VOLUME 12, NO. 6

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

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Mount Saint Mary's plans 2020 graduation

Angela Guiao Managing Editor MSMU Class of 2021

Mount Saint Mary's University is planning on holding an in-person commencement ceremony for the Class of 2020 later this year, according to President Timothy Trainor.

The commencement was scheduled originally for May 16. Due to the recent pandemic this in-person commencement has been postponed and, based on feedback from students, the Mount has decided not to do a virtual commencement. Instead the Mount is considering an in-person commencement event at the end of the summer, or in the fall, depending on the status of the public health situation.

Of the 378 undergraduates and 170 graduates, that will apart of the graduating class, we would like to extend our thanks to three seniors in particular: Morgan Rooney, Chloe Corwin, and Collin Riviello, without whom, you would not be holding this paper.

Morgan Rooney is our Managing Editor here at the News-Journal,

and as one of our Four Years at the Mount columnist, has been writing for the paper for 3 years. Mentoring under prior editors, Morgan increasingly took on additional leadership roles with the paper until she was appointed Managing Editor in her senior year. As Managing Editor, she was responsible for hiring and managing the paper's staff and ensuring that the Emmitsburg News-Journal always meets the highest of journalistic standards.

On reflecting on her time with the News-Journal, Morgan said it has been an "influential" period in her life. "I have had the opportunity to meet so many strong, lovely and inspirational people through the paper and I wouldn't trade anything for it!" Morgan said she will miss her position and responsibility as Managing Editor when she graduates and reflects that "the people who work so hard to put this paper together have inspired me and left me with an experience I will never forget."

Chloe a Theater and Communication double major here at Mount St. Mary's, and has been our Arts writer for two years. Between

schoolwork, she has also worked as a stage manager, director in the theater program, and as a work-study student in the Visual and Performing Arts Department. Chloe reflects on her time at the Mount: "By going to a smaller school, I got so many leadership opportunities that I definitely wouldn't have been able to do at a large state school. The Mount is such a beautiful place, and I am really going to miss my Mountain home."

Collin, our sports-writer, has set the bar to which future sport writers will henceforth be measured. When asked about his experience writing for us, he reflected, "Writing sports influenced me to change my career path from an English teacher to a journalist, and the passion I discovered while writing with the News-Journal encouraged me to apply to graduate school for journalism." Collin is also a NCAA athlete here at the Mount and has said



JUNE 2020

Nothing shows tenacity more than putting out a paper during a pandemic while preparing to graduate – and for that, we have Morgan Rooney to thank

that writing about Mount sports comes naturally to him.

On behalf of the Emmitsburg News-Journal, I like to say how proud and thankful we are for the hard work, talent, and input our seniors have contributed to making this publication as great as it is. We will miss them terribly, and we will continue to pray for their continued success and prosperity. Good luck, my friends!

Fairfield plans parade for senior graduates

The rise of the COVID-19 has left school districts pondering ways to hold graduation ceremonies in the face of the strict state government mandates that are currently in effect to stem the spread of the virus.

Although the Fairfield Area School District has developed three different graduation ceremony options for the 83 members of the Class of 2020; a community of parents, students, and emergency responders have created an alternative graduation celebration in the form of a parade.

2020 graduate, and junior fire-fighter (soon to be a senior fire-fighter) Colby Wivell, told the News-Journal that a Class of 2020 graduation parade will be held on June 4, beginning at 6:30 p.m. The date was selected because it coincided with the date of the high school graduation ceremonies, had they not been postponed due to the pandemic.

Wivell said the parade will begin at the Liberty Worship Center, and proceed down Carrolls Tract Road, take a right onto Fairfield Road, and proceed through Fairfield Borough to Jacks Mount Road. The parade will then take a right onto Jacks Mount Road to Sanders Road, where it will take a left, and then another left onto Fairfield Road, where the parade will then return to the Liberty Worship Center.

Joining the graduates in the parade will be emergency response vehicles from the Fairfield Fire & EMS, Fountaindale Volunteer Fire Department, and Adams Regional EMS. Wivell said Emmitsburg's Vigilant Hose Company may also send a fire truck.

The parade was initially proposed by Safe & Sane, an organization of Fairfield students' parents.

Regarding the graduation ceremony itself, Fairfield High School Principal, Brian McDowell, announced on May 8, plans to hold "in-person" graduation ceremonies for the Class of 2020 rather than resort to a virtual graduation. However, at this time a virtual graduation option has not been entirely ruled out as a final resort.

McDowell stated, "The Class of 2020 graduation commencement ceremony is now scheduled for Thursday, July 30," adding, "working with district administration, class officers, and the class advisors, we collaboratively have worked toward selecting Monday, July 6th as the decision day to select the appropriate graduation commencement ceremony plan."

The principal said there are three options regarding the graduation ceremonies being considered.

'Plan A' consists of holding the graduation in the high school auditorium. However, McDowell noted if social distancing guidelines are still in effect and do not permit Plan A to occur, "then we will move to Plan B."

'Plan B' would involve a limited in-person graduation, possibly at an outside venue. The ceremony could range from all students being six-feet apart inside, or in an outside

venue to one student graduating at a time with limited family and guests in attendance.

'Plan C would entail resorting to a virtual ceremony. "This option would be enacted only if other options were not available due to



Banners bearing the names of all the senior graduates line the street in front of the High school.

guidance and restrictions," he said.

McDowell stated that the high school seniors, parents, and district staff would be notified on July 6 regarding the graduation ceremony option selected, along with additional, applicable details.

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Pandemic impacts town revenues

Municipalities, including Emmitsburg, are aware that the impact of COVID-19 will adversely affect local government budgets, but to what degree still remains undetermined.

During the Town Council May 4 meeting, the commissioner was told by the town manager that all municipalities are trying to figure out what the reduction in revenue is going to be.

Mayor Don Briggs underscored the budget impact assessment stating that through this correspondence with Maryland Municipal League, the county executive's office, that the town's revenue will be impacted by the COVID-19 virus. "Unfortunately," Biggs stated, "there is no one who knows how great the impact will be."

The town manager reviewed the anticipated losses in revenue, including the reduction of the amount of Highway User Revenues that the town will receive, which is being reduced by 12 percent. "Predictions are... that's going to be

one of the harder-hit areas, as people aren't traveling. They're not spending money on the roads or gas," she commented. The amount the town will receive this year will be about \$116,000. Last year's allocation was \$131,782.

Anticipated income-tax revenues are also going to be "greatly impacted," said the town manager. The Town Council was told, a projected 12-percent drop in revenue will result in a loss of \$250,000 in tax collections. In addition, expected revenue from the real estate taxes is a big-unknown. "Nobody's really sure," said the town manager, "so the town will be using the 2019 budget numbers for the anticipated numbers for FY 2021, which will begin July 1st.

The town council was informed of other areas where the town may experience additional reduced revenues such as, the pool and park pavilions, and—depending upon how long the restrictions will last—parking revenues, fine revenues, and parking-bag rentals.

State grant-funding, upon which the town draws heavily to offset current and projected expenses, is also being reduced, as the state has announced they are not going to fund a lot of the grants, unless you are already a grant participant.

The good news towards revenue generation appears to be the result of the proposed Rutter's commercial site development, which is expected to generate an additional \$56,000 towards the water budget and \$57,400 towards the sewer budget. However, if the Rutter's development is delayed, or canceled, as a result of a economic downturn resulting from the COVID-19 shutdown, then that revenue will disappear and the revenue side of the budget equation for the town could get bleaker

All told, the town staff project total tax revenue for 2021 to be around \$1,870,000, which is \$90,519 less than 2019's. The proposed budget for 2021 does not include an increase in the property tax, which will remain at .36 cents per \$100 assessed value.



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Letters to the Editor, notice of upcoming events, news stories, and interesting and creative articles are welcome and may be submitted via regular U.S. Mail to P.O. box 543, Emmitsburg, MD 21727, or by email to editor@emmitsburg.com.

New square traffic study sought

The Emmitsburg Council approved the generation of a letter to the State Highway Administration (SHA) requesting the agency conduct a new traffic-study to re-evaluate traffic issues relating to the Town Square intersection.

The town will be seeking SHA's approval to implement a new traffic light sequence at the square that would allow each direction of traffic to proceed through the intersection in turn. A fifth cycle of the light would be solely for pedestrian crossings.

This proposal would change the traffic light sequence so that only one direction can move at a time each way on Main Street, preventing one vehicle blocking the whole lane while it attempted to turn left onto Seton Avenue. In most cases, the turning vehicle only achieves its goal when the light changes, thereby delaying all the cars behind it until the next light change.

Efforts to seek a solution to the traffic congestion at the Town Square intersection date back to 2003, when the town's Transporta-

tion Committee recommended to the commissioners that a new timing sequence to the traffic-light at the square during peak hours be considered, in order to alleviate the left-turn congestion.

In 2004, SHA representatives did present such a proposal, which recommended that the traffic-signal phasing could be changed to allow north and south-bound traffic to move separately and proposed the installation of pedestrian crossing-buttons. While the SHA opted to not implement the concept in

2004, they did implement it in the redesign of the Square in 2017 to alleviate issues with traffic headed to Fairfield and Ski Liberty.

The idea to have a new study done was floated by Commissioner Joseph Ritz at the council's May 4 meeting, "I would like that (Town Square traffic issue) revisited, even though we have been told, 'No,' and probably have been told so on multiple occasions," Ritz said, "but we just haven't solved the problem."

Commissioners expressed other concerns, other than stalled and backed-up traffic flow, such as pedestrian safety for those using

the crosswalks (where they could be struck by vehicles trying to get around those trying to make a left), and vehicular accidents that seem to pick up during times of congestion at the square, as motorists seek a way around, by using alleys and side-streets

The general consensus of the board was that, under no circumstances, would they pursue an alternate traffic-flow solution which would entail the loss of any additional parking spaces, such as the 2017 Town Square overhaul, which sacrificed four of the square's parking spaces.

News-Briefs . . .

Mount, Daughters to found health school

Mount St. Mary's President Timothy Trainor announced the university plans to establish a school of health care professionals in partnership with the Daughters of Charity.

Trainor said the proposed school could attract 80 to 100 graduate students and will focus on training those who assist doctors and nurses in the medical field. President Trainer

stated, "We're going to do this where we're really helping people learn lessons from this pandemic, and what's needed in order to be able to respond to such a pandemic."

The school will be established on the Daughters of Charity's Emmitsburg campus. The project is currently in a fund-raising phase to help finance the program, and plans are for the school to open in 2021 or 2022.

Mount offering land for new County park

Mount Saint Mary's University has offered land to Frederick County towards the proposed establishment of a major county park near Motter Station Road and Route 15, near the southeastern edge of Mount property.

The Mount is working with the county to provide a few hundred acres of university land upon which they can build facilities. "Right now, it's in the negotiation stage," Presi-

dent Trainor said, "We haven't finalized any arrangement with them yet. It's kind of in the precontract stage."

The idea, according to President Trainor, is to provide parkland for both the people of Frederick County and Mount students to use.

Trainor stated that he would also like to see a trail system established between Emmitsburg and the institution. "I would love for people to be able to walk between the Grotto (and the Mount)...down to the Seton Shrine, and for students to be able to get into the town."

Mayor Don Briggs stated there had been a \$145,000 trail plan involving the town and the county to establish such a trail that has not yet come to fruition.

Pay increase proposed for town staff

While the Town's fiscal budget year 2021 projects reduced revenue, Mayor Don Briggs has recommended a pay-increase for town staff. The Mayor has proposed a step-increase with a two-percent cost of living increase for the staff, generating a salary allocation of \$947,938 for fiscal year 2021, an eight-percent increase over the current budget.

Fifty-four percent of the proposed increase in salary costs is a result of new hires for the water and sewer services. This proposal would also be contingent on where the revenue is when virus-related, cost-impact issues are realized.

COVID-19: local update

According to the Maryland Department of Health, as of May 30th, there are 19 cases of COVID-19 reported in the Emmitsburg zip-code.

Mayor Briggs stated at the Town's COVID-19 status briefing on May 6 that Paul's Pit Stop closed as the result of the current pandemic. Briggs stated there was a recently confirmed case of COVID-19 at the shop.

"This was a voluntary action by the owner, just as a preventative situation," he said. "On behalf of the town, we hope for a speedy and full recovering of everybody there, and we thank Paul's Pit Stop for undertaking the efforts to protect the general public." A sign posted at the store indicated it was closing for a twoweek period.

Following the 14 day closure, Paul's Pit Stop has reopened and is serving customers again.



FAIRFIELD/CARROLL VALLEY NEWS

Pippinfest 2020 still up in the air

I fest, one of the area's largest-attended, annual festivals, remains undecided, as the committee in charge of the event has canceled their last two planning meetings.

According to Pippinfest Committee Chair Sally Thomas, a decision will likely be reached at the committee's June 9 meeting regarding whether or not the festival will be held. "At that meeting, we will

The fate of this year's Pippin- discuss the feasibility of going for- ty-wide yard sales on Saturday, ward with the festival," she said.

> The Pippinfest Committee consists of 11 members and 21 volunteers who assist with the actual

> The annual Pippinfest is normally a two-day event, and this year is slated to be held on Saturday, September 26, and Sunday, September 27, and the event, if it is held, will take place "rain or shine."

Beginning with communiSunday's events will include vard sales, a living-history corner, apple dessert contest, car show and swap meet, Pippinfest pottery displays, stilt-walkers, clowns, and entertainment features, including various bands and other performers.

Both days will feature a climbing wall, inflatable rides, pony rides, games, and a petting zoo, and a quilt show with demonstrations.

If all goes as presently planned,

Saturday's activities will be held from 8 a.m. to 3 p.m., with the yard sales to occur between 8 a.m. and 3 p.m., and vendors to be present from 9 a.m. to 4 p.m. Sunday's activities are scheduled to occur from 9 a.m. to 4 p.m.

Free parking will be available at the lots behind the Fairfield Fire & EMS station off Wortz Drive, and Landis fields off North Miller Street. Parking may also occur at the Fairfield High School, for a donation. Organizers have noted that there will be signage indicating where the free parking lots are located.

David Thomas, former owner and proprietor of the Fairfield Inn, is credited as being the founder of Pippinfest, essentially established in 1980 as a "community-wide celebration of the apple harvest," pippins having been an American apple variety, tracing its origins to the late 17th or early 18th century.

For more information on Pippinfest, and updates, visit the event website at pippinfest.com.

Liberty to upgrade parking

iberty Township Board of Supervisors voted at their May meeting to approve proceeding with work that will result in an upgrade of the existing parking lot at the township building.

The existing parking lot is not consistently level due to the presence of a prominent slope beneath some of the paving, and the board is seeking a means to level it off.

Board Chairman Walter Barlow said the township had previously considered just leveling the parking area, but that an excavator since examined the site and stated that the lot should first be raised eight inches, after which, that layer could then be leveled off.

The additional layer would also be the best means of addressing a severe slope issue which prevents the parking area from being entirely level to begin with. Barlow said the project can be done by the township without having to engage a contractor to accomplish the objectives.

Adding the eight-inch level, he said, would require approximately three dump-truck loads of stone, equating about 60 tons.

Leveling the added layer would

be the first step towards, ultimately, paving the lot with tar and chip-paving, if the leveling effort achieves the desired effect. "That will be our first step before we pave it and get it ready, and get it level, and see how that works out (before the paving)." Barlow said.

It was noted that it will take a year or two for the stone layer to settle before the paving could be applied.

Barlow said some building roofdrains should also be reconfigured before the stone is applied to the parking area.

In other business, the board voted to terminate the township building cleaning services and, instead, do the cleaning in-house, and to seek estimates to strip the township building floors to improve the appearance of the worn floors.

June 3 has also been scheduled for a public hearing on the proposed floodplain ordinance.

Fairfield cemetery seeks volunteers

he cemetery Board of Trust-Lees of the Fairfield Union Cemetery announced that they are accepting volunteers to help maintain the historic property at 5020 Fairfield Road,

Burials in the cemetery, which amount to approximately 2300, include the graves of veterans dating as far back as the Civil War. The trustees, who have been researching and recording all veterans who are interred in the cemetery for the past few years, should

be certain that all veteran graves are properly recognized with a marker.

With the aid of the Adams County Veterans Association, the board has secured 386 veteran markers denoting in which war any given veteran served. During Memorial Day week, flags are also placed in each of the grave markers, and the flags remain in place, until Veterans Day.

The cemetery was separated from Zion Lutheran Church in 1946,

and a volunteer board of trustees was formed shortly thereafter.

Cemetery board of trustees' President Coleen Reamer said the cemetery encompasses the Fairfield area, and that any citizen who would like to be involved in the care and operation of the cemetery is welcome to do so. The board of trustees can be reached by mail at Fairfield Union Cemetery, P.O. Box 491, Fairfield, PA 17320, or by contacting our caretaker, Larry Dick, at 717-642-5584.

On a related note, the Hamiltonban Township Board of Supervisors voted at their May 19 meeting to permit Fairfield Union Cemetery caretaker to utilize the township dumpster to dispose of cemetery waste.

Reamer said that the cemetery has always burned old flowers in a burn pit at the cemetery, but "We consider that to be more and more a liability. No one wants a fire to get away and sometimes people throw things

in there that are not burnable."

The board will, as of June 30, discontinue the practice of burning in the pit and will have their excavator close it in and seed it

In lieu of burning, the trustees asked the township if trash and waste gathered while maintaining the graves and grounds could be deposited in the township dumpster, especially since not a great deal of trash was generated during the cleanups. The township supervisors unanimously approved the request.

News briefs.

Offices open for voting

The Fairfield Borough Hall and Carroll Valley Borough Hall will be open for voting, only on June 2 for the primary election.

Regarding Fairfield Borough, entry will only be permitted through the rear door, while the front door will be for exiting only. The county will be providing signage and social distancing marking. The Town Council will also be asking the county for extra masks for anyone who shows up without one.

Fairfield will be holding their June meetings on June 3 at 9 a.m., and on June 23 at 7 p.m. via Zoom Meeting. For additional information regarding how to join those meetings, visit the borough website at fairfieldborough.com.

Hamiltonban goes virtual

Although the Hamiltonban township offices will remain closed in June, meetings will be accessible on-line. The Board of Supervisors' meetings for June will be held on June 2 and June 16 at 7 p.m.

The public can access the municipal meetings using startmeeting.com, and instructions for doing so can be found on the

township website at hamiltonban.com. Questions relating to agenda items should be submitted via email in advance to hamiltonban@embarqmail.com.

To join any of the public meetings, dial 774-258-6696 and use access code 830003922#, or log onto join.startmeeting.com/hamiltonban.

COVID shuts down fair

The 98th Annual South Mountain Fair, which had been scheduled for July 28 through August 1, has been canceled in light of the ongoing issues with the COVID-19 epidemic.

A statement issued by the organizers said, "It is with much sadness that the South Mountain Fair Board of Directors announces the cancellation of the 2020 South

Mountain Fair. Please know that this decision was not taken lightly."

It was further stated that the decision was made out of COVID concerns, which included protecting the health and safety of the exhibitors, fair staff, department chairpersons, concessionaires, vendors, and visitors, additionally "It has become clear to us that we would be unable to adhere to the CDC and state mandates of social distancing protocols at this time."









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Town offices prepare for re-opening

With the threat posed by COVID-19 lessening, Thurmont is preparing to re-open its town hall and police department on June 1st with certain restrictions imposed. As we go to press, the Thurmont area has 33 cases of COVID-19

Mayor John Kinnaird said, at the board's May 19 meeting, "It's time to start re-thinking, and start planning ahead for getting everyone back (to work) 100 percent, and also, at some point, opening the town office back up for business."

Chief Administrative Officer Jim Humerick said he had met with the town's senior management on May 15, including Mayor Kinnaird, Director of Public Works Harold Lawson, Senior Administrative Assistant Rebecca Long, and Police Chief Gregory Eyler, to discuss plans for the gradual re-opening.

Humerick told the board that town staff has already begun to return to work. He said that on May 19, the municipal Police Department's civilian staff re-assumed their staffing schedules, and that on May 26, administrative and public work staff will have returned to their regular work schedule as well.

In addition to having allowed town staff and civilian police employees to return during May, the administrative officer said plans call for the town office and police station to open on June 1, but only one customer at a time will be allowed to enter the lobby of either facility, and others will have to wait their turn outside.

Furthermore, customers will be required to wear facemasks and visitors will not be allowed in the employee areas unless it is positively necessary. Payment for services, bills, or fines are asked to be in the form of credit card, checks, money orders, online, or by exact change.

Regarding staff, Humerick said, for purposes of holding meetings staff are asked to employ virtual and audio-conference meetings. Staff are also being asked to wash their hands or use hand-sanitizers upon entering town facilities. Face coverings for employees are not required while they are at their workstations, but all other times they must wear a face covering while in the facility.

Plexiglas shields have been installed (and are continuing to be installed) between workstations where social distancing cannot be achieved. Hand wipes and sanitizers will be at all workstations, counters, and in the kitchen. Department heads are working on additional standards to be enforced applicable to their respective departments.

The board also emphasized that if an employee is not feeling well, they are not to come into work, and to immediately contact their supervisors. Mayor Kinnaird also requested any residents not feeling well to not come to the offices where their presence could place staff at risk.

Tax rate, budget approved

in a 4-1 vote, the proposed 2021 town budget and tax-rate at their May 12 meeting.

Commissioner Marty Burns voted against the budget, indicating that, given the state of affairs regarding the impact of the corona-virus, and that it could affect projected funding, he did not feel it was wise to include some line items, such as extra salaries, bonuses, and merit increases. "I'm concerned we are not taking into account the real impact (of the loss of state grants, loss of highway user-revenues, and loss of income tax revenues)."

During the May 5 meeting, Chief Financial Officer Linda Joyce recommended that the town's curassessed value be maintained.

"While we are not really seeing an increase in our (property) tax rate, our assessments are going up, so you will see a slight increase in the tax bill of .2992 per \$100 of assessed value." As a result, the revenue will increase \$23,603, resulting in a total tax revenue of \$1,681,374 for FY 2021, which begins July 1st.

As an example, a property assessed at \$100,000 would see an increase of \$4 in 2021 in their tax bill. Joyce said there is a cumulative worth of \$561,957,462 in taxable property within the municipality.

"It's very, very small but it does give us the opportunity to recognize a little more revenue, not much, but

The Thurmont council adopted, rent tax-rate of .2992 per \$100 of to keep things constant with cost of things (going up)," she said.

> Regarding the general fund aspect of the 2021 budget, revenues are anticipated to bring in \$4,298,000, while, projected expenses amount to \$4,031,000, producing a budgetary excess of -\$267,000 in the general fund. From the budgetary excess, \$265,900 is further deducted for capital budget expenditures applied to general fund use, resulting in a surplus of ~\$1,235.

> Increases in funding out of the general fund included a 37-percent increase in administrative costs, a 30-percent increase in public safety, and 16-percent increase for highways and streets, a 7-percent

increase on parks and recreation, and a number of small increases.

As to the water fund, anticipated revenues for 2021 amount to \$984,435, while expenditures are projected at \$705,666, producing a budgetary excess of \$278,769. As per the general fund, \$167,000 is further deducted for capital budget expenditures applied to water fund use, resulting in a surplus of \$111,769.

The wastewater fund revenues have been set at \$1,642,450, with expenditures projected to be

\$41,453,524, resulting in a surplus of \$188,926. The electric fund revenues are expected to garner \$6,476,305 in revenues, with projected expenses of \$6,335,655, creating a budgetary excess of 140,650. Additionally, \$115,000 is further deducted for capital budget expenditures applied to water fund use, resulting in a surplus of \$73,926.

As to the electric fund, anticipated revenues for 2021 amount to \$6,476,305, while expenditures are projected at \$6,335,655, producing a budgetary excess of \$140,650. Additionally, \$119,800 is further deducted for capital budget expenditures applied to water fund use, resulting in a surplus of \$20,850.

Mayor Kinnaird said, "The town may experience a drop in funding revenue as a result of the financial impact of the virus during the upcoming budget cycle, and that this may be reflected in a drop in county and state-funded financial support in the form of grants and other anticipated revenue stream."

Farmer's market is on! Other events ...

The Thurmont town council discussed the upcoming reopening of the farmer's market, as well as the cancellation of a number of events at their May 5 meeting.

Commissioner Wes Hamrick, informed the board members that the town's Main Street Farmers' Market will be held, as scheduled, beginning June 13. "Governor (Larry) Hogan's edict and guidelines do permit for farmers' markets, except that they have to operate under certain guidelines," he said.

Hamrick noted that vendors and patrons will have to wear masks and maintain social distancing whether one is selling or buying at the event. He further stated that to regulate social distancing signs will be posted at every vendor locations and six-foot distances will be marked with cones.

All the favorite vendors will be back and the market will have a large variety of fresh produce, fruits and home-baked goods, and locally made sauces, Hamrick added.

The market will be held every Saturday morning, beginning June 13, at the Thurmont municipal parking lot off Center Street, from 9 a.m. to noon.

Hamrick also told the board that the Main Street Matinees have been canceled for May and may re-open for June, and that Thurmont Main Street Art & Wine Stroll May 15 has been canceled.

However, he stated, regarding the fall art and wine stroll, the September 18 art and wine stroll has not been canceled, "We expect everything will be back to some sense of normalcy, so hopefully that date will not be impacted."

Commissioner Bill Buehrer said that Thurmont's 2nd Annual 'Gateway to the Cure' Golf Classic will likely not happen as scheduled for June 26. Buehrer said there is a "99.9 percent chance we're going to have to change the date, because the golf courses continue to be closed. It doesn't look good."

He said that two tentative time frames are being considered, one in July and the second during the first week in October, but that no affirmative decision can be made until it is known when the golf courses can reopen.

Commissioner Wayne Hooper noted there has been a band concert scheduled for June 14, but said, "We're not sure exactly what we're going to be doing with that yet." Like the golf classic, he said, it looks like a "99.9 percent chance that we'll have to cancel that. We just have to keep abreast of anything that is going on with the state and see what they're going to open up for us."



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TANEYTOWN NEWS

No tax increase in 2020-2021

The Taneytown Town Council than the \$6,719,758 allocated in approved the proposed 2020-2021 budget with no tax increase. The city's 'fiscal year' budget runs from July 1, 2020 through June 30, 2021.

The budgetary process began at the Council's February 19 budget workshop with a proposed budget presentation given by city Treasurer, Barri Avallone, culminating with a public hearing on May 6 and the final adoption at the May 11 meeting.

The general fund budget was approved in the amount of \$6,360,110, which is \$359,648 less

the current year's budget. The utility fund budget was approved in the amount of \$6,299,968, which was \$760,661 more than the \$7,060,629 allocated last year.

The total approved budgetary package totaled \$12,660,078, \$1,120,309 less than the curret budget of \$13,780,387. The Council also voted to maintain the tax-rate at its current level of \$0.37 per \$100 of real estate assessment.

Significant increases in anticipated general fund revenue include \$38,850 from streets, \$103,412 increase from city taxes, and \$2,000 from zoning and code enforcement. The fund also gained \$4,000, reallocated from the water restoration line item.

Significant increases in general fund expenditures include \$210,774 for streets, \$150,000 in capital outlay for police, and \$84,712 for public safety. Significant increases in utility fund expenditures include \$114,140 for sewer capital outlay, \$35,831 for water debt service, and \$28,593 for sewer.

Water expenditures increased \$28,593. Sewer expenditures increased

\$35,831. Water debt service increased \$6,509. Water capital outlay decreased \$961,000. Sewer debt service increased \$15,266.

Only a few changes to the proposed budget were made since the February budget workshop include an additional \$90,000 having to be added to expenditures, a result of increased waste tipping fees, recycling increases, and an increase in number of customers served, and removing a proposed \$351,091 from city bridge work that has actually already been spent during the current year, according to James Wieprecht, acting city manager.

Wieprecht further noted that \$140,000 was added to the proposed budget for the restoration of city hall as the result of completion of the work bid process, which produced final cost estimates, and the \$90,000 for two additional police cars which had been proposed for 2019-2020, has moved to 2020-2021, because of the coronavirus related shut-down of the automobile manufacturers.

Councilman Joe Vigliotti, moved to amend the budget to include funding for an additional police officer for the force. However, the motion failed for lack of a second.

Noise regulation considered The Taneytown Town Council The proposed ordinance states and "thinks it is not a

voted unanimously at their May meeting to move a proposed noise ordinance to their June meeting for consideration of implementation, following a more thorough discussion previously held during the May 6th workshop.

Mayor Bradley Wantz stated, during the May workshop, "One of the chief complaints we get in Taneytown is noise, because we have a lot of people who like it loud, and a lot of people who don't think it's loud."

that a potential noise offense would occur if such noise seemed to be excessively loud, or over 50 feet from the source.

When asked if decibel meters could be used to measure the sound-level of a potential offense, Mayor Wantz stated that meters need to be calibrated, certified, and require training. He said he had discussed the issue with police Chief Jason Etzler, and that the chief would prefer not to use noise meters,

and "thinks it is not necessary."

The mayor also said that, if enforcing noise restrictions when using the 50-foot rule did not work, then the city could opt to employ decibel meters. "We need a starting point. We've gone how many years with no noise ordinance at all?"

City Attorney Jay Gullo also stated that decibel meters are not normally taken to a party (type environment) to measure the noise and are generally used to regulate vehicular noise. Also, he stated that this type of regulation is usually complaint-driven, meaning... officers would not patrol the town, seeking offenses.

Gullo stated at the May workshop, "This (proposed regulation) creates more of a tool that you can use to enforce noise and related disturbances, using the municipal infraction way. We are only allowed to do a few things as a town. You can either make something a misdemeanor, or you can make it a municipal infraction."

If the city had elected to make an offense a misdemeanor, it would have made the offense somewhat more serious. Classifying the offense as a municipal infraction allows an officer to utilize more discretion in resolving the issue.

The current, proposed ordinance also sets fines for violations at \$100 for a first offense, and then \$250 for each additional offense.

Board members also pointed out that certain sources of excessive sound, like snowplowing or unloading delivery vehicles in the early hours, needs to be taken into further consideration when developing a final ordinance.

News-Briefs

Harney acquires new firetruck

The Harney Volunteer Fire Department members recently voted to acquire a new piece of firefighting apparatus which will replace a nearly half century-old truck.

The company has purchased a 2020 Pierce Enforcer pumper, intended to replace Engine 111, a 1974 Mack fire truck.

The decision to replace the old truck was made in a vote among the fire company's Apparatus Committee, along with the general membership after numerous hours and travels looking at different pieces of equipment.

The Pierce firetruck features a Detroit DD13, TAK-4 front-suspension, Command Zone (for on-board system diagnosis and controls), a 1,500 GPM pump, and a Pierce Hercules compressed air foam system. The new fire truck comes with 1,480 gallons of water cargo capacity, 20 gallons of foam cargo capacity, and high voltage LED Lighting.

The cost of the new fire truck is \$745,000, and the company expects to take delivery of the new Engine 111 in July. The new truck will bear the same number - Engine 111 - as the outgoing 1974 truck. The company expects to sell the 1974 Mack firetruck to a small rural fire company, and hope to get \$25,000 for it.

The official dedication date of the new fire truck has yet to be determined.

City Hall renovations have begun

Taneytown has entered into a construction contract to begin renovations of the Town Hall, which had sustained "significant" structural damage in August 2019 after the building was rammed by a pickup truck.

According to court documents, the accused driver, identified as Rodney Davis, 55, was upset over his city water bill. Mayor Bradley Wantz called the incident "nothing less than a terroris-

tic attack on the city" in the immediate aftermath of the destruction.

Acting City Manager James Wieprecht told the town Council at their May meeting, that a contract had been signed for the City Hall renovation. Demolitions necessary for the renovations began on May 11.

Memorial Park to be 'leveled'

Several ongoing and proposed projects are expected to generate fill materials that can be used to level-off land contained within Taneytown's Memorial Park for future use.

Wieprecht told the town council at their May workshop that as the O'Brien Avenue bridge construction progresses, fill produced as a result of excavations is being transported to Memorial Park to level-out undeveloped portions of the park. The land being improved at the park will be used for new ball fields and a parking area.

In addition, he said, as the Trevanion Terrace storm-water retrofit and park-grading work progresses, and the Robin's Mill Run development project (under construction) progresses, fill generated at those projects will also be deposited at Memorial Park to help level-out the grounds.

Taneytown Crossing water deal reached

Taneytown has reached an agreement with the state Department of the Environment (MDE) regarding omissions on a map relating to the proposed Taneytown Crossing development.

City Attorney, Jack Gullo, told the city Council at their May meeting that errors included in the development water and sewer master plan had created an issue with acquiring needed state approvals. Not all the applicable pieces of land involved in the development were correctly designated and resulted in an inaccurate calculation of water and sewer usage versus capacity.

Gullo said, the compromise reached with MDE, by which the agency would approve the plan, was premised on the city's promise to amend the master plan to reflect actual resources available and refrain from issuing any new building permits for 90 days unless they have already been preliminarily approved.

As a result of the agreement, Gullo said, "We have six weeks now to get them (the Taneytown Crossing development)

across the finish line with everything else they need to have, or else the development is not going to happen."





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FROM THE DESK OF...

County Councilman Phil Dacey

The Frederick County Council took up the issues of the County's budget and tax rate in May. Budgeting sounds dull, but in reality it is one of the main functions of your County Council. I voted against the budget and voted to reduce the property tax rate and let me tell you why.

This year, the budget was set against the backdrop of the biggest economic crisis in a century. There are more people unemployed now than at any time since the Great Depression, and there are even more who have taken an economic hit whether it is furlough, reduced hours, or income reduction.

With that backdrop, you might expect a county budget that either decreases in overall money spent or at the very least, a level funded budget that does not increase. Unfortunately, the budget that was presented and adopted does no such thing. It fails to recognize that many of our county's residents have had dramatically changed economic circumstances.

The budget in fact, increases over last year's budget by nearly \$30 million and represents about a 4.4% increase. By context, last year's increase was about \$34 million representing a 4.7% increase over the prior year's budget. Even just looking at these numbers, this budget is a business as usual budget.

Worse, the Council voted to allow the same property tax rate as last year. Because this tax rate is applied to the value of a property and Frederick County is doing well, what that means is virtually every property owner is paying more real dollars in property taxes every year, regardless of how much money one has or makes.

All properties in Frederick County are re-assessed every 3 years, and generally in a county like Frederick, they rate is applied to a property that has increased by 50%, then the property taxes that a citizen will pay on that property will also increase by 50%. Unlike the income tax, (which also remains constant but people pay more actual dollars as their income increases) there is not necessarily a cor-

responding increase in the property owner's household budget, simply because their home value increased on paper. This means that the amount of total dollars that a household must pay toward property tax generally increases every year unless the County Council acts to adjust the property rate downward.

Reducing the property tax rate or maintaining the 'constant yield' is affordable. The County Council has received numerous communications on this front, many of which are strikingly alarmist saying that reducing the property tax rate to maintain the same amount of revenue as the prior year is equivalent to 'starving the county of funds.' The facts tell a different story. This year, maintaining the 'constant yield' and lowering the tax rate would have reduced potential revenue by \$8.5 million in the \$665 million proposed budget. This would not have necessitated any actual 'cuts' in the county budget. The county budget this year is to increase by about \$28 million. So even adopting the constant yield this year, allowing families the economic certainty in these difficult times of not having to pay more of their household budget toward taxes, would still afford the county about a \$20 million budget increase.

Unfortunately, the majority of the Council did not agree with me and the budget and tax rate were adopted. However, in this year especially, I will be continuing to look for ways to lower the tax burden on families that are economically struggling.

Emmitsburg Mayor Don Briggs

Easily May, with certainty, could have been a time for discouragement. It came in with cooler weather, most businesses still closed, continued job losses, and the number of COVID deaths for the County rising to in the mid-nineties. We could not do anything about the weather that grudgingly is warming up, but we can do something with our perspective. Noticeably we seemed to be figuring this thing out. We're moving from reaction to action in dealing with the effects of the pandemic. You can feel it in the weekly Mayor-County Executives teleconferencing meetings.

During the last week of May, we had two County Executive teleconferences, one to assess where we all were and one after, on short notice, a Governor's press conference to again assess where we are and what are next steps we can take. On May 27th the Governor announced that effective May 29th all state jurisdictions are allowed to operate in Stage One of the his three-stage recovery plan, "Maryland Strong: Roadmap to Recovery.

The "Safer at Home" advisory will still be in effect, but not enforced. Hair salons and retail stores can open under strict protocols. Restaurants will remain closed (except for curbside pickup) but outdoor dining is now a go if allowed under code (which it is), if feasible and in compliance with new County Health Department regulations. Pool use is a go but limited to 25% admittance and use with all kinds of protocols. Now planning for a July opening.

Park use is up. Bring your own hand sanitizers for use of equipment and bathrooms. Be respectful in social distancing and wear your mask.

Yard waste collection Saturdays, June 6th and 20th, 9 am - noon.

Only paper or recyclable bags will be accepted, no plastic bags will be accepted. The site is located at the town wastewater treatment/solar fields across US 15 on Creamery Road. Bulk Trash pick-up, Saturday, June 20th. Check town website for details.

June also brings the annual tribal challenge among County municipalities for the annual State Project Open Space funds. Each year the State, mayors and burgesses, members of the Frederick County Maryland Municipal League, bid for a share of available Project Open Space development funds. This year the \$318,000+/- was made available for development funds, with the balance, half, annually retained by the County. The rules are that the municipalities submit to the County wish list item(s). Municipal representatives must show up at an advertised location, date and time. If they are not present, no bid can be submitted. 'Present' this year was via teleconferencing. Emmitsburg submitted a request of \$30,750 for construction of two family-size pavilions in Community Park. After all the give and take Emmitsburg's request was agreed to.

