for a match on October 5, and that game will also be Breast Cancer Awareness night- the first 100 fans will receive a free pink Mount St. Mary's t-shirt.

Their last game of the regular season will be at two-time defending NEC champions St. Francis Brooklyn on November 4. The Terriers have won the NEC crown four times in the last five years.

In women's soccer news, former women's soccer assistant coach Tori Krause will be entering her first season as head coach, after being promoted this past year. She will take the helm of a team that despite starting 3-1 through four games last season, accumulated just five wins to finish 5-12-1.

The team will start September off by facing Radford on September 2 and UMBC on September 7. A fourgame home stand will then ensue for the Mount: Loyola on September 9, Delaware State on September 16, 2017 NEC tournament runner-up's Fairleigh Dickinson on September 23, and Manhattanville on September 25. Last season, the Mount beat Loyola 3-1, to give the Mount their first victory against the Greyhounds in the all-time head-to-head match-up (9-1 in favor of Loyola).

Two key away games in October will be on October 7 and October 19, which is when the Mount travels to St. Francis (Pennsylvania) and

Central Connecticut respectively. Their final game of the regular season will be at home against Bryant on October 26. Both Bryant and CCSU made last season's NEC tournament, along with Fairleigh Dickinson and eventual champions, Saint Francis.

The cross-country teams will also be busy during September and October. Both teams will host the annual Mount 5K Duals on August 31. They will then train until the Messiah Invitational on September 22. A week later, 10 men and 10 women will have the opportunity to compete in the prestigious Paul Short Run at Lehigh University on September 29. On October 13, the Mount will travel to Gettysburg College for the Gettysburg Invitational. Their final tune-up before the conference championships will be at the Last Chance Run Fast Invitational hosted by Lebanon Valley College on October 19.

The NEC Championships will take place at Bryant on October 27. Last season, the men finished in fourth-place and the women finished in fifth-place. This year, the men were picked to finish third in the pre-season coach's poll, and the women were picked to finish in fifth-place.

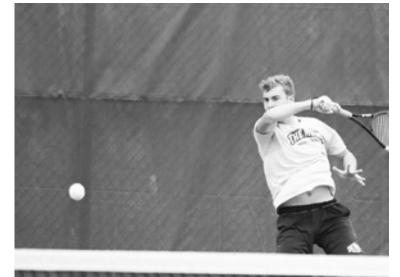
Starting later than the other fall sports is the women's bowling team. In their inaugural season, head coach Kenneth DeGraaf has planned an ambitious schedule.

"Our inaugural season schedule is nothing short of challenging. Just by being in a conference that boasts five of the top-20 teams in the country, we are guaranteed some tough competition. That being said, this is not a typical first-year program. We have some talented freshmen coming in who are eager to prove they belong at this level, and I believe they will do just that," said DeGraaf in a pre-season interview.

They start competition on October 13 with the Bud-Whitman Memorial hosted by Kutztown University. The two-day event will then be followed by the Mount's own bowling invitational, the Mount Shootout, which will be played at Sunshine Lanes in Waynesboro from October 20-21.

In November, the Mount will play at two events, the Virginia Union Invitational from November 2 to 4, and the Hawk Invite from November 16 to 18. The NEC Jamboree from December 1-2 will be the Mount's last competition before practice picks up again in spring of 2019.

The men's and women's golf teams have also released their schedules. Like men's soccer, both men's and women's golf will start their seasons early with the women playing at the Roseann Schwartz Invitational hosted by Purdue from September 2 through September 4. They will then compete at the William & Mary Invitational (September 8-10), and then afterwards they will partake in the Boston College Intercollegiate (September 23- 25). The women's last tournament of the fall season will be hosted by the Mount from October 7 through 9.



The Mount tennis teams, as well as many of the Mount's Division I teams, start their Fall seasons long before classes begin on campus.

The men have a slightly different schedule. They will kick their season off at the Turning Stone Tiger Intercollegiate tournament at the University of Missouri from September 1-3. They will then travel to the University of Hartford for the Hartford Hawks Invitational from September 16-18. Like the women, the men will also play as hosts to a golf tournament in October, but before that they will compete in the Firestone Invitational from September 30 to October 2.