Peace and blessings to all and especially our 2020 graduates at Catoctin High and Mount St. Mary's University.



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GOVERNMENT—SOUTH OF THE BORDER

County Executive Jan Gardner

Tune has arrived, bringing with it warmer weather and a longing for summertime. In the midst of this health pandemic, we are looking at a very different summer, with normal activities either closed or modified. But that doesn't mean we should not make the best of it and enjoy what nature and Frederick County has to offer.

In the coming weeks, as more businesses and activities begin to re-open, it will be time for all of us to do our part and show our love for each other so we can all enjoy some additional activities while keeping our seniors and people with underlying health issues safe.

That's why I am kicking off a new campaign called #LoveFrederick! #LoveFrederick is about showing the love for others by wearing a face covering and physical distancing when not at home. Our faith leaders can put action behind the message to love your neighbor, by showing the love for our seniors and vulnerable residents through the continuing of online worship for congregants who are safer at home. Our business owners can #LoveFrederick by showing love by modifying the work environment to keep employees and customers safe. Doing all of these together, we show love for our healthcare workers who demonstrate love each and every day when they are care for others while risking their own personal health. So take the challenge, show the love, and #LoveFrederick! You can post how you #LoveFrederick on Facebook, Instagram or twitter. Just do it! Show some love for your friends and neighbors. That's what makes Frederick County special.

Coronavirus Data **Dashboard**

Stay informed and know the facts about the Coronavirus in Frederick County. I am pleased to share a new easy-to-use dashboard for the public to track local COVID-19 statistics and health metrics. The dashboard includes

charts and data, which are updated daily with Frederick County numbers related to positive confirmed cases, tests with negative results, deaths, and people released from isolation.

You can also see a breakdown of cases by ZIP code, and can track the number of ICU and acute care hospital beds, as well as the number of ventilators in use by COVID patients at Frederick Health Hospital. Statistics on nursing homes are updated each week.

Staff from the County's Interagency Information Technologies Division and Health Department created the dashboard to be transparent and provide the public with a reliable source of information. You can find the dashboard at www.FrederickCountyMD. gov/covidstats.

You can also watch my public briefings for additional statistic, health metrics, and other impacts of the virus on Frederick County. All briefings can be viewed at FrederickCountyMD.gov/ FCGTV.

Jump Start business grants

Small businesses and agriculture are the backbone of our community. That's why I am excited to offer a new grant program called Jump Start to help our farmers and small businesses so they can return to thriving. We are offering \$5 million through three grant opportunities:

Full-Time Farmers - Farmers who qualify can receive \$6,000 in one-time funds. Full-time farmers qualify if they earned the majority of their income from farming over the past two years.

Small Businesses – Businesses with between 10 and 50 employees and who have physical commercial space can receive \$10,000 in one-time funds. Businesses can be for-profit or nonprofit.

Micro Business – Businesses with up to nine employees can receive \$3,300 in one-time funds. Employees can be W-2 or 1099 employees of a for-profit or nonprofit business, including sole proprietors. Micro businesses must have physical commercial space to qualify.

Grant funds can be used to reimburse costs incurred from having business interrupted by COVID-19.

The county's Office of Economic Development is accepting applica-

tions through 11:59 p.m. on Friday, June 5. For more details and answers to common question, and to apply for a grant, go to FrederickCountyMD.gov/JumpStart.

We hope to be able to announce grants as soon as June 10. Our farms and small businesses provide great products and services, and they provide jobs to people who live here and contribute to our community. I am excited to be able to help jump start our economy and support our local businesses.

Budget News

The Frederick County Council recently adopted the FY21 budget for the upcoming fiscal year that begins on July 1. The health crisis has also created an economic crisis, with many businesses shut down or with modified operations, and this has impacted the county budget.

Frederick County Government during my administration has consistently adopted a conservative budget and we have saved money for a rainy day. County reserves, or the rainy day fund, are in the best position in the county history with over \$50 million in reserves and another \$20 million in fund balance.

And like you do with your budget at home, Frederick County lives within its means. The budget includes absolutely no increase in tax rates. Property tax and income tax rates remain the same as they have for the past 6 years. The budget ensures the delivery of essential services but adds no new staff or initiatives.

The County has continued to provide essential services during the health pandemic. Public safety staff, who make up half of all county employees, remain on the job. You can count on other essential services, too, like water and sewer service, trash disposal and recycling, permits, transit, and we have expanded the delivery of food to our seniors and others.

The coronavirus will be with us until there is a vaccine. As we adjust to living and working in a new environment, it is important to do your part. Stay home as much as possible. Wear a face covering and physical distance when out and about, practice good hygiene, and take precautions to protect the elderly and vulnerable members of your family as well as your neighbors. People over 70 and people with underlying health conditions including asthma, COPD, respiratory or heart issues, diabetes, and more should continue to stay home and let others get your groceries and other essential needs.

Do your part and remember to #LoveFrederick!



Solid Waste Management Facilities Reopen

Pandemic use restrictions have been lifted from the County's waste processing facilities located at 9031 Reichs Ford Road. The transfer station, yard waste drop-off, Citizens' Convenience Center and recycling drop-off center are open to the public.

Normal facility hours are in effect (Monday through Saturday, 7 a.m. -4:30 p.m.) and the regular holiday site closure will be observed for Memorial Day, Monday, May 25. Please visit the Department of Solid Waste Management website for further information: www.FrederickCountyMD.gov/landfill.

Community Partnership Grant Awards

Frederick County Executive Jan Gardner announced awards to 27 local organizations through the county's Community Partnership Grant program for Fiscal Year 2021. Grants will provide food to children and seniors; respite service for caretakers of seniors with dementia; home repairs for veterans and seniors with low income; job skills and education for homeless youth; emergency shelter for victims of domestic violence; and 2-1-1 crisis services for residents facing addiction, among many other services. County Council President M.C. Keegan-Ayer and Vice President Michael Blue joined Executive Gardner in announcing the grant awards.

For more information, visit www.FrederickCountyMD.gov/CommunityPartnershipGrants or contact the Frederick County Division of Citizens Services at 301-600-1454.









Due to undercounts in the 2010 Census, Frederick County lost over eleven million dollars! Those funds could have been used for improving our local schools, investing in public infrastructure, vaccine allotment and serving residents with various programs to enrich our quality of life.

For each person that is not counted, our community loses \$18,000/person over the next ten years to invest into these and other important community programs and services.

By completing the census, you ensure that Frederick County receives the support we need to ensure that our entire community can thrive.

Complete the Census online at my2020census.gov or by calling 844-330-2020 (tollfree) to be counted!

For more information, visit FrederickCountyMD.gov/2020Census or Facebook @CensusFrederick2020

FROM THE DESK OF...

Carroll Valley Mayor Ron Harris

Ongratulations to the Fairfield Class of 2020. To those graduates, I wish you the best. It is a moment you will remember the rest of your life not because you survived the pandemic but rather it is an accomplishment you achieved and will build upon for the rest of your life. It is a milestone in your life. Remember the only thing you can control is you and your actions. Set goals that do not depend on luck, other people, the circumstances around, but rather on you. You can do anything you want as long as you stick to it. Don't ever give up on your dreams!

On May 22nd, Governor Wolf announced Adams County will be moved from the Red to Yellow Phase in the Governor's Pennsylvania Come Back - Three Phase Approach Plan to reopen Pennsylvania from the effects of COVID-19. What does this mean? From the social restrictions' perspective, the "Stay-at-Home" restrictions are lifted in favor of aggressive mitigation. Large gatherings of more than 25 prohibited. In-person retail allowable, curbside, and delivery are preferable. Indoor recreation, health, and wellness facilities and personal care services (such as gyms, spas, hair salons, nail salons, and other entities that provide massage therapy), and all entertainment (such as casinos, theaters) remain closed. Restaurants and cars are limited to carry-out and delivery only.

The workplace restrictions in the Yellow Phase specifies telework must continue where feasible. Businesses with in-person operations must follow business and building safety orders. Childcare facilities are allowed to open with guidance. Schools remain closed for in-person instruction. Congregate care and prison restrictions remain in place. Everyone has the responsibility to help slow down the spread of COVID-19 in their community. The biggest revelation reported by the COVID-19 researchers is the COVID-19 "does not spread easily" on contaminated surfaces or objects. The spread is primarily through the air-droplets of an infected person. However, there may people who are infected and they are unaware they have it because they feel well and show no symptoms (asymptomatic).

Considering this new evidence, the Centers for Disease Control and Prevention (CDC) recommends wearing a mask/cloth face-covering in public settings where other social distancing

measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission. One way to look at it is you are protecting others. The bottom line, if we lower the likelihood of one person infecting another, the impact is exponential, so even a small reduction in those odds results in a huge decrease in positive COVID-19 cases.

Please consider wearing a mask. The CDC says keeping at least six feet away from others can help people avoid contact with respiratory droplets and lower the risk of infection. The scientists do explain that it depends on several factors such as the force to pronounce the word(s), the air currents, and surrounding temperature in the environment the words were spoken. I encourage you to wear a mask, practice social distancing, frequently wash your hands, and

please don't touch your face.

Are you aware all Pennsylvania residents have easy access to customized health, housing, and human services information consolidate in one place by dialing 2-1-1. The 2-1-1 telephone number is a 24-hour, 7 day a week hotline, available when you need to find help. The 2-1-1 representatives will do their best to perform the needed online research and connect you to the resource that will answer your question. Know this, we in the Fairfield Area will survive this pandemic. I believe we are on the road to some form of normality. I wish you and your family good health! If you would like to share some positive news on how someone or group is helping others during this time of crisis, please email MayorRon-Harris@comcast.net the information so they can be recognized in the July Issue.

State Senator Doug Mastriano

Jpon being asked last week if wearing a mask is law in Pennsylvania, Governor Wolf responded, "I'm not a lawyer, so I don't know what the issue is here, uh, if you want to stay safe, you ought to wear a mask...again, you can take that as something maybe, uh, has force of law."

After six years in office, we would assume that the Governor understands how laws are created.

In fact, there is no law to wear a mask in Pennsylvania. Laws are created by two legislative bodies the House of Representatives and the Senate, who together form the General Assembly. As a member of the Pennsylvania Senate, no mask bill has crossed my desk. Just because our Governor thinks it into being, doesn't mean he can snap his fingers and make it so.

This chaos and confusion about whether wearing a mask is law is the result of our Governor's rhetorical routine. His Orwellian newspeak has bamboozled citizens into thinking that masks are indeed law. As a result there are signs on businesses that declare law mandates that people must have a mask on

before entering. These businesses are woefully misinformed.

On April 15th of this year, Governor Wolf suggested that citizens who do not wear masks while shopping be denied service. He further declared that a business can "deny entry to individuals not wearing masks, unless the business is providing medication, medical supplies, or food."

Then why do chain pharmacies, which supply all three - medication, medical supplies and food - have signs on their doors indicating it is state law? The same holds true for a chain grocery store in western PA, which was recorded physically removing and harassing citizens for not wearing masks, again, under the misguided assumption that it is law. The confusion on wearing masks is not limited to Governor Wolf.

On February 29th, U.S. Surgeon General Jerome Adams advised people to stop buying masks, and claimed "they are NOT effective in preventing the general public from catching COVID-19."

Do masks only protect healthcare workers? Dr. Anthony Fauci, echoed this same message on March 8th saying "there's no reason to be walking around with a mask...it might make people feel a little better...but it's not providing the perfect protection the peo-

ple think it is." Our citizens look to these individuals as experts with medical expertise.

Why then does our Governor rely on Secretary Levine, whose practice has been in pediatrics and psychiatry, with specialties in addiction and eating disorders? A secretary whose COVID-19 numbers in Pennsylvania are deceptively exaggerated and further complicated by zero experience in state policy and epidemiology.

Researchers disagree whether a face mask actually protects you. It's believed that the virus can be spread through a fine mist called an aerosol, unlike large respiratory droplets associated with influenza. Regular surgical masks only block the larger droplets. While the CDC recommends the use of bandannas, scarves and other homemade masks when necessary, according to a 2013 study published in the Cambridge University Press, homemade masks should only be considered as a last resort.

And, Dr. Michael Osterholm, an infectious disease and environmental health expert with the University of Minnesota, declared that "surgical masks and cloth masks... don't stop the aerosols...and the virus is basically going right around the sides of these open gaps in the masks."

Masks also exacerbate exist-

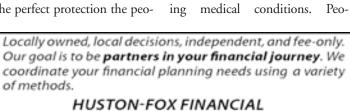
ple with heart or lung disease can be adversely affected by wearing a mask, forcing the lungs to work harder to breath due to carbon dioxide buildup, which subsequently reduces the intake of

According to the National Institutes of Health, inhaling high levels of carbon dioxide may be life threatening and cause Hypercapnia, which happens when your body does not receive enough fresh oxygen. And a May study published in Respiratory Care demonstrated that blood oxygen saturation and exhaled carbon dioxide levels showed significant differences before and after N95 use. Yet, numerous individuals, fearful of Pennsylvania's "encouragement" to wear masks, are exercising - running and walking - with masks that are neither effective or good for their health.

businesses Although require you to wear a mask, it is not the law. If they sell food, medication and medical supplies – Governor Wolf says you cannot be denied entry.

Know your rights, and overcome the confusion created by our Governor and Secretary of Health. Using fear and chaos to control a populace is a treacherous path in a constitutional republic.

Senator Mastriano represents Adams County in the Pennsylvania Senate



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GOVERNMENT—NORTH OF THE BORDER

County Commissioner Randy Phiel

The COVID pandemic has certainly affected all our daily lives. Adams County Government has had to adjust rapidly, as we changed operational practices to reduce exposure; while still providing critical services to our residents.

On Friday, May 22, Adams County went from Red to Yellow status! Yellow generally allows smaller retail shops to open, child-care to resume, real estate transactions to take place and gathering of groups of 25 or less. These Yellow initiatives have their own specific limitations and guidelines.

Most Adams County Government facilities will be re-opened to the public on Tuesday, May 26th under continuing COVID-19 Workplace Safety protocols. The exceptions will be the Adams County Adult Correctional Complex and the Adams County Department of Emergency Services (911 Center). These two facilities will remain closed to the public until further notice. In order to be admitted to any of the other county facilities, a face mask and temperature scan is required. Several county departments will resume business by appointment only. The number of clients in an office at one time will be limited, and if needed, waiting clients will be staggered at 6-foot intervals in the hallway. The Court of Common Pleas has been holding hearings since May 4 and has implemented Workplace Safety practices in all courtrooms.

Visitors to the Courthouse should note several operational changes to

support safe practices. The west stairwell (Staff Rear Entrance) will be assigned to pedestrian traffic ascending, and the east stairwell (Baltimore Street) will be assigned for pedestrian traffic descending. The elevators will be limited to 1 person, unless they are family members in the same group. You may also observe that the Security Checkpoint is being moved and re-configured to enhance observation of hallway

The County Commissioner Association (CCAP) Board of Directors held a conference call with Governor Wolf and his team on Friday, May 15th. As the Region 3 Board representative for Adams County, and the 9 counties to our west, I participated in the call. The takeaways from the call were as follow:

Enhanced Communications: The Governor was advised in a straightforward manner that collaboration between counties and the Administration has been lacking. This lack of communication and collaboration has been a significant detriment to residents, counties and the administration. The Governor agreed and will be working directly with CCAP to implement a structure and plan for collaboration moving forward. When the Governor alluded to working with the General Assembly in relation to county needs - he again heard that counties know what is good for counties, and the legislature operates in a somewhat different environment. The use of already existing structures such as the National Incident Management System (NIMS) was mentioned by several Board members as a method to communicate and operate.

CARES Distribution: The Board stressed that the Administration needs to get the CARES funds out to counties to reimburse costs that counties are incurring now. The Governor agreed. On that subject, Commissioner Qually and I were on a call last Wednesday with five other counties and U.S. Senator Bob Casey. A large part of the conversation was devoted to additional CARES funding for counties. I stressed to Senator Casey that most of the Commonwealth's 67 counties are under the 500,000 population threshold (large counties that get direct funding from the federal government), and strongly urged direct federal funding to counties under the 500,000 population threshold, since counties know what's best for counties - not the state. We will see what happens if/when the next round of funding is distributed.

Opening of Small Retail Businesses: Smaller retail businesses, that sell the same products as the big box stores, are being devastated, while Home Depot, Lowes, Wal Mart, and Target are having a bonanza. It was recommended that small retailers with an outside entrance, who have a better environment for social distancing than the big box stores, be allowed to open. The Governor stated that the measures that have been taken have saved lives; and acknowledged this situation - but was non-committal in an answer to this concern. The concern in Adams County is partially, but not completely, remedied with the Yellow designation.

More state parks, forests and facilities are preparing to open. Department of Conservation and Natural Resources announced a phased reopening of more state park and forest facilities. In counties that have moved to the vellow phase, park and forest offices will open May 22 (counties first announced as Yellow reopened May 15), as will tent and RV camping. Facilities such as cabins, cottages, lodges will open June 12.

Agriculture and Tourism are Adams County's largest economic drivers. The Tourism marketing organization for Adams County is Destination Gettysburg (DG). DG is largely funded through pillow tax revenues, and with empty lodging facilities, revenue has dropped by 95%. At the May 20 Commissioner meeting, the Board voted unanimously to provide \$100,000 of the county's portion of accumulated Pillow Tax revenues to Destination Gettysburg. These county funds statutorily must be used toward economic development or historic preservation. The funds will be allocated for a DG marketing campaign that will seek to attract some of the 60 million residents that live within 300 miles of Adams County, to the safe-haven of Adams County. The Board agrees with DG that visitors will be ready to travel very soon, but may not be quite ready to get on an airplane, or go to Disney World, New York City, or other densely populated areas or attractions. Fortunately,

Adams County's geographic, historic and agricultural make-up offers a menu of attractive and safe opportunities for visitors. We are optimistic these funds will generate a significant return as we attempt to jump start our economic engine!

The Governor announced on May 22 that businesses and employees in the Real Estate industry may conduct limited business-related activities statewide and provided guidance for this industry to operate in both Red and Yellow phase counties. The Real Estate industry impacts numerous other businesses, and Pennsylvania homebuyers who are in the process of buying or considering the purchase of a home or business. Among other mandates and guidance, the directive states that all in-person real estate activities should be scheduled and limited to no more than the real estate professional and two people inside a property at any time, exercising appropriate social distancing. Hopefully, this will help boost the County's economy.

I cannot conclude without recognizing and applauding all the first responders, medical professionals and those individuals that provide the services that we need every day. As we move into the Yellow Phase, please consider patronizing your local retailers, farmers markets and restaurants for Take Out. These business owners, who are also our friends and neighbors, need our business now more than ever. As we try and find the right balance between protecting lives and livelihoods, do your part to protect yourself and your community from this disease!

State Representative Dan Moul

The cost of the statewide shutdown is far from being tallied, which makes forecasting and budgeting nearly impossible. With the 2020-21 budget deadline looming, the General Assembly is advancing a short-term budget bill to fund state government through the fall when we can better assess the fiscal realities of the COVID-19 pandemic and work on another short-term plan to fund the balance of the fiscal year.

House Bill 2387 would provide an interim budget that would take us into November. It would fully fund K-12 and higher education for a full 12 months so students will have the resources they need when they return to the classroom this fall. The bill would also ensure core government services will continue without interruption, and contains no broad-based tax increases. I supported House Bill 2387, which passed in the House by a vote of 103-99. As of this writing, the bill is under consideration in the Senate.

While most citizens have been doing their best to tolerate state-ordered stayat-home orders, the General Assembly has been caught up in a flurry of legislative activity aimed at reopening Pennsylvania and freeing people to go back to work. Unfortunately, some of our legislation has made it through both the House and Senate only to be vetoed by Gov. Tom Wolf.

A day after the governor vetoed three bills aimed at safely reopening Pennsylvania, the House attempted an override vote on House Bill 2388, which would have allowed vehicle dealerships, lawn and garden centers, cosmetology salons and barber shops, messenger services, animal grooming services and manufacturing operations to reopen while adhering to approved health and safety guidelines. The vote was 115-87, 21 votes shy of the two-thirds majority needed for an override.

House Bill 2412, would have helped reopen real estate services in the Commonwealth, was also vetoed by the governor. But immediately after the veto, the governor announced new guidance to allow real estate operations to resume statewide anyway. This is not the first time the governor has acted in response to actions of the House. The same occurred with the construction industry, online vehicle sales, reopening plans and more. The third veto involved a Senate bill that would have given county officials the ability to develop their own emergency mitigation plans for business. In other legislative activity, I co-sponsored legislation to permit restaurants, bars and clubs in the yellow or green phases to resume operations with outdoor seating and permit the same to resume operations with indoor seating, both adhering to health and safety protocols. These bills are now under consideration in the Senate. Another bill headed to the Senate would allow residential cleaning services to resume operations during the COVID-19 emergency, provided they follow social distancing and other safety pro-

An alarming number of Pennsylvania's coronavirus victims have been senior citizens in nursing care facilities. The House recently approved legislation that I co-sponsored, to help prevent coronavirus deaths at the state's nursing home facilities, personal care homes and assisted living residences. The Senior Protection Act (House Bill 2510) is a bipartisan initiative that aims to use regional health system collaboratives to better manage personnel, protocols, testing and expenditures to protect our vulnerable senior citizens who live in these facilities. More than 3,000 of the state's COVID-19 deaths - nearly 70% of the state's fatalities - have occurred among these residents. This is unacceptable. The bill now goes to the Senate.



** LOTS FOR SALE **

1B Orchard Rd., Fairfield, PA - 9.8 ac

with pond, perc appr., panoramic view, near

Ski Liberty, golf & Gettysburg......\$175,000

53 & 55 Mason Dixon Tr., Fairfield,

PA - 1.74 ac., perc appr, Property line sits



Fairfield, PA Lovely 3 BR, 3 BA home with gas a

gas fireplace and cathedral ceilings! \$219,800



20 Pine Hill Trail, Fairfield, PA 2 BR, 2 BA, with possible 3rd BR with full BA on lower level. New appliances

\$175,000

right on historic Mason Dixon line...\$19,900 5 Spur Tr., Fairfield, PA - Peaceful setting, cul-de-sac, public sewer, 15 minutes from Gettysburg......\$39,900 1 Spring Tr., Fairfield, PA - 3.4 ac., perc test in progress by owner, 15 min. from Gettysburg. Lovely location. \$89,900 15 Brown Tr., Fairfield, PA - Great price for this level building lot. Very low per rate means less money for septic install-ation, near ski slopes & golf........\$16,900 5600 Fairfield Rd., Fairfield, PA - 1.78 ac., commercial property, 487 foot road frontage. Many possibilities.....\$350,000 Lot A Cold Springs Rd., Gettysburg,

Friends 3 Creek Rd. Fairfield, PA 🛭 2 BR, 1.5 BA on 12 ac., huge fireplace, loft & galleries evocative If medevil times A perfect getaway \$389,900



New Oxford, PA 5 BR, 1 BA getaway on 1.85 acres. Elevated creek front.

\$78,900

SOLD 15904 Manahan Rd., Sabillasville

COMMENTARY

Words From Winterbilt

What is the government's role?

Shannon Bohrer

 Γ or over 40 years we have debated the size of our government and its purpose. One prevalent argument has been that government should be small and ought to reduce or eliminate regulations on private industry. After all, it is private industry that produces wealth. Capitalism is the key to making the world a better place to live, and government regulations only burden and impede private industry. The argument also embraces the idea that governments are inefficient, bloated and don't produce anything. After all, the government never made any money; they get it all from the taxpayers.

Grover Norquist, a well-known small government and tax reduction proponent was once asked how small the government should be. He responded that his "... goal was to cut government in half...to get it down to the size where we can drown it in the bathtub."

"Government is not the solution to our problem. Government is the problem."

-President Ronald Reagan

While the idea of small government and less taxes sounds good, no one that I know of (except Mr. Norquist) has ever said how small it should be. Too determine how small government should be, we should begin with a discussion about the purpose of government. What is it that we want government to do, why does it exist? Saying we need a smaller and leaner government, without

including what we expect the government to do, is illogical. We know that our government is supposed to protect us, and as many like to say to ensure our freedom. What programs do we need to protect us and ensure our freedoms are a good starting point for the size of our government we need? How many people will it take to staff and operate those programs? How we derive that number, is the real question.

A companion argument about the size of government is that the government should be more efficient, like private industry. That sounds good, but is somewhat incongruous with facts. If a business employs 20 people, you would expect they are all needed; you don't reduce the number of employees without affecting the business. Conversely you don't hire additional workers, if you have no work for them. If the government should run just like a business, then is should also employing the exact number of people needed to complete the government's business. A simple analogy would be this: if you have a two-horse wagon, you need two horses. One horse won't work and three are too many. In my 42 years in law enforcement we never had three horses and there were times when we only had one.

While the focus has been on smaller and leaner government with fewer taxes, an underlying theme, that has been obvious, has been the distain and dislike of government. Remember, Mr. Norquist said he wanted to drown the government in a bathtub. We have a substantial portion of the population who believe we would be better, with little and/or no government.

"I do have a political agenda. It's to have as few regulations as possible." -Vice President Dan Quayle

The size of government and the issue of regulations has been an issue since Theodore Roosevelt was president. When he broke up the monopolies, using the Sherman Anti-Trust Act, it was predicted by the capitalist that the economy would just collapse. The opposite occurred, more companies resulted in more competition and the economy flourished. Having and enforcing the regulations worked, at least in this case.

During the great depression, financial regulations were proposed and the same arguments were used, that regulations inhibited business. "Free markets", were believed to be good for the country. Of course the Great Depression that started in 1929 was a large clue that free markets in banking were not always effective or efficient. Responding to the bank failures congress passed the Glass-Stegial Act, which regulated financial institutions. The act created the Federal Deposit Insurance Corporation, which separated investment and commercial banking. With the FDIC, the federal government was now providing insurance for depositors, with the funds provided for by the banks themselves.

Glass-Stegial was a success and worked well from 1933 until 1999 - when it was repealed. Nine years after the repeal we had a financial collapse. Clearly, at least some regulations are good. After the financial collapse in 2008 the congress re-instituted some additional financial regulations and now there are those in governments that want to eliminate them. Is it possible that we have been saying that regulations are bad for so long, that we forget our history?



Directly related to the size and role of government protecting us is the current world pandemic. We hear that states should take the lead and we also hear that the federal government should be in charge. Historically, with natural disasters it is the role of the federal government to coordinate relief efforts. We have a past history that when hurricanes, floods and other natural disasters strike, our federal government steps up. The federal government's lack of leadership with the current pandemic questions the purpose of the federal government, at least in this case.

During this pandemic we have encountered numerous problems, including the procurement of medical materials, the majority of which are made in other countries. While we have experienced an urgent need for those materials, we hear calls for laws to require that the materials be made in the U.S. If we enact a law that medical equipment and materials be made here, does that conflict with free market capitalism? Is that not a new regulation?

Another issue related to the pandemic is the meat packing plants. The U.S. Department of Labor's Occupational Safety and Health Admin-

istration (OSHA) and the Centers for Disease Control and Prevention (CDC) published suggested guidelines for companies to keep the employees safe. Many meat-packing plants did not follow the guidelines, as they were only suggestions, and some plants closed. Fearing a food shortage the President ordered them to re-open.

In response, the meat packing plants want the government to create laws that prohibits them from being sued by employees, if they contract the virus. If the government protects the plant owners from being sued, but does not protect the employees by having and enforcing OSHA protective regulations, that would seem indifferent to the idea of the government protecting its citizens.

The first argument should not be the size of government; it should be what services the government should provide and to whom.

"Democracy is the worst form of government, except for all the others that have been tried."

-Winston Churchill

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

Common Cents

Amid the pandemic, billionaires prosper

Lawrence Wittner

Ithough most Americans currently face hard times, with unemployment surging to the levels of the Great Depression and enormous numbers of people sick or dying from the corona-virus pandemic, the nation's super-rich remain a notable exception.

Financially, they are doing remarkably well. According to the Institute for Policy Studies, between March 18 and April 28, as nearly 30 million Americans applied for unemployment benefits, the wealth of America's 630 billionaires grew by nearly 14 percent. During April 2020 alone, their wealth increased by over \$406 billion, bringing it to \$3.4 trillion. According to estimates by Forbes, the 400 richest Americans now possess as much wealth as held by nearly two-thirds of American households combined.

Some of the super-rich have fared particularly well. Jeff Bezos (the wealthiest man in the world) saw his wealth soar between January 1 and early May 2020 to \$142 billion an increase of \$27.5 billion. During that same period, Elon Musk's wealth grew by \$11.4 billion to \$39 billion and the wealth of Steve Ballmer (ranking sixth in wealth) increased by \$8 billion to \$66.1 billion.

The gains of Mark Zuckerberg (ranking third) were more modest, but his wealth did rise to \$79.3 billion.

Although some billionaires lost money, this was not likely to put them out on the streets. The wealth of Bill Gates (ranking second) dropped from about \$113 billion to \$106 billion, while the wealth of Larry Ellison (ranking ninth) slipped from \$58.8 billion to \$58.7 billion.

During this time of economic crisis, two features of the U.S. government's economic bailout legislation facilitated the burgeoning of billionaire fortunes: first, the provision of direct subsidies to the wealthy and their corporations, and, second, the gift of huge tax breaks to rich Americans and their businesses. Consequently, although the U.S. economy continues to deteriorate, stock prices, helped along by this infusion of cash, are once again soaring.

In terms of health, American billionaires are also doing quite nicely, with no indication that any of them have been stricken with the corona-virus. When news of the disease hit, billionaires immediately began renting super yachts at fantastic prices to ride out the pandemic. As one yacht broker explained, a yacht "in a nice climate isn't a bad place to self-isolate."

Such yachts can carry supplies that will last for months, and "clients are arranging for their children to be schooled on board, with cooking lessons from the yacht's chef and time with the crew in the engine room learning about technology." Other super-wealthy Americans took refuge in their fortress-like country estates or flew off in their private jets to fashionable, secluded areas.

Of course, the ability of the rich to stave off a serious or fatal illness is enhanced by their easy access to the best of medical care. On Fisher Island a members-only location off the coast of Florida where the average income of residents is \$2.2 million per year and the beaches are made from imported Bahamian sand the residents, unlike other Floridians, had no problem purchasing thousands of rapid Covid-19 blood tests. To secure immediate and near-unlimited access to healthcare, including such tests, billionaires often employ "concierge doctors" for a hefty annual fee.

Naturally, thanks to their soaring wealth and relatively secure health, America's billionaires are able to continue the kind of lifestyle to which they are accustomed.

Housing is not a major problem. Although journalists have trouble keeping track of the bewildering array of mansions purchased by America's billionaires, Jeff Bezos reportedly owns 14 homes, including a newly-acquired \$165 million Beverly Hills mansion. Another of his lavish dwellings, located in an exclusive section of Washington, DC, contains 11 bedrooms and 25 bathrooms. Although Mark Zuckerberg apparently possesses only 10 homes, Larry Ellison has bought dozens of incredibly expensive mansions and real estate properties, plus (at a price of \$300 million) a Hawaiian island.

Just how many homes Bill Gates owns remains unclear, as he has made a number of secretive real estate purchases. Nevertheless, they include multiple luxurious horse ranches scattered across the United States. He spends most of the time, though, at Xanadu 2.0, his \$127 million, 66,000 squarefoot mansion in Medina, Washington. Requiring 300 workers to construct, this behemoth contains very unusual high tech features, a trampoline room with a 20-foot ceiling, six kitchens, a dining room able to seat up to 150 people for dinner, a 22-foot wide video screen, a home theater, garages for 23 cars, and 18.75 bathrooms. There is also a lake front shore containing large quantities of sand delivered every year by a barge from the Caribbean.

The super-rich have more than enough wealth to squander upon a variety of extravagant items. Their super yachts cost as much as a billion dollars each, and boast such fixtures as night clubs, swimming pools, helipads, and even missile defense systems.

In 2019, the United States ranked first in the world in super yachts, with 158 in operation. Many billionaires also own private super jets, such as the \$403 million ("before any customization work") "Queen of the Skies," featuring a full office, bedroom, and "a stately dining room that can be converted into a corporate boardroom." (Both Jeff Bezos and Bill Gates are super jet owners.) Moreover, the ultra-affluent possess luxury car collections, multiple passports (available for millions of dollars), and gold toilets.

Billionaires do face problems, of course, including boredom, finding the necessary household "help," fending off challenges from their increasingly desperate workers, and defeating politicians who dare to champion taxing great wealth to fund vital public services.

Nevertheless, the vast gulf separating the lives of the super-rich from those of most Americans raises the issue of whether this small, parasitic stratum of U.S. society should be maintained in such splendor. Many Americans might already be wondering about this as they cope with economic collapse and ever-widening death.

Dr. Lawrence Wittner is Professor of History emeritus at SUNY/Albany

To read other articles by Lawrence Wittner visit the Authors section of Emmits-

COMMENTARY

The American Mind

This is all about control

William Hillman

The response to the COVID-19 it was meant to divide this country! Governors have trashed the Constitution. We have lost the freedom to worship, free speech, freedom of assembly, the right to due process. Any rights to personal property, life, and liberty can now all be stripped away at the whim of the governors.

If these governors and their bureaucrats ignore the obvious threat to most vulnerable, leaving them exposed? They locked down healthy citizens while they fueled the spread of this virus among the weakest.

More than three-quarters of the deaths in CA, PA, NJ, and NY are from nursing homes and long-term care facilities. This was done intentionally. These governors were warned by the American Health Care Association in early March what the effect Covid-19 would have on these facilities. But the warnings were ignored. Nursing homes pleaded with the governors to keep these patients out. But their pleas fell upon deaf ears.

There is an expression in the democrat apparatus operation manual: "Never let a good crisis go to waste."

The ruse of "two weeks to flatten the curve," was never about protecting the citizens, but about control. The governors lead the way in scraping all civil rights guaranteed in The Constitution. Two weeks became two months and two months is now "we don't know".

It's all about control.

At an April 23 press conference, Gov. Andrew Cuomo sounded indignant when a reporter asked if anyone had objected to New York's policy of forcing nursing homes to admit discharged COVID-19

"They don't have the right to object," Cuomo answered before the reporter finished his question. "That is the rule, and that is the regulation, and they have to comply with it."

The nursing home disaster in New York "is on you, Gov. Cuomo," the New York Post's Michael Goodwin wrote in a May 5th analysis.

Cuomo's March 25 order that forced infected patients on nursing homes "allows for no exceptions and has not been changed," Goodwin

The fifth paragraph of the governor's order reads: "No resident shall be denied re-admission or admission to the nursing homes solely based on a confirmed or suspected diagnosis of COVID-19. Nursing homes are prohibited from requiring a hospitalized resident who is determined medically stable to be tested for COVID-19 prior to admission or readmission."

Owners and managers told the New York Post they are not aware of any loosening of the policy by Cuomo. "They also say that hospitals still are referring infected patients to them on a near-daily basis and they are expected to take them if they have an empty bed," Goodwin noted.

In early March when these policies were first floated, The American Health Care Association and affiliates pleaded with the governors. "The health directives will put "frail and older adults who reside in nursing homes at risk" and would "result in more people going to the hospital and more deaths," the American Health Care Association and affiliates said at the time.

"To them, the March 25 order was a death sentence. Some facilities say they had no deaths or even positive patients before that date, but many of both since, including among staff members."

These Governors have outright disdain for their citizens.

In Pennsylvania, Health Secretary Rachel Levine quietly removed her 95-year-old mother from a personal care home while this policy was

In Pennsylvania, 75% of Covid-19 deaths have occurred in nursing homes and long-term care facilities. What is not clear is how many people contracted the virus in those facilities and were transported to hospital where they died. The numbers coming out of PA, NY, and NJ are inconsistent and changed daily.

The state has attempted to obscure the true impact of Covid-19 in nursing homes by "cooking the books." It is becoming clear that infection and death counts have been shifted from these facilities to the general population.

"If you accept the state data released this week about the COVID-19s scourge of long-termcare facilities, no staff members at the Philadelphia Nursing Home in Fairmount have gotten the disease - and across the city's 47 nursing homes, fewer than 20 staffers have

tested positive." In fact, 30 staff members at the Philadelphia Nursing Home alone have tested positive for the virus." - Philadelphia Inquirer, May 21st.

Citizen's Alliance of PA pleaded, "Governor Wolf and the Department of Health have taken a heavy-handed and inconsistent approach in closing "non-life sustaining" businesses. However, when it came to protecting a truly at-risk population, they completely dropped the ball.

Once the nursing homes gambit pushed up the numbers of infected and dying, the governors used those numbers to justify shutting down the economy and locking up citizens.

These close-down orders with their seemingly random. Wavers have pitted those who can work against those who cannot.

Governors pick and choose which business will survive and which will be forced to close. Why can one dry cleaner or pet store open, and not

Small retailers have been outraged that they have been forced to close while larger competitors, such as box stores, have been allowed to stay open. Many owners have complained about the lack of guidance from the state, and some have threatened to open without a waiver, fearing that they will lose their businesses if the shutdown continues.

For his part, Wolf warned owners who opened on their own accord, saying they could lose state licenses and put their insurance coverage at risk "because insurance does not cover things that happen to businesses breaking the law."

Business licensing were never about protecting customers but about government control over the individual and dictatorial power over who can work and who cannot. "Do what I say or I'll take it all away."

The progressive apparatus has closed ranks around a single narrative on the cause and treatment of the virus. With the exception of a few "rogue" columns, all media coverage has been uniform. "We must give up our rights and go quietly or people will die." "It's for your own safety". "People who protest and object to losing their rights are bad and unworthy of their rights." These propaganda lines are everywhere including commercials telling us that "We're all in this together" or touting "the new normal" or "in these trying times."