Another young program still trying to find their place is women's rugby. Now in their second year at the division I level, women's rugby has a lot to look forward to. With 10 recruits signing on with the Mount, head coach Farrah Douglas hopes to improve upon last season's 2-16

Douglas has set-up five straight home matches to start off the fall season: Sacred Heart on September 1, Molloy on September 15, Notre Dame College on September 22, Navy on September 29 and Castleton on October 4. The team will then travel to West Chester, University of New England and Colby Sawyer on October 13, 20 and 27 respectively.

The Mount's tennis teams will also see a new face. Formerly the tennis coach at Young Harris College, newly minted Mount head coach Barrett Elkins will lead the program. Elkins has over a decade of collegiate coaching experience and has coached two different schools to the NCAA

Last season, the men went 6-15 overall (2-5 NEC), while the women played to a 5-17 overall record (3-4 NEC). The sixth-seeded Mount women also surprised many in the conference this past spring with their upset 4-3 win over third-seeded Saint Francis in the NEC tournament quarterfinals.





COMPLEMENTARY CORNER

Nourishing late summer

Renee Lehman

re you enjoying the eating of Afresh produce from your own or a neighbor's garden? The Late Summer season in Traditional Chinese Medicine (TCM) is associated with the Earth Element, one of the Five Elements, and the Stomach and Spleen organs (see previous articles on the Five Elements within TCM).

Late Summer is the period of transition from Summer to Fall and is thought of as "Indian Summer." Think about how nature is changing during August and September. The afternoon air feels muggy, as the sun's rays are not as intense as Summer. There is a feeling of heaviness in the air and even in our bodies. There can be alternating warm and cool days. The grass is beginning to lose its lush green brightness (well usually it does - with all the rain that we've received this summer it is still green). Fruits and vegetables are fully ripened and abundant. It is the time of year to harvest the blessings of nature ("to reap what we have sown"), such as peaches, apples, squash, potatoes, etc. There is an energetic change as we move from growth (Spring season) and activity (Summer season) to an inward focus (Fall and Winter seasons). The nourishment that we take in from what we harvest prepares us for the colder months of the year and relates to the qualities of the Earth Element.

The gifts of Late Summer include nourishment, harvest, abundance, thoughtfulness, and centeredness/grounding. It is from "Mother Earth" that we receive physical nourishment that helps us to replenish and invigorate the energy (Qi) that we are born with. "Mother Earth" also

gives us mental and spiritual nourishment: thus, giving us a feeling of centeredness, groundedness, and stability that creates a solid foundation for us to build our life upon. So, now is an important time for nurturing ourselves. It is a time for us to use the energy of the season to support the "ripening" and transformation of our body/mind/spirits.

If your Stomach and Spleen, the organs related to the Earth Element are not in harmony with the energy of Late Summer, you may experience low energy, weight gain, nausea, irritable bowel syndrome (IBS), blood sugar disorders, or other stomach problems.

To keep your Stomach and Spleen in a better state of balance consider the following helpful tips.

Eat local and seasonal produce. In TCM, foods are classified according to their energetic essences (or energetic qualities of temperature, taste, and ability to moisten and strengthen the body), and are supporting to us in many ways. During this time of year, consider eating some foods that, based on the TCM perspective, are very nourishing to your Earth Element, and specifically your Stomach and Spleen. Consider eating foods that have a sweet taste like carrots, squash, red beets, sweet potatoes, pumpkin, fruit, and grains like rice. Add cinnamon, ginger, garlic, or black pepper to your foods because these spices help to warm the Stomach and Spleen. Eat yellow/orange foods (squash, carrots, yams), because they are energetically resonant with the Earth Element. Finally, since the Stomach loves warmth and dislikes cold, eat well-cooked foods, and eat soups on a regular basis.

There are wonderful and simple recipes to help nourish your Stomach and Spleen that can be found under the recipe section of the TCM World Foundation website: www.tcmworld.org.

Eat dinner before 6 or 7pm. This will give your Stomach time to process your dinner before going to sleep. Meaning, that your Stomach will have the opportunity to rest overnight along with your other organs.

Massage the area between your navel and breastbone. This area is related to the Stomach and can relieve nausea or decreased appetite. Massage this area gently by placing one hand on top of the other and slowly make five circles. Reverse direction and make five more circles. Repeat this routine for five minutes.

Deeply nurture/nourish yourself. Ask yourself, "How do I nurture myself?" There are many ways to do this. Find what works for you: maybe regular walks in the woods, enjoying the zinnias or other flowers in your garden, watching the hummingbirds in your backyard, sitting and enjoying sunsets, or learning a new and exciting. What is it about the activity that you chose that nourishes you? Go deep within and see what really "feeds" your soul. Do that!