Recently, an article quoting Dr. Dominic Sisti, Medical Ethics Professor at University of Penn, argued that anyone objecting to the mandated lock downs should forfeit any future medical treatment.

Social media is doing its part to hold up the official narrative, encouraging citizens to turn in their neighbors who they suspect are violating the lockdown. Facebook, YouTube, Twitter et.al. quickly remove any posts that question the approved narratives concerning the virus and mandated lockdowns. Oddly enough, for years these same corporations have claimed they're unable to track and remove child pornography.

This insanity will only stop when the citizens assert their dominance over these institutions and politicians. Otherwise – we are doomed.

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

Down Under

Shattered dreams

Submitted by Lindsay Melbourne, Australia!

A land flowing with Milk and Honey -Exodus 3, 8

When the first pioneers arrived in the new country that eventually became The United States of America, they must have gasped at the bounty they found. Wonderful soil, great rivers, fertile plains and a wonderful climate. Not that they had much time or inclination to admire, their time was spent in surviving, creating a colony and learning how to live. But it was so different to the old country, so... free.

The stories traveled back to England, and it was not long before the new land was populated. Their tales became legends, the philosophy of plenty and success became normal, and the race was on. Migrants flocked in from every corner of the world; the north, south east and west were explored, settled and made prosperous.

The dreams and hopes of many became reality, forming part of the ethos and folklore of the greatest country on earth. The excitement was felt by everyone who heard the tales, saw the pictures, and their aim became to get there, try their luck, make a fortune, or simply be a tourist.

Dreams became a kind of reality, because it is almost impossible to live without them. Even when things didn't turn out as expected we still push on, over the hill, into the unknown.

There comes a time, however, when all hope is extinguished. I was reading of the prisoners who were awaiting execution in the nineteenth century in England. Up to sixty in one long block, all expecting their name would be the next one called, hoping it was not their turn. It was not until they were standing on the trapdoor, blindfolded, the priest having forgiven them their sins, that the finality of their situation really hit home. They went to their death mute, beyond words.

For soldiers it is quite different. They expect they could die, and go on anyway. It is called courage, and most people in the armed forces show it, partly because it is expected, partly because they are proud to defend the cause. But most of us are not in the services, none of us awaiting the hangman, but we still dream of the future, of better times,

health and fortune. We cannot go on without it, even if we sometimes suspect it is futile or so unlikely that we give a wry grin. The lottery, the gold nugget, the miracle cure, all are dreams that comfort us and help us put one foot in front of the other each day.

These are things we don't really expect, but many have been fed on the expectation of good things tomorrow. It has even been given a name: The Great American Dream. Books, magazines, film, and especially TV shows were created to sell that picture. Wholesome, good living prosperity can be yours if you... if you do... what? Buy the products, love your family, obey the rules, stop complaining? That was, and is, the message that became your security blanket, but which also duped you into acceptance.

The whole fabric of society has been designed to produce obedience, because that is needed to run a population so complex, so enormous that if it were otherwise there would be chaos. Of course, we also have the freedom to do things without much restriction, providing they do not break laws, often made by these who want to show how powerful and righteous they are.

The greatest dream of all is that of freedom. A free society might happen, we are told, if you work for it, if you protect it by fighting for it, but actual freedom - that is, to go where and when you want to, to choose as you like, think your own thoughts and work at your own jobs - is for most people a delusion dressed in the colors of liberty.

The truth is that many of us are controlled by the powerful. Without realizing it, we come to like it: we don't have to think, our minds become lazy, and we accept what we are told with much grumbling and little rebellion. And that is where Mr Trump's popularity resides. Apathy caused by poor schooling leading to the inability to think clearly and logically, the power of social media's approval that supports such ignorance, and the last thing left,

The powerful run the country, control the share market and believe they cannot lose because the dollar is still strong. Of course it is. It is the currency used by 90% of world trades, which gives it resilience beyond pretty much anything that happens at home. It's beaten the pound and the euro; the Chinese are trying to introduce their own version, the Ranminbi, with some success in some of the less developed countries who have benefited from their belt and road initiative. They have no reason to love America after sanctions and manipulation of their governments, and are helping China make the Ranminbi an international reserve currency.

But will the dollar survive Covid-

19? Unlike climate change, this is affecting every country at the same time. Australia has just issued bonds to the tune of 60 billion, bringing the total to 500, over 10% of GDP. You will be far worse off, as you cannot print money forever - your bond holders will get scared, China might pull the plug, and you will be exposed as never before to the American Idiot, you know, those who want everyone to carry a gun, who deny their neighbours healthcare, who don't believe in viruses, who just want things to be the way they were before... you know, when the good old days were here.

Unfortunately, the leading figure in idiocy is good old Donald who dresses up vice as morality, is the purveyor of shattered dreams, and has turned freedom into free-dumb. (Apologies, Umair Haque).

The great depression will look like a mere divot in the golf course of life, and the only way the land of Bilk and Money can return to its place as a sane, welcoming and caring nation where money is no longer the only god will be by those of you - yes the millions who DO know, who are realists, who see China as threat, not a supplier of profitable merchandise, and who will prepare for the Brave New World.

To read past editions of Down Under, visit the Authors section of Emmits-

THE PASTOR'S DESK

Do not be afraid; I am with you

Pastor Ken Fizer **Thurmont United Methodist Church**

hen God called the young Jeremiah, such an announcement must have stunned the young Jeremiah. What a responsibility! What an honor! The fact that God wanted to use Jeremiah was too much for the young man to take in. In the first chapter of the book of Jeremiah, He says "Lord God! I do not know how to speak, for I am only a child". God responded, "Do not say", "I am only a child, for you shall go to everyone I send you and say whatever I command you".

The assurance is "Do not be afraid; I am with you".

God is not interested in our capabilities or gifts - God is interested not in our ability but in our availability!

It was a dark day for the land of Judah. King Josiah started a cleanup of the Temple and the religious life of the people. But his untimely death ruined any hope for the kingdom of Judah. Exile was certain.

The Babylonians came bringing the end of the Southern Kingdom. The walls were thrown down; the Temple destroyed; and the people were dragged along in chains to Babylon.

The poor were sold as slaves. The religious conditions were not better. Jeremiah found a strange mixture of Canaan's nature religion; Jezebel's Baalism; Babylonian cults; and a tendency toward meaningless rituals. Israel was living in open sin. Jeremiah traced sin to its roots and found that the source of all sin lies in the human heart. To him, sin was the stubbornness of the heart. Ingratitude and disloyalty to God are the results.

Misunderstood by his own family; opposed by priest and prophet; shunned by his own people; Jeremiah's life was a tragic experience. Yet, he continued to urge his fellow citizens to turn to God for deliverance. Jeremiah was moved to tears because of the destruction of Jerusalem. Whatever hope there was had ended; there was no hope of salvation. It was too late! Jeremiah wept for the people and the city.

Jeremiah claimed no authority of his own; his sole authority came from God's Word. Jeremiah was not called to voice his own opinions, but to speak for God. Jeremiah explains the cause of false prophets: "The Word is not with them". In the beginning of every authentic prophecy is God's Word. When one does not begin there, one might as well not begin at all. A prophet is not a fortune teller nor a spokesperson for their own agenda, but a spokesperson for God.

The people in Jeremiah's day were seeking to blend in. They wanted to be a part of the society around them; instead of being God's people.

Just like in Jeremiah's day, we guide our behavior according to the behavior of others. Whatever is in agreement with the spirit of the times is that which we embrace. How do we determine what is right or what is wrong in society? We take a poll and see what the majority believe. The results determine our values. People are dominated by the desire to blend int0 be popular. But if we do not have that inner sense of who we are, and whose we are, and why we were created; we become empty inside.

In the 18th chapter of Jeremiah, God tells the young prophet to go down to the potter's house. Jeremiah goes, and see the potter working at his wheel. The potter is making a pot, but all at once the clay is spoiled, the pot ruined. But with the skill and patience by which the potter shapes his work, he makes another pot.

Jeremiah saw a picture of God's sovereignty; patience, freedom; and resourcefulness. Nothing in the clay could make a beautiful vessel of itself. The clay was modeled by the potter.

God's plan will be carried out. We can disrupt God's plan because God has given us freedom of choice; but ultimately God's will will be done. Jeremiah saw that God wanted the people to be obedient, servants of the Lord. When they proved to be disobedient, they were like a lump of clay on the potter's wheel.

Jeremiah's story is our story. We can be sure that if we will trust in God, God's love and truth will work in our lives. We will be reshaped into something beautiful and useful for the kingdom.

As a pastor, I hear people share their sorrows as well as their victories. Sometimes I hear people ask, "Why?"

"Why am I left with so many broken dreams?"

"Why don't I prosper? "Why can't I be happy?" "Why do I suffer?"

Part of the answer is found at the potter's wheel. There is good news at the potter's wheel. It is this: The potter does not throw the clay away. The potter takes the same clay and reshapes it into something new!

In the 31st chapter of Jeremiah, he speaks of a new covenant. Jeremiah knew that the Hebrew faith was based on a covenant. He saw that since the people had failed to keep the old covenant, a new covenant must be substi-

Jeremiah tells of a great homecoming. The people will return from exile, and there will once again be rejoicing in Jerusalem. Fields will be replanted; homes and lives will be rebuilt and there will be music in the streets. Jeremiah affirmed his hope for the future in the purchase of land. Even as Israel is in captivity in a foreign land, the prophet speaks of a new beginning. A day when God will restore and renew the people, giving them a fresh start.

It was important for Israel to understand that their new beginning was not produced by their own efforts; it was a gift of God's grace. Jeremiah says, "a time is coming" when God's Word would be written on their hearts!

Is God's Word written on our hearts or are we just going through the motions? Do we do things out of duty or do we do them because we love Jesus? The new covenant is here. God's

love and grace is available to all through Jesus Christ. Yet, we must be willing to make ourselves available to be molded like clay into something beautiful and useful for God's Kingdom.

Thurmont United Methodist Church is an evangelical church with two celebrations on Sunday mornings and Sunday School for all ages. Whether you enjoy traditional hymns (9am) or contemporary worship music (10:30am), you will find it at one of our Sunday morning celebrations. We use Bible based curriculum to encourage all attendees to live their faith 24/7. Our church is very Missions oriented. Each month we send 10% of all gifts and tithes to Missionaries and mission organizations. We have the Community Clothes Closet on premises to help serve the needs of the community. It is open three times a month for people, at no charge, to receive clothing and God's love. Prayer and worship are very important to our church. Prayer requests and praises are regularly sent to the congregation. Come experience the Holy Spirit, alive and moving. We hope to worship with you soon. Please feel free to contact the church office more

For more information on Thurmont United Methodist Church visit their website at www.thurmontchurch.org.



"For where two or three gather in my name, there am I with them."

FACEBOOK

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Pastor Richard Baker

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For more information, please contact: Pastor Baker at 443-375-9556 or Merri Sayler, Certified Lay Minister, at 301-667-6169



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THE BOOK OF DAYS

The Legend of the Black Ribbon



lthough Sir Tristram Beresford Awas the direct ancestor of the Waterford family, and did something for the Protestant cause at the Revolution, he would not have been particularly mentioned in this place but for his connection with an uncommonly fascinating ghost legend—the foundation of a passage in one of Scott's beautiful ballads:

'For evermore that lady wore A covering on her wrist.'

The lady to whom Sir Tristram was married, Nicola Sophia Hamilton, daughter of Hugh Lord Glenawley, was educated along with John, second Earl of Tyrone, and, according to the family legend, they were so taught that a belief in a future state was not among their convictions. It was agreed, nevertheless, between the two young people, that in the event of one dying before the other, the deceased should if possible return and give certainty to the survivor on that solemn question. In due time they went out on their respective destinations in life; but still an intimacy and occasional visiting were kept up.

The Earl died on the 14th of October 1693, in his twenty-ninth year, and it was two or three days after when Lady Beresford attracted her husband's attention at the breakfast-table with a pallid, care-worn look, and a black ribbon worn round her wrist.

He inquired the cause of these circumstances; but she declined to give any explanation. She asked very anxiously, however, for the post, as she expected to hear of the death of her friend, the Earl of Tyrone.

Sir Tristram ridiculed the possibility of her knowing such an event beforehand. 'Nevertheless,' said she, 'my friend died on Tuesday last at four o'clock.'

The husband was startled when a letter from Lord Tyrone's steward was soon after handed in, relating how his master had suddenly died at the very time stated by Lady Beresford. 'I can tell you more,' said the lady, 'and it is a piece of intelligence which I know will prove welcome: I shall ere long present you with a son.' This prediction was likewise verified in due time.

During the remaining years of their union the lady continued to wear the black ribbon round her wrist; but her husband died without being made privy to the secret. The widow made an imprudent second marriage with an officer named Gorges, and was very unhappy during her latter years.

A month after the birth of a fourth child to Colonel Gorges, the day being her birthday, her friends came to congratulate her. One of them, a clergyman, told her with a blithe countenance that he had just learned from parochial documents that she was a year younger than she thought—she was only forty-seven. 'Oh, then,' said she, 'you have signed my death-warrant. If I am only forty-seven today, I have but a few hours to live, and these I must devote to settling my affairs.'

The company having all departed, except one intimate female friend, Lady Beresford told that person how it was that she was certain of her approaching death, and at the same time explained the circumstance connected with the sable wrist-band.

During the night preceding the conversation with her husband Sir Tristram Beresford, she awoke suddenly, and beheld the figure of Lord Tyrone at her bedside. She screamed, and endeavoured, but in vain, to awaken her husband. At length recovering some degree of composure, she asked Lord Tyrone how and why he had come there.

He reminded her of their mutual promise, and added, 'I departed this life on Tuesday last at four o'clock. I am permitted to give you assurance of another world. I can also inform you that you will bear a son to Sir Tristram, after whose death you will marry again, and have other children, and will die in the forty-seventh year of your age.' 'And how,' said she, 'shall I be certain that my seeing you now, and hearing such important intelligence, are not mere dreams or illusions?'

The spirit waved his hand, and the bed-curtains were instantly raised and drawn through a large iron hoop, by which the tester of the bed was suspended. She remained unsatisfied, for she might, she said, exercising the greater strength which one had in sleep, have raised the curtains herself. He then penciled his name in her pocket-book.

Still, she doubted-she might imagine in the morning that she had written the name herself. Then, asking her to hold out her hand, the spirit laid a finger as cold as ice upon her wrist, which was immediately impressed with a black mark, underneath which the flesh appeared to have shrunk. And then he vanished. Soon after completing her recital, and having finally arranged her affairs, the lady calmly expired in the arms of her friend. The ribbon being then removed, the mark was seen for the first time by any eye

The circumstance of the black ribbon, equally picturesque and mysterious, is what has mainly given this family tale the currency which it has in the upper circles of British society. It is, however, remarkable that in this

particular it is not without precedent in the annals of demonology.

Mrs. Grant, in her Superstitions of the Highlands, tells a story of a widow in good circumstances who, going home through a wood at dusk, was encountered by the spirit of her deceased husband, who led her carefully along a difficult bridge, but left a blue mark on her wrist, which the neighbours had opportunities of seeing during the week that she survived the adventure.

Calmet, in his well-known work, The Phantom World, quotes a similar tale as told by the reformer Melancthon, whose word, he says, 'ought not to be doubted.' According to this narration, an aunt of Melancthon, having lost her husband when she was far advanced in pregnancy:

'saw one day towards evening two persons come into her house; one of them wore the form of her deceased husband, the other that of a tall Franciscan. At first she was frightened, but her husband reassured her, and told her that he had important things to communicate to her; at the same time he begged the Franciscan to pass into the next room, while he imparted his wishes to his wife. Then he begged of her to have some masses said for the relief of his soul, and tried to persuade her to give her hand without fear; as she was unwilling to give it, he assured her she would feel no pain. She gave him her hand, and her hand felt no pain when she withdrew it, but was so blackened that it remained discoloured all her life. After that, the husband called in the Franciscan; they went out and disappeared.'

Richard Baxter relates, as coming under his own observation, a circumstance which involves the same kind of material phenomenon as the story of Lady Beresford. A little after the Restoration, when the parliament was passing acts which pressed sore on the dissenters, a lady

of good quality and of that persuasion came to him to relate a strange thing that had befallen her. While praying for the deliverance of the faithful from the evils that seemed impending over them, 'it was suddenly given her, that there should be a speedy deliverance, even in a very short time.

She desired to know which way; and it was by somewhat on the king, which I refused to hear out, whether it was change or death. It being set strongly on her as a revelation, she prayed earnestly that if this were a true divine impulse and revelation, God would certify her by some visible sign; and she ventured to choose the sign herself, and laid her hand on the outside of the upper part of her leg, begging of God that, if it were a true answer, he would make on that place some visible mark. There was presently the mark of black spots, like as if a hand had burnt it, which her sister witnessed she saw presently, there being no such thing before.'

Dr. Henry More heard from one Mrs. Dark, of Westminster, that her deceased husband, when young and in good health:

'going out of his house one morning with the intention of returning to dinner, was, as he walked the streets, struck upon the thigh by an invisible hand (for he could see no man near him to strike him). He returned indeed about dinner-time, but could eat nothing; only he complained of the sad accident that befell him, and grew forthwith so mortally sick that he died in three days. After he was dead, there was found upon the place where he was struck the perfect figure of a man's hand, the four fingers, palm, and thumb, black and sunk into the flesh, as if one should clap his hand upon a lump of dough.'

To read other selections from Robert Chambers' 1864 The Book of Days visit Emmitsburg.net.



Like many other organizations, we at the Seton Shrine have adapted our operations due to the pandemic.

We are following guidance from the CDC, the state of Maryland, Frederick County, and the Archdiocese of Baltimore to keep safe.

Please visit our website for info on livestream events, including Mass, tours, and virtual exhibits, as well as updates on reopening.

We pray for all impacted by this situation. May God watch over all of us and keep us safe.

St. Elizabeth Ann Seton, pray for all of us.



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ECOLOGY

The 40th anniversary of the 'Silent Spring'

Originally published in 2002

Every year, the beginning of May brings the memory of Rachel Carson to my mind, but this year is special... a 40th anniversary. It was in 1962 that her book, Silent Spring, was published. Maybe someone somewhere is planning a celebration; if they aren't, they should be. It may have been the most read and discussed book on biology since the Origin of Species, and because of it, ecology became a household word.

Before World War II, ecological problems like deforestation, the dust bowl, and the extinction of native wildlife were widely recognized, but both the policy makers and the general public saw them in the framework of conservation. Soil erosion was a practical economic problem, and hunters clamored about the loss or decline of game birds and animals; but these were things to be concerned with saving, not threats to one's personal life. Writers like Edwin Way Teale, John Burroughs and Aldo Leopold had wide followings, but are now remembered more for their prose styles than their influence on public opinion and policy.

After the war, ecologists were confronted with a new set of problems, which arose from the increased industrialization and urbanization of the

world. Air pollution from automobile exhaust and industrial fumes produced caustic smog, resulting in an increase of respiratory ailments and occasionally fatal thermal inversions over cities. Water pollution from the sewage of burgeoning cities, strip mining, and non-degradable detergents got worse every year.

These were all obvious problems; people could feel their eyes and throats burning, and could see foam in their tap water. But an even more serious situation was developing in the water and soil, unknown to the public and ignored by policy-makers who were warned by scientists. It was the buildup of toxic pesticides, insecticides and weed killers; it was most visible to birdwatchers. And Rachel Carson was a birdwatcher.

Carson was a classic case of the right person at the right place and time. First of all, she was an excellent writer who was already well known to the non-scientific public. Her book, The Sea Around Us, reached the best-seller list and won the National Book Award in 1951; then it was made into an outstanding documentary movie that was a hit at the box office and also was shown widely in schools.

Second, in addition to her gift for writing, she was a well-trained scientist; as a young woman, she earned a Master's degree in marine biology from Johns Hopkins University in the early



1930's. Economic difficulties during the Great Depression prevented her from completing her Ph. D., but she went on to teach at the University of Maryland and do research at the U. S. Fish and Wildlife Service and the country's premier marine lab, Woods Hole. Hence she had credibility when she wrote about environmental problems. And third, she was either shrewd enough or lucky enough to select a title that caught the public's imagination.

I recently got my copy of Silent Spring down from the shelf and re-read it. Looking back with the cynicism of one who has watched industrial lobbies and special interests manipulate uninformed or

self-interested politicians for nearly seven decades, I am amazed that Silent Spring worked. Carson's prose is still compelling, but the book is full of detail, documented by sources ranging from technical scientific papers to congressional hearings, and demands one's full attention while reading; one would think the public would have dozed off before finishing it. It is passionate, sometimes emotional; one would have expected the scientific audience to be turned off. Carson was vilified by the agricultural and chemical industries and ignored by government agencies. Yet despite all odds, the book succeeded.

Part of its success was a matter of timing... as the '60's went on and the large population of baby-boomers reached college age, idealism came to outweigh economics in the public psyche... but there were practical reasons also. Signs of environmental crisis became more obvious when DDT was confirmed as the cause of the threatened extinction of visible symbols like the American Eagle, and the effects of a modified weed-killer, Agent Orange, became known among Vietnam veterans. An aroused public celebrated the first Earth Day in April, 1970, and environmentalism suddenly become a respectable political position. A decade after the book was published, DDT was banned in the U. S., and the Environmental Protection Agency was established. Sad to say, Rachel Carson never saw her victory; she died of cancer two years after her masterwork was published.

Had she lived, she would be celebrating her 95th birthday on May 27, and it is tempting to wonder what she would think of the state of the global environment now. Eagles, pelicans and peregrine falcons have come back from the brink of extinction, and bluebirds, which had disappeared in the Emmitsburg area, now regularly appear on my daily records. But while DDT can't be used in the U.S. any more, it is still being manufactured and sold for use overseas, and the list of other toxic pesticides on the market grows daily.

Each spring, fields around Frederick County show the scorched brown color produced by the weed-killers used in no-till corn crops. Spring is not silent yet, but it is getting quieter. Most of the bird species I saw in the 1950's still show up on my lists, but in fewer numbers each year as their migration routes and winter habitats are destroyed by sprawling human populations. If she were still here, I suspect Rachel Carson would regard the effect of her book as a stay of execution rather than a victory.

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IN THE COUNTRY

C is for Catoctin

Tim Iverson, Naturalist

ut of the depths of our darkest economic depression a small mountainside iron town forged a lifeline. Uniting new concepts, restoring economic prosperity, and giving second life to people and land became the underlying mission of the new-deal era. Recreational demonstration areas scattered across the country relied on programs like the Works Progress Administration and the Civilian Conservation Corp. President Franklin D. Roosevelt instituted programs to allow for the symbolic re-growth of the people and the literal re-growth of the land in areas that would become places like Catoctin Mountain Park.

The enormous natural resources that Catoctin Mountain provided spurred the diverse cultural history of the people that came to settle the land. Early American Indian settlements sprang up around the mountain. Later vibrant iron, charcoal, milling, and farming industries came to rely upon what the mountain had to offer. After a period of economic collapse new life was breathed into the area. The vitality of the various job corps still stands today in the historic structures dotting the mountainside. All these stories are a fabric woven together with the land as their loom.

Evidence of encampments and quarry sites are the just first chapters to a prolific story of all the mountain had to give. Rich in rhyolite stone, mining sites provide direct archeological evidence that people began utilizing this area long ago. Quarry and production of tools occured here for potentially thousands of years, as long as 8,000 BCE to 900 CE. Artifacts of these have been found hundreds of miles away, making their way to coastal Virginia and as far as New York state. The land had much more to offer and continued for generations.

Along with rhyolite, prized for its durability and widely used for tools, Catoctin was abundant in hematite iron ore. By the 1770's this iron ore had caught the attention of revolutionary Americans. The first of three iron production facilities in Thurmont, MD was commissioned by the Johnson Brothers, one of whom (Thomas Johnson) later became the first governor of the state. The American Revolution gave way to the Industrial Revolution at the foot of Catoctin Mountain.

Iron smelting was a 24 hour a day operation and lasted on a near continuous timeline from 1776 until 1903 with few interruptions. The iron produced here was mostly shipped and processed elsewhere. There are accounts of some noteworthy production items including musket and cannon balls used in the Revolutionary War, sheet metal used in ironclad ships (such as the USS Monitor) in the Civil

War, and a type of popular stove during the 1800's.

To render the ore into a usable product the furnace required enormous amounts of charcoal, driving temperatures over 2,000 degrees. The forest blanketing the mountain became the source for fuel in the furnaces. Making charcoal was a massive undertaking in itself. Over 300 woodcutters clearcut the 11,000 acre mountain multiple times in 20 - 30 year cycles. Sawyers would only leave a few trees per acre to reseed and repopulate the area. One cord of wood produced 6 bushels of charcoal. It took 80 bushels of charcoal to make one ton of iron. The colliers, who made the charcoal, and woodcutters were entirely dependent on the success of the iron furnace.

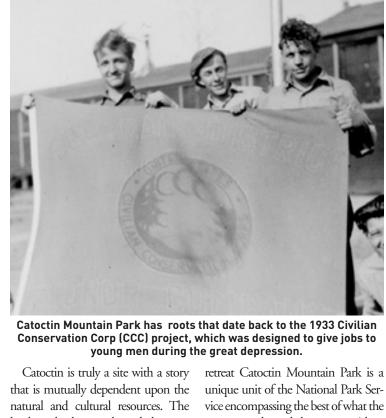
As time marched into the Gilded Age Pittsburg, Pa. became the steel capital of the world. The eventual demise of Catoctin's iron furnace industry was written on the wall. In 1903 the bellows of the furnace finally blew out. One of two furnaces was disassembled and shipped to Pittsburg. The ruins of the other still stand in Cunningham Falls State Park today. The town and surrounding area trudged on as progress passed by. Within a short span the entire nation was mired in economic collapse, while Catoctin Mountain bore the scars of the past.

In the spring of 1933, the newly elected President Franklin Delano Roosevelt, began a series of initiatives dedicated to revitalizing the nation both physically and financially. Sweeping legislation enabled the Civilian Conservation Corp (CCC) and Works Progress Administration (WPA) to employ millions of people across the country instructing them in valuable skills and trades. The Department of the Interior purchased approximately 10,000 acres of land on Catoctin Mountain, and by August 1936 Catoctin Recreational Demonstration Area (RDA) was born.

In the height of the Catoctin RDA program the WPA and CCC employed over 600 men. Young men, both locally and from outside the area, arrived in search for an honest day's work and pay. Unskilled labor developed into skill sets and trades to advance their lives and eventual careers. Working with state foresters, the mountain was replanted and trails blazed. Buildings were erected from stone and timber sourced from local material found on the mountain. Blacksmiths hammered away at a speciality shop in Camp Round Meadow, where interpretive programs are still hosted. Overtime in a second-growth forest a new park was born.

As war emerged half a world away, men from the WPA and CCC had the rigid discipline and varied skill sets to advance the cause of the Allies. The programs were disbanded and many either joined or were drafted into service. As the era of the Catoctin RDA drew to a close the mountain caught the attention of the Office of Strategic Services (OSS). The OSS was the forerunner to today's CIA. Agents and soldiers came to the mountain to train and hone their spycraft skills before deploying to aid the war effort. A weary wartime president seeking solace from the hardship of governance found a retreat initially known as Shangri-La.

Like other recreational demonstration areas, the plan was to rehabilitate sub-marginal land into recreational outlets for neighboring urban areas and return the parks to local or state authorities. Catoctin has a compelling history and had become a home away from home for presidents. As a result, the land was roughly split evenly and half was returned to the State of Maryland becoming Cunningham Falls State Park. The other was retained by the National Park Service and became Catoctin Mountain Park.



land made the people and the people made the land. From humble beginnings to a symbol of an industrial powerhouse, to rejuvenation and

resource and people have to provide.

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REAL SCIENCE

Energy use update

Michael Rosenthal

positive (believe it or not!) **A**consequence of the COVID-19 pandemic is the large decline in global greenhouse gas emissions. The abrupt reductions in flying, driving, and industrial production have led to a reduction of more than a billion tons of carbon dioxide emissions. You will recall that the oxidation of any carbon-containing material results in the production of CO2, carbon dioxide, a primary culprit in climate change.

As good as this is, emissions will rise again as the virus is brought under control, and the challenge will remain to reach the ambitious goals of the 2015 Paris Climate Accord. The current reduced level matches that of 2006. There is a long way to go. One hopes that this event could awaken a more general commitment to reduce greenhouse emissions. However, the disruptions due to the COVID-19 have slowed down a number of the planned energy ini-

Before the full impact of the COVID-19 was felt, 2020 was predicted to be a big year for the increase in the use of renewable power, with a big move to production of energy by wind and solar and strong support from use of natural gas. Texas has been a

major force in the development of new wind and solar generated electricity. However the plan there to build a 2,000-acre solar farm which would generate 400 jobs has been put on hold for at least six months.

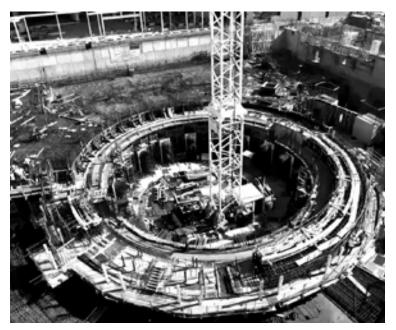
Another project put on hold was a 9 gigawatt offshore wind project led by the New York State Energy and Research and Development Authority, which was set to be completed by 2035. New York and other states are now under Executive Order to pause such projects. Difficulties in proceeding with these major projects include supply chain disruptions in the United States and from

An Energy Report in January however expressed some optimism. In April 2019, wind, solar, hydropower, geothermal, and biomass combined to produce 23% of United States electricity generation, versus 20% for coal. This data reflected the falling cost of renewables, particular of wind and solar. In the report on this topic, coal use, though declining, was still generating more electricity (28%) than renewables (17%) on an annual basis, with natural gas producing 35%. This supports an earlier 2020 report from The United States Department of Energy that 75% of new United States generating capacity would be wind or solar.

You may recall that a source of energy that received scientific interest in the past was fusion, a process in which atoms are fused together, rather than broken apart, to create energy. I have not heard anything about fusion research for some time. A recent report in The Kiplinger Letter states that fusion research is underway again, with substantial support from the United States Department of Energy. If it could be made practical, one gram of fusion fuel could yield up to 90,000 kilowatts of energy! Though many experimental reactors have been built since the 1960s, none has achieved net energy gain. I had no idea that such hope for energy production by fusion was alive.

You may recall that in last month's Real Science we conveyed the 2019 energy report locally. Though we can be proud of the report in general, I feel we should be seeking to reduce or even eliminate the 20.40% of our energy derived from coal and replace it with more environmentally supportive forms of energy production.

Congress has been focusing on more immediate matters than good energy planning, and the federal government has also been worrying more about supporting American petroleum producers who are suffering from reduced energy demand. In my opinion, we should indeed worry about



Thirty-five countries are working together to build the world's first large-scale nuclear fusion reactor—and if successful, their efforts could help humans harness the 'ultimate green energy'.

current mainstays in our economy. However, we should not let this deter us from a well-planned commitment to renewable energy use and protection of the environment. A practical balance must be

Last month in Real Science we had some fun (and we sure can use some!) and talked about fireflies. How about a bit of discussion on skunk stink!

I'm sure you have noticed with the arrival of spring, skunk smell is back. I particularly notice it when I take our dogs outside for their last trip of the day before doggie bedtime. We live next to a wooded area. Over the years I have heard of various remedies for skunk stink, as some call it.

In a December 2019 issue of Chemical and Engineering News, the magazine of the American Chemical Society, it was reported that chemists at the University of Oklahoma have found a chemical technique to fighting skunk stink in the Alaskan soil. It is use of a chemical called pericosine A, a chemical compound found in nature. They found that by experimenting with it, that it could convert smelly chemical sulfur compounds (known as thiols) to odorless ones. The smell in skunk stink is caused by a sulfur containing chemical! This is not a surprise to chemistry students who are hit by the stink the first time they encounter volatile chemical compounds that contain sulfur in the chemistry lab.

Finally, how about one more amusing chemistry story. Are you a fan of comics who remembers Popeye The Sailor Man? And do you remember that he got a performance boost by eating spinach? When I was growing up, spinach was considered a children's health food, and we were strongly encouraged to eat it. Though I like it now, I found it an unpleasant food requirement then, even with Popeye as a hero.

Well, as also reported in Chemical and Engineering News, researchers in Germany have discovered that an extract from spinach boosts athletic performance by enhancing muscle cells! The question now is whether the extract, named ecdysterone, should be banned from athletic diets. Spinach is good stuff for you to eat. It is low calorie and a good source of calcium, iron, magnesium, and potassium. However, to achieve the level consumed by athletes in the study, one would need to eat about 4 kilograms (8.8 pounds) of spinach daily! That's a lot of spinach, even for Popeye!

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



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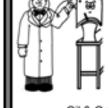
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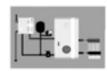


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THE VILLAGE IDIOT

The walk to Liberty Mountain

Jack Deatherage

 \mathbf{I} y youthful conquest of Liberty Mountain occurred in the mid 1960s- long after John Steelman settled in the area in 1718, and long before I picked up a copy of J.A. Hunter & Daniel P. Mannix's book - Tales of the African Frontier. What brought Liberty Mountain to mind was my rereading Hunter's book during the agonizingly unnecessary closing of the public libraries. (Gods! I've even begun reading The Short Novels of Dostoevsky out of lack of library access!) Hunter reintroduced me to the Europeans and Arabs who opened East Africa in the mid to late 1800s. Men and women who generally did not see themselves as out of the ordinary, yet walked into the wilds of a continent mostly unexplored by so-called 'civilized' peoples.

Middle Brother was likely 9 years old when visiting Town Cousin (probably 13 years old), suggested we pack a lunch and stop by 10 year old Neighbor Kid's house to tell his ma we were hiking to the top of Liberty Mountain. I was 11 that early summer when we set out across pastures and woodlots, across ditches and a branch of Flat Run Creek onto Pecher Road, which was still a gravel track. We'd been over the route before in late March or early April. We'd surprised a ski patrolman at the top of the mountain.

"How'd you boys get up here?" Suspicion turning to surprise at our answer.

"We hiked up the backside."

We were bringing food this second hike as we planned to walk the length of the mountain and come down onto PA-116 near the head of Lake Mae and walk along the roads back home. Not the smartest plan we ever conceived given we had to walk a cross-country mile before we made our way up the mountain. But Neighbor Kid had nearly knocked himself senseless the first expedition as he made the mistake of running down the mountain on the return trip and only stopped when he slammed into a tree. Still, we'd no idea following the roads would add about four more miles to the day- and a good quarter mile of that was up Steelman Marker Road which is nearly as steep as some of the backside of Liberty Mountain! Hell, the drive from the lake to home was less than ten minutes! How long could it possibly take afoot?

I can't find a record of John Steelman's remarks upon walking into the area and deciding to settle there. Ewart Grogan, who walked the continent of Africa - from the Cape of Good Hope to Cairo- did leave a record upon reaching the Sobat River in lower Sudan in the winter of 1899.

Grogan, his nearly starved porters collapsing around him, an unlit pipe between his teeth, face swollen with mosquito bites, flushed with a fever, a rifle over one shoulder, the other arm injured and hanging uselessly, asked a British officer, Captain Dunn (out hunting and fishing), "How are you? Had any sport?"

Our exhausted, limping return to the house on Crum Road wasn't nearly as interesting. I think Mom remarked, "You're late. Supper's over."

Mom had been as matter-of-fact when we told her our plans to hike the mountain. "Stay out of trouble. And be home before supper."

Oh the days before cell phones and helicopter parents! Of course Mom had four more kids under foot at home, so losing two to a fall down the mountain, or drowning in a creek, or an angry bull goring and stomping us probably would have been something of a reliefafter the required mourning, for

As I venture deeper into Hunter's tales (which are accounts of actual events) I find missionaries- men and women- walking from Mombasa, Kenya to Kampala, Uganda along Arab slaver trails. More than 400 miles of wild animals, insect inflicted diseases and often-hostile natives! Usually deserted by their native porters, sick with malaria, crossing regions controlled by cannibals, nearly starved to death, they stagger into areas few to no white people had ever seen. Why? To bring the word of their god to peoples as savage as any that had lived in pre-Christian European countries the missionaries hailed from.

Dr. Sir Albert Cook was both a missionary and a medical physician, a rarity when men of science were usually atheistic in the early days of Darwinism. (I suppose that hasn't changed much.) Working with the most primitive equipment, he managed to isolate the virus that caused relapsing fever and determine it was carried by a wood tick. He spent Fridays operating on any and all who needed his surgeon's skills. From sun up until it was too dark to see- he sliced, removed and sewed together in a building with a thatched roof and reed window shutters. And he preached the salvation offered by his Christ to all who would hesitate and listen.

When I reach The Scotch Family McQueen chapter I realize how lacking I am in any physical feature, skill or thought that would have gotten me through a day in the life of a white farmer in the midst of 1896 Nairobi, Kenya when there was no Nairobi. Only Kikuyu tribes, raiding Masai warriors and two determined Scot farmers eking out a life for the six children Mrs. McQueen would eventually birth without the aid of a doctor. The first child was born while the homestead was under a mock attack by a band of Masai warriors, though the McQueens thought the attack was real.

During an interview with the McQueen children, the authors were told by a son, "Mother looks as though a breath of wind would blow her over in this picture."

He went on, "Even when she was an old lady, I've seen her pick up a two hundred pound sack of oats and carry it like a peck measure."

I have to close the book and consider where I am right now. I wouldn't last an hour tossing hay bales from a wagon onto an elevator outside a hay loft. The farmers



Jack has decided he is going to recreate the accounts detailed in a book about crossing Africa with his own armed trek to Liberty Mountain.

I know who do such work without complaint each summer couldn't carry two hundred pound sacks of grain- if they could find sacks large enough to hold that weight today!