Don't Worry. Be Happy! Bob Marley said it well! Why the emotion of worry? It is the emotion that deeply influences the energetic functions of the Stomach and Spleen. Worry is like having your wheels stuck in the mud, a lot of spinning occurs. There is no forward movement. Take a deep breath to break the cycle of worry. Can you see the situation from a different angle/perspective?

"A late summer garden has a tranquility found no other time of the year."

-William F. Longgood

"A day of worry is more exhausting than a week of work." – John Lubbock



For a satisfying last-minute supper, it's hard to beat a sweet potato zapped in the microwave. The fragrant filling of beans and tomatoes adds protein. Be sure to eat the skin, which is full of fiber, as well.

"Women always worry about the things that men forget; men always worry about the things women remember." – Albert Einstein

Renee Lehman is a licensed acupuncturist and physical therapist. Her office is located at 249B York Street in Gettysburg, PA. She can be reached at 717-752-5728.



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FITNESS AND HEALTH

Maintaining balance while we age

Linda Stultz **Fitness Trainer**

As we age balance becomes even more important to our overall health. Around the age of 35 our balance begins to change at a very slow rate and we may not notice it until we get older. I'm not saying we will stumble and fall or not be able to walk a straight line but ever so slightly we lose a little more stability as we age.

It is never too late to start working on keeping and improving our balance so hopefully you won't fall or if you do, your muscles will be in good shape and the healing process may be a little shorter. Strength training, yoga, t'ai chi and stretching are great ways to work on balance as well as keeping our muscles strong.

One simple way to keep our balance in top shape is to stand on one foot while washing dishes or waiting in the checkout line at the store. You don't have to raise your foot very high to engage the stabilization muscles on the leg you are standing on to strengthen them and your core muscles. Tighten your core muscles as you walk around or even as you sit.

Working on and keeping a strong core will help with balance as well as helping the rest of your body stay in the best shape possible. Stepping up and down on a stair or a sidewalk curb is also a great way to work on balance. This will strengthen your legs, core and feet muscles and give you practice going up and down which is where many falls occur. Keeping your leg muscles in good shape help you get up and down in a chair, go up and down stairs as well as being able to go for walks. Walking is not only good for cardio but also for lungs and overall health.

Many people cannot run, ride a bike or do other more strenuous activities but most of us can walk and that is all we need. Don't wait until you are not able to go for a walk and wish you could. I remember my grandmother saying "if I could only walk better". She had trouble with her knees and didn't keep them moving and after a while she just couldn't walk well enough to go for a walk. She even had trouble just walking around the house.

I see many people having trouble walking on uneven sidewalks or ground at outside events. This keeps some people from enjoying time with their friends and family just because they have trouble walking. Don't wait until you have fallen and injured yourself to start working on improving your balance. Start today with a simple standing exercise and progress to standing on one leg and even standing with your eyes closed, but only if you have something to hold on to until you feel secure. You can even stand on a pillow when you feel you are ready. This gives a bit of a challenge but is not too aggressive until

have ever had an injury you know it takes time to recuperate.

Another simple way to strengthen leg muscles is to sit on the couch or chair while watching TV and pump your leg up and down and back and forth like you are pressing on the gas and brake peddle of your car. This motion will work the quadricep and hamstring muscles as well as the muscles around your knee. It doesn't seem like much but you will feel it the next day. Doing

you know you can handle it. If you this simple movement a few times a week will strengthen your leg muscles and keep them in good shape to help your balance.

Don't give up, keep moving forward and get back to the best strength and condition you can. There is always a safe way to exercise and work on what is challenging your health. If you have any questions about getting started just call me at 717-334-6009 and remember to Keep Moving.



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The night sky of September

Professor Wayne Wooten

For September 2018, the moon will be last quarter on September 2nd. On September 8, the waning crescent moon will be near the bright star Regulus and just above Mercury in the dawn sky. The moon is new on September 9th. A spectacular triangle of the waxing crescent moon above Venus, with Jupiter to the upper left of them, will be seen on September 12th in the evening sky; by the 13th, the crescent mon is to the upper right of Jupiter. This would be an ideal afternoon to catch the two brightest planets before sunset with your naked eyes, if the skies are very clear. From the moon, look just to its lower left for Jupiter, and farther down to the lower right for brighter Venus. Try using binoculars first to locate them, then see if you can spot them naked eye as well. The first quarter moon is just right of Saturn on September 16th, and to the left of it on the 17th. The waxing gibbous moon is above fading Mars on September 19th. The Autumnal Equinox begins fall at 8:54 p.m. CDT on September 22nd. The full moon, the Harvest Moon, rises at sunset on September 24th. The waning gibbous moon is in the morning sky for the last week of September.

To the west, Venus is retrograding between us and the Sun, changing rapidly evening sky evening. On September 1st, Venus is still 45 degrees west of the setting sun. It is a 40% sunlit crescent, with a disk 30"



Ever wonder what the sky at night looked like to the first settlers - before light pollution ruined it for us? Well here is what we are missing ...

wide. It is passing just south of Spica in Virgo then. By month's end, she is much closer to earth, and swells to 47" across, but is a slender crescent now only 16% lit, a phaser easily seen in twilight with hand held binoculars. She is only seven degrees west of the Sun on the 30th, and passes between us and the Sun at inferior conjunction on October 26th. By November she will rise before sunrise in the dawn sky. Jupiter is visible in evening twilight, but getting lower In Libra. At dusk, Saturn lies north of the teapot of Sagittarius, and its rings are tilted wide open for great telescopic views now. The earth overtook Mars in late July, so the Red Planet is fading and getting smaller in the southern evening sky in Capricornus this month. Still,

the dust storm on Mars is settling, so telescopic views will give us our best look at the surface of Mars until 2034, the next unusually close opposition.

From the Dipper's handle, we "arc" SE to bright orange Arcturus, the brightest star of Spring. Spike south to Spica, the hot blue star in Virgo. Jupiter is just NW of Spica, a little brighter and more yellow in color. Note that Spica is now low in the SW, and by September's end, will be lost in the Sun's glare due to our annual revolution of the Sun making it appear to move one degree per day eastward. To the Greeks, Spica and Virgo were associated with Persephone, the daughter of Ceres, goddess of the harvest. In their version of "Judge Judy", the beautiful young daughter falls for the gruff, dark god of the underworld, Pluto. He elopes with her, much to the disapproval of mother Ceres, and they marry in his underworld kingdom of Hades...a honeymoon in hell...really, he does love her as well, and the marriage itself works well. But it is the reaction of Ceres that creates alarm. Very despondent over the loss of her young daughter to a fate as bad as death, Ceres abandons the crops, which wither.

Soon famine sets in, and humanity appeals to Jupiter to save us all. Calling all together, Jupiter hears that Ceres wants the marriage annulled, Persephone loves them both, and Pluto wants his mother in law to stop meddling. Solomon style, Jupiter decides to split her up, not literally, but in terms of time. In the compromise (aren't all marriages so?), when you can see Spica rising in the east in March, it means to plant your peas. For the next six months, she visits upstairs with as very happy mama, and the crops will prosper. But now, as Spica heads west (to the kingdom of death, in most ancient legends) for six months of conjugal bliss with Pluto, it is time to get your corn in the crib. This simple story, told in some form for as long as Noah's flood, was one of the ways our ancestors 7,000 years ago knew the solar calendar and when to plant and harvest. As you watch Spica fade, thank this star for agriculture, and even our own civilization.

To the south, Antares marks the heart of Scorpius. It appears reddish (its Greek name means rival of Ares or Mars to the Romans) 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! Near the tail of the Scorpion are two fine open clusters, faintly visible to the naked eye, and spectacular in binoculars. The clusters lie to the upper left of the bright double star

that marks the stinger in the Scorpion's tail. The brighter, M-7, is also known as Ptolemy's Cluster, since he included it in his star catalog about 200 AD.

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. Saturn sits about 6 degrees north of the teapot of Sagittarius this fall.

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". This is fine sight under steady seeing conditions over 150X with scopes 4" or larger. Our featured object of the month lies at the other end of the parallelogram of Lyra, Between the two bottom stars; the Ring Nebula, marked "M-57" is a smoke ring of gas and dust expelled by a dying red giant star while its core collapsed to a white dwarf. A similar fate is expected for our own sun in perhaps five billion more years.

To the northeast of Vega is Deneb, the brightest star of Cygnus the Swan. At the other end of the "northern Cross" that makes up the body of Cygnus is Alberio, the finest and most colorful double star in the sky. To the south is Altair, the brightest star of Aquila the Eagle, the third member of the three bright stars that make the Summer Triangle so obvious in the NE these clear September evenings. Binoculars should be taken to the deep sky gazes to sweep the rich portion of the Galaxy now best placed overhead in this area.