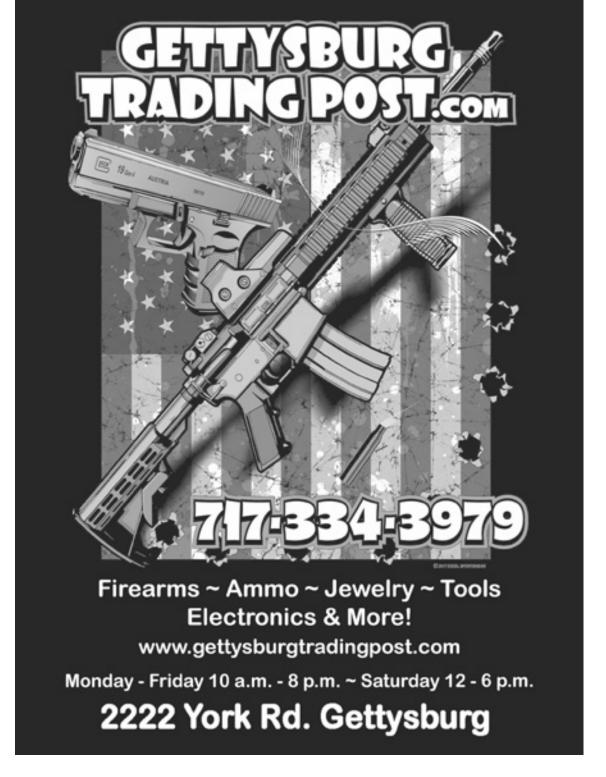
I sit and listen to people (as they "shelter in place") speak fearfully of the deadly Wuhan flu (that leaves over 90% of it's victims recover without serious harm) and consider nearly forgotten people hiking hundreds of miles through hostile country while suffering reoccurring attacks of malaria and worse. I wonder what the likes of

Steelman, Grogan, Cook and the McQueens would think if they were to see us now.

"What has become of the race of Man?" I imagine they'd mutter.

Best I could do would be offer them cushioned chairs and glasses of handcrafted bourbon. Hopefully, the bourbon would impress them enough to forgive our physical weakness and craven behavior.

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





Lets talk about smiles

Jennifer Vanderau **Cumberland Valley Animal Shelter**

Tt's surprising the power they have. In Ifact, there are many, meditative practices that involve the simple smile.

I say simple because my mind thinks of it that way, but when you realize the benefits of the facial expression, it's really anything but.

Ancient philosophers have known the benefits of a smile for centuries. And in more recent years, a study in Psychological Science discovered that smiling lowered the pulse and allowed people to recover much faster after stressful activity.

Traditional Chinese Medicine (from my studies with the really awesome Renee Lehman) tells us that the smile helps and supports the heart and our cardiovascular health. The simple act of a smile can create positive energy throughout your entire body.

I know it may sound strange, but take just a second or two and think of something that really - and I mean, really - makes you smile. A family member child, grandchild, mom, dad, husband, wife. A pet - dog, cat, rabbit, heck, maybe even a goldfish. Your garden out back - maybe a particularly vivid, blooming flower.

A memory of something from the past that was super fun, maybe you almost laughed your head off at a movie or family gathering. Maybe it's a favorite book or a television show. Perhaps a

moment in your life where you were so happy you couldn't help laughing.

Whatever it is, think about it and allow yourself that smile. It doesn't have to be anything big – not overly toothy or anything - just your lips lifting a little, but you can feel it in your eyes. I know you know what I mean. The infamous eye-crinkle that accompanies the truly real smiles.

Hang onto that for just a little bit.

What do you notice? Can you feel yourself relaxing? Did you naturally inhale a little deeply, maybe your shoulders dropped a bit.

I've been missing random smiles recently because of the conditions in which we find ourselves. The masks we wear for our protection (and the protection of others) don't really allow for the sharing of the telltale smile, do they?

I keep doing it, though. I think I may be conditioned by now to smile at people. My mom was a talk-to-randomstrangers kind of person when I was a kid and I must have picked it up from her. I can't tell you how many times my siblings and I would be waiting at the gumball machines in the grocery store while mom chatted away to the cashier. *waves* Hi mom! Miss you!

Well, regardless of whether or not it can be seen, I still smile at people. After all, it helps my own inner energy, so I'm going to keep doing it.

But you know what? I think some people get it. It's probably the eye-crinkle (I know I look for it on others) because people will still say hello or make a comment to me at the store.

Although, taking a lesson from Traditional Chinese Medicine, it might be a recognition that goes even deeper than the eye-crinkle. Since the smile is connected to the heart, I believe the heart often speaks a language that doesn't have a lot to do with words, if you know what I mean.

It has a lot more to do with an innate, energetic knowledge that often can't be explained with words.

Wouldn't it be something if this pandemic actually made us connect and communicate in a brand new, heart-felt way? Certainly something to ponder.

One area where it's particularly tough to not see the smiles is with our adoptions. By now, you had to be wondering how I was going to get this around to animals, weren't you?

One of our Animal Care Technicians at the shelter told me recently that she really missed seeing the smiles on our adopter's faces when they head out the door with their new four-legged friend.

We're still doing adoptions by appointment and it's been going very well. We ask that folks who come in to adopt wear a mask, so everyone can be safe. We need to be stewards of the safety of our staff so we can make sure everyone is healthy to continue to care for the babies in our kennels.

Everyone is incredibly cooperative. In fact, one gentleman was adopting a dog recently and he actually told our staff, out loud, "I know you can't see it right now, but I'm smiling so big under this mask. I'm so excited to bring this guy home."

Maybe that's the key to all of this – if we can't see the smiles, we can still feel them, sense them, know that they're there. Like I said before, it might just usher in a new and different way to communicate and this gentleman was nice enough to tell us what he was doing because he wasn't able to show us.

I say practice every chance you get. Let that smile bloom on your face. I don't care where you are or what you're doing or who can or can't see you.

Maybe even share it with someone you love - maybe the four-legged friend at your side right now.

Jennifer Vanderau is the Director of Communications for the Cumberland Valley Animal Shelter in Chambersburg, Pa., and can be reached at cvascomm@cvaspets.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.





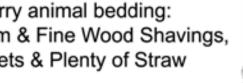
Sassy and Pepper were surrendered to the shelter because their owner passed away and no one could take the two sisters. They are both 14 years old and declawed. Sassy is the tortie girl and Pepper is black with a little bit of white. They're both super sweet girls who don't understand why they're at an animal shelter. It would be really awesome if they could go home together, but it isn't necessary. Can you open your home and heart to these girls?

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



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Before humans die, they write their last Will & Testament, give their home & all they have, to those they leave behind. If, with my paws, I could do the same, this is what I'd ask... To a poor and lonely stray I'd give: My happy home. - My bowl & cozy bed, soft pillows and all my toys. - The lap, which I loved so much. - The hand that stroked my fur & the sweet voice which spoke my name. I'd Will to the sad, scared shelter dog, the place I had in my human's loving heart, of which there seemed no bounds. So, when I die, please do not say, "I will never have a pet again, for the loss and pain is more than I can stand." Instead, go find an unloved dog, one whose life has

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

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

-- Author Unknown.





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Proper foaling protocol

Kimberly Brokaw DVM Walkersville Vet Clinic

The majority of my clients call me out to their farm at least once per year for annual check-ups and vaccines for their horses. However, we have the occasional client who doesn't believe in preventative health care and only calls for emergencies. Even more frustrating is when these emergencies could have been prevented or less costly had the client been seen for an annual exam. At an annual exam, health problems can be noticed before they are severe.

Annual check-ups can inform the owner that the horse has a dental issue before the horse chokes and needs an emergency visit or before the tooth abscesses. Skin tumors can be addressed before they become huge and expensive to treat. Owners can also be educated about nutrition and proper exercise for their horse before the horse develops laminitis. Less common problems are sometimes easily found with a quick exam. Just yesterday I noticed a horse had an irregular heartbeat. The owner will set up an appointment with a cardiologist so they will know if there is a risk of the horse collapsing and felling on the rider. While not all health problems can be prevented by routine check-ups, some can.

One of my clients only calls for emergency care. He usually has a few very serious emergencies every year. He has had horses impale themselves on the t-post fencing and die. I have been out there for numerous laceration repairs, laminitis, and colic emergencies. This time he was calling about his horse named Peaches. Peaches got her name because when the owner first bought her, he turned her out in a field with a peach tree and she ate so many peaches that she got sick and coliced. I treated her successfully for the colic. I saw her the following year for a deep cut, which I was able to stitch up.

This year, I was called for a foaling emergency. The owner had decided to breed Peaches. He had a friend with a stallion so he took her to him



When done properly, foaling is a great experience. When not, the victims are the mare and the foal.

to get in foal. After that Peaches was brought home. No pre-natal visits, vaccines, keeping Peaches off fescue grass at the end of the pregnancy, or reading about caring for a pregnant mare were done by the owner. After a foal is born, there is a very specific timeline of what should happen in what time. For example, the placenta should be delivered within 2-3 hour of foaling.

The foal should be standing up within 1 hour of birth and nursing from the mare within 2 hours of birth. Most healthy foals nurse about every 30 minutes. The foal should pass the first meconium manure within 3 hours of birth. Many owners realize that they will be exhausted and sleep deprived after a foal is born. A written list of the timeline milestones is helpful. The owner writes down the time of birth and then fills in each box with the time that the milestone was completed. Peaches' owner didn't know the proper timeline.

I was called because Peaches had failed to pass her placenta after 6 hours. It was while I was talking with the owner on the phone that I realized that Peaches was also kicking at her foal and not allowing him to nurse. When I arrived at the farm I found Peaches and foal in a stall that was way too small to be used as a foaling stall and was also dirty and full of several days worth of manure. So while the retained placenta was easy to fix, I informed the owner that he had a lot more serious problems and I was concerned that the foal was going to die.

Not only was the foal born in a filthy environment, the umbilicus had not been dipped in antiseptic, and the mare had not allowed the foal to drink colostrum (the first milk that contains protective antibodies). Luckily Peaches is a very nice mare and after a little sedation and coaxing, she allowed the foal to nurse. However, Peaches had been out on fescue grass and was not producing enough milk to properly nourish the baby. I gave the owner all the information about sepsis. dehydration, and death. I told him this foal's best chance at survival was going to the Leesburg horse hospital for intensive care. As the foal was bright and alert, the owner declined to go. The owner also declined the medication that counters fescue toxicity and helps the mare produce milk. He did agree to go get powdered foal milk to mix and bottle feed the baby.

I treated the baby on the farm and gave synthetic colostrum. I called back a few hours later to check and see how bottle-feeding was going. The owner said that Peaches was allowing the baby to nurse and everything was going well so he decided not bottle-feeding. The next day Peaches' foal was dead. The owner was very upset and didn't understand what went wrong. He told me he thought I was exaggerating the severity of the situation because wild horses have babies all

A message from the Mutts

Tf you watched the latest dog **▲**show, you know that a wiry fox terrier won Best in Show. They said he was the best dog in the country. Dog experts said he won because his shoulder/hip ratio was perfect. His ears flipped over the right amount. His tail curled up just so. The dog had a perfect gait, he never broke his stride. The experts talked about his "heart" and his desire to win.

We mutts ask how hard is it to have heart when you've always been fed? When you've never been hit? When you have always been treated like pampered royalty?

We mutts have shoulders that aren't the correct ration, but they will always be there if you need a shoulder to cry on.

Our ears aren't perfect but they will be there to listen through the good times and the bad.

Our tails go every which way, but we guarantee they will be wagging whenever you come home.

We mutts don't even know what a perfect walk is, but we will follow you anywhere.

We don't desire trophies or ribbons. Our only desire is to find a loving, safe, forever

As for heart, we mutts think having heart means being brave enough to trust again, even though some of us haven't been treated well.

We think having heart means not judging all people from the actions of a few.

We think having heart means waking up each day with optimism and hope that today is the day we will find our forever home. That today is the day a family will see us and fall in love with us. That today we will find a family that wants unconditional love.

If you want to see a "Best in Show" or the "best dog in the country" you don't have o

go to a dog show. Look nor further than the kennels at CVAS.

We mutts think that the best dog in the country is the dog that you love who loves you back with everything he has.

The best dog in the country is the dog who is a cherished member of a family.

—By Julie Lambert, CVAS volunteer

the time and don't need any human assistance.

While good preventative care can't prevent all illnesses, it can help. Properly preparing your horse and providing vaccines, dewormings, and other routine care can help keep your horse healthy for years. If you decide to breed your mare, preventive care becomes even more important. Sometimes, an ounce of prevention is truly worth a pound of cure!

To read other articles by Kimberly Brokaw visit the Authors section of emmitsburg.net.



Mystique was born here at the shelter on April 14th and is now old enough to find a home to call her own. Mystique's mother is Mantis, with whom she is still housed. She did have two brothers but they have found their forever home already. Mystique is a sweet guinea pig who loves to run. Do you have a place for her?

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



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THE MASTER GARDENER

Summer pests in the garden

Mary Ann Ryan **Adams County Master Gardner** Coordinator

What is your plant suffering from and how should you take care of it? Here are some common problems facing our gardens throughout the summer months.

Aphids are seen on most plants, from herbaceous to hardwoods, and various times of the year. These little guys can really be pesky! Colors of green, black and red, these soft bodied insects will suck the juices right out of a plant! The good news is they are relatively easy to control. Spraying a hard stream of water will knock them down. Most oils and soaps will do the job too. Keep an eye out for these insects as well as the beneficial insects. Lady beetles are great feeders for the aphid, both the larval stage and the adult stage of the lady beetle. Get to know what they look like so if you see a larvae lady beetle, you'll know that the aphids are already being taken care of!

Blossom end rot on tomatoes and peppers is a common problem and often thought of as a dis-

ease. Samples of this come into the office on a regular basis beginning at the end of June. The symptoms of this problem look like a leathery black end on the tomato. On peppers, it's often found on the side of the fruit. It's particularly exacerbating to find this problem because you typically don't see it until you are ready to harvest. The tops of the fruit look ripe and delicious, then, bam! the bottoms are black.

This problem is not a disease, virus, or insect problem, but rather a nutritional issue. Calcium is a nutrient provided by the soil. For the fruit, calcium helps the cell walls in the fruit to form. It moves through the plant by water. In the soil, it becomes even less accessible to the plant if the soil pH is less than 5.8. When the plant is young, it uses less calcium. As the fruit begins to grow, more calcium is needed for the fruit to develop into a ripe tomato. Since the calcium is moved by water, and the fruit of a tomato or pepper plant becomes mature during the heat of the summer, more water is needed to allow more calcium to be available to the fruit. Hence, if you are not watering regularly during dryer times, blossom end rot occurs.

So what should you do? With the understanding of why tomatoes and peppers get blossom end rot, the solution is simple. Watering regularly during time of fruit development-approximately one inch per week - will help assure a healthy tomato or pepper. If the problem occurs, your best solution is to pick the fruit that is affected and begin watering regularly.

Powdery mildew is a disease often found on lilacs, bee balm, and garden phlox as well as other ornamentals. This disease begins to grow when temperatures are between 60 and 80 degrees and under high humidity. Typically, powdery mildew is not fatal to a plant, but it can cause deformity, yellowing of the leaves as well as early leaf drop. Good air circulation is critical in controlling or deterring the disease from developing. Planting where the plants are not against a wall or fence, and not crowded by other plants will help in the control of this disease. As leaves drop, good sanitation becomes very important for control of additional spore dispersal. Pick up the leaves and discard. Reduce as much as you can of the infected leaves and stems to help control the problem. If additional control is warranted, fungicides can be used as soon as the mildew is detected. Following the label on the fungicide for appropriate use and frequency will help control the problem.

Spider mite damage typically shows up in the heat of the summer. Did you ever see dwarf Alberta spruces suddenly turn brown about this time of year? Needles drop, and the plant appears to be dying. These symptoms point to the spruce spider mite. Even though the evidence of the mite appears in the summer, the actual feeding happens in the spring and fall in cooler temperatures. Activity occurs when the daytime temperatures are between 60 -70 degrees. The Spruce spider mite not only feeds on the Dwarf Alberta Spruce, but also can be found on hemlocks, other spruce, arborvitae,



Many insects are beneficial, like this carpenter bee that is moving pollen from plant to plant.

deadly trouble-maker? Unfortunately, by the time you see the damage of this pest in the summer, it's too late to do much about it. When the temperatures start to rise above 80 degrees, they become inactive and the populations begin to decline due to predatory activity. When temperatures reach 90 degrees, adults will lay eggs and go into dormancy.

Since the feeding activity happens in the cooler temperatures of the spring and fall, that would be the best time for control. Spraying with an insecticidal soap or oil spray will help control this little pest. Good coverage is important when using these pesticides, but be sure to read the label for temperature needs of the pesticide and how to mix it. Also note that if you are having trouble with the spider mite on blue spruce, spraying with oil or soaps will take away the blue coloration, so not recommended for those types of plants.

By the end of July through August, we see a lot of tulip tree samples come in. Typical symptoms are blackening leaves, sticky substance on leaves and

WELCOME BACK

Cub Cadet

dripping onto cars, sidewalks and driveways. Upon closer inspection, clients may see bumps on the stems of the tree.

The blackening on the leaves is sooty mold, which grows as a result of the secretions of the increasing number of scale insects which feeds on the tree. The insect may lead to quick decline of the tree. The insect sucks plant fluid from the tree, and the sooty mold reduces leaf surface, thus reducing photosynthesis, an important process for plant growth

Control for this insect is best done in the early spring using a dormant oil spray. This will control the overwintering nymphs, thus reducing the amount of insects that will feed in late summer. However, control can be done with the oil in mid-August through mid-September. This will control the newly emerged crawlers that would have hatched from the adults. Once the insect enters the adult stage, they become more difficult to control due to the shield, or scale, it develops. When using pes-







THE MASTER GARDENER

ticides, be sure to read the label for

July is often the time when folks start to see the spruce trees with conelike growths. These are spruce galls. There are two kinds that you could see on your spruce tree: the Cooley spruce gall and Eastern spruce gall. Both have very specific life cycles, but are managed very similarly.

The Cooley Spruce Gall pest requires both the spruce and the Douglas fir as hosts. To complete this very complicated life cycle, the insect can begin on the spruce, but must have a Douglas fir to fly to complete the five stages. They feed on the new buds, lay eggs, the a very long life cycle of traveling to the Douglas fir and back, many stages take place, continuing for two years. The bottom line is the galls will often destroy the shape of the spruce, since it's the terminal buds that are affected. On the Douglas fir, the symptoms are not as evident. Yellow spots on the needles, which in heavy infestation can change the overall coloration of the tree, are the symptoms. Typically, you'll see these galls on the Colorado Blue Spruce, but can also be found on all spruce.

The Eastern spruce gall is not as complicated. Typically found on the Norway spruce, but it can be seen on white or red spruce as well. This gall looks similar; however, it does not need a host plant to complete its life cycle, and only takes one year to complete its life cycle.

For both of these galls, the same control is recommended. Cutting the galls off when they are green will control the problem. If the trees are too large, or there are too many galls to cut, using imidicloprid in the fall of the year will help control the pest. Horticultural oil is also a recommended control, however, not on blue spruce or any other spruce that have a coloration.

Understanding pests: their life cycles and what they feed on, will help in your choice of controls and when that control should be applied. So be sure to have the problem identified correctly and make your decision from the facts. Gardening is full of challenges and rewards. Take the time and learn more about all aspects of the garden and enjoy. Whenever using pesticides, be sure to read the label.

To read other gardening articles, visit the Gardening section of Emmits-



Small Town Gardener

June - A month for ferns

Marianne Willburn

There are very few plants that make you look like a great gardener as well as a healthy stand of ferns. Ironically, this has little to do with the resident gardener and everything to do with proper placement, but if you don't know that when you visit my garden, I'm not going to bring it up.

Certainly a similar case could be made for hosta - but as the genus is fairly common (no matter how uncommon the cultivar), and they can adapt to awkward garden situations better than most ferns, they don't tend to spark as much interest with visitors. Many is the time I have tried to draw the gaze of friends to gorgeous hostas such as 'War Paint' or 'Praying Hands' only to realize that they are too mesmerized by the ostrich fern backdrop to pay attention. Deer have the same issue, only in reverse – ferns are rarely nibbled.

I spend a lot of time looking at my ferns in mid-June specifically to avoid looking at other parts of my garden. The color flush of early woodland perennials and spring bulbs is over; the tropicals are re-installed but yet to shift into high gear; the vegetable garden seems to be producing cages and stakes, not vegetables; and my garden ornaments need a mature garden to soften and absorb them.

Yet most ferns are fully unfurled and sporting fresh, youthful foliage. This is their moment – before the true heat, before the drought we will no doubt endure; before, in short, the summer. They are lush, add texture, block out weeds, and impart a gentle coolness and primeval atmosphere to the shadier parts of the garden.

Are ferns just for shade? To answer that question you must consider your definition of 'shade,' for there are many levels and it's fairly probable that you have one of them even if you consider your garden sunny. If you've got four walls to your house, you've got a north wall and a place to site a few ferns.

It's true that you don't want to

plant a fern in twelve hours of scorching sun, but there are many such as autumn fern (Dryopteris erythrosora) that will live in full morning sun and some afternoon heat as long as moisture is adequate and soil is rich. Experiment.

Are ferns just for moist areas? Not necessarily. Some, such as Japanese beech fern (Cyrtomium falcatum) can cope with average to drier soils just as long as Mid-Atlantic precipitation does what it's supposed to do each summer.

Do they all need rich soil? Ferns do their best in fat, humusy soil that is rich in organic matter, but sometimes you don't want them to do their best. It has been several years since I took a few thuggish ostrich ferns out of a friend's garden to start my own. To this day he will look at my [now] 6,528 plants and ask me snarkily if I'd like to come back to his garden and pull more. A leaner soil can be a life saver.

I grow many species of ferns and have killed many more, but for those who don't feel the need to push any boundaries or who don't yet have a fern addiction, let's focus on just a few easy and readily available ones to add a new texture to your garden this year.

Ostrich fern (Matteuccia struthiopteris) - A beautiful native thug that epitomizes the jurassic experience at 36-48" tall. Dies to the ground with a hard freeze but leaves brown fertile fronds to remind you where to start digging them up next spring. When happy they grow thickly. When really happy they grow everywhere.

Autumn fern (Dryopteris erythrosora) - A stunning evergreen fern whose new spring fronds are a little later to emerge, but do so in two foot tones of burnt orange. Later in the season they'll morph to green and stay beautifully intact through Thanksgiving, Christmas and beyond.

Sensitive fern (Onoclea sensibilis) -One of my favorite native ferns due to the unusual dissected structure of the fronds. Sensitive fern will never grow

as quickly as ostrich fern, but don't get lackadaisical and take your eyes off them. Very sensitive to frost but they'll leave you with sterile beaded fronds for December craft projects.

Cinnamon fern (Osmunda cinnamomeum.) Unlike many ferns, cinnamon ferns send up gorgeous cotton-wrapped cinnamon-colored fertile fronds before the sterile green fronds completely emerge. This tall, regal fern native to Missouri is so photo worthy there are probably Instagram groups dedicated to it. If not, there should be.

Japanese painted fern (Athyrium nipponicum 'Pictum') I'm including this one because so many people I know love it. I don't happen to be one of them, but I do grow it and ironically, very well. Low growing purple and silver fronds seem outerworldly, which is particularly difficult if you're trying to successfully pair them with something on this planet. I prefer the wispier, taller hybrid 'Ghost.'

Try to gain a bit of familiarity with the botanical names of the ferns you love. This is one group of plants where a common name often refers to more than one plant, depending on region. When you've grown the above and started to feel confident - here are a few more of my favorites: Arachnoides standishii, Arachnoides simplicior 'Variegata,' Athyrium felix-femina 'Lady in Red' and 'Victoriae,' Polystichum polyblepharum and the not-a-fern-but-sure-looks-likeone Selanginella braunii. If you're a fern lover already, I'm going to bet I've left out your favorite - but you'll have to blame my editor as I'm abusing word count limits as it is.

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

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WATER REPORT

2019 Thurmont Annual Drinking Water Quality Report

The Town of Thurmont is pleased to present this year's Annual Drinking Water Quality Report, for the Thurmont Water System, PWSID #010-0023. This report is designed to inform you about the quality and sources of the Town's drinking water. Our goal is to provide a safe and dependable supply of drinking water. We work continually to improve our treatment process and to protect our water resources. The drinking water provided by the Town of Thurmont during the past calendar year met all of the Environmental Protection Agency and the State of Maryland health standards for drinking water contaminants.

Our drinking water source is ground water consisting of five wells, 3, 4, 9, 7 and 8, with three treatment facilities. Wells 3, 4 & 9 are treated at the same plant. Wells 3, 4 & 9 are in the Frederick Limestone aquifer and Wells 7 and 8 are in the Gettysburg Shale aquifer. The Maryland Department of the Environment (MDE) has categorized through testing, that Well 3 is ground water under the influence of surface water and it is treated the same as a surface water source. MDE has completed source water assessments on the vulnerability of all State water sources to contamination. For more information on specific assessments you may call the MDE Source Water Protection Division at 410-537-3714.

The Town of Thurmont routinely monitors for contaminants in our drinking water in accordance with federal and state laws. Not all contaminants are tested annually. The table below shows results of contaminants that were detected for the previous year January 1, 2019 to December 31, 2019, unless otherwise noted. As water travels over land or underground it can pick up contaminants such as microbes, inorganic and organic chemicals along with radioactive substances. All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-comprised persons such as those with cancer, undergoing chemotherapy, who have undergone organ transplants, have HIV/AIDS or other immune system disorders, some elderly and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at 1-800-426-4791.

Definitions of Abbreviations and Terms used in this report:

MCLG Maximum Contaminant Level Goal, the level of a contaminant in drinking water below which there is no known or expected health risk. MCLG's allow for a margin of safety. These goals represent a target level for a contaminant that is not necessarily achievable with standard treatment.

MCL Maximum Contaminant Level, the highest level of a contaminant that is allowed in drinking water based on present regulations as set by the EPA to protect the public health. MCL's are set as close to the MCLG's as feasible, based on the best treatment technology currently available.

TT Treatment Technique

NTU Nephelometric Turbidity Unit, a unit of measure for the cloudiness or turbidity of drinking water.

PPM Parts per Million or milligrams per liter or one ounce in 7,350 gallons of water.

PPB Parts per Billion or micrograms per liter or one

ounce in 7,350,000 gallons of water.

pCi/L Picocuries Per Liter, A measure of radioactivity in water.

NA Not Applicable ND Not Detected

MRDL Maximum Residual Disinfectant Level
MRDLG Maximum Residual Disinfectant Level Goal

Action Level, The Concentration of a contaminant which if exceeded, triggers treatment or other requirements which a water system must follow.

Information about lead in Drinking Water: If present, elevated levels of lead can cause serious health problems. Infants and young children are typically more vulnerable to lead in drinking water than the general population. It is possible that lead levels at your home may be higher than at other homes in the community as a result of materials used in your homes

Inorganic Contaminants	Collection Date	Highest Level Detected	Range of Levels Detected	MCLG	MCL	Units	Violation	Likely Source of Contamination		
Nitrate (measured as Nitrogen)	2019	3	2.3 – 3.4	10	10	ppm	N	Runoff from fertilizer use; Leaching from septic tanks, sewage; erosion of natural deposits.		
Radioactive Contaminants	Collection Date	Highest Level Detected	Range of Levels Detected	MCLG	MCL	Units	Violation	Likely Source of Contamination		
Combined Radium 226/228	8/26/2015	0.3	0.3 - 0.3	0	5	pci/L	N	Erosion of natural deposits.		
Gross alpha excluding radon and uranium	2019	4.6	4.6 – 4.6	0	15	pci/L	N	Erosion of natural deposits.		
Volatile Organic Contaminants	Collection Date	Highest Level Detected	Range of Levels Detected	MCLG	MCL	Units	Violation	Likely Source of Contamination		
Trichloroethylene	2019	1	0 – 0.7	0	5	ppb	N	Discharge from metal degreasing sites and other factories.		
Turbidity	Limit (Treatment Technique)	Level Detected	Violation	Likely Source of Contamination						
Highest single measurement	5 NTU	.26 NTU	N	Soil runoff.						
Lowest monthly % meeting limit	1.0 NTU	100%	N	Soil runoff.						

NOTE: Turbidity is a measurement of the cloudiness of the water caused by suspended particles. We monitor it because it is a good indicator of water quality and the effectiveness of our filtration.

Disinfectants and Disinfection By-products	Collection Date	Highest Level Detected	Range of Levels Detected	MCLG	MCL	Units	Violation	Likely Source of Contamination
Chlorine	2019	1.1	1 – 1.1	MRDLG = 4	MRDL = 4	ppm	N	Water additive used to control microbes.
Haloacetic Acids (HAA5)	2019	ND	0	No goal for the total	60	ppb	N	By-product of drinking water disinfection
Total Trihalomethanes (TTHM)	2019	4	2.5 – 5.5	No goal for the total	80	ppb	N	By-product of drinking water disinfection

NOTE: Not all sample results may have been used for calculating the highest level detected because some results may be part of an evaluation to determine where compliance sampling should occur in the future.

Lead and Copper	Date Sampled	MCLG	Action Level (AL)	90th Percentile	#Sites Over AL	Units	Violation	Likely Source of Contamination
Copper	8/31/2018	1.3	1.3	0.32	0	ppm	N	Erosion of natural deposits; Leaching from wood preservatives; Corrosion of household plumbing systems.
Lead	8/31/2018	0	15	4	0	ppb	N	Corrosion of household plumbing systems; Erosion of natural deposits.

plumbing. If you are concerned about elevated lead levels in your homes water, you may wish to have your water tested and flush your tap for thirty seconds to two minutes before using tap water. Additional information is available from the Safe Drinking Water Hotline 1-800-426-4791. We at the Town of Thurmont Water Department work around the clock to provide quality water to our residents. With water being our most precious of resources, we ask you to not only conserve water but to help us in protecting our water sources for future generations. If you have any questions regarding this report please contact Harold Lawson at 301-271-7313. Town meetings are held on Tuesdays at 7 p.m. at the Town Office, 615 E. Main Street.



COMMUNITY NOTES

Longevity with investing

Ryan Fox

One of my best buddies from my Shippensburg days in the early 1990s is Joe. Joe works with numbers as an actuary. Actuaries tell companies what probabilities are in terms of statistics.

The principles of statistics, as Joe once explained, spin off into nearly all decisions we make, or rather, should spin off into the decisions we make. Especially when it comes to investing and lifespan.

When looking at retirement income needs, I've often hear a healthy 65-year-old say that they need to plan for 20 years. But according to the Social Security Administration, a healthy 65-year-old woman has a 20 percent chance of living past age 95, and a 6 percent chance of living past 100. When we plan with couples for longevity, the probabilities that one person lives a long life rises even higher.

The chances of living to be 95 or 100 might seem slim, but it must be

part of the planning process for the hypothetical 65-year-old mentioned earlier, and their spouse if married or coupled up. We really should not try to model all scenarios down to the penny because the scenarios vary. But a couple of thoughts rise to the top.

First, keep some degree to stock market allocation in a portfolio. The percentage isn't boilerplate, but needs customized based on age, pensions, debt, and other financial goals. The stock market is among the strongest strategies to keep up with or outpace the hidden tax of inflation that erodes our purchasing power.

Second, consider delaying retirement a few years in order to sock away more savings. That extra \$10,000 invested at 64 or 65 will be worth significantly more at age 95.

Third, consider delaying Social Security in some way so that the benefit accrues for a few extra years.

With any discussion of retirement planning, there has to be a mix of personalization, as no two people see retirement in the same light. Also, their lives will play out differently. Any planning needs to address the immediate goals of what might be "help me retire," the intermediate-term goal of funding ongoing expenses, and the long-term goal of not outliving one's money or leaving a legacy to the next generation.

While the actuarial quantitative side needs to be focused on very clearly, the realistic side or qualitative side should be considered as well, so that retirement can be done while you are still able to enjoy the fruits of your labor.

Ryan Fox is partner/owner in Huston-Fox Financial Advisory Services, a fee-only fiduciary advisory firm, in Gettysburg and Hanover. 717 398-2040 or Ryan@hustonfox.com.

Golden years

Jim McCarron, CSA, Chairman, Carroll Co. Commission on Aging & Disabilities

Last issue's column seems like it was awritten ages ago. Yet in two short months our world has been turned upside down. When I wrote the column last, winter was giving way to spring, Cherry blossoms & Redbuds covered our main streets. It was a cause to celebrate.....or was it. Last time I wrote, the COVID -19 pandemic was just emerging. There, for sure, was much talk about what was to come. Much speculation on how to "stay safe" but I do not think any of use could have imagined what was to follow.

During these past two months we Americans have witnessed and been part of and subject to the most far reaching government controls this country has ever witnessed. Arguably, we had no choice but to comply. It was the right choice. I for one praise our local, state, and national officials for their quick & decisive action. Their action and our cooperation saved lives and continue to do so. Gov. Hogan, last night (5/14) announced Phase One for the plan to Reopen Maryland. The battle against the dreaded pandemic is not over. We must continue to listen to the "experts" and not only to our own wants and desires. If we do, we may soon awaken from this nightmare. The impact of this pandemic will be felt for years to come.

All of use know or have experienced hardships because of CoVID-19. I have said before, we are fortunate to live in Taneytown, in Carroll. Truly this recent experience has brought out the best in many. I addition to staying "personally" safe we must continue to remember and reach out to those impacted the most. Remember those who have lost

loved ones during this time and have been unable to properly mourn those in their passing. Those of us who have been excluded from our places of worship and fellowship and other community gatherings, the many organizations who have had to cancel much needed fund-raising events, carnivals, suppers, festivals and alike.

The many who have lost their jobs or been laid off and who face an uncertain future. Remember too, the business owners, and the farmers, who provide those jobs and feed us, especially small business, which is the backbone of our very economy. Think of those who are retired or planning to retire, who watched their 401K plans and portfolios shrink overnight. Yes, we all have been impacted. Yes, we all will suffer in our own way, but we are fortunate to live in a caring community were help maybe right next door, or just down the street. We are in this together and together we will emerge stronger and

better as we Americans always do!

The Commission on Aging and disabilities met virtually yesterday, and it was great to get everyone together. It is good to know that us "Golden Agers" are not forgotten during this mess. Our community has been responsive to those in need, especially our age group and the disabled. Although the county's Senior Centers have been closed, the Westminster location has been put to good use as an additional cold weather shelter (in March) and as a day center (since April 1st). County Commissioner (and member) Ed Rothstein brough us up to date on county activities. Human Services Director, Celine Steckel focused on the many action that war part of the county's "battle plan". The Shipley Arena has been chosen as a CoVID-19 drive through test site. Additional funding was given to provide at home delivery of meals to the elderly and disabled. During the discussion time, commission members related stories of "neighbor helping neighbor" from all over the county. One thing that was certain, if you are in need, if you are feeling isolated or alone, all you have to do is reach out, and help ins on the way.

In two months, when I write again, maybe the worst of this will all be behind us, In the meantime, stay safe, and help one another! Let me know how I may help. Feel free to call me at 410-804-4898.





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- 3. Please limit your party size to 1 person attending.
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HEALTH NOTES

Stroke and heart attack: know the symptoms

Heidi Winkler Frederick Health

uring the COVID-19 crisis, hospital workers across the country have noticed an increase of people ignoring life-threatening symptoms and avoiding medical treatment at the hospital for fear of being exposed to the virus. If you're at risk for serious medical conditions like heart attack or stroke, it's important to know the signs and go to the hospital immediately if you are experiencing symptoms. Every second counts when it comes to preventing permanent damage or death from a heart attack or stroke-don't ever delay treatment.

The first step to taking care of your health is recognizing alarming symptoms and seeking the appropriate treatment as quickly as possible.

You might be having a heart attack if you experience symptoms such as:

 Pressure, fullness, squeezing pain in the center of your chest, spreading to the neck, shoulder, or jaw

- Chest discomfort with lightheadedness, fainting, sweating, nausea, or shortness of breath
- Pressure or discomfort in the upper abdomen
- Back pain
- Unusual fatigue and/or shortness of breath
- Dizziness
- Nausea

Women should be aware that while their symptoms are just as serious, they may present themselves much more subtly. If you're a woman, be aware that the following symptoms may also indicate a heart attack:

- Chest discomfort, often described as pressure rather than acute pain in women
- Discomfort in one or both arms, back, jaw, or stomach
- Shortness of breath, with or without chest discomfort
- Cold sweats, nausea, or lightheadedness

When these symptoms begin, they can be mild or come and go. Over

time, symptoms and pain become more intense. Remember to stay alert, pay attention to your symptoms, know your risks, and don't delay calling 911. Frederick Health's advanced team can provide the immediate services you need to get honest answers and superior care.

According to the Centers for Disease Control and Prevention, someone in the U.S. has a stroke every 40 seconds, and someone dies of a stroke every 4 minutes. However, approximately 80 percent of strokes are preventable. Especially if you're at risk for a stroke—such as if you're 55 or older, have a family history, or if you've previously had a stroke—it's important to act FAST:

- Face Drooping Is one side of your face drooping or numb?
- Arm Weakness Is one arm weak or numb, or when you raise your arms does one arm drift downward?
- Speech Difficulty Is your speech impaired or slurred?
- Time to Call for Help If you

or someone around you has any of these symptoms, call 911 immediately. Tell the dispatcher that it may be a stroke so doctors are ready to respond. Time is of the essence—delaying treatment can cause symptoms to become more severe or even lead to death.