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Farmers'

"Although September 11th was horrible, it didn't threaten the survival of the human race, like nuclear weapons do".

-Stephen Hawking (1942-2018)

Weather: Fair, rather warm (1, 2, 3) and showers (4, 5). Fair and warm (6, 7, 8, 9) with heavy rain in the southern part of the region (10, 11, 12). Fair and warm again (13, 14, 15) with more showers and storms (16, 17) fair and warm (18, 19, 20, 21, 22, 23) with still more showers (24, 25) with the month ending with fair and cooler weather (26, 27, 28, 29, 30).

Full Moon: September's Full Moon is most famously known as the Harvest Moon. It is the Full Moon that falls closest to the Autumnal Equinox. During this time, the moon would rise very soon after the sun would set on several successive days, giving the farmer a few extra hours of 'light' and a little more time to finish up their daily chores. This year, the Autumnal Equinox will occur on Saturday, September 22nd and will signal the beginning of Autumn. The Full Moon closest to that date will occur on Thursday, October 5th and is therefore, the Harvest Moon of 2018.

Special Notes: The Autumnal Equinox occurs on Saturday, September 22nd. The 2019 Hagerstown Town and Country Almanack will be on newsstands and at popular retailers throughout the Mid-Atlantic Region the week of September 7th. Save some time and go to www.almanack. com, order a copy today, and have it delivered right to your front door! Also, consider taking advantage of our very popular 3-year subscription. It guarantees no price increase and will deliver The Almanack with no charge for shipping for the next 3 years. Or become a Friend of The Almanack (FOTA) and get access to our new on-line digital version of not just one but TWO editions of your favorite almanac, receive great pricing on hardcopies, and so much more. Great deals for a great alma-

Holidays: Labor Day falls on the first Monday of the month which is September 3rd in 2018. Citizenship Day is observed on Monday September 17th, Rosh Hashanah begins on Sunday, September 9th, and Yom Kippur begins on Tuesday, Septem-

The Garden: Make a long-range plan to gradually convert your current landscape to the one you desire. Don't forget to consider what your flower garden might need. Plant spring-flowering bulbs such as daffodils, hyacinths, and tulips 6 to 8 weeks before the first frost. Don't pull out any ornamental plantings until you have the time and resources to replace them. Start taking cuttings of your annual plants to bring indoors and carry through the winter. Geranium, coleus, fuschia, and other plants do best when stem cuttings are rooted and kept in pots indoors through the winter. Be sure to place pots where they receive plenty of light. Bring summer vacationing houseplants back indoors while the windows are still open. Inspect every plant very closely for any hitchhiking pests!

J. Gruber's Thought For Today's Living:

"Be an important part of the community in which you live by helping to make it a better place each day."

COMPUTER Q&A

Maintenance for your PC

Aysë Stenabaugh

Every 3,000 miles or so you know that it's important to change your car oil otherwise the lack of lubrication in your engine will cause the machinery to begin to degrade. While, your computer doesn't run on fluids and there's no "magical number" to tell you how often to maintain your PC it should be regularly maintained. Much like a car, computers generally run great when you first get them and before you begin loading all of the software you would like to use. Over time however, you may find that your system begins to bog down and the performance you once enjoyed from using your computer turns into headaches!

Never fear Jester's Computers is here and twice a year we offer a \$20 discount to help offset the cost of maintaining your computers. Read on below about some of the maintenance tasks we perform and some tips on what to do and what not to do if you perform maintenance yourself.

Software

Each time you install software you are presented with a variety of options some which are checked by default. Some of these options include instructions that tell your programs to run automatically when you turn on your computer, other options might be prompting you to install additional software on your computer that you may not want or need. Sometimes programs just don't work the way that we expect them to and with a little TLC they can be

Over time your software builds up and more and more programs fight to be the center of attention. Uninstalling software can cause registry keys to be left behind that can cause interference with other software and can ultimately lead to more serious system issues. This can cause your computer to become extremely slow especially when you first turn the computer on. We can disable startup programs, uninstall ones you don't use, and maximize your system performance. Browsing the internet will increase the amount of temporary internet files that are being stored on your device, we remove these files many of which are hidden to free up valuable storage space on your hard

Tips: When installing software be sure to check for any checkboxes that might be asking you to install extra software or options you don't need. We do not recommend using many of the commercial registry cleaners that are available as many of them do more harm than good.

Hardware

Standard PC hard drives contain moving mechanical parts that over time can fail, leaving you with no data and no way to retrieve the pictures, documents and other information you have stored on your device. Your computer is made up of vari-

ous components which are susceptible to failure especially in high heat environments. During our clean-up we blow out your devices with compressed air and we perform diagnostic testing on your computer system that increases the chances of revealing failing hardware before it becomes a major issue. We perform a variety of maintenance tasks including driver updates, disk error checking and disk defragmentation.

Tips: Never use a vacuum to clean a computer as it generates static electricity and can cause components to fail. Regular hard drive defragmentation is overkill and will wear your hard drive out faster, defragging should only be done once or twice a year for maintenance because your system will do a pretty good job at maintaining itself.

Viruses / Malware

Having a good working antivirus is your first line of defense against viruses, malware and other potentially unwanted programs (PUPS). During our clean-up service we ensure that your antivirus is properly installed and updated. If you don't have antivirus installed we will recommend AVG antivirus for which we are a gold reseller for, with our service we are your FREE AVG tech support and we will even transfer your Antivirus to a new PC if you replace your existing one at no additional cost to you! You can even add additional computers for only \$25 extra per computer.

Tips: Never install two antivirus programs at the same time they will conflict with one another leaving them both ineffective. Microsoft Security Essentials is not good protection even Microsoft suggests a third-party antivirus.

Advice & Learning

At Jester's Computers our advice is always FREE and we have lots of it! You can visit our website at www.jesterscomputers.com to see news, tips and tricks that many of our customers enjoy reading. We strongly believe that having a computer doesn't do you much good if you are not confident

in using your device which is why we offer many resources including oneon-one technology classes! You can also find us on Facebook where those who have liked our page enjoy scam alerts, news and special offers!

Why not maintain my own computer? Technology is constantly changing and keeping up is no easy task. It has taken us decades of knowledge and experience to be able to confidently provide our services. Having someone you trust to maintain your computer

can save you hours if not days or weeks of frustration. This Is why during the month of September you can experience a clean-up from Jester's Computers for \$20 less and experience the difference yourself.

If you or someone you know is looking for affordable and reliable computer service please contact Jester's Computer services located at 5135 Fairfield Road Fairfield, by phone at 717-642-6611 or visit us on the web at www.jesterscomputers.com or on Facebook. In addition to computer repair services we provide on-site service, one-on-one technology training and more!

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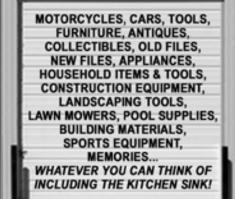
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September 6 -9

Sts. Peter & Paul Greek Festival celebrates Greek customs, food, and culture. Come and experience authentic Greek cuisine, live music, and traditional dance. Each year, we feature vendors of beautiful Greek art, jewelry, books, religious icons, and more. Sample a variety of Greek pastries as well as imported wine and beer. For

more information call 301-663-0663 or visit www.stspeterpaul.net.

September 7

Empty Bowl Ice Cream Fundraiser - Enjoy local homemade ice cream, root beer floats and one of a kind pottery on Lincoln Square! Treat yourself to \$5 bowls of ice cream and \$6 root beer floats.

Senior Citizen Fitness Classes meet

Proceeds go to the Adams Rescue Mission. Lincoln Square, Gettysburg. For more information call 717-334-7502 or visit www. adamsrescuemission.org.

September 7 - 9, 14 - 16, 21 - 23Gettysburg Community Theater pres-

ents Annie! One of the biggest casts we ever had, Annie was one of our favorite shows in our history. We are proud to revive it for our 10th Season this year. The irrepressible comic strip heroine takes center stage in one of the world's best-loved musicals. Based on the popular comic strip by Harold Gray, Annie has become a worldwide phenomenon and features some of the greatest musical theatre hits ever written such as "Tomorrow"! For more information call 717-334-2692 or visit www.gettysburgcommunitytheatre.org.

September 8 & 9

Gettysburg Wine & Music Festival - Where North meets South, let's drink wine! Enjoy a fall weekend at central PA's premier wine event. Sample and purchase wine from 27 Pennsylvania wineries, take in offerings from more than 50 food and craft vendors and dance to the region's best live music. For more information call 717-334-8151 or visit www.gettysburgwineandmusicfestival.com.