In addition to remembering the FAST acronym, there are other symptoms to pay attention to: sud-

den confusion, trouble speaking, or trouble understanding speech, sudden numbness or weakness of face, arm, or leg, especially on only one side of the body;, sudden severe headache, sudden vision loss or trouble seeing, sudden trouble walking, dizziness, loss of balance or loss of coordination

Frederick Health Hospital is a designated Primary Stroke Center by the Maryland Institute of Emergency Medical Service Systems (MIEMSS), and its doctors and nurses are ready 24/7 to quickly diagnose and treat strokes.

When in doubt, always contact your doctor if something doesn't feel right. It's better to be safe and sure. Even in the face of the COVID-19 pandemic, our healthcare team is prepared to give you the same high-quality care and attention that you've come to expect from Frederick Health.

For more info, visit frederickhealth.org.

Thank You.



At Frederick Health, our mission is to positively impact the well-being of every individual in our community.

Every day, and especially during this pandemic, our dedicated team of clinical professionals, support staff, community providers, emergency responders, and so many others continues this mission on the front lines and in the face of uncertainty.

We are eternally grateful to the many heroes who walk through our doors each day, ready to care for those in need. Thank you to our heroes!



COVID-19 update

As we go to press on May 31, the Frederick County Health Department is reporting that 1880 residents have tested positive for COVID-19, 107 people have died, and 874 people have been released from isolation.

In Adams County there are 222 confirmed cases of COVID-19, and 6 deaths related to it.

Track visus cases by zip code

Frederick County has unveiled a new online dashboard that allows the public to track local COVID-19 statistics. The dashboard includes charts and data about testing, cases, and hospitalizations, which will be updated daily. Statistics on nursing homes will be updated each week.

"We want to be transparent and provide the public with a reliable source of information," Executive Gardner said. "County staff created an easy-to-use page so people can keep track of Frederick County data in real time. The dashboard can be viewed at www.FrederickCountyMD.gov/COVIDstats.

To track COVID cases in Adams County visit www. www.health.pa.gov.

The summer without carnivals

Whether you seek culture, community, or comfort food, these amazing festivals prove that small towns everywhere know how to throw big celebrations. With quirky traditions you wouldn't find anywhere else, local culinary specialties, and parades down Main Street, community festivals bring out the best in small towns and make one-of-a-kind experiences for visitors.

For the past twelve years, our lead story in the May edition has always the announcement the year's carnival season kicking off with the Mother Seton School Carnival, but this year, with the COVID-19 restrictions in place, annual carnivals are falling by the wayside.

Mother Seton School, whose carnival usually runs the third week of May, was the first to fall victim to the restriction limiting gatherings to 10 or less individuals. This is the first time in 38 years that the school-run carnival has been canceled

Within days of the cancellation of the carnival at Mother Seton School, came word that the Vigilant Hose Company's 'Spring Fling', originally scheduled for May 16, was postponed until September 5 and rechristened the 'Fall Bash.'

Unlike other communities where the Volunteer Fire Companies run the carnivals, in Emmitsburg it's Mother Seton School. The Vigilant Hose Company had for years been known for putting on the best carnival in the county, but surrendered that mantel when they self-lessly donated their carnival grounds—which were located behind the post office— to the Emmitsburg Little League to provide land for the kids in the town to play ball.

The Thurmont Ambulance Co. carnival, which usually takes place the 1st week of June, was cancelled when the state imposed its restriction of number of people allowed to gather in one area.

The Taneytown Volunteer Fire Company (VFC) held out as long as they could before pulling the plug on their Carnival this year, which usually takes place the second week of June. Like the Mother Seton School's carnival, the Taneytown VFC's carnival fell victim to the restrictions caused by the pandemic limiting the

number of people who could gather. While the limit has increased to 50, the company realized that 50 people just didn't make a carnival. "This is the first time in memory, that the carnival has been canceled" noted one member, who recalled going to it when he was a kid and it took place on the east side of town, opposite Crouse Ford.

The Harney VFC which, unlike other local carnivals, does not depend upon a outside ride provide, nevertheless opted to canceled their carnival for the same 50-person restriction on gatherings. Like Taneytown's, which normally takes place the same week, the cancellation of Harney's carnival is the first cancellation in the memory of its members. The carnival has roots dating back to the early 1900s when it was just a community picnic, and predates the building of the present fire company building back in 1958.

The Walkersville VFC carnival, which follows on the heels of Harney's, holds the prize spot taking place over the 4th of July holidays. In the past, their 4th of July fireworks display were the must see event of the county, however the event was reluctantly canceled out of concern for the safety and health of their patrons as well as their volunteer workers.

The Thurmont and Rocky Ridge Fire Companies, whose events take place in mid-July and mid-August respectfully, have yet to decide on whether or not the carnivals will take place. Penny Stonesifer, of the Rocky Ridge Fire Company, summed up the predicament facing those trying to balance the risk/benefit equation: "I do know that if we can't [put on the carnival], that will be a hard pill to swallow for our company, but as always we put the safety and wellbeing of our members and the community first. Our carnival does bring in large gatherings. I would assume that it would depend on how the Governor's phases pan out and it may be too soon to tell at this point."

While the future of group size gathering restrictions weigh heavily on minds of members of the Thurmont VFC, they are also faced with the ability to line-up ride and food vendors who, up until now, have been locked down as 'non-es-

sential' services. Rocky Ridge on the other hand, which has been running their no-frills family friendly carnival since 1957, stands the best chance of pulling off their carnival since, like Harney, they don't rely upon outside food vendors or ride providers. After all, who needs a mechanical rides when you are home to the word famous 'Big Slide'.

The Great South Mountain Fair, which has always closed out the fair season, is canceled this year, much to

the disappointment of the many 4-H'ers who use the fair to show off their prize cows, sheep, chickens, goats, and pigs, not to mention the collection of artisans, gardeners and farmers who dream of that blue ribbon for the best needlepoint, flower display, or sweetest apple.

This would have been the fair's 98th year, having only canceled twice in all that time; the first was during the polio epidemic of 1941. It was assumed the fair would resume the next year, but World War II intervened and it was not until 1948 that the exposition was able to continue.

Last, but not least, as we got to press, the Emmitsburg-Thurmont Community Show, the principle venue for local 4-H'ers to show off their skills, currently scheduled for September, is still on.

The cancellations have hit all sponsoring organizations. While the carnivals have always been a great way to bring together the community, they also serve as critical fundraisers opportunities. These organizations will use the proceeds to continue their work throughout the community. In fact, volunteer fire companies around the country are heavily dependent on fundraising as a means to supplement the often surprisingly low return on donation solicitation campaigns.



Requirements for social distancing, restrictions on the number of people who can gather in one spot, and concerns about the health of carnival goers has resulted in almost all this year's local carnivals being canceled.

In conjunction with the ever-popular bingos, raffles, wing and shrimp feeds held throughout the entire year, the most heavily attended and generally most successful fire company-sponsored events are the 'firemen's carnivals.'

Events like firemen's carnivals provide an important portion of the sponsoring for the fire department's annual budget. The proceeds from the carnivals ultimately go right back into the community through the services given by the companies.

Len Bowers of the Harney Fire Company, said their carnival is the largest fundraiser of the year and that the proceeds are used to buy needed equipment for the fire department. Bowers noted that this year's cancellation could not have come at a worst time, as the company will be accepting a new engine – with a \$745,000 price tag—in June. Len groaned when he thought of the money that the company would have made form this year's carnival; money that would have been put towards payment of the new engine.

[To help make up for some of the lost revenue, on June 27th the Harney Volunteer Fire Company will be selling pit ham and pit turkey sandwiches. You can pre-order on-line at HarneyFire11.org. Please support them so they can continue to serve the community when called on.]

According to Vaughn Zimmerman of the Walkersville Volunteer Fire Company, the profits from their Carnival also are used to purchase apparatuses and equipment. "It now takes about six carnivals to buy a new fire engine pumper. This saves Frederick County from purchasing apparatus for us, saving the taxpayers money," said Zimmerman.

Local fire companies also benefit from the sense of community that is cultivated while working toward the same goal, which is providing funding for equipment to ensure that the volunteer firefighters can respond safely and adequately to emergency situations. Many of our local fire companies can attest to the sense of togetherness seen among volunteers and community members while organizing these events. Each year, the volunteers look forward to the challenges of putting on a carnival and are willing to donate their talents and efforts to make it a successful event.

But to rural localities, firemen's carnivals do more than just raise funds; they serve as a social gathering place for community members of all ages. According to Jerry Free of the Rocky Ridge Fire Company, firemen's carnivals: "bring people from all over together for a time of fellowship, in an old-fashioned way." It is an opportunity to remind people why rural life is so much better than life in the city.

The Spring Fling is now the Fall Bash!



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Current Spring Fling ticket holders will be contacted by the Fire Co. for ticket exchange

HISTORY

Gateway to the Mountains

George Wireman Originally published in 1969

Chapter 12: Our Lady of Mt. Carmel Church

With the disfranchisement of $oldsymbol{\mathsf{V}}$ the Catholics in 1692 and the removal of the seat of government from St. Mary's to Annapolis, many Catholics began to migrate. Some went West; to Kentucky; but one group pushed into the interior of their own state to the Catoctin spur of the Blue Ridge Mountains, calling the area St. Mary's Mount. The leader of this group was William Elder, who moved hither from St. Mary's County about 1728. With the advent of Elder, grandfather of William Elder, later Archbishop of Cincinnati, began the history of Catholicism in this area.

Elder is reported to have settled first at Zentz's Mill, about three miles south of Mount St. Mary's College, and there probably the first Mass in this neighborhood was celebrated by some itinerant missionary. Later, after the death of his first wife, Elder settled on a farm near Clairvaux, where he built a more permanent home with a "house chapel" attached which stood until 1862. This spot where the house altar once stood is marked by a simple stone surmounted by a cross bearing this inscription: "Here was erected

by William Elder, the first altar to the Living God in what is known as Mt. St. Mary's, Emmitsburg and Mechanicstown congregations about the year 1745." This stone was erected 103 years after his death. Another witness to this fact is a boatmen's shell, which is part of the Mount St. Mary's collection of antiquities, and bears these words: "Used in calling the faithful to Mass at the home of William Elder

In 1794, Fr. John Dubois, founder of Mount St. Mary's College, was appointed to the Frederick area by Bishop John Carroll. He had under his charge settlements in Emmitsburg and Hagerstown, Montgomery and Washington Counties, and Martinsburg and Winchester. Indeed, Frs. Dubois and Baldin were the only two priests covering the area from Baltimore to St. Louis. We know that Fr. Dubois visited Emmitsburg once a month and celebrated Mass alternately at the village and at the base of the mountain. There were probably visits from Fr. Matthew Ryan who was said to be the first to have celebrated Mass in Emmitsburg. Perhaps also the famous Russian prince, Fr. Demetrius Gallitzin, residing at Taneytown for an interval, attended the people of the neighborhood. With the foundation of the College in 1808, Catholics in the neighborhood were probably much better off than others in the state with the exception

of those in Baltimore itself.

In 1819, a young man named John Brien was summoned from Ireland to supervise the Catoctin Iron Works. His son, Robert Coleman Brien, married a Catholic, Elizabeth Tiernen, who undertook in 1840 to construct a church at Catoctin. Her death terminated the work on the building, which since has been neglected, and today, in ivy covered dilapidation, lends an antique splendor to Auburn, the old McPherson estate. Subsequently, plans were drawn up for building a church at Mount St. Mary's for the communities of Mechanicstown and Emmitsburg.

In March 1828, Fr. Simon Brute, Dubois' associate at Mount St. Mary's, writing of the future of the Mount, suggested that as it grew the priests of the College might take care of the charges at Emmitsburg, Mount St. Mary's, Mechanicstown and Catoctin. Early Catholic directories indicate that the priests of the College carried on all the pastoral duties of the neighborhood during the first fifty years of the 19th. century.

Letters extant in the Mount St. Mary's College archives between Fr. William McCloskey, a member of the College faculty and Bishop of Louisville, indicate that as early as 1856, Fr. McCloskey was attempting to purchase land in Thurmont for the erection of a church.

In a letter of January 28, 1857, Fr. McCloskey comments about the difficulty arising out of an offer of a certain Fr. Need to give a spot on "a lot of some twenty acres lying near, perhaps within, the limits of the town." However, he later discovered that there would be difficulty in getting a clear title to the land because the spot on which he wished to locate the church was disputed. Although Fr. McCloskey felt the Need title was clear, because he was acting for the Archbishop, he felt that it must be recorded. In a map drawn in this letter he indicated that the land was on the road leading out of Thurmont toward Graceham and Creagerstown. The section in dispute cut across the church property at a point where Fr. McCloskey intended to build his church. It was so shaped that it barred the church property from the road.

Evidently between February



20, 1857 and March 12, 1857, Fr. McCloskey must have decided against the risk of securing the original site. On the latter date he writes Hoffman calling attention to a clipping from the Frederick Citizen of March 6, 1857, to the effect that a purchase had been made for the Church and says "They have made us pay high for it, but as the site is desirable, if the title is good, I do not regret the price." He again requests Hoffman to examine the records so that there will be no later problems. His description of the purchased land follows: "The lot lies on the road leading from the Furnace, thro' Mechanicstown, on the way to the College, and adjoins the Methodist Church. I sup-pose there will be no difficulty in ascertaining whatever check may be necessary to know about its size, as you can see about an acre and a half."

In a letter of April 8, 1857, Fr. McCloskey indicated that the property had been bought from a Mr. Walter and his wife Mary R. Walter and suggests that the deed be done in duplicate and that the money will be forthcoming whenever necessary.

By August 31, 1857, the Church of Our Lady of Mt. Carmel was under construction. The stone used in this beautiful little church was quarried from the Catoctin Mountains.

Two interesting items from the Catholic Mirror of September 5, 1857 and July 9, 1859, record the ceremonies of the cornerstone laving and the dedication of the Church. Because of their historic importance, the account of these ceremonies is presented here just as they appeared in the Catholic Mirror:

"The cornerstone of the church of Our Lady of Mount Carmel, at Mechanicstown five miles from Mount St. Mary's College, was blessed according to ritual of the Church on Sunday last, the 30th of August. The Rev. Dr. McCaffrey, President of Mount St. Mary's College, officiated on the occasion, assisted by the Vice President and other Rev. Professors of the College. The Public School House of Mechanicstown was kindly placed for the occasion at the disposal of the Rev. gentlemen, and about four o'clock P.M., the President wearing the alb, stole, and cope, preceded by the other clergymen, and a procession, partly of the students of the College and partly of the Seminarians advanced from the school house to the site of the Church, in a lot of an acre and a quarter purchased for the purpose and presenting the very best position in the town.

"A concourse of at least a thousand persons assembled from all the

neighborhood villages and from the farm houses and dwellings that dot the mountains side or lie scattered in the valleys that wind among its hills, witnessed with marked attention and respect the imposing ceremonies, the ecclesiastical procession, the lighted tapers and the sacred symbol of redemption borne publicly before the Priests and Levites to the spot marked for the future offering of the Holy Sacrifice of the New Law.

"After the blessing of the cornerstone, Dr. McCaffrey addressed the assembly, the largest ever known in Mechanicstown, for over an hour and a half, on the subject of the Holy Sacrifice of the Mass, proving its divine origin, its existence in the Christian Church from the beginning, its absolute necessity to fulfill the prophecies and figures of the Old Testament, its sanction in the New, and the absurdity of holding that to be a true church and a divine religion, which has no altar, no priest, no victim in a word, no divinely instituted sacrifice.

"The respectful attention paid by all to his eloquent argument, and the kindly feeling manifested by hundreds of Protestants, speak well for the audience and the neighborhood. The handsome collection taken up on the occasion is a further proof of their liberality. The good people of Mechanicstown will long remember the blessing of the cornerstone of the Church of Our Lady of Mt. Carmel, and may fondly look forward to the still happier day of its dedication."

It might be well to point out here that even before the completion of the Church, Fr. McCloskey began the mission by offering the Holy Sacrifice on November 16, 1856, at the house of John Wilhide, where on Christmas Day, 1856, he said Mass twice, at six and nine o'clock.

On Easter Sunday, previous to the corner-stone ceremony, Mass had been said at the house of Stanislaus Walters near Graceham. There were about 120 Catholics in the area at this time.

Fr. George Flaut, a native of Adams County and a member of the Mount St. Mary's faculty, is credited with having built the altar for the church. Fr. Flaut had been a carpenter in the employ of the College, had become a priest there, and assisted in the area. Fr. McCloskey called him the "saint of the mountain" and he was for twelve years in charge of the congregation about the College and like St. Paul a model for his flock.

There is a record also that about 1840 John Brien, a Catholic owner of the Catoctin Iron Works, built a stone edifice there which still stands in ruins. He designed it for a church,





HISTORY

tions - York Township 3rd ward

for many years and is in the Penn-

sylvania A Voter Hall of Fame for

50 years of voting. She was a vol-

unteer at SpiriTrust Lutheran,

The Village at Sprenkle Drive

since 1997. She spent her time in

the sewing room, making origi-

nal aprons for the residents in the

skill care center. She embroidered

the aprons with designs that

would draw the attention of the

residents who suffered with Alz-

heimer's. She also volunteered at

Hershey Park and at the annual

Kelly Christmas Bazaar.

but it never reached dedication or was Mass said in it as Brien died before carrying out the project. There were ten Catholic families at Catoctin at the time and about twenty-five in 1863. By 1908 only two such families remained in the Furnace locality.

Until 1881 Our Lady of Mt. Carmel was attended by the priests from the College. The first resident pastor was Fr. John Conway, a widower who had been in the tea and coffee business near the Belair Market. After the death of his wife, he studied for the priesthood and was ordained in 1879. After his appointment as pastor of Mechanicstown, he lived at the southern end of the community, a distance of half-a-mile from the church, as there was no rectory. Tradition has it that his niece served as his housekeeper and that she was a bad cook. Fr. Conway remained at the parish from 1881 until 1886.

He was succeeded by Fr. Eugene S. Gwynne, 1886-1889, who lived in the same quarters until he eventually transferred his residence to Libertytown and Our Lady of Mt. Carmel became a mission station of that charge. Fr. Gwynne died on September 18, 1826.

Fr. William H. Reaney, 1889-1891, succeeded Fr. Gwynne as pastor. It might be well to point out that after leaving Thurmont in 1891, Fr. Reaney became one of the best known and best loved priests in the nation. His father had been a high-ranking naval officer who was later placed in charge of the nation's lighthouses. After his pastorate at Libertytown, he became one of the first two Navy chaplains. He attained wide attention by standing up against the famous prize fighter, Tom Sharkey, in an exhibition bout put on by the enlisted Navy personnel. He remained a Navy chaplain until his death.

Fr. Reaney was succeeded by Fr. Thomas J. Monteverde from 1893-1894 and was followed by Fr. John P. White, who had been a member of the Mill Hill Missionary Fathers founded by Cardinal Vaughan, and he was succeed by Fr. Don Luigi Sartori.

In 1900 Our Lady of Mt. Carmel was attended from St. Anthony's Shrine parish near Mount St. Mary's College with Fr. John B. Manley serving from 1900 to 1903, Fr. Thomas Lyons from 1903 to 1905 and Fr. George Tragesser from 1905 to 1918. On December 28, 1918, Fr.

Wayne Ott

ayne Eugene Ott of Thurmont,, born April 28, 1941, in Lander, Maryland, to Cadwell and Virginia (Lapole) Ott, died peacefully, Tuesday, May 12. He is survived by his wife of 58 years Judy; his children Adie Harbaugh of Fairfield, Tim (Fay) Ott of Laurel, and Jason (Dani) Ott of Gettysburg. He is also survived by his brother Richard Ott of Gettysburg, and sister-in-law, Teresa Ringer of Walkersville.

Wayne graduated from Frederick High School in 1959, where he was a drummer in the marching band. He continued beating out rhythms with silverware at the table for every meal. He spent most of his life working in the road construction industry operating heavy equipment. After more than 30 years of service with the F.O. Day Company, he retired as Superintendent in 2006.

Bowling, archery, tennis, golf, baseball, woodworking, and fishing were activities he enjoyed in his earlier days but his greatest pastime, in addition to family gatherings and attending children's/grandchildren's

Thomas Wheeler was appointed pastor. During Fr. Wheeler's pastorate the rectory was purchased in 1920. He was succeeded as pastor by Fr. William Neligan who remained here In 1929 Fr. Joseph L. Curran

became pastor and under him the 75th anniversary of the founding was celebrated on May 15, 1932. More than 3,000 persons attended the jubilee mass which was celebrated on the parish lawn by Rt. Rev. Msgr. Bernard J. Bradley, president of Mount St. Mary's with Bishop John M. McNamara, auxiliary Bishop of Baltimore, presiding.

In preparation for the jubilee, the frescos in the church were restored and other improvements made. The funds being in the main supplied by the clerical members of the Mount St. Mary's faculty in keeping with the precedent associated with the founding of the parish.

school and sports activities, was riding his Harley and hunting, especially on his annual trips to Montana. More recently, he enjoyed breakfast at Bollinger's with his buddies, and was proud to be mowing his lawn with the biggest mower he could buy even if he occasionally ran it into

Wayne's family is extremely grateful for all the kind actions and comradery of his many friends and acquaintances over the years, too numerous to mention here. They are also indebted to the emergency medical technicians of the Thurmont Community Ambulance Service, his many physicians and specialists for the competent, compassionate, and professional care he received. As a result of the COVID-19 pandemic, services will be private.

In lieu of flowers the family would rather you do something for a neighbor or help someone in need. Wayne's care has been entrusted to Black's Funeral Home of Thurmont, online condolences at blacksfuneralhomes.com.

1933, and served the church until 1937. Further improvements were made to the parish during Fr. Read's pastorate. A vestibule with stone from the original quarry was built and the grounds improved by a stone wall along the front on Church Street. Fr. Read was also instrumental in securing rights for the ground now used as a parking area from the Western Maryland Railway Company.

Fr. Edward Roach became pastor in 1937 and remained in charge until 1942. In 1940, Fr. Roach added stained glass windows. The windows depict the various phases of the life of Our Lord from His boyhood in the carpenter shop to His agony in the garden. The window over the main altar portrays Our Lady of Mt. Carmel with the Christ Child on her lap. In the choir loft at the rear of the church the windows represents St. Cecilia, patroness of music. Fr. Roach also had the ceiling beams refinished Fr. Walter Read became pastor in in natural wood color and new light- new roof was added to the sacristy,

Mildred C. McNair



acobus - Mildred C. (Glass) McNair, 90, died May 2 at Cross Keys Village. She was the wife of the late Harry T. McNair. The couple had observed their 55th wedding anniversary on September 26, 2003 before Harry's passing in November 2003. They were married in 1948 in Emmitsburg.

Mrs. McNair was born August 29, 1929 in Emmitsburg. She was the daughter of the late Paul C. and Estelle (Davis) Glass. She was a member of St. Matthew Lutheran Church, the Sunday School Class #5, past President of W of ELCA, Half-Century Fellowship, Altar Committee, St. Matthew Historian, American Association

of Retired Persons: Chapter 24 and the York Christian Women's Club. She was an employee of William Bernstein & Sons, Danskin and Boscov's.

She served as Judge of Elec-

Mrs. McNair is survived by daughter, Susan (McNair) Crimmel and husband, James; two grandsons, Joshua J. Crimmel and Brian T. Crimmel and wife, Cindy; two great granddaughters, Harper and Shiloh Crimmel; two brothers, David M. and Eric E. Glass of Emmitsburg, and numerous nieces and nephews. She is preceded in death by two brothers John P. and Glenn R. Glass and two sisters, Linnis Dag-

A Graveside Service will be held at a later date. Memorial contributions can be sent to St. Matthew Lutheran Church, 839 W. Market Street, York, PA 17401 or SpiriTrust Lutheran, The Village at Sprenkle Drive, 1801 Folkemer Circle, York, PA 17404. Condolences can be sent on Heffnercare.com.

nin of Santa Ana, CA and 'Boots'

MacKinzie of Taneytown.

and the whole exterior of the Church was repainted.

In 1961, Fr. Hart was succeeded by Fr. Edward Echle, who became pastor in November of that year. Under the able leadership of Fr. Echle, the Church has grown considerably and today boasts a membership of 590. Sunday masses have also been increased in number to accommodate the large membership. At present there are four masses each Sunday which speaks well of Fr. Echle and his congregation. He is well liked in the community and his sincere and friendly manner has won for him the respect and admiration which he so

ing fixtures of Gothic design installed. Fr. James C. Murphy succeeded Fr. Roach as pastor in 1942 and remained until 1943, at which time Fr. Roger Wooden became pastorate. During his pastorate which was concluded in 1949, Fr. Wooden made many improvements to the sacristy, the vestibule and the church grounds.

Fr. John McShane became pastor in March of 1949 and remained until June 1950.

Fr. McShane was followed by Fr. Vincent Tomalski, under whose direction the edifice was pointed and waterproofed. Fr. John Hart, began his duties in Thurmont in 1954. Under his direction the interior of the Church was completely renovated, a

Chapter 13 next month

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TANEYTOWN HISTORY

The life & times of Rogers Birnie

The Taneytown native who set the standards for modern-day ordnance

David Buie

Rogers Birnie was born on April 15, 1851, at Glenburn Farm just outside Taneytown. He was the son of Rogers Birnie, who ran a boarding school there, and grandson of Clotworthy Birnie, an Irish immigrant who settled in the Taneytown area with his family in 1810.

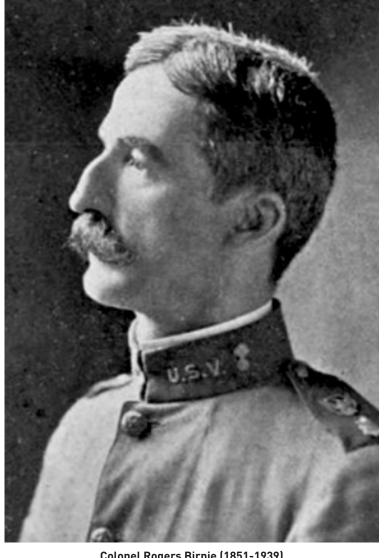
After receiving a basic education at his father's school, Birnie entered West Point, graduating first in his class in June 1872. Commissioned as a lieutenant in the infantry, Birnie spent several years at Fort Douglas, Utah. He then served five years as a leader of exploratory field parties operating in seven western states for the Geographic Surveys West of the 100th Meridian. In 1878 he became an ordnance officer, and in 1879 was assigned to the Springfield Armory in Massachusetts.

Following his eighteen months in Springfield, he took a ninemonth leave of absence to visit four European countries and study factories producing ordnance material. For the next six years, he was assigned as the assistant to the Constructor of Ordnance at the West Point Foundry in Cold Springs, New York. While there he made his first major contributions to ordnance in the area of built-up gun construction. It should be noted that built-up gun construction applies to heavy artillery with a specifically-enforced barrel. Before Rogers Birnie's contributions, nothing had been done in the United States. Built-up gun construction then became the norm for guns mounted aboard twentieth-century battleships, rail guns, coastal artillery, and siege guns during WWII.

In 1886, Birnie was advanced to the rank of captain after fourteen years of service and assigned as Assistant to the Chief of Ordnance, a post he would hold for a dozen years. Here he spent most of his time drafting studies that would support the Ordnance Department's request for ordnance construction monies. He was instrumental, for example, in persuading Congress to pass the Fortification Bill of 1888, which led to the upgrade of seacoast fortifications in this

A further result of this legislation was the construction of the nation's first modern gun-making plant at the Watervliet Arsenal, New York. In 1891, Birnie's book, "Gun Making in the United States" was published. During the Spanish American War, Birnie, then still a captain, was appointed lieutenant colonel of volunteers. From July 1898 until April of the following year, he served successfully as Chief Operations Officer for the 7th Corps, then with the Army of the Cuban Occupation, and finally as Chief of Ordnance with the Division of Cuba in Havana. In April 1899, he reverted to his regular army grade of captain.

While he was serving in Cuba, Congress authorized Birnie's transfer to the Corps of Engineers with a promotion; he declined to accept because the precedent would not be beneficial to the Army. He was detailed to Springfield Armory for several months, following which he was appointed to the Ordnance Board and the Board of Testing Rifled Cannon at Sandy Hook Proving Ground. After fifteen years in the grade of captain and nearly thirty years in the army, Birnie was promoted to major in 1901, lieutenant colonel in 1906, and colonel in 1907. From January 1908 until October 1912, he was commandant of Sandy Springs Proving Grounds. Called to Washington D.C. in September 1912, just before the end of his tour at Sandy Hook, he was directed to assume the duties of acting Chief of Ordnance. For the remaining months of his army career, Colonel Birnie was a mem-



Colonel Rogers Birnie (1851-1939)

ber of ordnance boards concerned with material, testing, and fortifications. He retired on April 5, 1915, at the age of 64 after 43 years of military service.

For some years after his retirement, Colonel Birnie was a consulting engineer and, for several years, a senior partner in a firm of consulting engineers.

In 1935 the Army Ordnance Association awarded its Medal of Merit to Colonel Birnie with the following citation: "For engineering skill and invention in the development of modern armament. The Army Ordnance Association acclaims Colonel Birnie as a leader in the field of modern gun construction and as a technical officer of exceptionally distinguished service to the Ordnance cause. In 1887, he presented a thesis before the Military Service Institution on Gun Making in the United States which marked the beginning of a new era of metallurgical development in gun construction and modernized the entire theory and practice of gun design and manufacture."

Many prominent military leaders attempted to promote him to the rank of general, but existing laws did not permit the Secretary of War to do so. General Leonard Wood, the Army Chief of Staff, stated that "the science of gun construction owes Colonel Birnie a lasting debt of gratitude. His rules and formulas are known by gun makers throughout the world."

For many years Colonel Rogers Birnie was considered one of the top ordnance experts in the United States Army. He died September 26, 1939, and is buried in the United States Military Academy's Cemetery at West Point. Today he is considered one of Taneytown's most outstanding native sons.

David Buie is a Taneytown resident who has a passion for Carroll County and its place in history.

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100 YEARS AGO THIS MONTH

June 4

Fire In Garage

Fire which threaten for a time to destroy the Hotel Slagle in Emmitsburg broke out Tuesday morning in the garage in the rear of the hotel. Only a few cars were stored in the garage and three of these were pushed out of the building soon after the fire started. Two cars, one belonging to Mrs. Slagle, were burned. The fire started in a large automobile, which was evidently placed in the garage while overheated. The gasoline tank of this car exploded during the fire. The Emmitsburg volunteer fireman succeeded in preventing the spread of the flames to the hotel and nearby residences.

Dr. Stone Dies After Operation

Dr. Daniel Stone, age 44, for 20 years one of the leading physicians of Emmitsburg, died at Frederick City Hospital after an operation for appendicitis. Following the initial operation he rallied for a few days when complication set in and a second operation was performed, from which the doctors saw little chance of recovery.

Dr. Stone graduated from the University of Maryland in 1900, and upon graduation took up his practice in Emmitsburg, where he built a large practice. He was a member of the Reformed Church, and the Masons. During the war he enlisted in the Army Medical Corp, being assigned to Camp Green North Carolina. Interment will be in the Emmitsburg's Mountain View Cemetery.

June 11

Dog Owners Slow To **Take Out Licenses**

At the close of business yesterday afternoon fewer dog licenses have been issued at the County Treasurer's office that it any corresponding time since the law requiring dog licenses had been enacted. But 37 licenses have been taken out with receipts of \$49. Emmitsburg has not recorded any request for licenses at all this year.

When questioned why, one Former-Former Boozer Association dog owner stated that he saw no reason to

to put a collar around his neck? He's always at my side. If anyone needs a collar it's my useless wife and her stupid cats ... all they do is lay around the house sleeping and eating. My dog at least earns his vittles by protecting my still from no good revenuers when I'm not around, and unlike my useless wife, he doesn't snore like a bull moose in heat when he sleeps."

No Clues Left By **Thurmont Robbers**

At an earlier hour on Thursday morning thieves robbed the stores of George Stockdale, and Grayson Shaffer, in Thurmont. The Sheriff made an investigation of both properties and while the robbers left no clues as to their identity the officers feel that the guilty parties will be cap-

Entrance was gained to Shaffer's store, located on West Main St. near the Square by prying open a shutter and forcing a rear window after having made an unsuccessful attempt to force the side door. The safe, which was unlocked, was opened and its contents of papers scattered. Finding no money the visitors help themselves to a brand new suit of clothes, valued at \$55, several pairs of new shoes, nearly a dozen coats and other articles of clothing. They then made their escape. Entrance to the Stockdale store, which is next to the Western Maryland Railroad depot, which gained by breaking the glass on the front door. The guests helped themselves to candy, cake, cheese and cigars but did not tamper with either the cash drawer or the safe. It is believed that the same parties entered both stores.

June 18

Storm Brings Relief From Hot Wave

A little shower that did nothing more in some parts of Adams County then to sprinkle the streets and give the fields a much needed soaking turned into a storm of great strength as a crossed into Maryland on Sunday. In Emmitsburg hail of considerable size fell, damaging the wheat crop to considerable extent while jagged lightning flashed at frequent intervals and thunder boom continuously. The gale and blew over many structures that were not fastened firmly to the foundation.

Considerable damage was caused by the heavy storm and accompanying hail. Trees and telephone poles were blown over. A number of poles and wires fell across the tracks of the Emmitsburg Railroad causing a suspension of traffic. A silo and a carriage shed on the farm of Isaac Annan were unroofed.

Considerable damage was done at St. Joseph's College. Between 75 and 100 trees, many of great proportions, were blown over and uprooted. About 200 others were partially stripped of their foliage and damage. Many of the trees were twisted off about halfway from the ground, indicating a cycle like force overhead. Fencing was blown down and out buildings were shaken from their foundations and in places carry 25 feet by the force of the wind. For a while the town was in darkness and telephone communications cut off.

Cooler weather and a relief from the heat wave that has gripped the area during the last few days followed the storm. At noon Monday the mercury registered 84°, which is quite a contrast with a 96 registered on Sunday. Monday morning the thermometer registered 61, or eight less than at 6 o'clock Sunday morning. The hot weather returned Tuesday morning, but as there was plenty of moisture in the air, the area has experienced plenty of thunderstorms since then, bring relief from that heat. Saturday night was the hottest this year, the thermometer dropping no lower than 69°. Those residing in towns found comfortable sleeping difficult.

Officials Place **Ban On Swimming**

Adams County medical authorities are endeavoring to prevent an outbreak of a Typhoid Fever epidemic, or any other disease equally as dangerous, by prohibiting persons from swimming in Marsh Creek near the Fairfield water company pumping station. For many years it has been a custom of young boys of the town to go to the old swimming hole near the pumping station. "How are the people of the town to drink water after several scores of men and have been

tion asked by a health official. On the other hand it is perfectly permissible for anyone to swim at natural dam if they should so choose.

June 25

Cyclone Hits Fairfield

For a few minutes on Thursday afternoon residence of the usually peaceful village of Fairfield thought that they were living on the plains of Kansas when a miniature cyclone swept

through the valley, uprooting trees, breaking telephone lines, upsetting silos, destroying barns, and damaging houses. In the words of one of the older residents "it was the worst storm I've ever saw in this neck of the woods."

The violent windstorm sprung up in an incredibly short time and swiped across the fields in the southeasterly direction. The farmhouse of Charles Landis was damaged by having one side blown in. Part of the roof of the Mickley house also got a ride and landed on the dwelling of Solomon Alliston. The two chimneys of the Fairfield Hotel were knocked off the foundations and the front part of the hostelry was damaged when one of the biggest trees on the street became uprooted and fell against the framework. Planks measuring 15-feet in length where carried clear across the tops of telephone poles.

Not content with doing damage within the borough limits the storm then took it's fury out on the silos of John Hartman and Andrew Slonaker. The house of John Mussleman was then uproofed and clothing and shoes were scattered in all directions. One shoe was blown about 600 feet; its mate was lost in the shuffle.

Residents of Fairfield were dazed by the velocity of the storm, which resembled the kind experienced in the west. Practically everyone sought shelter before the storm was at its height and then in a comparatively short time



emerged into the open to marvel at the scene of destruction confronting them.

Knocked Down By 2,200 Volts

On Tuesday a piece of one of the cross arms on the electric light pole at the corner of Carroll and Main Street in Thurmont pulled out of place. Mayer Roszer, William Stoner, and William Foreman went to make repairs. As Foreman reach the cross arm on the pole, he caught hold of one of the metal brace rods which was charged with 2,200 volts. He was held fast, but after some difficulty pulled himself away from the pole and drop to the concrete payment below, a distance of about 15 feet. When picked up it was found he had broken a bone in his right arm just above the wrist. A burn spot on the left hand showed where he had touched the wire. It is reported that he is able to be about, although he is very sore and stiff.

Emmitsburg Chronicle resumes publication

The Emmitsburg Chronicle has resume publication after some changes in management which include William Shugars as general manager, and Walter Wickert as

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





MOM'S TIME OUT

The new normal

Mary Angel

This is the new normal—or, should I say, this is my new normal. Actually, I can't say either. Although every time our lives have been normal, through the years, something changes. That being said, I am certainly tired of hearing "the new normal". So what is our new normal? Truly I am apprehensive to discuss this. Every day I see posts on Facebook where people state their opinions and are torn to pieces. I have been sad, frustrated, and disturbed. I guess I will jump in with both feet and also ask for everyone's grace and kindness. Our new normal ranges from boring to frustrating to joyful.

The boring probably goes without saying, but I have never let that stop me (just ask my husband during a pandemic). There are some days when we all just want to do something...anything. This is not to say that there isn't

school work to do, bills to pay, laundry and dishes to wash, and so on. There are just some days when the thought of any of those tasks can drive me to day drink. Admittedly, I haven't tried day drinking yet but I have seen a lot of cartoons implying that is worth looking into. Nearly every other day someone I live with walks up to me with sad little puppy dog eyes and asks, "Can we please just go for a ride and get lost". I am grateful that gas prices are still so low since one of our only entertainment options out of the house is going for a long drive. Some days nothing can ward off the boredom. Some days I can only reply with, "Go for a walk". Every day isn't boring. We have been doing crafts, playing games, gardening, learning how to Zoom, and a lot of baking (and gaining weight). Just like many other families, we have discovered how many pieces we are missing from every puzzle in the house.