September 15

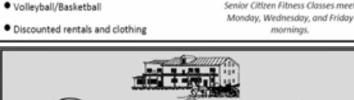
Trailgating at Strawberry Hill. Join us for a relaxing evening in the woods featuring live music by Schizophonic. Food, beer, cider, and ice cream will be available for purchase; showcasing Battlefield Brew Works and Antietam Dairy! End the

evening with an old-fashioned camp fire, tasty s'mores, and storytelling by Anne Griffith. Admission/Contribution \$5 per person, cornhole tournament \$5 per team, registration on site. Looking forward to hanging at "The Hill" with you!!

September 15 & 16

Gettysburg National Park Service's World War II living history weekend. Living history volunteers will present programs on World War II medical services, weapons and equipment, communications, military vehicles, and the life of the common soldier. Saturday night a World War II style "USO" dance will be held at the Gettysburg National Military Park Museum and Visitor Center from 7:30 p.m. to 10:30 p.m., featuring 1940s





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11:00am То 9:00pm



VENDORS WANTED Saturday,

October 6, 2018

11 a.m. - 3 p.m.

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Gettysburg, PA

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UPCOMING EVENTS

music by the Gettysburg Big Band. For more information call 717-338-9114.

September 16

The Adams County Heritage Festival is a celebration of ethnic music, food, and crafts that reflects the multicultural atmosphere of Adams County, Pennsylvania. It is a way of sharing our various traditions and appreciating the best that each ethnic group has to offer, as well as a commitment to community and the goal of living together in harmony. For more information call 717-334-8943 or visit www. icpj-gettysburg.org.

September 24

Gettysburg Community Concert Association opens its 75th concert season with Pianist Philip Thomson, a Canadian pianist who has specialized in Liszt. He exhibits not only the virtuosity which this repertoire calls for but also great poetic feeling. For more information visit www.gettysburgcca.org.

September 26

Adam's County Master Gardener's Garden Chats. 670 Old Harrisburg Road, Gettysburg. The Garden Chats are free and open to the public. No registration is required.

September 28

Annual Salsa on the Square in Gettysburg. Sponsored by Project Gettysburg-Leon (PGL). Salsa on the Square is also a Fiesta to celebrate the contributions of Latino people to the economy and culture of Adams County. The Dance will take place on the first block of Carlisle Street.

September 28 - 30

Oktoberfest - Bratwurst, Oktoberfest beer, German wines, dancing, music, children's events and much more! And it all benefits Frederick County charities. For more information call 240-599-0660 or visit www. frederickoktoberfest.org.

September 29

St. Joseph's Gold Outing at the Links at Gettysburg. For Information Call 391-447-6841.

Events at Hollabaugh Bros September 8

Grandparent Gift Make and Tea. Grandparents are the gift that keeps giving - whether it is the encouraging words, the emergency babysitter, the surprise "just because" gifts, or the bedtime stories. This Grandparents Day, make something special and give back to them.

September 15

Ladies' Autumn Tea. Join us at the market for a lovely autumn-themed tea time! We'll start with an informal tea with time to chat with your friends and new acquaintances, while enjoying several courses of delicious seasonal foods. This event is open to all Ladies – teens and up!

September 22 & 23

Johnny Appleseed's 244th Birthday weekend. Come and celebrate the birthday of this great American pioneer! Stop by for fun, samples, activities and more! We'll have story time throughout the day, sampling of heirloom apple varieties, great activities for kids of all ages and more! Be on the lookout for a special birthday weekend scavenger hunt, too!

September 27

Fall Squash - Adult Cooking Class. There was never a culinary need that squash couldn't meet and this class will introduce you to some of the more unexpected squash uses.

For more information on any of the events at Hollabaugh Bros, call 717-677-8412 or visit www.hollabaughbros.com/





Our Lady of Mount Carmel Parish Church Street, Thurmont, MD ANNUAL

LABOR DAY FESTIVAL Monday, September 3rd 12 Noon to 5 p.m.

FAMILY STYLE DINNER

Menu includes: Fried Chicken, Baked Ham, Potato Salad, Corn-on-the-Cob, Green Beans, Cole Slaw, Roll, Fresh Peaches for Dessert.

AIR CONDITIONED DINING ROOM

Music by: Home Comfort Bluegrass Band With Mike & Anna Cox





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