On the days when he kids are constantly bickering with one another are probably the most frustrating for me. I know for them this can be even more overwhelming than it is for my husband and me. For my youngest who already struggles with anxiety this can bring her to tears on a bad day. My daughter who is a sophomore in high school goes back and forth between loving being able to sleep in, to hating the fact that she only gets to see her friends on a screen. My boys are both in college and jockeying for use of our already crappy internet. There is nothing more frustrating to a college student than watching one video you made for health class take 4 days to upload, except being the brother who has to take an online test during those same four days. For my husband it is the stress of being furloughed and wondering if he will have a job to go back to while also trying to figure out how to pay all of the bills on unemployment. The numbers of things that can frustrate someone during this time are astronomical. We have found that we need to keep the lines of communication open, take some drives just the two of us, try to always count our blessings, and pray.

I have saved the best for last...those things/activities/moments that bring us joy. Sometimes finding the joy is as simple as putting a spin on the frustrating. During this crazy time we will experience four milestone birthdays in our house, 13, 16, 21, and 50. An introverted 12 year old who has finally made friends and was looking extremely forward to having a 'real' 13th birthday party and is now on lock



down can be pretty depressing. However, we have asked everyone and anyone to send her a birthday card or note to help her celebrate. Two of her friends have arranged with me to surprise her with something left on our porch and we are going to decorate after she goes to bed so it is a gargantuan deal when she wakes up on her birthday. In years past, she has been disappointed when one or more of her siblings had to work on her birthday, well not this year. Now, these would be sad circumstances are being turned on their head and we are trying to make the day super special. Sometimes the joy comes while playing a hysterical game of Jackbox TV, or going for one of those long drives with my children just talking and talking. Other times, it comes when the kids announce they are going to eat dinner in the basement because my husband and I need a 'date". My husband and I tell the kids often that the joy is in everything as long as you look for it. We are on lock down, but we get to spend time together that we wouldn't otherwise have had. My husband is furloughed,

but we have unemployment and a bunch of half used gift cards that will be much more appreciated now.

The world we are all living in right now is scary and overwhelming and undesirable. The bottom line is that it is still the world we are living in and although some people feel we should open everything back up and some people thing it is too soon we all still have to live together. When I see all of these signs that say "#inthistogether", or some other form of the same thing, I believe it is true. Arguing with someone because you are on opposite sides of this issue will solve nothing. If we all do our best to follow simple rules and care more about the wellbeing of our friends, family, and neighbors, then we may come out of this on the other side a more caring, compassionate, and stronger community. One final plug as the mom of essential workers...Be kind, they don't make the rules, they are just trying to do what is best for

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







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COOKING

Summer magic

Rheta Thola **Hollabaugh Brothers**

Tune brings us the official start of summer. Summer seems to have a different meaning depending on your age and stage of life. I almost feel that 'summer magic' experience decreases dramatically with age. Children, particularly those who are school-age, long for the start of summer, but as we age, the magic lessens, and we just lump the season in with all of the other seasons and make the 'adult' decision to grow-up and carry on with life.

Find time this summer to remember some of your best summers in years gone by and find space to grieve that this summer will be different. It is ok to grieve what is lost, even if it seems trivial. If you dreamt of spending each day carefree at the pool this year and now are faced with the uncertainty that your local pool will even be open, that is a real grief. Don't minimize the sadness from what you lost. Stare it square in the face. Have an ugly cry, or maybe 3, and then find that summer magic again and do something that you can do and have joy. Sure, a sprinkler in your backyard doesn't sound as fun, but the human spirit can have fun and find the silver lining in any situation if you choose it!

Experience the change this summer, but don't like it take your magic away! Grab your family (or your group of friends) and get creative. This summer choose to grieve what you have lost, and them embrace joy. But this summer especially, let's fight to keep hold of that 'summer magic.'

Corn, Avocado, Tomato Salad

Ingredients

2 cups cooked corn, fresh or frozen 1-2 avocados, cut into 1/2-inch

1 pint cherry or grape tomatoes,

1/2 cup finely diced red onion

Dressing

2 tablespoons olive oil 1/2 teaspoon grated lime zest 1 tablespoon fresh lime juice 1/4 cup chopped cilantro 1/4 teaspoon salt 1/4 teaspoon pepper

Preparation Instructions: Combine the corn, avocado, tomatoes and onion in a large glass bowl. Mix together the dressing ingredients in another bowl, pour over the salad, and gently toss to mix. Chill salad for an hour or two to let flavors blend.

Southwest Tortellini Pasta Salad

Ingredients

20 ounce package three cheese refrigerated tortellini

- 1 cup corn fresh from 1 ear of cooked corn, canned or frozen
- 15 ounce can black beans, drained and rinsed
- 1 red bell pepper chopped
- 1 avocado, chopped
- 1 1/2 cups cherry tomatoes, halved
- 1/4 cup red onion, chopped
- 1/4 cup fresh cilantro, chopped

Dressing Ingredients

- 3 Tablespoons olive oil juice from 2 limes
- 2 Tablespoons rice vinegar
- 1 clove garlic, minced
- 1 teaspoon granulated sugar
- 1 teaspoon chili powder
- 1 teaspoon ground cumin salt and freshly ground black pepper to taste

Preparation Instructions: Cook the tortellini according to package instructions. Drain and rinse with cold water. Add tortellini to a large bowl. Add cooked corn, black beans, bell pepper, avocado, cherry tomatoes, onion, and cilantro. Combine all of the dressing ingredients in a re-sealable jar. Shake until combined. Pour desired amount of dressing (you may not want to use it all) over the pasta and toss to coat.

Grilled Vegetable Panzanella

Ingredients

1 eggplant

1 zucchini

1 red bell pepper

1 red onion

1 small loaf (about 6 ounces) sourdough bread

1 garlic clove

4 small tomatoes, quartered

1/4 cup balsamic vinegar

1/4 cup olive oil

salt and pepper

Preparation Instructions: Start by preparing your vegetables: Trim the top and bottom from the eggplant and zucchini; cut lengthwise into 1-inch planks. Trim the skin off the ends of the eggplant. Cut the pepper in half and remove the seeds and stem. Cut the onion into thick rounds. Brush both sides of the vegetables with oil and sprinkle with salt. Slice the bread into 1-inch slices and brush with oil.

Heat the grill to about 400°F. When the grill is hot, add the vegetables. Cook 4-5 minutes on each side, or until lightly browned and

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cooked through. Grill the bread 2-3 minutes on each side, until toasted. Let cool. Chop the vegetables into 1-inch pieces and place in a serving bowl. Run the toasted bread with garlic, then tear it into 1-inch pieces. Add the bread to the serving bowl, along with the tomatoes.

Whisk together the oil and vinegar. Pour over the salad and toss well. Season with salt and pepper. Let stand 10 minutes before serving.

Basil Lime Sugar Cookies

Ingredients

1/2 cup unsalted butter

3/4 cup granulated sugar

1/2 teaspoon vanilla

zest from one lime

3 tbsp very finely chopped fresh basil leaves

1 3/4 cup all purpose flour

1/2 tsp baking soda

1/2 tsp salt

Preparation Instructions: Preheat the oven to 375 degrees Fahrenheit and line the cookie sheets with a silicone mat or parchment paper. In a stand mixer (or handheld mixer) cream together the butter and sugars until light and fluffy. Mix in the egg, vanilla, zest, and basil. Mix together until fully combined. In a separate bowl sift together the flour, baking soda, and salt. Then mix into the butter mixture until combined. Scoop cookie dough using a 2" cookie scoop. Place dough balls about 1 inch apart on the cookie sheets. Bake 8 to 12 minutes, depending on the size of your cookies/oven. Allow to cool on a cooling rack for a few minutes



Grilled Vegetable Panzanella

Jalapeno Cream Cheese Cresent **Roll Poppers**

Ingredients

1 package Cream Cheese (8 Ounce Package)

4 ounces, weight Canned, Diced Jalapenos

1 Tablespoon Sugar

8 ounces, weight Tube Refrigerated Crescent Rolls

Preparation Instructions: Preheat oven 375 degrees F. Cut your cube of cream cheese and throw about 3/4 of it into a bowl. Now take about half of your jalapenos from the can and throw in with your cream cheese. If you prefer to use fresh jalapenos, then go for it. To your bowl with your cream cheese and jalapenos, add your Tablespoon of sugar. Take your fork and mash it all up really well. Be sure to incorporate all that sugar in really well.

Open up your tube of crescent rolls and place on your cutting board. Separate them into two rectangles. Now pinch together the perforations to create two nice rectangles.

With the back of your spoon, spread half of the cream cheese mixture onto one of the rectangles. Save the other half of the mixture for the other rectangle. (You will have TWO rectangles per tube of crescent rolls.) Once you've spread your half portion of cream cheese on one of your rectangles, start with the LONG end of the roll, and get to rolling. Once it's all rolled up, you will need to cut your log into 16 pinwheels. Place your 16 poppers, laying face up, on a cookie sheet. Pop these into the oven for about 13 minutes until they are

For more recipes visit www.hollabaugh-



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SCHOOL AND CAMP NEWS

Update on environmental education at Strawberry Hill

Kara Ferraro

Rewind to this time last year. At Strawberry Hill, the pond is surrounded by children catching macro-invertebrates and learning aquatic ecology. Families enjoy a picnic and splash in the cool, pristine waters of Middle Creek. A group of amateur birders spots a pileated woodpecker during their naturalist-led outing in the Michaux State Forest. All around you, people are nurturing their love of nature.

Since 1986, Strawberry Hill has provided our community with wonderful recreational and educational opportunities. Yet, like many businesses and organizations around the world, our work came to a halt in mid-March. We closed our doors to help slow the spread of COVID-19, and since then, we have been closely monitoring the situation and working hard to make informed decisions regarding our programs.

We were fortunate to have hosted two weekends of Mount Hope Maple Madness just before the stay-at-home orders were mandated. However, the spring and summer months are peak times for school field trips, foraging workshops, tree plantings, trout releases, family classes, guided hikes... all of which had to be cancelled. We missed celebrating our third annual Celebrate Mother Earth Day in partnership with Pennsylvania Master Naturalist volunteers. With a heavy heart, I recently informed families that our eight-week summer camp program would be canceled as well.

Ultimately, the safety of our program participants is our greatest priority. To date, there have been no viable solutions for how our small nonprofit could provide our regular programs without putting learners, educators, and our community at risk. Based on precautionary guidelines established by Pennsylvania's Department of Conservation and Natural Resources, Strawberry Hill has currently cancelled all programs and events through June 14.

Despite not being able to offer educational programs, there is no shortage of recreational opportunities at Strawberry Hill. Our campus, located in Fairfield, Pennsylvania, provides easy access to mountain creeks, miles of trails, and diverse habitats throughout Michaux State Forest. Our trails have remained open to the public, dawn until dusk, every single day.

We have seen an influx of people depending on Strawberry Hill for their health and wellbeing and I am inspired to see so many people seeking solace in nature. I encourage you, if able, to enjoy the opportunity to spend time in nature and remember that recreation is good for us! Nature is even being prescribed to improve mental health, boost immunity, and reduce stress and anxiety.

Nature can provide that muchneeded respite for fresh air and calming surroundings; however, according to experts, you should practice social dis-



Enjoy your 'out time' to the maximum by walking the trails at Strawberry Hill

tancing even out-of-doors. Strawberry Hill is committed to maintaining a safe environment for our visitors, members, volunteers, and staff. We urge you to take precautions for not only your own health and safety, but the health and safety of others.

With the increase in visitation, I am grateful for everyone doing their part to keep our trails free from trash, and the "trail angels" who have cleared trails of branches and invasives. During this time, I would ask that you please consider helping Strawberry Hill in an additional way. Please donate what you can to support our nonprofit through this difficult time. Donations can be made online at StrawberryHill.org, or by mailing a check to: Strawberry Hill Foundation, 1537 Mount Hope Road, Fairfield, PA 17320.

While our doors may be closed, our animals still require daily care, and bills continue to arrive in our mailbox. We are fortunate to have such generous supporters, especially over the past two months, whose donations have sustained our operations. Your support is vital to our survival.

We eagerly await the day we can reopen our doors and get back to educating and inspiring the next generation of environmental stewards! In the weeks ahead, we plan to offer small group and family programs, as well as virtual learning options. Our goal is to continue providing quality environmental education opportunities while maintaining a safe environment for everyone involved. Follow us on Facebook or visit our website, StrawberryHill.org, for the most up to date information.

Thank you for your continued support of Strawberry Hill! Until we meet again, please enjoy your time outdoors and stay safe, healthy, and active.

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







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SCHOOL NEWS

Frederick County School update

Frederick County Board of Education

e are now in the second month of this crazy Pandemic, and education goes on. Our High School Seniors have now completed their school year. We want to congratulate the Class of 2020! They are an awesome group of young individuals and we are very proud of them! This year did not end the way that anyone would have liked it to. We are very sorry that our seniors had to endure what they did we have great love for them all! I want to say that as a school system, we did do a lot to honor them. Each Senior was given the opportunity to take pictures in their cap and gown on stage at their school.

We also will be releasing a Virtual graduation for each school that will include the events that would have taken place at the graduation at the Mount. It will include speeches by the Principal, the Superintendent, a Board Member: students and will include musical presentations. It will also include pictures of the Seniors.

Each graduate will be given a copy of the graduation on a thumb drive and it will be able to be viewed on YouTube.

FCPS has also committed to hold an event for each school whenever large groups are allowed to get together again. We will let each senior class through a survey decide what that event will be and when it will occur. We know how important the opportunity for everyone to say goodbye to their classmates and the school staff is to them. We would have loved to hold an in-person graduation, but the State rules just do not permit it in any fashion that involves more than 10 people. We submitted several plans and non-complied with the rules.

For our students that are still in school, distance learning is still going on. The Board recently asked for a waiver of 5 days from the mandatory 180 school year and it was granted. We also asked that what was slated to be election day count as an academic school day. The Board also asked for an additional 12-day waiver, but that was rejected by the State Board of Education. As a result, with the 5-day waiver, the last day of school will be June

Wednesday June 17th for students.

FCPS will be communicating shortly how the remainder of the school year will be used. Each school is also working on a plan for students to be able to come to the school and collect their belongings that are still at the school. That plan should be communicated shortly. We are planning on allowing returning students to keep their Chromebooks over the summer except for seniors who must return them.

The big question is what will school look like in the fall? That is a great question and we wish we knew the answer! We are being given guidance that social distancing rules will still be in effect in September. If that is the case, then we will not be back to a normal school year. The school system is already working on plans that involve a mixed use of in-person and distance learning options. Our buses and our classrooms would just not be able to hold normal numbers under social distancing rules. We will keep you posted as we know we will communicate plans out to parents. We want to thank our students, parents and staff for their flexibility and patience during these tough times. It

FCPL begins reopening

On June 1, Frederick County Public Libraries will enter phase one of our tiered reopening by launching curbside service. This new service will be available by appointment and for materials already on hold. Visit fcpl. org/curbside to book an appointment and learn more. During this phase, staff will be available during a modified schedule to answer phones for all inquiries, but our buildings will remain closed to visitors.

"This has been a difficult time for everyone in Frederick County, but I'm proud of how our staff and community rose to the challenge," said James Kelly, Director of Frederick County Public Libraries. "We evolved our programming and enhanced digital collections to better serve our customers and, next week, we will start to offer curbside pickup of holds. We look forward to the day that we can reopen the doors to our community."

Following the guidance of county and state health officials all public events, meeting rooms, and study rooms will remain suspended or closed until later phases of the tiered reopening. However, FCPL will continue to produce a wide range of virtual programming on their website and social media channels.

June 1 also marks the launch of FCPL's all-virtual Summer Challenge 2020. This year's challenge invites participants to "Explore, Invent, and Transform Your Story," with virtual activities for everyone from babies to seniors in retirement. Participants earn points and win prizes by reading, completing game board challenges, enjoying an enhanced roster of virtual programs and performances, and visiting community destinations virtually or in person, when deemed safe to do so.

For phase one, we will also reopen bookdrops for the return of library materials. However, overdue fines will not be charged during phase one, so if customers want to keep library materials at home, they are encouraged to do so. All returned materials will be quarantined for 72 hours.

has been very frustrating for everyone to know exactly what the rules are and

when they will change. We have been just as frustrated as everyone else!

Mount plans fall semester's re-opening

Tount Saint Mary's has Lannounced that it will be re-opening for in-person classes in fall.

"It is anticipated,' President Trainer said in a video to Mount students, "that some students may take turns attending classes from their dorm rooms or other locations on campus to spread out (maintain social distancing) as needed." He further noted that mealtimes may be staggered, and the number of people per table in the dining hall may be limited."

"We're a big place. We can spread people out," he stated, adding that the Mount tends to have smaller classes (numbers of students per class), which would facilitate the ability of the institution to maintain social distancing.

In preparation, he said the Mount's custodial team has undergone rigorous training from an outside company regarding how to clean and sanitize for COVID-19, and many on the team were previously employed by longterm care medical facilities or laboratories."

re-opening plans but also addressed the economic significance of the Mount. Trainor said that the university is the largest private employer in the northern part of Frederick County "We recognize that, and we recognize that responsibility we have to the people of this part of Frederick County, and to the economy."

He said the university is committed to the people working there, but that the Mount may well need Federal help to continue to help ensure the current situation remains sustainable.

One of the actions the Mount committed to early on was not to lay-off or furlough anybody through the end of June. "It is a tough time economically for the university," he stated, "as it is a tough time for the town and all businesses, but we've committed to all employees through the end of June. I hope we can maintain that. Beyond that, I'm not sure."

As to the student body affected by the shut-down and transition to virtual classrooms, Trainor said the university transitioned "very, very quickly" in Trainor not only discussed the reaction to the viral epidemic, suspending in-person classes on March 11, and instituting virtual classes within six days of the effective closure.

"Our students have made this transition. It hasn't been as easy as one might think. Some have done great. Some have struggled," he said, noting, "we have students going home to nowcrowded households where, unfortunately, due to the economy, in some

cases, their parents have been laid off, and the students are now going to work to help provide for the family, while also trying to continue their academics."

Operations at the Seminary were stopped on March 18 and all seminarians were sent home





FOUR YEARS AT THE MOUNT

This month, as Flag Day is approaching on June 14, we asked our writers to reflect on what our nation's flag and its representation means to them.

Sophomore Year

States of being

Emmy Jansen MSMU Class of 2023

We celebrate more than just a flag. It is the union of different peoples and states to fight one common enemy.

Today, we have a different common enemy. We can't see it, we don't know how to stop it, and we don't really know how it started either. In 1776, the rebels took on an enemy they didn't know if they could beat. They risked their lives to fight for what they believed in and the world was shocked when America was independent. They were probably more shocked when the thirteen ragtag states became a unified country. It's shocking that thirteen quickly became fifty and we are more diverse

America has always been known for its individuality. We stand apart from other countries in our culture, customs, and the structure of our nation. Going to school out of state, I've been able to see the regional differences firsthand, which is one of our unique American features. When I talk to students and professors at the Mount, sometimes it feels

like they're from a different country. Even with the globalized culture we have today, there are still things that are strikingly different. In Virginia, Old Bay isn't sitting on restaurant tables next to the saltshakers. We aren't raised to know the proper way to eat a crab. I've never worn socks, scarves, or sweatpants with my state flag on them. These are all distinctly Maryland things.

I drive too slow compared to Boston drivers. I talk too much compared to anyone above the Maxon-Dixon line. Because I grew up right outside of Richmond, I was surrounded by history and have come to realize I know more American facts than most teenagers do. I'm not used to winter lasting as long as it does in Emmitsburg. I'd never seen a lake frozen over until I traveled to Maine. A friend told me that in New England, they say "Happy Holidays" only and it was odd to hear me wishing everyone "Merry Christmas." I put barbecue sauce on my French fries, like good Southern people do. My roommate puts an extra 'r' in "water". Bagels aren't that popular where I'm from. These are small differences, yes, but they reflect an important American characteristic. Our state identity defines how we view ourselves and others. It's more than just stereotypes; we are different people in our values, cultures, and quirks. This is an aspect of the United States that has always been enjoyed. We can drive a few hours and experience something almost entirely new. We know our differences and can laugh about them, but at the end of the day we know that we're all Americans.

State identity is more important now than ever. With each area of the country being impacted by COVID-19 differently, we are going through fifty different pandemics at the same time. My quarantine life in Richmond, Virginia is strikingly different from someone in Missouri and someone in New York. We have always been a country of multiple experiences. It can be hard to deal with the spectrum of the pandemic as we compare our situation to others. For example, I don't have to wear a mask when I leave my house but residents in other states do. Some states are opening faster than others. It can quickly become an "us versus them" scenario.

We'd be kidding ourselves if we said it hasn't always been that scenario. Our identities have always been different. Even on I-95, you can tell by the surroundings that you are in an entirely different state without needing a welcome sign. Our state identity is one of the most important things about us when relating to other Americans. Each state has their stereotypes, good or bad. Each region has their accent. There are fifty birds, flowers, mottos, and flags that comprise the United States of America. But there is only one that we are united behind.

In times like these, it's easy to see our differences. Some of us are deemed essential, others are not. There's those in the high-risk population and those with little risk at all. The group of people infected with the virus are separated from those that aren't. We differ in our economic, social, and mental responses to this pandemic. Everyone seems to have a different opinion on how the crisis should be handled and when, but no one really knows who's right. In the end, our differences, while striking, should not become barriers. There is not one person in this country that is unaffected by COVID-19. There was not one person who wasn't impacted by the decision of the Founding Fathers to revolt. The flag that unites us has fifty stars and thirteen stripes. It is symbolic of who we are as a country, where we started and how far we've come. It would be a shame to let the work of the past

two hundred years be undone by an outside enemy, one that none of us

When the forgers established this nation, they didn't know that in 2020 there would be a pandemic that froze time. What they did know was that America would be founded as a country of united states, bound by their differences to a common goal of liberty and freedom. We are still that country, although our numbers have expanded greatly. The sentiment remains the same; when there is a common enemy, you can be sure that these here united states will band together, across their borders and divides, to face the world.

As we sit locked away in our homes, we feel more apart than ever. But this isn't the case. COVID-19 is a thread that links all of us together. This will become clearer once it's all over and we can share stories of our quarantine. Until then, we shouldn't look outside for reasons to stay in but looking inside for reasons not to go out. We have always been a nation of individuals, with differences and dissimilarities aplenty. This didn't stop the country from being founded and it shouldn't stop us now.

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

Junior Year whatever words that one can think of; such a definition would lead to

The hope for now

Harry Scherer MSMU Class of 2022

> "I hold it to be... a detestable maxim that, politically speaking, the people have a right to do anything."

To wrote Alexis de Tocqueville Safter his observation of American democracy in 1835. This statement is so jarring to our democratic ears that are awoken only by the energizing stimuli of a rightsbased mode of political thought. What de Tocqueville was considering, I think, was the importance of the consequent responsibilities that come about when any discussion of rights is offered.

We have a very special situation in America. Our Constitution was framed under the notion that man has free will, that he can act for reasons and that he is capable of being the subject of his own actions; it was assumed that all of these capacities were given to him as a gift from the Almighty. The use of this freedom that man can activate, then, can be described as the ability and the responsibility to pursue and do the good. True freedom should not be considered to be a merely material ability to do what one is technically able to do. On the contrary, freedom constantly considers what one ought to do. Free speech, for example, should not be characterized by the mere ability to say incomprehensible babble. Instead, this freedom to which Americans habitually refer is properly employed when the right thing to say is uttered at the right time and in the right circumstances. An attention to such a definition certainly leads to a more thoughtful, and dare I say, more free people.

This notion of freedom that was accepted by the founders of the nation confirms the notion that America has been, is and always will be, an idea. The men and women who have died for their country in foreign and domestic battles laid down the burden of their sacrifice in order to protect a sacred idea that every person is made in the image and likeness of God. These courageous patriots who gamble their physical order out of a reverence for the order of their society model for civilians the ideal of what it means to be an American. Through their sacrifice, we recognize that freedom cannot be separated from its unending search of the true, the good and the beautiful. Through their order, we recognize the intimate connection between obeying the wise and practical success. Through their diligence, we recognize the importance of rejecting our preference for pleasure in pursuit of physicalizing the ideals that we hold dear.

Indeed, the image of the soldier has served and continues to serve as a beacon of hope not for what this country once was but as a perpetual symbol for what this country could be. Our time reminds us, perhaps in a starker manner than any past memory, the urgency of protecting the American idea so as to preserve the virtues that it holds up as the height of human flourishing. This idea that the collective American mind has been contemplating for the past 244 years allows for individual persons to succeed and fail in their own way. The glory of their successes could have only been achieved with the aid of their neighbor and the pity of their failures might have only been avoided by this same helping hand.

The successes of American local, state and national governments come about when those institutions recognize that their role is one of protection and not one of charity. Surely there is a difference between the giving of loaf of bread out of love and care for the recipient and the giving of that same loaf because it is the provider's job. The former requires a personal and original initiative to provide for those in need; the latter requires intergovernmental confirmation that the necessary funds are present for this exchange of utility. The former causes the provider to hurt, even in a minor way, because they lost their free gift; the latter causes no such struggle.

A return of the American idea requires a rejuvenation of civil society. The American founders recognized that the future triumphs of the nation that they were building would come about from an internal drive toward the good in the mind and heart of a citizen and through the mutual

cooperation of fellow patriots who had that same motivation. Through the vision of the founders, the government was merely seen as a necessary institution to protect the human genius that desires such greatness.

Great skepticism arises in my mind, then, when the government institutes a new program focused on bettering the lives of the great people who live in a given geographical region. There is no person more concerned with the bettering of his own life than that individual himself. To be clear, it is often the case that we falter from the right path or are even ignorant of the existence and nature of such a path. At the same time, it is ultimately incumbent upon each individual to care for himself in the same way that he would care for a dear friend. It seems that the government has no ability to develop such a personal relationship with a person to the extent that this institution cannot express authentic love. Instead of focusing on the impractical goal of developing an unnatural relationship of love between the government and its people, there should be a recognition between both parties that the role of the former is to protect these wholly personal acts of love between those whom make up the latter.

The separation should be distinct, then, between the American government and the American idea. This idea is lived out every day by men and women who implicitly subscribe to the duties and responsibilities that their churches, families, workplaces and societies place upon them. The greatness of our nation exists because of the greatness of her idea and that of the citizens whom valiantly live it out.

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



FLAG DAY

Senior Year

God bless America

Angela Guiao MSMU Class of 2021

> "A thoughtful mind, when it sees a Nation's flag, sees not the flag only, but the Nation itself"

-Henry Ward Beecher

Then my mom found out she was moving to America, she was excited because she heard the streets were made of gold. Growing up in the countryside of the Philippines, her parents gave her a comfortable life, supporting her and her siblings as successful citrus farmers. Though life was considerably slower in the Philippines, and she wasn't struggling as much as others were, staying in the Philippines meant living a life where she wasn't happy.

When she was 32 years old, she was offered the opportunity to come to America. When she stepped off the plane at LAX, she discovered that the roads were not, in fact, made of gold. But they weren't made of dirt either. She stayed at her cousin's house when she first arrived, and in their front yard they had an American flag hanging from their front porch. She told me that every single time she stepped out of the house, she would see the flag and remember how lucky she was.

In the Philippines, my mother graduated with a Bachelor of Science in Economics, but she had always wanted to be a nurse. When she arrived in America, she got a job as a caregiver for the elderly. She worked as a caregiver for a few years before deciding to move to D.C. to build a life of her own. When she got to D.C., she decided she didn't like caring for the elderly because she had trouble coping when the people she cared for passed away. So, she turned to childcare. Today, my mother has been caring for children with learning/mental disabilities for over twenty years, and she couldn't be happier.

My mother understood that America was the land of opportunity. In the Philippines, she may have been highly respected because of her level of education, and she knew that she would have trouble finding a job in her field in the U.S. since her degree was completed in a different country. But she still took the opportunity as a chance to follow her dreams. Though she never got the chance to go to nursing school, she

found work that still consisted of caring for others, which has always been her passion. She found happiness in the things she does for a living, and she built a life from her work.

For my mother, America was the place where her dreams could come true. And that is why she keeps a tiny American flag, the kind you find in a souvenir shop, in a vase on her nightstand.

For me, the flag means something

It is still the land of opportunity, and it will always be the place that gave my mother a chance at happiness. But it also means more.

I grew up with the privilege and freedom to choose. And I would be lying if I said that there were times I didn't take that privilege for granted. Graduating with a degree in America would give me opportunities for good jobs and higher pay. I am allowed to be concerned with my own dream but also with societal issues and political views.

My mom's experience was much simpler. She took what America stood for and ran with it. She grabbed at opportunities, worked hard, and built herself a life she can be proud of.

But for me it isn't just about build-

ing myself a better life. It's about building a better community, a better culture, a better country. It's about equality and chances, and the freedom to fight for what you believe. When I see the American flag, I see a country that is not stagnant. A country that evolves, a country that represents the ability to try and fail and try again.

When I see the flag, I see a united country, one too strong to be divided by politics or disagreements. America is the land of opportunity for everyone and anyone. When I see the flag, I see a dignified country, one that allows its citizens to prosper. I see a society built with the purpose of allowing people to thrive. I see opportunity, but not only for a better life. I see the opportunity to understand, to grow, to unite.

I am proud to be American. When I look at the flag, I see all the people that have benefited from this country. I think of all the history classes I've taken where I learn about how American's go through periods of suffering and hardship, only to build themselves back up. I remember what it means to be American. It means being proud, being successful, being happy.

As our nation goes through another unknown, another disaster, I hope we all remember what our flag stands for. We are all suffering the consequences of COVID-19. We need to remember to stand together in these times of hardship even if we are asked to stay 6 feet apart. This is the nation that makes it through anything. It is the nation of promise, of hope. It is a nation that bounces back.

Just as we go through the struggles together, we make it out together. I ask that the next time you look at an American flag, you see not only the opportunities for your own dreams, but also for the dreams of your neighbors and friends. It is easy to feel angry or upset, to be worried about your own lives especially during times of uncertainty or distress. But it is during times of adversity that it is most important for us to stand together.

I am grateful for the opportunities America has given my mother. And I hope we can continue to be the great country that provide opportunities and hope to all peoples. May we continue to be a country that represents the value and positivity of freedom and opportunity. May we continue to be a country that we can be proud of. God bless America.

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

The Graduate

The liberty of independence

Morgan Rooney MSMU Class of 2020

very year, on June 14, Ameri-Ecans celebrate Flag Day. My family always flew a flag in the yard and I remember when I was in elementary school and we'd watch the flag be raised every morning to the top of the flagpole. While I had heard of this tradition many times, I never knew much about the subject which prompted me to do some research.

Flag Day was celebrated for the first time in 1877. This was 100 years after the Flag Resolution of 1777. In 1885, a schoolteacher, BJ Cigrand, arranged a celebration in his Wisconsin school district to celebrate the "Flag Birthday." For years, he advocated for the observation of the flag's birthday on June 14. Now, flag day celebrates the stars and stripes every year for its birthday. Even though Flag Day was a nationally observed event, it wasn't made a national holiday until August 3, 1949 when an Act of Congress designated June 14 as National Flag Day.

In December of 1775, the first national flag of the United States of America was adopted. It was called the "Grand Union Flag." Similar to the American flag today, the Grand Union Flag has thirteen alternating red and white stripes which represented the thirteen original colonies. In the top left corner of the flag was a Union Jack. While this was the first American flag, it was used for less than two years.

Because this was in revolutionary times, flying a flag that contained the Union Jack was not a great push for the American revolution. A new flag was created in order to give the nation a flag that was far from similar to the flag that represented Great Britain. This shows

the flag's direct relation to the freedom, liberty and independence of the American people. They strived for full independence, even from the Union Jack which tied them back to the empire that ruled them since they settled in

On June 14, 1777, the Star-Spangled Banner, which contained thirteen stars at the time, was adopted as a new symbol of freedom and independence from Great Britain. It was designed by Francis Hopkinson who was a naval flag designer and signer of the Declaration of Independence.

When I was a kid, I remember when we first put up the USA flag in our front yard. It wasn't something I had ever paid attention to before, but I began counting how many people around us also had flags hanging on the front porch. I was shocked to see that nearly half of my neighbors had the exact same thing in their yards.

This is still something I observe today. It truly shows that the flag represents something important to many people, no matter what that something is. For many, I believe this representation is of freedom. Whether it's freedom of speech, freedom of religion or the freedom of assembly, the overall freedom we have as a country is represented in the flag.

About two years ago, I studied abroad in France and had the opportunity to visit other European countries as well. While all of these countries are ones with similar rights as the United States, a huge difference I noticed was that their flags weren't flown nearly as often.

I would see the French flag being flown by older buildings, government buildings, and a number of other homes and businesses, however, it didn't seem to be nearly as abundant as the American flag. Here, I see it on nearly half of houses and outside a large number of businesses. In fact, when I'm out and about, there's rarely a point where I can't go outside, look around and not see the Star-Spangled Banner somewhere within my line of vision.

This is something I've noticed about our country that makes it unique to others. We display our flag everywhere and often with pride. No matter where you fall on the political spectrum, or what religion you practice, it is your flag and with it, you have the right to your own opinions and beliefs.

I am a fifth generation American with ancestors that came from Northern Europe, especially Ireland and Norway. Most of my ancestors immigrated to the United States in the 1840s and 1850s, with a few exceptions, which was a while after the modern flag design was created. While they obviously didn't come to the United States because of the flag itself, they came here to live a better life because of the freedoms that the flag promised. Because of my ancestors and their decision to move to the United States to practice their freedoms, I am here today and can practice my own.

While there will always be divisions in our country, something we all have in common is the flag that flies above us and gives us the right to express our different opinions, especially right now. During this complicated time, there are a variety of different opinions floating around about how to and how not to handle the situation. While we all see some points that sound absolutely ridiculous, and others that sound more rational, the flag represents the rights given to us to express our ideas, no matter how crazy they may sound to someone else, and that is something I

While many businesses and other

place are beginning to reopen, especially where I live in Texas, many of us still find ourselves at home more than often. Many Flag Day celebrations won't be taking place as they normally would be, however, this doesn't mean that our nation's flag and what it represents cannot be celebrated.

This year, as things begin to return back to what was normal, it is important to recognize our freedoms and liberties as an Independent nation. Even though many of our gatherings and celebrations were unable to take place this year, we can still celebrate what we all have in common with our friends and families: Liberty.

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



FASHION

Dressing up is the rule...

MSMU Class of 2015

nce a week, my family and I take a drive in my sister's car. She takes captain, and I'm riding shotgun, while my niece and nephew sit in the passenger seats behind us. As we assume our positions, I find it's not the destination of the trip that interests me on these journeys to fulfill our self-care needs with fresh produce from the local fruit and vegetable stand or a midday treat of McDonald's takeout. Instead, it's the clothes we wear along the way that takes heed.

I approached these trips in the same way I approached my work from home uniform: printed Nike running shorts, graphic tees, and Tevas. In New York, WFH meant Outdoor Voices leggings and platform trainers. However, in Miami, this mindset doesn't translate. I found myself in a car of denim fashion, Michael Kors flats, A-line dresses, and sparkly tap shoes. Even my nephew, dressing in cargo shorts, drifit tees, and high-top sneakers, distinguishes his wardrobe from going out to staying home. The stubborn New Yorker in me took a long time to realize that perhaps Miami was bringing color to my life. I became inspired by my young niece's embrace for fashion, and

my sister's prompting to raid her closet for cotton jumpsuits and maxi dresses. I was starting to fall in love with fashion again. This could be the healing quality missing from my quarantine.

The sentiment in dressing up is familiar to me. Nostalgia for the days I planned my outfits rather than throwing pieces together and hoping that fate would orchestrate my wardrobe into a comfortable outfit. As a young girl, I remember a sense of security in establishing my own fashion rules. Victoria Secret leggings served a function for exercise only, and I'd confidently sport an Old Navy tote bag around the house despite staying home. Appreciation for the beauty of embroidered butterflies and lavender tones as a part of a blatant fashion statement of my own. I expressed personal wellness through care and attention to fashion, experimenting with Calvin Klein pullovers and Brooks Brothers linen trousers as a form of identification. In college, fits and silhouettes were my medium for exploration.

Today, style could be the most grounding form of expression we have in this quarantined time.

Staying home, usually synonymous with mismatched sweats suits and pajamas, has been redefined in this time of isolation as we remember what it means to dress appropriately. Working from home attire has been a topic of recent controversy. The LA Times headlined an argument, "Enough with the WFH sweatpants. Dress like the adult you're getting paid to be." We see a shift of interest from high fashion runway to loungewear careful we not forget that saffron dresses, high rise jeans, and mules, have become fashion's compensation for a season without fashion week. Designer face masks have become cult-following interests. So why not make the WFH uniform fashion-forward?

Self-care assures that what was normal is no longer. As we continue to see how loungewear and working from home uniforms dictate conversations, we start to engage with a culture indulging in fashions way beyond the casual American sportswear saga. The reality is that leisurely fashion subverts the glamour of fashion. And yet the beauty of fashion is turning the spectacular into ordinary. This is why the runway is so enchanting. The importance of dressing up is the rule, not the exception. Indulgence in loungewear attire abandons style, and ultimately perspective.

While navigating quarantine, British Vogue interviewed editorial content director, Danielle Hine, on her WFH fashion approach. She stated, "I've always seen fashion as an expression of self, so 'stifling' my personality by living in athleisure doesn't work for me. I even do a small 'commute' - and take my handbag downstairs to the living room."

To stay true to your fashion expressions while navigating staying at home orders and new work environments lends aid to emotional support, guidance, and structure to normalize this season. While social media platforms inundate content that expresses a different sentiment towards clothing, industry influencers - beyond the fashionistas - embrace a love for fashion and see it as their guiding light. Designer Neha Singh's commented to Grazia, "Dressing up for yourself is the first principle of self-love. When you look good, you feel good."

A band of outsiders, marching together to this different beat, opposing tie-dye sweatpants and tracksuits,



Recognition that dressing properly begins at childhood, and nothing will influence a child more then seeing how their parents dress.

reality of everyday life." His photojournalism informed the fashions and creativity of how people in New York City dressed. His lens highlighted the personality of the subjects he photographed. Spotlighting the idea that though fashion played by a rulebook, a sense of style always won attention, and the affection of fellow New Yorkers. Soon after, the city exploded with socialites and influencers dressing for their photograph. New York Fashion Week has since become a highlight to both written and visual newsworthy reports. The idea grew from the concept that fashion is subjective. Cunningham's eye for fashion quickly changed how city-goers approached fashion, style, and clothing. He reminded a culture that the art of fashion is nothing without intention.

Italian brand, Giulvia Heritage vocalized their support on social media:

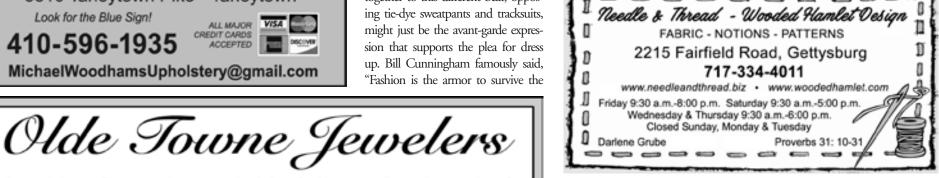
"Uncertainty means closeness and closeness means love. Love and Uncertainty mean creativity and we are so looking forward to share with you the treasures that are emerging in this moment of chaos. In the meantime, keep standing up for you and your values. Practice discipline to feel freer and fight this. We will come out of this stronger and better."

The comment supported a quarantine update made by the brand's co-founder Margherita Cardelli. When speaking with British Vogue, she stated, "dressing up is who we are. It is a way to stand up for our values that definitely are not going to be put aside because of the virus. Rather, they're felt even stronger."

As we continue to navigate this pandemic with care and attention to mental health and well-being, we should embrace fashion in these conversations. While NBC News today ways the pros and cons of "dressing for success" versus "keeping it cozy and casual," Alyssa Hardy, Instyle Magazine Editor, made the argument simpler with accessories in mind. She shared with the magazine, "I usually love to pull looks together, but during quarantine I've really leaned into the idea that my jewelry is the only thing that I will maintain." Case and point: that the art of working from home fashion is found in the intention. Enacting this practice in my own life has been a healing adventure and the timing, more appropriate than ever.

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







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HOME DECOR

Skipping seasons and turning to summer

Cotton & Co.

Tt feels like the storm clouds are starting to part, and the sunshine is beginning to fall through. It's been a long, challenging few months, and in many, many ways, there's still a journev ahead. But I think one thing I have actively chosen to focus on since March, is to look towards the good, the silver linings, the things we can still do. There are so many parts of this experience that feel sad, or frustrating or limiting. But there is brightness and light too.

I wholeheartedly believe that there are many silver linings that will come out of this experience. Hopefully, when this is all a memory, we will continue to show care and compassion for others in our community; for those we know and those we've never met. Or that we come out of this continuing to be present parents. And having learned from all this time together as families, schooling from home, holed up together. Hopefully, we continue to be the intentional parents that our children need us to be. And that we've learned the value of slowing down, eating (lots) of dessert first, and taking time to learn or do the things we've been putting off for the tomorrows that keep flying by.

And from our business standpoint, the light at the end of the tunnel has been very much welcomed. We were able to reopen our doors to the public for the first time since March 15 on May 16. As we were scrambling to get the shop overhauled and ready to reopen in about three days, we realized

we skipped an entire retail season while having been closed. As we pulled little pieces of leftover St. Patrick's Day, Easter and Spring merchandise, we realized we ended up missing Spring and landed ourselves in the beginning of Summer. School is wrapping up, and even though the kids are already home, home studies and schooling will soon be coming to an end. And we'll be looking forward to Summer, sunshine and warmer days.

It goes without saying, Summer will probably look a little different this year, from a social standpoint. Many festivals and large gatherings have already been postponed or canceled altogether. We'll all likely be spending more time at home this Summer than usual. Perhaps not taking big trips or vacations. What better time to focus on your living space and making it just how you'd like it? Even with our inventory and supply chains all out of whack, my vendors were able to put on a great show when it came time to reopen. And now, that our means and avenues of acquiring inventory and merchandise are starting to open back up again, our store will continue to evolve and change consistently.

We have had an abundance of new furniture enter the shop already since reopening. Most of which are refinished pieces of quality and sturdy vintage furniture. All of the vendors have their own, unique style and flare. Which allows us to offer endless style options to our customers. Sometimes all a space needs is a fresh piece of furniture or statement piece as a focal point, to pull the room together.

Or how about an architectural sal-

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vage piece for the front garden or outdoor living space? We have many pieces of vintage ironworks in stock, excellent for growing trailing Summer flowers on. Or corbels and salvage pieces for pops of outdoor décor. And vintage crates or boxes and bins for display and functional storage on a screened porch or patio.

We also sell Fusion Mineral Paint, which is an amazing product, and excellent for the beginning DIYer all the way through the experienced. It applies itself like butter. And each jar of paint will allow you to finish two to three medium sized pieces of furniture. Its application is that similar to chalk paint. It requires no sanding or priming, just a clean surface. It's also self-leveling as it dries. And while I always seal my furniture after refinishing, as a precaution, this product does not need to be sealed and after 21 days is considered completely cured. A perfect product for a Summer DIY project.

And let's talk about the small items in your home. Those items that really create the space and pull together all the elements to create a style. Again, each of our vendors offers their own unique style and niche. They work very hard to curate these items that help pull together a room or home or space. Textiles are always an important component in defining a space. While fluffy, over sized throw blankets may have gone out of season, its still nice to have lighter weight ones available for evenings on the porch or sitting around an evening campfire. Don't have a green thumb? How about some in-season faux florals and



It goes without saying, summer will probably look a little different this year - no popping out on the spur of the moment for 25 cent sundaes ...

botanicals? We offer a large variety of seasonal home décor too.

With all of this newfound time at home, it's the perfect opportunity to reclaim your home and make it how you've been dreaming it to be. Stop by the shop and see us at 'The Mill' in Keymar. We're always excited to help

you with your vision. We're back open for our normal shopping hours, Friday and Saturday 10 a.m. - 5 p.m., Sunday's we open at 11 a.m.. And if you're not quite ready to visit us in person yet, we are still offering online shopping with curbside pickups and shipping options.

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THE YOUNG EQUESTRIANS

My great Adventures

Sarah Simmons

fter waiting for so long, after Adreaming about it since I was about 1 year old (well maybe a little older than that), it was finally going to happen. I was so excited. And so was my twin sister Emma. She's in this story too. She's a big part of the story since we have had the same dream since before we could even walk. But what happened not long ago when we were taking a riding lesson wasn't quite the same as in my dreams. Have you ever had something happen to you that was both great and no so great? That's exactly what happened to me. Or I should really say to us, Emma and me.

Let me begin my story. My sister and I have wanted to ride together since we first knew what a horse was. We've talked about riding together. We've made plans about riding together. We've even run around our house pretending to ride horses together.

When we about four years old, our grandmother, we call her Mimi, gave us two rocking horses. And we spent hours riding those horses. And they neighed too. Must have driven our Mother crazy.

Then we had stick horses. Emma and I rode those at a full gallop through the house with the 'end' of the horse pounding and dragging the on the floor. Must have driven our Mother crazy.

When we learned to read, we read tales of amazing and beautiful horses, like the wild ones of Assateague and the feral ones on the Outer Banks. Then after we read the books, Emma and I would act out how the wild horses would run on the beaches and splash in the water. We did this for hours. Must have driven our Mother crazy.

Since we started taking horseback riding lessons with Mike, Emma and I have talked even more about riding together. And by riding together, I mean each of us riding a

different horse side by side. Just trotting along, chatting about things. Maybe a slow canter too. But for a long time, we both were taking turns riding the same horse, Wesley. This made our dream of riding together seem very far away.

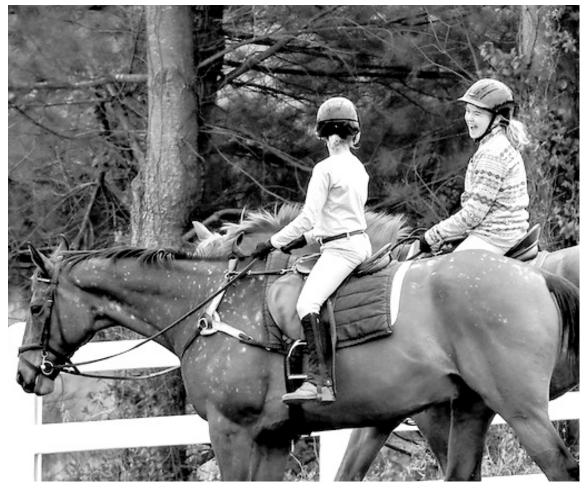
Then one day at a riding lesson, Mike told us to not only get Wesley and tack him up, but to get another horse too, one named Scotty. Emma and I were a bit confused at first. Then we realized what was going to happen. We were going to ride together...at long last: the twin ride!

And it was great. Just amazing. We walked the horses around Mike's big field, just walking and talking. We trotted some too. It was perfect. We sometimes looked over at Mike and our Mom, who were watching us. They looked like they were talking some too, but mostly just watching us. I sometimes wonder what they were talking about, probably Emma and me and how great we looked riding together.

After the best horseback ride in my entire life, I was going to trot Scotty around the arena while Emma took her lesson on Wesley with Mike. Well, just as Scotty started to trot, my old beautiful dream of riding together with Emma came to a sudden end. Something happened that I didn't expect. I had heard of this happening to some riders, but never really thought about it. And certainly, never thought it would happen to me.

As Scotty and I started our circle around the arena, I told him to trot. But instead of going around the arena, he headed back out into the big field. And he headed out not at a nice slow trot pace, but at what felt like a full gallop. Oh my!

Needless to say, I was surprised by Scotty's decision, against my direction, to gallop out to the field. Remembering what Mike had told me to do, I tried to keep my cool and told Scotty, "whoa." He didn't. So, I said again, but a little louder,



Sarah and her sister Emma finally get to live a lifelong dream to go hacking what they talked about is still beyond me! And yes, watching the two reminded me of what riding was all about. But for Sarah, the laughter was the calm before the storm...

"Whoa, boy." He didn't. Again, I told him to stop, but with even more force, "WHOA." Again, he didn't. I was getting a little worried. So I called out to him one more time, "WHOA, SCOTTY!, WHOA BOY!"

At this point, we were heading right toward a fence. "Great," I thought. "That should stop him." But then I thought, "unless he jumps that fence and then we will just keep going and going." Luckily, he swerved and turned just about an inch from that fence. I could almost feel the wood brushing against my leg. First disaster avoided.

But after he turned, I realized that we were galloping along the back fence and headed right toward the road. It's hard to say exactly what was going on in my mind because of all the noise my voice was making shouting "WHOA, WHOA, WHOA!" I did not want my horse to jump that fence and starting galloping down the road. Worst case. Fortunately, my brained kicked in and I remembered how Mike told me to steer the horse. So I pulled hard on the reins and made him turn to run along the fence line instead of over the fence and into the road. Second disaster avoided.

Now Scotty begins to run even faster. I don't remember much about this part of the ride other than the sound of his hooves hitting the ground and his loud breathing, or maybe that was my loud breathing. And, of course, the increasingly loud sound of my own voice screeching, "WHOA, SCOTTY, WHOA BOY!" At this point in the ride, we are heading toward Mike's house. "Good," I think. "This is good. Scotty can't jump over Mike's house. He can run into it, but that will just stop him. It might hurt when we hit the house, it's kind of big, but at least we will stop. So good." Third disaster avoided.

All of the sudden, I see Mike at of the corner of my eye. He looked like a knight in shining armor coming to my rescue. After what seemed to be the longest horseback ride of my life, I began to think it might be all over. But while Scotty is a great horse, he's also a bit stubborn. He wasn't quite ready to quit. Mike stood in front of Scotty and tried to get him to stop.

This slowed him down alot. Fourth disaster avoided.

Scotty turned back toward the arena where I knew Emma and my Mom were. But there's about a three foot rise between the field and the arena. I saw it coming, braced myself, and pulled back on the reins. Scotty jumped it with me still on his back. But not for long. Like most tired horses, Scotty was ready to go home to his barn. He made a sharp turn to the right. But I kept going straight. Yes, I ended up in the dirt. My first fall!

Before I knew it, Emma and my Mom were standing over me asking if I was alright. Emma and my Mom looked really worried. As Emma helped me up, I remember saying, "yes of course I'm alright. I'm fine. Where's Scotty? Is he ok? Where's Scotty?" I get up out of the dirt and see Mike's wife holding Scotty next to the gate leading to the barn. He's ok. Scotty's ok. I'm ok. I'm so thankful. I see Mike standing in the field smiling at me.

But my day wasn't over yet. Mike walked over to me, looked at me, and said that I needed to get back on Scotty. I knew he was right. He had Emma get back on Wesley when she fell off. But I have to say, I wasn't too sure about it. But I trust Mike so I got on Scotty again. Mike put me back on the "leash," but somehow I didn't mind it so much this time. It made me feel safe. I knew Mike was in control of Scotty. I also sort of knew then, but for sure knew later, that I had to get over what had happened. I love riding. I love horses. I love Scotty. So I had to get my confidence back. And this was the first step.

This was a day filled with great adventure. Emma and I had our first ride together. I was on my first run away horse, and I had my first fall. And all with my twin sister right there with me. What a day.

To read more articles by Sarah, vist the author's section of emmitsburg.net.





MOUNT ARTS

Becoming an Arts major, whatever that means

Chloe Corwin Class of 2020

y journey as an arts major **L**at Mount St. Mary's University began in 2016. I had just graduated high school and headed to the Mount, a school 3 hours and a state away with an undecided major.

I initially chose a small, Catholic school because I knew I wanted to be able to get to know my professors and have my professors know me. This way when I needed help or was struggling, they knew me as a person and would be able to help me through it. Also, since I was undecided, I figured this would help me get to know the majors and have advisors that could guide me into making the best decisions for me.

It all started when I was at orientation in June of 2016. One of my orientation leaders was Hannah Opdenaker, Mount class of 2018 and previous writer of the ENI Visual and Performing Arts column. Hannah was a theatre major, and she mentioned this to our orientation group. This piqued my interest since I had always been involved in theatrical and creative clubs and camps as a child. In high school, I was a part of our school's Odyssey of the Mind club, Mock Trial team, and the school musicals. I spoke to her after our session a little on what the arts looked like at the Mount, and we talked for a few minutes. Little did I know I had just met the student I would admire and look up to most during my time at MSMU.

Then, school began. As a very shy and nervous person, this transition into college life was difficult for me. I made it a point, though, to keep busy and spend as little time in my room as possible. I would either be doing home-

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work in the library, spending time in the music rooms playing piano, or staying in IC chapel playing some more music. Not living in freshman housing was a bit of a challenge. It took me a little longer to start making friends since I wasn't able to access the freshman dorm lounges. This really helped me hone in on what I was most passionate about, though, and I ended up making a few friends who helped me become more confident in my musical abilities.

Since I knew I had an interest in arts, I made it a point to be persistent in getting a work study job at the Visual and Performing Arts Department. For the first few weeks of school, I went to the department's secretary, Michelle Venzin, nearly every day asking if a decision had been made on who had gotten the position. A week or so later, I began working for every subject area of the department. I set up and struck lab band and ensemble equipment, watched the art gallery, and attended the theatre production class painting for the upcoming mainstage show, Iphigenia and other Daughters.

In addition to this work study position, I had been placed in an introduction to theatre course. The small class size and discussion style atmosphere was incredible, and drew me closer to my decision to becoming a major. By the end of the year, there were five declared theatre majors of the class of 2020, and all of them were in that class.

I think the moment that solidified my spot in the theatre department at the Mount was my role in Hannah Opdenaker's directing class project, Find Me. It was the first acting role I took on at the University. Hannah was and is a strong, admirable young woman who went after what she wanted. I can only attribute Hannah's pres-

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ence in my early college career as an act of God. She quickly became someone I looked up to, an older sister figure whom I could go to for council and aid at any time.

Since Find Me, I have been a part of every single Mount Theatre sponsored show. I've acted in one mainstage, stage managed three mainstages, and performed in two senior projects. One semester I had three shows, each four weeks apart. In addition, I have directed my own directing project, become spotlight manager for Mount Theatre events, and written for the Emmitsburg News Journal and the Mountain Echo (MSMU's school paper) on the goings on in the V&PA department. I am forever grateful for the leadership opportunities and support I have received from this department.

That being said, I could not speak on my journey as an arts major without mentioning the invaluable guidance and wisdom bestowed onto me by my professors Dr. Kurt Blaugher and Ben Buhrman. These men created a space for me to grow as a person and a professional, changing my life forever. Without them, I am sure that I would not be the person I am today.

I would like to conclude this article by showing a positive light on what it is to be an art major. Typically, declaring a major in the arts is looked down upon, almost laughable. I certainly have been belittled and mocked by friends and strangers for my decision to be a theatre major. But I can tell you, I have spent the last four years working hard so that I can change the minds of those



Photo from Chloe Corwin's (Left) final acting performance at MSMU in Hannah Opdenaker's 2018 Senior Project Lysistrata.

around me so that they can see the value in it.

As a work study student at the Visual and Performing Arts, I have learned punctuality, professionalism, and levelheadedness in a high stress work environment. I could not count the number of events I have worked and how many instruments I have had to sit in the back of vans with in order to put on a band or ensemble performance. I even spent two semesters under the technical director, professor Buhrman, and he taught me how to use every power tool in the shop, lead teams of people in order to complete a task, and challenge myself to do things I never thought I could do.

As spotlight coordinator I managed social media for Mount Theatre, coordinated and executed events on my own, and was responsible for and participated in all activities and events involved with Mount Theatre. As a stage manager I became a leader to my peers, earned the respect of my superiors, and dedicate many hours outside of rehearsal in order to ensure a shows success. Finally, as a student I learned how important showing empathy is, how to use body language and speech to persuade an audience, and presen-

Throughout my time as a theatre major, I have learned vital lessons that any employer in any profession would deem important. Although being an arts major may seem undesirable, the reality is, it creates a well-rounded individual who is ready for the workplace. I hope the testimony of my story is reflective of that statement. All there is left for me to do is thank the Mount for the opportunities it gave me, and see where the world takes me from here.

To read other articles by Chloe, visit the Author's Section of Emmitsburg.net.



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CATOCTIN SPORTS

Catoctin's Athletic highlights of the year

CHS Class of 22

n May 1st, the lights in the Catoctin High School football stadium were lit with honor to pay tribute to the graduating Class of 2020 and the senior spring student athletes whose last season of their high school experience was cut short. The scoreboard displayed "Cougars 20 - Guest 19" to show that even during school/company closures and quarantine guidelines, we will not stay discouraged during COVID-19. Rather than grieving over time lost, we should all celebrate the moments that made this year special to us.

By the end of the football season, the Cougars' hard work and support from the community led them to a victory that earned them the coveted Class 1A Championship title. The victory over the play-offs game in November against the Fort Hill Sentinels was a brilliant triumph in its own, since they defeated the Cougars in 2018, contributing to the Sentinel's season that won them the States title. This victory took the team to the State championships against the ten state title winning champs

Dunbar Poets. By half-time, CHS was already leading with the winning score of 31-8. Ten years after their first state championship title, the team ended the year the way they began by bringing home the trophy to a community of overwhelming pride and support.

The Cougars started off the season with a five-game winning streak, totaling 228 points. With only one defeat of the season (of only 3 points), the team's defense was continuously improving this year. Their defense allowed 36 points in their first game, and surrendered only eight points in their last game of the season. When competing against Catoctin, 10 of their 14 opposing teams scored no higher than 15 points. The team has seniors Jake Baker and Jacob McIlvaine to thank for their many defensive plays at the State Championship game. After the victory, sports announcer/analyst and former Ravens player Wally Williams praised Baker and McIlvaine, saying, "That was their show in the second half with defense; they pretty much took Dunbar out of the game."

Baker started off his senior year by breaking the CHS record for boys' power-cleaning in November during a strength training class by lifting 295 pounds. At the start of 2020, he was selected to Frederick's All-County 1st Team Defense. He was also selected for the All-MPSSAA 2nd Team Defense. In addition to these awards, Baker was also honored as a Scholar Athlete at the National Football Foundation and College Hall of Fame at their awards dinner on March 4th. He has announced that he will continue his football career on the Golden Eagles football team at the college of his choice, Clarion University.

McIlvaine was invited to tryout to compete in the 63rd annual Big 33 game, presented by the US Marine Corps, and was selected to play. The game was unfortunately cancelled due to closures, but a contest remains. Mcvilaine was selected in the Big 33 Fan Favorite Contest at GreatAmericanRivalry.com. By May 15 (according to Great American Rivalry's twitter update), he had already been running in the lead with 6,142 votes, and ahead of the competition by 4,819 votes. Voting was continued all throughout May. The winner will receive a donation to their school's athletic department. McIlvaine has committed to continuing his football career at Frostburg State University on the Bobcats football team.

Plenty of individuals on the CHS Indoor Track team have been awarded incredible titles this season as well - and most of them are seniors. McIlvaine was selected to the Frederick News-Post's All-County 1st Team. Seniors Owen Bubczyk, Tyler Hauk, and Cole Torres took honorable mention in the Frederick News-Post's All-County team, as well as sophomores Jenna Zentz, Brenna Williams, and freshman Alex Contreras. At the state championships, Bubczyk took 5th place in the 3200 meter run with a time of 10:42.70, and 6th place in the 1600 meter run with a time of 4:52.61. In shot put, McIlvaine placed in 2nd with



The Catoctin scoreboard displays "Cougars 20 - Guest 19" showing that even during a pandemic, students refused to be discouraged and will celebrate a year of victories.

a distance of 45-10, Hauk placed in 3rd with a distance of 43-5.5, and senior Tristen Rice placed in 5th with a distance of 42-5.5. The boys team placed in 4th overall with 35 points, and the girls placed in 7th with 30 points. Along with McIlvaine, senior Emma Strickland was also selected to the Frederick News-Post's All-County 1st Team. At the Frederick County championships, she won 3rd in the 300 and 800. Strickland was titled State Champion for the third consecutive year in 1A 800, with a time of 2:24. She came in third place in 500 and ran anchor leg for state runner-up in the 4x800 relay. In addition to these titles throughout the season, she also set a school record in the 1000m with a time of 3:16:78 at the last competition of the regular season. Strickland has been involved in running since the fourth grade, and clearly her work has paid off.

The Catoctin community is incredibly proud of the CHS Girls and Boys Basketball teams, as both teams accomplished the title of regional champions this year. The boys team finished off the season with an overall score of 16-9. Senior David Parker was selected as a member of the Frederick News-Post's All-County 1st Team. Seniors Eli Frei and Ethan Pawlus received honorable mention in the News-Post's All-County Team. The girls

team finished off the season with a score of 19-6. The victory over the regional championship title was an especially triumphant win for the team, as the last time they received this title was ten years ago. The regional game was held on March 4th. By the end of the first half, Catoctin was already winning by 35-12. Their strong defense pulled them through to a final score of 48-33 by the end. This advanced them to the state quarterfinals against Coppin Academy on March 14th. The competition was very tight, as they lost by only 2 points during overtime. Shortly after the season had been completed, plenty of individuals were honored in All-Conference Teams. As reported in last month's edition, sophomore Emma Wivell and junior Courtney Eyler were chosen for CMC Gambrill 1st Team, while sophomore Emily Williams was chosen for 2nd Team, and junior Chaney Barnhart and senior Madi Tobery were included for honorable mention. Recently, Williams, Tobery, Barnhart, and sophomore Lily Gadra were all honored in the Frederick News-Post's All-County Teams. Wivell was also honored as a member of the All-County 1st Team, and Eyler was honored in the 2nd Team. In addition to the titles above, Wivell was selected to the 3rd Team for the Maryland Basketball Coaches Association All-State Team for 1A-2A schools.

Finally, the remaining titles from the Frederick News-Post's All-County teams gives recognition to the CHS wrestlers. Sophomore Colby Keilholtz was honored as a member of the All-County 1st Team. Freshmen Braden Bell and Emma Taylor were honored in the All-County 2nd Team.

Catoctin High School empathizes with our seniors and spring student athletes and wishes to spread the support around the community. On May 22nd, seniors were able to drive through the CHS parking lot to pick up their cap, gown, yearbook, fundraiser items, etc. based on their scheduled pick-up times. While this difficult time has forced us to celebrate in our own homes, we are celebrating the Class of 2020 nonetheless.

To read more articles by Mia Ferraro, visit the author's section of emmits-







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MOUNT SPORTS

Reflections on my time as a student-athlete at the Mount

Collin Riviello Class of 2020

've finally graduated from the Mount. Though not in the way that I expected when I first came to the Mount, I've done it. My time as a student-athlete, a resident assistant, and a sportswriter was not easy to balance, but I managed it somehow.

I came to the Mount because I was given the opportunity to join the cross country/ track & field teams as a walk-on. Freshman year was likely my hardest in trying to find my place on the team. I was the slowest distance runner by a large margin, so I would normally start a run with the team, be with them the first mile, then run the rest of the distance on my own. After practice, would come dinner at Patriot. Of course, I sat with my team every night and listened to their conversations. I was a reserved person who made random outbursts of nonsense. Some of my teammates thought that I was annoying, but they treated me with respect. After dinner came homework. Balancing my academic life and athletic life was not at all difficult for me. What I lacked in raw athletic skill, I easily made up in academic prowess. When it came time for the cross-country conference championships, I was the alternate runner- a person who runs in place of a starting runner that is suddenly unable to race due to injury. However, I made the 10-man starting roster and ran the race because one of our runners that year had to pull out of the meet. It was the second time that season that I raced as the alternate. I felt guilty for taking that last spot from someone who was faster. I really did, and I finished the race the best I could.

Fast forward six months and it is outdoor track season. I was definitely becoming fitter due to my coach's training regimen and guidance and I ran a person record in the 800m at the NEC Outdoor track & field championships in May. That would be the only outdoor conference meet I would have the opportunity to run unfortunately. After dislocating my shoulder during Winter break my sophomore year, I was forced to sit out that outdoor track season to recover from my surgery. It was during this three-month span in which I was unable to run that I first felt what it was like to be a regular college student. No more practices at 3:30p.m. No more staying outside for 1-2 hours a day running. No more needing to go to bed early on Friday nights in order to get up at 6a.m. for track meets. Life felt different. I missed running, feeling fit, and being with my team, but I found other outlets which I never would have discovered had I not been sidelined by injury. I began to take up photography, photographing the night sky on campus and photographing the other sports teams. This is when I became my team unofficial team photographer. Though I didn't have the camera equipment to take

the stunning photos that are on the Mount's Athletic website, I constantly took photos at meets. Once I got healthy again, I began training over the Summer, and racked up my

To be a Division I runner in the summer is a hellish experience. Running 8-16 miles a day, which for me, meant 50-65 miles a week, really challenged my dedication to running. I held a summer job from 9:30-5:30, and then did most of my runs in the morning before work, and after work. This is what we call a double- splitting up a 12-mile run into two 6-mile runs. Running when it is 88 degrees was not fun. Sometimes I would ask myself why I am doing this, why I am choosing to run when I don't want to because I'm tired or because it is really hot outside. I had to constantly remind myself that it was to become a better runner, and that I was given the opportunity to be on a division I team so I had better not waste it. However, during junior year, I didn't have a good cross country season. The stress of my classes really started piling up and as a result, my practices and long runs felt like a chore, not like a practice. That season was the first time that I did not run the conference championship meet, but fortunately, we won. Yay! I got to hold the trophy, something I did not do when we won the Outdoor track & field championships in 2018 because then, I did not run a single outdoor meet.

In the spring during outdoor track, I dropped my 1500m time several seconds from freshman year yet being able to go to all practices with my teams was harder than usual because of afternoon classes. I couldn't always just do my runs beforehand either because I was in Internship I at Thurmont Middle School and so I was there from 7-2:45. I have to really applaud my coach for being willing to accommodate me by moving my workouts around every week.

minutes in the 8k and to run under five minutes in the mile. However, being a full-time student teacher in Internship II caused me to become stressed, lose sleep, and lose motivation. I would prioritize grading student papers and sitting hours at a computer preparing a one-hour lesson every weekend. I didn't have the chance to bond with my team as I would have liked, yet my teammates still accepted me. I am grateful for that.

But on a brighter note, I saw signs that I was getting close to getting a person record in the 8k several times throughout the season such as when I ran a course record at Gettysburg College. I eventually broke 29 minutes at my last race. To me, it was an accomplishment that brought a feeling I had not felt in a long time. Yet, it didn't compare to when I broke five minutes in the mile, something I was gunning for since high school. The moment I crossed that line in 4:58.04, I looked at my watch and did an air fist-pump. I then went over to my coaches and fist bumped them, and then went over to my teammates who were cheering for me as I was running, and fist bumped them. I was the only male distance runner who hadn't run under five minutes in the miles at some point on the team, and now I was not longer in that category.

When COVID-19 hit the USA, and we were all sent home, I still trained as if I was going to compete. I followed the schedule my coach sent out and kept a strong mindset even though I knew that my season was over. I could have fifthyeared and sixth-yeared as a result, but I chose not atoo after talking to my parents. I still run even now and being a runner will not escape from me. Having the opportunity to compete at the D-I level is something that I will always be grateful towards my coaches for.

To read more articles by Colling Riviello, visit the author's section of emmitsburg.net.





Being a Division I student-athlete wasn't hard for me, but I had to miss going to some campus events to prepare for my meets.



COMPLEMENTARY CORNER

Everything happens for the better

Renee Lehman

y acupuncture office was grad-Lually reopening at the time that I wrote this article. My May article was entitled Everything Happens for a Reason. This month I want to continue the discussion about the Life Rules. These Life Rules are:

- 1. There are no accidents.
- 2. Everything happens for a
- 3. Everything happens for good.

In this June article, I want to present a deeper look into another of the Life Rules: Everything Happens for Good. Yet, before we dive into this rule, I want to summarize the article from May to give you a reminder of how Everything does Happens for a Reason.

In Traditional Chinese Medicine (TCM), the change of seasons is the continuous movement that we experience in the Natural world from Yin to Yang, and Yang to Yin. (The Yin -Yang symbol consists of a circle divided into two teardrop-shaped halves - one white and the other black. Within each half is contained a smaller circle of the opposite color. The smaller circles, nested within each half of the symbol, serve as a constant reminder of the interdependent nature of the black/

white "opposites." One could not exist without the other, for each contains the essence of the other.) The change between Yin and Yang can be seen as night becomes day and day becomes night; and birth becomes death and death becomes birth (think of what happens with composting).

God, or the Universe wants you to have a wonderful life. There is a plan for your life. There is a purpose for your life. The problem is that God's plan is not our plan for our life. If we had the life plan that we wanted, we would choose to have no unpleasantness at all! But there would be no Yin and Yang in that. There would be no natural, seasonal changes of the heart. Think about people that you know who were never told "no," and/or protected from every 'bad' thing in life. They can end up being selfish, shallow, cruel, have poor coping skills and be impossible to live with.

Your life purpose is hidden. It can be revealed by careful, thoughtful introspection. God has made everything beautiful in ITS time, not our time. Everything is appropriate and supportive for us. Even what appears to be a negative (Yin) can be a positive (Yang), as well. Our heart knows that we must experience both Yin and Yang. All we can SEE is the middle of God's work. God knows the plan from beginning to end. God has you where you need to be to fulfill your purpose. There will be negative things that happen in life. Just trust that we cannot know all the answers to all the challenges and perplexities of life. There are things that we just will not understand. We cannot solve some of these mysteries and must have faith that it will all be for good.

There, I said it. Everything Happens

The COVID-19 pandemic is happening for a reason. There is bad (Yin) and good (Yang) associated with this illness. Given that in TCM the Yin/ Yang symbol represents the balance of good/bad, day/night, male/female, etc. and given that many people view this virus as bad, there is something that I would like you to think about. Believe me, this is something that over the past 2-3 months I have been contemplating and processing, myself:

Are you able to see the Good that has been associated with this virus? How can you see the Good related with this virus?

First, it is important to remember that Everything Happens for a Reason. The Reason is for good.

I know that you may want to go back to your 'normal' life, your pre-COVID-19 life. I know that there were many aspects of your life (rela-

tionships, experiences, etc.) in your

FREEL

Floyd was surrendered to the shelter because his owners could no longer care for him. Floyd is a 2-year-old, gray-and-white guy who just loves everyone he meets. If you're looking for an amazing four-legged friend, Floyd is definitely the guy for you.

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pre-COVID-19 life that were good. However, the Natural world does not move backwards. Summer always follows Spring. Spring never says, "I am going to stay for around for 6 months." Also, we never go back to Winter after Spring. The Natural world is always changing and transforming into the next season, giving us opportunities to experience life differently in the new season. All for good, too!

Believe me when I say that I am not declaring that by looking at the positive outcomes from COVID-19 that you are to ignore the negative outcomes of the virus. (Remember that Yin and Yang both exist!) By seeing the good associated with this virus, a path is granted to you to assist you in moving forward in your life. Just like the Natural world moves forward, you can move forward.

How can you see the good and move forward? Go to your INNER-NET. No, this is not a misspelled word. I did not mean the Internet. I meant the Inner-net – going within your heart to ask questions like: Who means the most to you? What do you really want to do with your life? How do you want to live and be present in your life? We have been given the gift of looking at our lives and deciding what things are most important to us.

Ask yourself if there are any things that don't bring you joy/fulfillment anymore, or ways of being that don't serve you any longer? Is it time to let these certain things/ways of being go? If so, it is important to grieve your losses, and/or acknowledge how important these things/ways of being had been to you. Honor the ending of these activities/behaviors/beliefs/etc. that no long serve vou.

So then, what are some of the POS-ITIVE take-aways from your personal COVID-19 experience? I believe that we have been given the opportunity to hit the reset button.

Have you ever had the following message appear on your computer screen: "Do you want to reopen all previous windows?" What are the "windows of your life" through which you see? Which ones do you want to reopen? Which ones do you want to leave closed as we move forward in life and move about more freely? You may even want to remodel and put in new windows! Don't rush back into exactly the same life. I believe that we have been given an opportunity to transform.

As we move forward and continue to transform our lives, remember that TCM has always been about prevention and maintaining health. We can continue to work together to keep our immune systems strong. The best way to "fight" the virus is to make our body an inhospitable host - to keep our immune system strong.

What can you do to strengthen your immune system? My teacher, Grand Master Nan Lu (an Oriental Medicine Doctor), has videos of different Qigong exercises available. I recommend that you watch them and incorporate them into your daily routine.

Also, Grand Master Nan Lu has daily talks/podcasts available at his website: www.grandmasternanlu.com. You must register (it is free and there is no other obligation) to gain access to these talks.

Remember that not every life lesson is about beauty. Life lessons are to support you in completing or achieving your life's purpose. While your life experiences during this pandemic may seem difficult, can you view them as the Universe nudging you to see something greater? Can you see and stay focused on the good? You never know how this may change your life.

Renee Lehman is a licensed acupuncturist and physical therapist with over 33 years of health care experience. Her office is located at 249B York Street in Gettysburg. She can be reached at 717-752-5728.



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HEALTH AND FITNESS

The Opioid addiction crisis

Andrew Wyka

Part 1

pioid drug addiction is becom-Jing more prevalent in our society. The degree of addiction certainly varies by person, and it is important to understand that the individual is not always at fault. Someone who becomes addicted is often viewed as apathetic or enjoys getting high, but, that individual may be crying out for help.

A common occurrence is that victims are prescribed opioids to relieve pain and these painkillers are in turn highly addicting. A 2018 report from the U.S. Centers for Disease Control and Prevention (CDC) stated that more than 1,000 Americans died from synthetic opioid overdoses every two weeks, topping 28,000 for the year. The odds of dying from an accidental opioid overdose in the U.S. are greater than those of dying in a car accident, according to findings from the National Safety Council (NSC).

Dr. Gregg Pane, former Director of Health for the District of Colum-

bia, believes this crisis came about due to overprescribing of narcotic medications for pain. This occurred as some pharmaceutical companies pushed this practice and some prescribers were not careful enough in monitoring and follow up. As patients became addicted, some went to other doctors and pharmacies to get even more narcotics.

The unintended consequences of addiction can also lead to loss of employment. Some addicts become homeless on the street and cannot find work or seek shelter with relatives because their addictions often fuel ongoing family conflict. Addicts sometimes don't get the help they need because society views them as responsible for their problem rather than as a victim. When a person experiences an overdose, the individual is in denial and refuses drug rehabilitation treatment which leaves first responders with no choice but to let them go. Opioids are strong substances with deadly consequences because when they affect the individual, it only gets worse over time. Addicts are likely to leave rehabilitation

and start using drugs again.

It should also be recognized that family members sometimes do not see the warning signs that a loved one is using drugs. They often do not believe that their child or sibling is becoming an addict and may even be in complete denial.

Opioid abuse can also lead to more crime in the community. Mr. Robert Welch, a retired Assistant State Attorney for the Ninth Judicial Circuit of Florida, sas seen that opioid addiction can lead to the commission of crimes as a means of raising cash to support the drug habit. Typical offenses committed by addicts include property crimes (theft, burglary, dealing in stolen property), prostitution, drug trafficking and sale/delivery of controlled substances.

Mr. Welch stated the effects of opioid abuse also has significant impacts on the correctional system. In some jurisdictions, there is a specialized drug court diversionary program for which drug addicts arrested for drug posses-

sion and related crimes may qualify. If the offender is accepted into drug court, drug counseling and rehabilitation is required along with random drug testing and other conditions. Overall, Mr. Welch believes the impact on the correctional system due to opioid addiction is primarily the increased workload burden on probation officers.

As to the demographics of opioid addicts, Mr. Welch believes that addiction can impact all age groups from teens to senior citizens, all ethnicities, males and females. The impact does seem to be greater on people from lower socioeconomic backgrounds, perhaps because wealthier people with addiction issues are more likely to have access to high quality drug rehabilitation programs and medical assistance.

The coronavirus will likely have a significant impact on the opioid crisis that has killed more than 400,000 people in the United States since 2000, and it is likely going to worsen. Opioid drug addiction is already a serious health concern. Behavioral health centers, which have been at the forefront in addressing the opioid surge, are expecting a significant increase in use based on the health and economic concerns. They are also having the same challenges as schools in their attempt to provide services remotely.

Dr. Pane believes that coronavirus will result in many more Americans suffering from drug and alcohol abuse as a result of increased isolation, stress and fear. Opioid abuse can thrive when an individual feel isolated and hopeless. The current focus in COVID 19 will likely make this situation worse as health system resources and attention are focused on the virus and away from other conditions. But opioid addiction remains a huge health system priority. Continued community and national attention are required to keep addiction from exploding as many Americans are locked in their houses self-quarantining.

Part 2 will address the social isolation and anxiety effects of the Pandemic triggering an outbreak of many different harmful and risky addictions.

Andrew Wyka is a Senior at West Virginia University in a Multi-Disciplinary Studies Program including Drug Addiction, Sociology and Marketing.

Family time

Linda Stultz **Certified Fitness Trainer**

any of us have been with our Many or as man of the past few months than we had been in years. Being together is great but we are use to going to our jobs, school, out with friends or just having some time to ourselves. With the current situation in the world right now we may not have this personal time. I have a few suggestions to help you find some time to yourself or make the time you are with your family a pleasant and productive occasion.

Find an activity that the whole family enjoys. Of course, I am thinking of doing something that will get you moving and burning up some of the energy the kids have along with burning off some of the calories we may have consumed. Depending on where you live it may be a great time for a family walk or bike ride.

I see many more people on my road than I ever did before because they want to get out for some fresh air and exercise but still respect the restrictions of the times and the safety of others. The back yard is a great place for a ballgame, badminton match, basketball or just jogging around. Getting outside just seems to lift your spirits but even if you don't have an outside area, just moving sends those endorphins to your brain and you feel better.

Soon we will be able to open the windows and let the fresh air in. Turning your favorite workout on the TV or just dancing around makes you feel so good. The kids like to watch other people on social media posts but if you are not into that there are many things you can do while watching your favorite shows. Sit in your favorite chair and pretend you are riding a bike or each time a commercial comes on get up and walk around your house. Do some arm circles or reaching up like you are picking apples will keep your arms and shoulders moving.

Anything you can do to move your arms and legs is beneficial. Just pick one show in the morning and one in the afternoon to use as your exercise program. Doesn't have to be an exercise program, it can be the news you always watch or your favorite comedy. Just make a commitment to not watch unless you get some type of movement during the show. You will be amazed how good you feel from doing this each day. Start out slow and add a few minutes each time you tune in.

I have found that keeping a food log helps you to not over eat. Sometimes it surprises you when you look at how much you ate that day. Having to write everything down may make you think twice before putting that bite in your mouth. Planning your meals for the week will enable you to include a protein, vegetable, fruit and carbohydrates for each meal. This way you will be eating healthier and not just grabbing whatever is in the refrigerator. Planning meals helps you eat less calories and a better variety of healthy food.

Keeping an exercise and water log also ensures you get these important components of a healthy lifestyle in each day also. It's easy to get water when you are outside in the hot weather because we get thirsty but sometimes we forget to drink our water when we are inside most of the day. Getting enough water is not only important if you are trying to loose a few pounds but it is essential to our overall health.

Since we are made up of mostly water, we need to replenish our body's water to keep our organs and body functioning properly. Sometimes you may think you are hungry and reach for a snack when you are really just thirsty. Try drinking a glass of water first and maybe you'll find you don't need that snack after all. Of course, water has not calories but that snack may put you over the food intake for the day and eventually add a few pounds you don't want.

These are trying times right now and anything you can do to relieve stress, exercise your muscles and joints and bring joy to yourself and your family is so worth doing. All the suggestions I have in this article are things that don't cost anything but will bring so much benefit to family time, stress relief and health. I hope some new, healthy habits will come from this time of being confined to

I also hope the times of caring for our neighbors, family and friends continues as when we are able to get back to work and our daily lives. This confinement has given us time to think and be alone with ourselves and hopefully brought out a more caring and calm side of us.

Keep moving, even if it is in your livingroom, you'll be glad you did!

To read past Fitness articles, visit Emmits-



ASTRONOMY

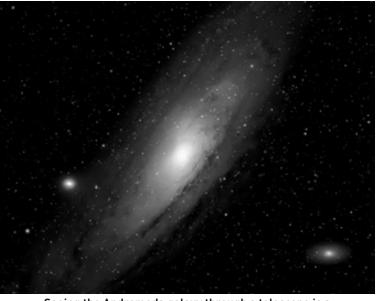
The night sky of June

Professor Wayne Wooten

Cor June, the Full Moon (the Hay or Thunder Moon) occurs on June 5th. It will be just to the lower left of bright Jupiter on the 5th, making a fine triangle with fainter Saturn to the east (left) of Jupiter as all three rise in the sunset sky. The last quarter moon is to the lower left of brightening Mars in the dawn on June 11th. The waning crescent moon is just below the Pleiades cluster on the morning of June 16th, and just left of brilliant Venus on June 17th. The thin crescent Old Moon is just left of Mercury in the dawn on June 19th; binoculars will help spot them with a clear NE horizon. The new moon is June 20th. The first quarter moon is June 27th, and as the month ends, the waxing gibbous moon is again below Jupiter on July 1st, and to the left of Saturn on July 2nd.

Mercury is too close to the sun for convenient observing in June, but Venus returns to the dawn sky. She passed between us and the Sun in June, and climbs higher and brighter in the dawn in June. The striking crescent is best seen just at sunrise, against a brighter blue-sky background.

Mars comes to a historically close and bright opposition this fall, so as our faster moving Earth overtakes the red planet, it gets brighter in the dawn sky all month. By the end of the month, moderate sized scopes should reveal a tiny summer south polar cap, with the disk now 86% sunlit, 14" of arc across, and shining



Seeing the Andromeda galaxy through a telescope is a must see for any amateur astronomer

at an impressive red -1 magnitude. It will be more than 6X brighter at opposition in three months!

The highlights of June skies are the two giants at opposition. Jupiter rises at sunset on June 13th, and Saturn follows on June 20th. With smaller scopes, note the four Galilean moons in a row around its equator, shifting positions hour by hour. The Great Red Spot is within range of 3" scopes, and a lot of detail in its belts and zones emerges with even bigger scopes. Note that Marc has captured the Great Red Spot on the lower left limb of the planet. This long lasting storm in the clouds of Jupiter has lasted over 300 years, and is still bigger than our whole planet Earth. Note to the right of Jupiter, the large volcanic moon, Io, larger than our own, appears tiny compared to the king of the planets! Also note Jupiter spins so fast, in less than 10 hours, that its equator bulges 10% wider than its polar diameter. It will happen to you, too, young uns....

Saturn's rings are now tilted 21 degrees as seen from Earth, and this means the top of the ring lies exactly behind the planet's north pole, while the bottom sits directly in front of the south pole. Earlier they were tilted more, so you could see the rings both above and below the planet's disk. Note also the shadow of the planet on the upper right edge of the rings here. The largest gap in the rings, Cassini's division, should be visible with a 3" scope, as should its huge moon Titan. Four other mid sized moons are visible with 6-8" scopes, as well the thinner Encke's division, farther out on the outer ring here.

If you drop south from the bowl of the Big Dipper, Leo the Lion is in the SW. Note the Egyptian Sphinx is based on the shape of this Lion in the sky. Taking the arc in the Dipper's handle, we "arc" SE to bright orange Arcturus, the brightest star of Spring. Cooler than our yellow Sun, and much poorer in heavy elements, some believe its strange motion reveals it to be an invading star from another smaller galaxy.

This is the Sagittarius Dwarf Galaxy, now colliding with the Milky Way in Sagittarius in the summer sky. It lies on the far edge of our own barrel spiral, and may account for the formation of our bar. Moving almost perpendicular to the plane of our Milky Way, Arcturus was the first star in the sky where its proper motion across the historic sky was noted, by Edmund Halley.

Spike south to Spica, the hot blue star in Virgo, then curve to Corvus the Crow, a four-sided grouping. North of Corvus, in the arms of Virgo, is where our large scopes will show members of the Virgo Supercluster, a swarm of over a thousand galaxies about 50 million light years distant.

To the east, Hercules is well up, with the nice globular cluster M-13 marked on your sky map and visible in binocs. The brightest star of the northern hemisphere, Vega (from Carl Sagan's novel and movie, "Contact"), rises in the NE as twilight deepens. Twice as hot as our Sun, it appears blue-white, like most bright stars. At the opposite end of the parallelogram of Lyra is M-57, the Ring Nebula.

Northeast of Lyra is Cygnus, the Swan, flying down the Milky Way. Its bright star Deneb, at the top of the "northern cross" is one of the luminaries of the Galaxy, about 50,000

times more luminous than our Sun and around 3,000 light years distant. Under dark skies, note the "Great Rift", a dark nebula in front of our solar system as we revolve around the core of the Milky Way in the Galactic Year of 250 million of our own years.

To the east, Altair is the third bright star of the summer triangle. It lies in Aquila the Eagle, and is much closer than Deneb; it lies within about 13 light years of our Sun. Use your binocs to pick up many clusters in this rich region of our own Cygnus spiral arm rising now in the east.

To the south, Antares is well up at sunset in Scorpius. It appears reddish (its Greek name means rival of Ares or Mars to the Latins) because it is half as hot as our yellow Sun; it is bright because it is a bloated red supergiant, big enough to swallow up our solar system all the way out to Saturn's orbit! Scorpius is the brightest constellation in the sky, with 13 stars brighter than the pole star Polaris! Note the fine naked eye clusters M-6 and M-7, just to the left of the Scorpion's tail. Beautiful Saturn now sits well north of the stinger on the scorpion's tail.

Just a little east of the Scorpion's tail is the teapot shape of Sagittarius, which lies toward the center of the Milky Way. From a dark sky site, you can pick out the fine stellar nursery, M-8, the Lagoon Nebula, like a cloud of steam coming out of the teapot's spout. Jupiter and Saturn both lie east of the teapot, on the border with Capricornus.

To read past editions of the night sky, visit the author section on emmitsburg.net.

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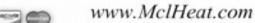
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Farmers' Almanac

"When I was a boy of fourteen, my father was so ignorant I could not stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in 7 years"

-Mark Twain (1836-1875)

Mid-Atlantic Weather Watch: Periods of showers, heavy rain, late (1, 2, 3, 4, 5, 6) turning fair and warm (7, 8, 9, 10). Storms (11, 12) turning fair and warm again (13, 14, 15, 16, 17, 18, 19). More storms (20, 21) turning once again, fair and warm (22, 23); periods of storms, heavy rain, late (24, 25, 26, 27, 2, 8, 29, 30).

Tornado Watch: The Almanack sees possible tornado activity in the Mid-Atlantic Region from the 26th to the 29th of June.

Full Moon: June's Full Moon will occur on Friday, June 5th. Monday, June 17th. It has been called Strawberry Moon because the first strawberries of the season become ripe for the picking (and for the eating!) during this month. And because roses start to show their gorgeous blooms at the beginning of the month, it has also been called Rose Moon.

Special Notes: Summer officially starts with the Summer Solstice that occurs on Saturday, 20th but with an unprecedented health crisis dictating that we maintain social distancing and wear face masks, it will be quite different summer this year. With many graduations cancelled due the Covid-19 pandemic, we must do what we can to honor our favorite students when he or she graduates from high school or college. This is a major milestone and cannot pass without the recognition that it is due.

Holidays: On Sunday, June 14th, proudly display 'Old Glory'! Be sure to do it properly and check the various ways how to do so at www.ushistory.org/betsy. Father's Day is Sunday, June 21st. Do something really nice for the guy who a) taught you how to ride a two-wheeler b) videotaped every sporting event or recital you were in, c) helped you finance that new (fill in the blank), or d) All of the above!

The Garden: It's not too late to start warm-season crops such as corn, beans, tomatoes, squash, peppers, and eggplant. Plant or sow summer annuals such as nas-

turtiums, vinca, verbena, geraniums, phlox, marigolds, lobelia, impatiens, cosmos, sunflowers, zinnias, and alyssum. Feed annuals and remove spent flowers to promote another round of flowers. Feed roses after each bloom cycle, water regularly, and remove any spent flowers. Additional pruning may be required in June of fast-growing plants, such as juniper, privet and yew. This will help promote new growth and also maintain a desirable shape during the growing season.

The Farm: Best for planting root crops (16, 17, 18); weeding and stirring the soil (19, 20); planting above-ground crops (21, 22); harvesting all crops (5, 6); the best days for setting hens and incubators (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13); the slaughtering and butchering of meat (21, 22, 23, 24, 25, 26, 27); transplanting (21, 22, 23, 24, 25, 26, 27); the weaning of all small animals and livestock (5, 6, 7, 8, 9, 10, 11, 12, 13); harvesting and storing grains (13, 14, 15, 16, 17, 18, 19, 20)

J. Gruber's Thought For Today's Living

"Every person has two educations-one from others, and one more important which he gives himself'

COMPUTER Q&A

Cookies: What are they and how do they work?

Avsë Stenabaugh Jester's Computer

Simmer down Cookie Monster, we're not talking about the edible kind, we're talking about the cookies that live inside your computer. We receive a lot of questions surrounding cookies and we've found that there's a lot of misinformation surrounding them. In simple terms, a cookie is a small text file stored on your computer when you visit websites, this file contains a unique id for your computer system. This information can later be recalled by websites to accomplish varying tasks.

Cookies are used for varying purposes and they aren't all bad. If you've ever visited a shopping website and put products in your cart only to leave the website and return later and see that the products you chose are still in your cart, you've encountered a cookie! The data that was stored inside that cookie, identified your machine as the one that had those products in the cart, when you returned to the website, the text file on your computers hard drive was recalled by the website which resulted in the products appearing still in your cart. When you visit a website and choose to save your login information, cookies are where that data is stored so that it can be recalled the next time you visit a website.

This is not the same as when you save your password to your device, only a string of letters and numbers along with the website associated with that content is stored within the cookie on your machine. While on some websites, especially high-security websites like banking or healthcare sites, you may have noticed that you will be logged out after so much time of inactivity, or asked if you want to remain logged in after you have been on the website for some time. The type of cookie that you're encountering in these instances are session cookies, they are only active for a specified amount of time.

Cookies are a common concern for many users as internet privacy continues to be a hot topic. One thing that many users dislike about tracking cookies is that they are often used for advertisement and targeting purposes. A good example of a tracking cookie is when you visit a shopping website or search for a specific product and then later see an advertisement related to the product or search that you completed. Website owners rely on tracking cookies to determine information about website visitors such as how many times they have visited the same website, where the visitor is located, and which web browser is being used to access their website. This information can be priceless for webmasters or website owners so that they can improve their content and website functionality. Social media is another platform that requires cookies, when you visit a website that has a share button or a comment section, tracking cookies

are being used to make that feature you delete your cookies ensure that available. As you can see, although cookies can sometimes be annoying or seem invasive, they are typically used to achieve some benefit.

Cookies can be malicious which is why you should always have good internet security software installed on your machine. Most free products will only offer basic protection and are never recommended for those that do online banking or shopping. It's important that you also keep your web browsers up to date so that the built-in security features are functioning properly and provide maximum protection.

Cookies can be deleted from your computer. Most of the time you can clear your browsing data by accessing the tools or options screen can be accessed when your web browser is open, either in the top left corner or along the right-hand side towards the top, if no menu appears in the top left you can locate the menu on the right side by clicking on the grouping of 3 horizontal or verticle lines or dots (depending on the web browser and version). Before you know any usernames that you automatically sign-in with. If you aren't saving your password within the browser, depending on your settings, any automatically filled in username or email address may need to be entered in manually upon your next visit to a website that requires logging in.

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If you need help with your computer or would like one-on-one assistance with performing any of the tasks above or more consider reaching out

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HUMOR

The antics of the Emmitsburg Chapter of the Former Former Boozers Association As originally published in the Emmitsburg Chronicle.

1913

June 6 - Mud Muffles Suffragettes

Saturday's Suffragettes rally came to an end before it even began when the autocar carrying the ringleaders from Frederick stalled after going through a mud puddle in the Square. The men of town assembled on the Hotel Slagel's porch and had a good time as they wandered back and forth between the hotel's bar and the show the Suffragettes were putting on as they attempted to push their stalled autocar out of the mud hole. One jolly onlooker was overheard saying: "If you ever need a reason why women should not be allowed to vote, just look at how bad they drive autocars."

Mrs. Annan, who had organized the rally, put an end to the festivities when she had her man hitch up 'Old Luke' and haul the car to the Emmitsburg Motor Garage, as the humiliated, mud spattered Suffergets repaired to her house. It was not lost on the male onlookers that the women, with their fancy autocar, had to turn to a man and a trusty horse to save the day.

September 19 - Meeting of **Equal Suffrage League**

A special meeting of the Equal Suffrage League of Emmitsburg was held at the home of Mrs. Annan Saturday afternoon. A number of ill-informed local women and out of town visitors were present. The league members are very enthusiastic over the fact that the membership has doubled itself. Husbands of women choosing to attend the next meeting are invited to deal with their shame by getting "loaded" at the Hotel Slagle's bar.

1914

January 16 - Equal Suffrage League

The Equal Suffrage League held its regular meeting at the home of Mrs.

Annan on Friday. According to the women the program was very interesting. According to their husbands gathered at the Hotel's Slagle's bar, the pool tournament was more interesting.

February 27 - Suffergets Meet with **Auto Accident**

Last night's Women's Sufferget meeting hosted at the Annan house had to be called off when the Autocar driven but the guest speaker broke a rim in a pot hole near the covered bridge over Tom's Creek. A call for help went unanswered by the men of the town, who instead chose to occupy themselves in drinking and playing pool in the Hotel Slagel's saloon. The mood of the men was captured quite eloquently by one men who was overheard saying: "If women think they are smart enough to vote, then they should be smart enough to change a tire." As we go to press, the autocar is still stuck - apparently no woman knows how to change a tire.

March 20 - United Order of Former Boozers

Under the name of the United Order of Former Boozers, 300 reformed drunkards, many of whom now hold responsible positions, held a dinner recently in New York. After the banquet a constitution was adopted. The organization will be a permanent one, the object of which will be to aid others in breaking their friendship with Mr. John Barleycorn.

Emmitsburg, a hotbed of woman suffrage, was well represented by husbands' of women foolish enough to believe women are smart enough to vote. Upon their return home, the Emmitsburg representatives converged upon the Hotel Spangler's bar where they quickly set about making up for lost time, and promptly formed a Former-Former Boozers Association.

April 13 - Equal Suffrage League

The Equal Suffrage League will meet Friday at 8 o'clock at the home of Mrs. Annan. Former members of the Former Boozer's Association have invited husbands of the women going to the meeting to join them at their meeting in the Hotel Slagle's bar.

May 15 - Former Former Boozers to Protest Suffragettes

Members of the Former Former Boozer's Association have announced that they plan to protest outside the home of Mrs. Annan at the next meeting of the Suffragette Society. Members say they are tired of outside agitators coming into town and poisoning the minds of local women with foolish talk of equality with men. "If you give women the right to vote," said one avid supporter of John Barleycorn, "the next thing you know they will be asking a man to clean house or come home early from the pub. We have to stop this nonsense now before it gets out of hand." All likeminded men are encouraged to attend. Free beer will be provided by the society.

May 22 - Former Former Boozers **Protest Fizzles**

The much-anticipated Former Former Boozer's Association protest of the local Suffragette Society fell victim to too much advanced planning. Members began gathering at one in the afternoon in the Hotel Slagel's bar. By six, the hour of the appointed protest, most had forgotten why they had assembled, and those that did were in no condition to appear in public lest the run afoul of the ordnance against

The town lockup had as its guest late Wednesday night two supersaturated alcoholics who were trying to make sleep impossible for residents on E. Main St. at the expense of their vocal powers. Policeman Rowe took the men in tow. One prisoner was released in the morning on payment of a fine. The other was committed to Mountevue. Rumor has it that the committed man's wife was a Sufferget and he had been driven to drink by her non-stop nagging on the ludicrous idea of women having the right to voting, an idea that would drive any man

July 10 - Fourth of **July Celebration**

This year's Fourth of July celebration was one of the best attended and most successful from every standpoint of any of the events that have taken place since the Firemen's Picnic became an annual local affair. The town was gaily decorated in the national colors, the streets being lined on either side with the stars and stripes.

The day was officially started with a parade of the firemen in uniform. In the line of march was the Emmitsburg Cornet Band, the Detour Band, a large number of decorated automobiles and teams. The reels of the Hose Company, trimmed in bunting and flags, presented a pleasing spectacle, and added greatly to the parade.

Three features that elucidated much applause where Jesse Stone in an Indian costume, mounted on a pony; Francis Gelwicks and his goat team; and a wagon carrying members of Emmitsburg Former Former Boozers Association, most of whom appeared to be asleep. The Former Former Boozers had planned to march but apparently had embraced their passion the night before in their usual enthusiasm while getting 'ready' for the parade and decided to ride in order to save their energy for 'celebrating' with John Barleycorn during the fireworks.

The fireworks started early however when the suffragette's float was left standing at the parade starting area. Apparently the Former Former Boozers Association had appropriated 'Ben', which Dan Shorb's wife had provided to pull their float. "He's a good horse and I don't what to embarrass him pulling a float supporting womenfolk voting. Pulling a float supporting a man's right to enjoy a little nip when he public intoxication. The ringleaders wants I can understand." Dan told the of the protest were un-phased as they

Chronicle reporter as he led Ben away. were the winning team at darts that (Rumor has it Dan's wife has still not



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HUMOR

the festival see that men in Emmitsburg have a clear vision of the future – and that future has no role for women folk voting." Remarked one Boozer, who requested his name not be used least his wife stop cooking him dinner.

Many members were for shorting the name to simply "Boozers' Association." While other wanted to change it to reflect the true nature of the Association - 'keeping women in their proper place.'

The debate was hard fought, with many breaks to cool off hot tempers with beer and liquor bought on the Association's tab. Unfortunately, not a single Boozer could recall the outcome of the debate the next morning. The Boozers have agreed to continue the debate every Friday night until a decision is made or the Association runs out of money for booze.

September 18 - Booster Festival a Big Success

Another "big-time in Emmitsburg" has gone down in history. The weather was fine, the crowds were large, the arrangements excellent, the monster Parade splendid, the lectures far above the average in each and every feature up to a high standard.

On Friday the townsfolk started to decorate. Saturday this was continued until my evening nearly every business place in private growing was a glow with color.

Monday the finishing touches were added and by the time the parade started Emmitsburg was one mass of bunting. In addition to this in window after window rare blossoms, growing plants and stately ferns lent their charm to the effectiveness of the scene. Balconies were transformed into miniature gardens, yellow, red and green predominating; Japanese lanterns hung in front of houses and here and there hanging baskets filled with asters added richness to the scene of all awing dec-

The Monster Parade went off without a hitch with the exception of the Former Former Boozer's float. To the amazement of many onlookers, the Boozers? had managed to create an American flag made out of liquor bottles (rumor has it the clear bottles had been emptied by Boozers the night before). Members of the association took turns standing (or at least trying to stand) next to the to display to steady it as it moved down the street. At the square, someone (rumor has it is was a Sufferget) threw a firecracker near the feet of ?Old Luke,? who bolted, causing all the bottles to come crashing down and their contents spilled onto the street. There was not a dry eye to be seen on the face of any man in the crowd as the Boozers tried to sop up what they could with shirts and rags. Many a man turned away, unable to look at the carnage. The applauding of the women only added insult to injury. The Boozer's have vowed revenge.

October 23 - Boozers Debate Women Drivers

The Emmitsburg chapter of the Former Former Boozers Association have announced that they are excepting new members. The Association's dues for new members is one round for all current members every month. For this week's meeting the Association will

debate: "Resolved, women don't have the mental facilities to drive an autocar." Arguing in favor of the motion are Eger Dukehart, Dr. John Glass, and Professor Bushman. The Association was unable to find anyone stupid enough to argue against the motion. All self-respecting men who know a women's rightful place are cordially invited to attend the meetings, which are held nightly at the Hotel Slagle's bar.

November 6 - Boozers Celebrate Rejection of **Suffrage and Prohibition**

Loyal members of the Emmitsburg Chapter of the Former, Former Boozers Association reveled well into early morning hours on Wednesday as the results of elections related to Suffrage and Prohibition were received by the Chronicle Office.

Intelligent men in Missouri, Ohio, North Dakota, South Dakota, Nevada awoke to the dangers to society that would result for of allowing women the right to vote. Suffrage amendments in these states suffered defeats described variously as decisively complete to overwhelming.

But the loudest cheers from the thoroughly inebriated boozers came when word was received that California men buried prohibition by a majority of over 200,000, and adopted a referendum prohibiting another vote on the question within a period of eight years.

One Boozer told the Chronicle that: "The decision prohibiting another vote on prohibition showed how smart the men of California were, as everyone knows womenfolk never take 'no' for an answer, but will keep nagging until

they get their way. Now," the boozer continued, "California men have the law on their side. We need to do the same thing here and stop all this women voting and prohibition nonsense once and for all."

On Wednesday night, the Boozers resumed their celebrations with a renewed gusto. A moment of silence was held for the men suffering in the 14 states that have made laws prohibiting the sale of alcoholic beverages. It did not go without notice that each of these states allowed women to vote. and that their votes were instrumental in removing a man's God given right to 'tip a glass or two.'

December 11 - Wives Cut **Boozer's Meeting Short**

The weekly meeting of the Emmitsburg Chapter of the Former Former Boozers Association in the Hotel Slagel's bar was cut short when Mrs. Shorb interrupted the meeting and cuffed her husband's ear and drug him home to finish his cores.

The boozers had just passed a motion thanking Mrs. Dodges, President of the National Association Opposed to Women's Suffrage, for her well reasoned proclamation to the President that women don't have the facilities to vote correctly and should instead confine their interest to keeping their houses clean and cooking for their hus-

Laughter faded quickly when Dr. Glass's wife appeared and cuffed his ear also. The remaining members dispersed quickly least their wife's should make an appearance and ruin their God given right to drink.

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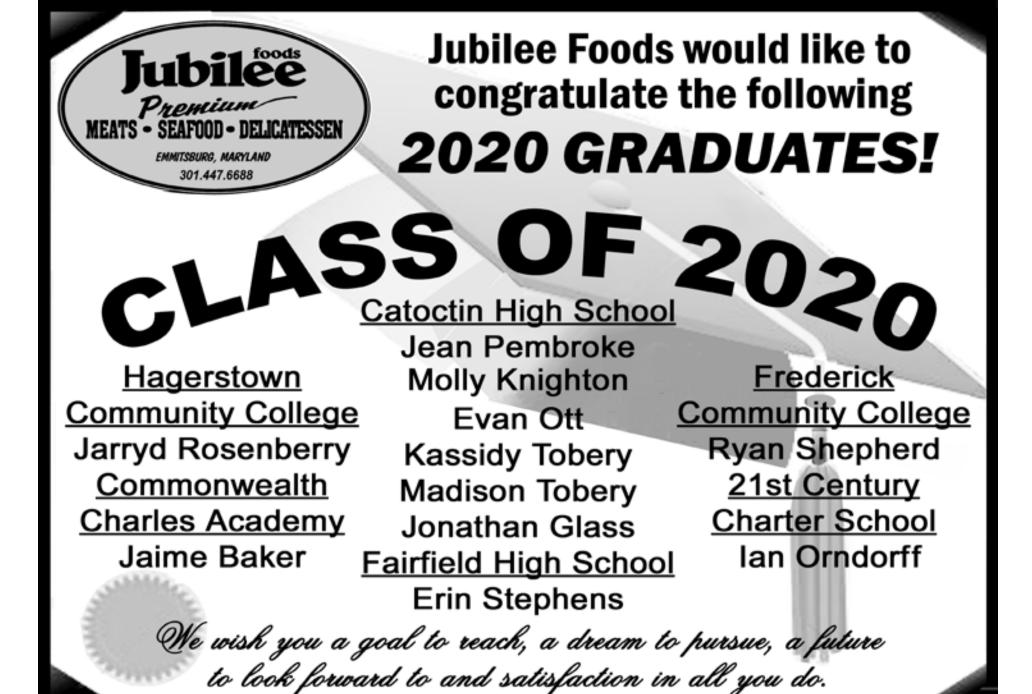
January 22 - Boozers Threaten Boycotts

Members of the Emmitsburg Former Former Boozers Association threatened to boycott local businesses that are prohibiting drinking at work. "Preventing a man from drinking while he is at labor is just plain unnatural." Said Professor Shorb. "If they can get away with this, what next? Prohibiting drinking in church?"

"This is what happens when womenfolk meddle in the affairs of men." Added Dr. Dan Glass. "They are unhappy that a man can be happy at work, so the prohibitionist rabble rousers want to make our lives as miserable as theirs! Too that I have only one thing to say to women-stopped drinking tea during your breaks and start drinking 'shine."

Also at the meeting, Andrew Annan of the Banking House Annan Horner said the bank would open a temporary branch at the Hotel Slagel's saloon on Fridays to allow railroad employees to cash their checks in safety at the 'saloon branch' of the bank. "This will ensure the hard working men don't get caught by wives before they can spend their paychecks on what they want. Everyone knows women just waste money on useless stuff. This is why men should always be in charge of the household finances. "Said Annan, the town's leading banker, to the applause of all assembled.

Continued next month



2019 Mount St. Mary's University Treated Water Quality Report

Important Information About Your Drinking Water

We're pleased to present to you the Annual Water Quality Report for 2019. This report is designed to inform you about the water quality and services we deliver to you every day. Maryland Environmental Service (MES), an Agency of the State of Maryland, began operating the water treatment facility in June 2014 and prepared this report on behalf of the Mount St. Mary's University.

The Environmental Protection Agency (EPA) regulates Public Water Systems and the contaminants found in water through the implementation of the Safe Drinking Water Act (SDWA). The SDWA sets regulations and guidelines for how public water systems operate and identifies several hundred drinking water contaminants, establishes monitoring frequencies and limitations. The Maryland Department of the Environment (MDE) is responsible for the enforcement of the SDWA and routinely complete Sanitary Surveys as part of their ongoing inspection and monitoring program. MES provides safe dependable operations of the water system and is dedicated to consistently providing high quality drinking water that meets or exceeds the SDWA standards.

If you have any questions about this report or concerning your water utility, please contact Tood Otis, Director of Capital Projects & Energy Management at 240-344-4765, e-mail: otis@msmary.edu. Copies of this report will not be mailed to consumers but are available upon request from your utility.

The Mount St. Mary's University water works consists of three drilled wells. Before the water enters the distribution network chlorine is added to protect against microbial contaminants. The water is then pumped into a storage tank. The Maryland Department of the Environment has performed an assessment of the source water. A copy of the results is available. Call Maryland Environmental Service at 410-729-8350.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (1-800-426-4791).

Important information Regarding Gross Alpha Emitters

Mount St. Mary's University's water system was placed on quarterly monitoring for Gross Alpha beginning in October 2014. Compliance with the MCL will be determined based on a annual rolling average of quarterly results. Alpha emitters are naturally occurring radiations in soil, air and water. These emitters generally occur when certain elements decay or break down in the environment. The emitters enter drinking water through various methods including the erosion of natural deposits There are no immediate health risks from consuming water that contains gross alpha, however some people who drink water containing alpha emitters in excess of the MCL over many years may have an increased risk of getting cancer. Currently, the highest level of gross alpha detected is 13.0 pCi/L.

Definitions:

Maximum Contaminant Level Goal (MCLG) - The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Contaminant Level (MCL) - The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Action Level - The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow

Treatment Technique (TT) - A required process intended to reduce the level of a contaminant in drinking water

Turbidity - Relates to a condition where suspended particles are present in the water. Turbidity measurements are a way to describe the level of "cloudiness" of the water.

pCi/l - Picocuries per liter. A measure of radiation. ppb - parts per billion or micrograms per liter ppm - parts per million or milligrams per liter

Special Points of Interest:

The water at the Mount St. Mary's University is tested for over 120 different compounds. The Mount St. Mary's University's Drinking Water met all of the State and Federal requirements. Drinking Water, including bottled water, may reasonably be expected to contain at least small amounts of some compounds. The presence of these compounds does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's (EPA's) Safe Drinking Water Act Hotline (1-800-426-4791)

The table on this page lists all the drinking water contaminants that were detected during the 2019 calendar year. The presence of these compounds in the water does not necessarily indicate that the water poses a health risk. Unless otherwise noted, the data presented in the table is from testing done January 1 – December 31, 2019. The State requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year.

Sources of Drinking Water

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain compounds in water provided by public water systems. We treat our water according to EPA's regulations. Food and Drug Administration regulations establish limits for contaminants in bottled water, which must provide the same protection for public health.

Important Information About Arsenic

Arsenic is a semi-metal element in the periodic table. It is odorless and tasteless. It enters drinking water supplies from natural deposits in the earth or from agricultural and



industrial practices. Some people who drink water containing arsenic in excess of the MCL over many years could experience skin damage or problems with their circulatory system, and may have an increased risk of getting cancer. Currently, the arsenic levels are being monitored quarterly. We are constantly evaluating alternatives and treatment options for reducing the arsenic levels to less than 10 ppb.

Lead Prevention

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The Mount St. Mary's University is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your drinking water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the EPA Safe Drinking Water Hotline at 1-800-426-4791 or at http://www.epa.gov/ safewater/lead.

Contaminant	Highest Level Allowed (EPA's MCL)	Highest Level Detected	Ideal Goal (EPA's MCLG)	
Regulated at the Treatment Plant - Point of Entry				
Nitrate	10 ppm	2.3 ppm	10 ppm	
Typical Source of Contamination: Runoff from fertilizer use	(ra	nge from 0.7 to 2.3 p	pm)	
Barium (2019 Testing)	2000 ppb	607 ppb	2000 ppb	
Typical Source of Contamination: Erosion of natural deposits	(range from 239 to 607 ppb)			
Selenium (2019 Testing)	50 ppb	1.40 ppb	10 ppm	
Typical Source of Contamination: erosion of natural deposits; discharge from mines (range from 1.07 to 1.40 ppb)				
Arsenic	10 ppb	5.3 ppb	10 ppb	
Typical Source of Contamination: Erosion of natural deposits	(ra	nge from 3.8 to 5.3 p	pm)	
Combined Radium (226 & 228) (2019 Testing)	5 pCi/l	1.7 pCi/l	0 pCi/l	
Typical sources of contaminant: Erosion of natural deposits	(ra:	(range from 1.1 to 1.7 pCi/1)		
Uranium (2019 Testing)	30 ug/l	13.2 ug/l	0 ug/1	
Typical sources of contaminant: Erosion of natural deposits	(ran	(range from 12.1 to 13.2 pCi/l)		
Gross Alpha (2019 Testing)	15 pCi/l*	11 pCi/l*	0.0 pCi/l*	
Typical Source of Contamination: Erosion of natural deposits	l deposits (range from 2 to 18.6 pCi/l)			
* Result is a rotational annual average. Please read page 4 of the Consumer Confidence report for more information on Gross Alpha Emitters.				
Gross Beta - (2019 Testing)	50 pCi/l*	8.8 pCi/1**	0.0 pCi/l	
Typical Source of Contamination: Erosion of natural deposits		(range from 6.3 to 8.5	8)	
*EPA considers 50 pCi/L to be the level of concern for beta particles				
** Because the beta particle results were below 50 pCi/l, no testing for individual beta particle constituents was required				
Regulated in the Distribution System				
Chlorine	4 ppm	0,90 ppm *	n/a	
Water Additive used to control microbes. *Annual Average	(rang	(range from 0.45 to 1.32 ppm)		
Total Trihalomethanes (TTHM) (2019 Testing)	80 ppb	22.0 ppb	n/a	
(range from 12.9 to 31.1 ppb)				
Typical Source of Contamination: By-product of drinking water chlorination				
Hakacetic Acids (HAA5) (2019 Testing)	60 ppb	5.7 ppb	n/a	
	(range from 3.0 to 8.4 ppb)			
Typical Source of Contamination: By-product of drinking water chlorination				
Regulated in the Distribution System	Action Level	90th percentile	Ideal Goal	
Copper (2018 Testing)	1300 ppb	210 ppb	1300 ppb	
Typical Source of Contamination: Corrosion of household plumbing fixtures and systems				
Lead (2018 Testing)	15 ppb	0 ppb	0 ppb	
Typical Source of Contamination: Corrosion of household plumbing fixtures and systems				